

# Eating Healthy When Eating Out

Eating out is such a treat and can be part of a balanced diet! While eating out occasionally, enjoy that special meal, but here are a few ideas to help you reach your health goals if you find yourself eating out and on the go regularly.

## American/Pub Fare



### GO FOR

Salads  
*Choose a lean protein on top like chicken or beans and top it with an oil-based dressing to help absorb additional vitamins*  
Grilled foods  
Mustard instead of mayo

### LIMIT

Fried foods  
*Fries, chicken, wings*  
Anything breaded  
Huge portion sizes  
*Share with a friend or order a lunch-size*  
Sugar-sweetened beverages

## Chinese Cuisine



### GO FOR

Veggie spring rolls  
Steamed dishes  
Lightly stir-fried dishes  
*You can even ask for little oil*  
Add veggies like broccoli to your favorite dishes

### LIMIT

Fried egg rolls  
Fried dishes  
*Sweet and sour chicken*  
Oily noodles and fried rice

## Greek/Mediterranean



### GO FOR

Tabbouleh  
*Cold vegetarian dish/salad*  
Dips like hummus or babaganoush (eggplant dip)  
Souvlaki  
*Grilled and marinated meat*

### LIMIT

Pita  
Fried falafel and kibbeh  
Gyro or pita sandwiches

## Indian Restaurant



### GO FOR

Grilled or roasted dishes  
Minimal sauces  
Dal  
*Stew made with spices, tomatoes and onions*

### LIMIT

Paneer (high-fat cheese), ghee (clarified butter) and malai (cream)  
Deep-fried samosas  
Extra rice

## Italian Bistro



### GO FOR

Baked or broiled meats with red sauce  
Minestrone soup  
Pasta Primavera  
*Pasta with sauteed vegetables and protein*

### LIMIT

Cheese overload  
*The calories add up fast*  
Breadsticks and rolls  
Heavy cream sauces

## Mexican Restaurant



### GO FOR

Fajitas  
*Light on the sour cream and tortillas*  
Add extra lettuce and tomato to tacos or even wrap the taco with lettuce instead of a tortilla

### LIMIT

Tortilla chips  
Crispy, fried, smothered, creamy filled and stuffed  
Salads loaded with tortilla strips, sour cream and cheese  
Margarita  
*Straight tequila is lower in sugar*

## Pizza Shop



### GO FOR

Thin crust  
Light cheese  
Loads of veggies  
Lean proteins  
*Chicken*

### LIMIT

Thick or stuffed crusts  
Alfredo sauce or extra cheese  
Processed meats  
*Pepperoni, bacon*  
Dipping sauces

## Sushi Bar



### GO FOR

Sashimi  
*Meat without rice*  
Veggie rolls  
Ginger and wasabi  
Brown rice

### LIMIT

Tempura  
*Fried*  
White rice  
Creamy sauces

For more ideas, visit [Blog.OhioHealth.com](https://www.ohiohealth.com/blog)

