



The Take Control Two-Step

Small Steps to Manage Chronic Diseases

Eat Healthy

Eating Healthy When Dining Out

If you're dining at an ethnic restaurant, these dishes are a healthy choice:

Mexican

- >> Spicy chicken
- >> Rice and black beans
- >> Salsa or picante
- >> Soft corn tortillas

Italian

- >> Red sauces
- >> Primavera (no cream)
- >> Piccata (lemon)
- >> Sun-dried tomatoes
- >> Crushed tomatoes
- >> Lightly sauteed
- >> Grilled

Chinese

- >> Zheng (steamed)
- >> Jum (poached)
- >> Kao (roasted)
- >> Shao (barbecued)
- >> Steamed rice
- >> Dishes without MSG added

www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/eth_dine.htm

For more information on a healthy approach to dining out:

www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/DiningOut/Deciphering-the-Menu_UCM_301469_Article.jsp