

Healthy Choices Eating Out

Mexican	
Instead of:	Try:
Flour tortillas (contain lard)	Corn tortillas
Nachos	Grilled shrimp, chicken, or fish
Carnitas (fried beef/pork)	Frijoles a la charra or borracho beans and Spanish rice
Refried beans	Non-fat refried beans
Sour cream/cheese	Salsa, pico de gallo, cilantro, jalapeno peppers, and low fat cheese
Chalupas, burritos	Fajitas, or chicken tacos (no sour cream, less cheese)
Chimichangas	Chicken or beef enchiladas with red sauce or salsa

Chinese Food	
Instead of:	Try:
Egg drop soup	Wonton or hot and sour soup
Egg rolls or fried wontons	Steamed dumplings
Fried entrees	Steamed or lightly stir fried
Dishes with cashews and peanuts	Dishes with lots of veggies
Fried rice	Steamed rice
Breaded meat/fish	Broiled/ steamed chicken/fish

Family Restaurants	
Instead of:	Try:
Cream soups	Broth-based soups
Chicken wings	Grilled chicken breast sandwich
Fried fish sandwich	Grilled / broiled fish
Club sandwich	Grilled chicken salad
Creamy coleslaw	Sautéed vegetables
Hot fudge sundae	Two scoops of ice cream or sherbet

Fast Food	
Instead of:	Try:
Danish, donut	One half bakery bagel
Double cheeseburger	Single burger, no cheese, or veggie burger
Buffalo wings	Grilled chicken sandwich no mayonnaise
Steak sandwich	Six inch roast beef sub or sandwich, no mayo or dressing
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 mayonnaise
Fish sandwich	Veggie burger