



The Take Control Two-Step

Small Steps to Manage Chronic Diseases

Eat Healthy

Eating Healthy When Dining Out

If you're eating at a restaurant, you can still eat healthy by following these simple tips.

Ask if the restaurant will:

- >> Serve margarine rather than butter with the meal.
- >> Serve fat-free (skim) milk rather than whole milk or cream.
- >> Trim visible fat from poultry or meat.
- >> Leave all butter, gravy, or cream sauces off a dish.
- >> Serve salad dressing on the side.
- >> Accommodate special requests.
- >> Use less cooking oil when cooking.

Select foods that are:

- >> Steamed in their own juice (au jus)
- >> Broiled
- >> Baked
- >> Roasted
- >> Poached
- >> Lightly sauteed