

Eating Out

For many people, dining out is a favorite way to relax and socialize. Since it is more difficult to tell how food is prepared, selecting the healthier choices can be a challenge. Here are some tips for making healthier choices when dining out.

1. Plan ahead. Try to select restaurants where food is cooked to order, rather than fast food or buffet style.
2. Special requests. Ask for low-fat, low-salt versions of certain dishes.
3. Watch out for before the meal “extras.” Appetizers, bread, rolls and drinks are often a source of extra fat, calories and sodium.
4. Read the menu carefully. Before ordering, ask how certain dishes are prepared. Foods described with these words and phrases usually indicate a healthier dish.

steamed	baked	roasted	broiled
grilled	poached	garden fresh	in its own juice

5. In general, stay clear of dishes described with these words. These usually indicate a less healthy food preparation.

braised	crispy	in cream sauce	hollandaise
buttered fried	au gratin	basted	batter-fried
potpie	pan roast	creamed	in gravy
rich	buttery	sauté	pan-fried
escalloped	stewed	in butter sauce	casserole
hash	breaded	in cheese sauce	bacon
broasted	smothered	sausage	

6. Ask for salad dressings, sauces and gravies to be served on the side. This makes it easier to control how much is added to the food.
7. Ask about healthy substitutions. For example, ask for a baked potato instead of fries.
8. Choose desserts carefully. Order fresh fruit, fruit ice, sherbet, gelatin and angel food cake as healthier options.

Source: Information adopted from the American Heart Association.
www.americanheart.org

Healthy Cooking Tips



Make your meals healthier
by using these simple
recipe adjustments



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Healthy Cooking Tips

Changing the way you prepare your favorite recipes can greatly lower the fat and calorie content of your meals. These tips are easy to follow and can be used in common recipes.

- Bake, broil, grill, roast, microwave or poach meat and poultry instead of frying them.
- Roast meat and poultry on a rack so the fat drips away. Baste with low-fat broth instead of pan drippings.
- Use non-stick cookware with cooking spray or broth instead of vegetable oil.
- Trim skin and visible fat from meat and poultry.
- Cook vegetables quickly in the least amount of water to preserve nutrients.
- Steam or sauté vegetables.
- In a combination dish or casserole, increase the amount of vegetable while decreasing the portion of meat.
- Use legumes instead of meat in a combination dish.
- Let soup, gravy or stew cool in the refrigerator, then skim the hardened fat from the top.
- Prepare a smaller amount of meat for dinner and add another vegetable to the menu.
- Substitute low-fat ingredients for high-fat ingredients in recipes (see substitute tips in this brochure).
- Use low-fat, low-sodium flavor enhancers such as herbs, spices, flavored vinegars and fruit juices.
- Use more whole grains to increase the fiber content of recipes. For example, whole wheat flour, brown rice, whole wheat pasta, barley and oats.
- Use ground round or ground sirloin instead of ground beef. Brown meat and drain it in a colander, then rinse meat with hot water to help remove fat.
- Use soy products as meat replacement or meat extender in dishes such as meatloaf or spaghetti.
- Choose fish more often. Salmon and tuna are both high in heart healthy omega-3 fatty acids.



HEALTHY INGREDIENT SUBSTITUTIONS

Here are a few simple ingredient substitutions that can help to reduce the total Fat, saturated fat, cholesterol, sugar and/or salt in your favorite recipes. Remember, the main goal in food preparation is to create healthy food that tastes good. Try one substitution at a time to see how it affects a certain recipe, then add more substitutions each time you prepare that recipe.

<u>Ingredient</u>	<u>Healthy Ingredient Substitution</u>
1 egg	Two egg whites or 1/4 cup egg substitute
1 cup butter	1/2 cup butter or 3/4 cup canola oil
1 cup vegetable oil	1 cup pureed prunes, 1 cup applesauce or 1 cup fat free plain yogurt
Whole milk	Skim, 1/2 % or 1 % milk
1 cup cream, half & half	1 cup evaporated skim milk or 1 cup low/no fat or coffee creamer milk with 1 tbsp nonfat dry milk powder
Evaporated milk	Evaporated skim milk
Sweetened condensed milk	Fat free or light sweetened condensed milk
Sour cream	Fat free sour cream, fat free plain yogurt or fat free cottage cheese mixed in a blender with 1 tsp lemon juice
Cream cheese	Fat free or light cream cheese
Cheese	Fat free, part-skim low fat or light versions
Mayonnaise	Fat free, light or low-fat plain yogurt
Salad dressing	Fat free or light versions, or vinaigrettes
Granulated sugar	No-calorie sweetener (for example: Splenda, Equal)
White flour	Combine half whole wheat flour and half white flour
1 oz baking chocolate	3 tbsp powdered cocoa and 2 tsp vegetable oil
Chocolate chips	Half the amount called for in the recipe
Salt	Salt substitute or herb mixtures
Whipped topping	Fat free or light versions