

Summer 2006

Healthy Bytes

Eating out the healthy way

If eating out makes you think of heaping portions of fried food, you may just need to take a different view. Many restaurants offer delicious low-fat, low-cholesterol meals. **These tips may help you make wise choices when eating away from home:**

- Choose food that is steamed, broiled, baked, grilled, poached or roasted instead of fried, basted, braised, au gratin, crispy, escaloped, stewed or stuffed.
- If you don't find dishes low in saturated fat and cholesterol on the menu, ask your server because many restaurants will take special requests.
- Ask for your meal to be prepared with no MSG or salt.
- Request salad dressings, sauces, gravy and butter on the side.
- Choose appropriate portion sizes. Consider splitting your meal with someone or taking half of it home in a takeout box. Stop eating when you are satisfied, not stuffed!

With a little planning, you can eat out and eat healthy, too!

Source: "Checklists for Eating Out." *American Heart Association*. <<http://www.americanheart.org/presenter.jhtml?identifier=1104>>.



WE'LL GIVE YOU AN EDGESM

Principal Wellness Company, www.principal.com/wellness

This material is provided for your general information only and is not intended as medical advice. For more information and answers to health concerns, consult your physician or other health care professional.