

HEALTHY CHOICES WHEN EATING OUT

FAMILY RESTAURANTS

MEXICAN

Instead of	Try
Flour tortillas	Corn tortillas
Nachos	Grilled shrimp, chicken or fish
Carnitas	Spanish rice and borracho beans
Sour cream/cheese	Salsa, pico de gallo
Chalupas, burritos	Fajitas, soft tacos
Refried beans	Non-fat refried beans
Chimichangas	Enchiladas with red sauce or salsa

INSTEAD OF	TRY
Cream soups	Broth based soups
Chicken wings	Grilled chicken breast
Fried fish sandwich	Grilled/broiled fish
Club sandwich	Grilled chicken salad
Creamy coleslaw	Sautéed vegetables
Hot fudge sundae	2 scoops of sherbet or ice cream

CHINESE

INSTEAD OF	TRY
Egg drop soup	Wonton or hot and sour soup
Egg rolls and fried wontons	Steamed dumplings
Fried entrees	Steamed or lightly stir fried
Dishes with cashews and peanuts	Dishes with lots of vegetables
Fried rice	Steamed rice
Breaded meat or fish	Boiled/steamed chicken or fish

FAST FOOD

INSTEAD OF	TRY
Danish, donut	Half a bagel
Double cheeseburger	Single burger, no cheese or veggie burger
Buffalo wings	Grilled chicken sandwich, no mayo
Steak sandwich	Six inch roast beef sub or sandwich, no mayo
Chicken parmesan sandwich	Grilled chicken Caesar salad (dressing on the side)
Cheese or chili fries	Baked potato, no sour cream, no cheese
Chicken nuggets	Grilled chicken sandwich, no mayo
Fish sandwich	Veggie burger