



Eating Out ... Trimming the Fat

Choosing Low-Fat Foods in Any Restaurant

Low-fat foods can be found in almost all types of restaurants. Look for these items to choose or avoid:

Asian (Chinese, Japanese, Thai, Indian)

Choose:

- Steamed dishes
- Stir-fried dishes
- Vegetable or combination vegetable and meat dishes
- Vegetable-based soups
- Steamed rice

Avoid:

- Sauces and gravies
- Fried rice
- Deep-fried and/or batter dipped foods including tempura, fried wontons, egg rolls, spring rolls, shrimp chips, samosas

French

Choose:

- Poached fish
- Bread without butter
- Steamed vegetables or purées
- Lean meats prepared in wine sauces

Avoid:

- Fried and sautéed meats
- Adding butter to bread
- Creamy vegetable soups
- Dishes in cream sauces, butter sauces, or gravies

Italian

Choose:

- Lean veal, chicken or fish
- Vegetable-based soups
- Tomato-based marinara, marsala and cacciatore sauces on pasta
- Vegetarian pizza

Avoid:

- Sausages and meatballs
- Ground meat sauces
- Breaded and fried meats and vegetables
- Large amounts of cheese
- Buttery garlic bread
- Meat lovers /extra cheese pizza

Coffee Shops

Choose:

- Coffee or tea with skim or 1% milk and sweetener
- Nonfat or skinny lattes and cappuccinos
- Oatmeal
- Biscotti

Avoid:

- Adding cream or homogenized milk
- Flavoured drinks that are high in fat and/or sugar
- Whipped cream
- Scones, muffins, croissants and cookies

Fast Food (Choose these restaurants less often as there are fewer low-fat choices)

Choose:

- Single hamburgers
- Plain baked potato
- Lettuce and tomato
- Mustard, ketchup
- Grilled chicken sandwich
- Low-fat milk, water, tea
- Green Salad with low fat dressing

Avoid:

- French fries or poutine
- Cheese and bacon
- Mayonnaise and special sauces
- Deep-fried chicken or fish
- Shakes, malts
- Potato or macaroni salad or creamy coleslaw

Sandwiches

Choose:

- Wholegrain bread, bun, bagel, or pita
- Chicken, turkey, beef and vegetables
- Top with mustard, ketchup or relish

Avoid:

- Croissants and cheese breads/buns
- Processed meats (bologna, salami) and cheeses
- Tuna/egg/salmon salad
- Butter, margarine, mayo or salad dressing

Eating out can be easy if you follow these suggestions:

Choose:

- ♥ Steamed, poached, broiled, barbecued, grilled, roasted, stir-fried, or baked dishes
- ♥ Tomato sauces **instead of** creamy sauces
- ♥ Broths or puréed vegetable soups **instead of** creamy soups
- ♥ Salads with dark leafy greens and brightly coloured vegetables with a vinaigrette dressing **instead of** Caesar, potato, and macaroni salads
- ♥ Plain rice or baked potato with toppings on the side **instead of** French fries or mashed potatoes
- ♥ Thin-crust pizzas with vegetable and chicken toppings **instead of** stuffed pizza crusts and all cheese or meat toppings
- ♥ Smallest portion of meat and complement it with steamed vegetables or a side salad
- ♥ Toast, fruit, and cereal **instead of** bacon, eggs, sausage, and pancakes
- ♥ Fruit-based desserts **instead of** cake, pie, and other high fat desserts
- ♥ Water, club soda or diet pop **instead of** juice, regular pop, or dessert coffees

Avoid:

- ♥ Menu items described as "*buttery, buttered, sautéed, fried, crispy, braised, pan-fried, creamed, in cream, in cheese sauce, in its own gravy, au gratin, scalloped, marinated, hash, pie*"
- ♥ High-fat additives to salads, e.g. bacon bits, croutons
- ♥ Sour cream, butter, bacon, or cheese added to baked potato or salads
- ♥ Filling up on bread that is served before the meal

Other dining out tips:

- ♥ Ask for gravies, sauces and dressings to be omitted or served "on the side"
- ♥ Ask if the dish can be prepared with less fat, as some dishes may use large amounts of oil or high fat sauces
- ♥ Share a large portion, order a half portion, or take home a doggy bag
- ♥ If you have dessert, choose angel food cake, fruit, or sherbet
- ♥ "Spoil Your Appetite". Don't starve yourself before going out to dinner. Eat a small snack and you will be less likely to overeat while dining out

For more information, please contact your Registered Dietitian: