

Tips for Dining Out by Cuisine

Chinese:

- Choose entrees with lots of vegetables such as chop suey with steamed rice.
- Ask for brown rice instead of white
- Substitute chicken for duck, when possible.
- Skip the crispy fried noodles on the table.
- Ask the cook to use less oil when preparing stir-fry & to leave out soy sauce, MSG & salt.
- Dish portions are often quite large, so share an entrée or save some of it for another meal or two



Instead of	Try
Egg drop soup	Wonton or hot-&-sour soup
Egg rolls or fried wontons	Steamed dumplings
Fried entrees	Boiled, broiled, steamed or lightly stir-fried entrees
Dishes with fried meats	Dishes with lots of vegetables
Dishes with cashews & peanuts	Dishes with water chestnuts
Fried rice	Steamed rice
Lobster sauce (egg yolks); oyster, bean & soy sauce	Sweet & sour sauce, plum or duck sauce

Japanese:

- Is generally a low-fat cuisine
- Food preparation uses little or not fat or oil
- Typically has smaller portions
- Ask the cook to prepare your food without high-sodium marinades, sauces & salt.
- Ask that sauces be served on the side.
- Avoid foods that are deep-fried, battered, breaded or fried.



Instead of	Try
Vegetable tempura (lightly battered & fried vegetables served with sauce)	Steamed vegetables
Shrimp tempura	Grilled shrimp or vegetable sushi
Tonkatsu (breaded pork cutlet)	Nabemono (casseroles); yosenabe (seafood & veggies in broth); shabu-shabu (sliced beef & noodles cooked & served with dipping sauce); sukiyaki (beef & vegetables cooked in sauce) or su udon (hot noodles & broth)
Oyako domburi (chicken omelet over rice)	Sumashi wan (clear soup with tofu & shrimp)
Chawan mushi (chicken & shrimp in egg custard)	Chicken or beef teriyaki (grilled)

French:

- Bypass the rich entrees, desserts & sauces, instead choose simple dishes with sauces on the side.

Instead of	Try
Appetizers with olives, capers or anchovies	Less salty appetizers, such as steamed mussels or salad
Paté	Steamed mussels
French onion soup	Mixed green salad with vinaigrette dressing
Croissants	French bread
Rich, heavy entrees	Lighter nouvelle cuisine
Hollandaise, Mornay, Béchamel or Béarnaise sauce	Bordelaise or other wine-based sauce
Creamy "au gratin" potato dishes	Lightly sautéed, crisp vegetables
Chocolate mousse	Chocolate fat-tree pudding
Crème caramel	Peaches in wine



Greek:

- Uses olive oil which is a healthier oil but can still add lots of calories
- Ask for salad dressing & sauces on the side.
- Phyllo pastry dishes are usually high in butter, so skip them.
- Ask for dishes to be prepared with less oil & served with high-sodium foods (feta, olives) on the side.
- Most Greek desserts are high in fat & sugar. If you want to splurge, split one with a friend.



Instead of	Try
Meat-stuffed appetizers	Appetizers with rice or eggplant
Fried calamari	Dolmas (rice mixture wrapped in grape leaves)
Baba ganoosh (eggplant appetizer)	Tzatziki (yogurt & cucumber appetizer)
Moussaka (lamb & beef casserole) & other creamy or cheesy entrees	Roast lamb; shish kabob; couscous or bulgur wheat with vegetables or chicken
Chawan mushi (chicken & shrimp in egg custard)	Roast lamb; shish kabob; couscous or bulgur wheat with vegetables or chicken
Gyro	Chicken pita sandwich
Spanakopita (spinach pie with egg & cheese)	Plaki (fish cooked in tomatoes, onions & garlic)
Pastries like baklava	Fruit

Italian:

- Pasta is low in fat & chose whole grain when available, enjoy pasta as a main entree rather than an appetizer.
- Ask your waiter to hold the cheese & the bacon.
- Choose marinara, wine or olive oil bases sauces instead of full fat cheeses & cream sauces
- If you order pizza, choose toppings like spinach, mushrooms, broccoli & roasted peppers.

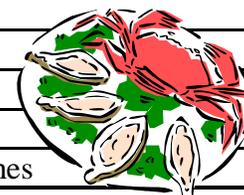


Instead of	Try
Fried calamari	Roasted peppers or minestrone soup
Cheese or meat-filled pastas or casserole-type dishes	Pasta primavera (with sautéed garden vegetables) or pasta with white or red clam sauce
Pasta with butter or cream sauces (such as Alfredo sauce)	Pasta with marsala sauce (made with wine) or marinara sauce (made with tomatoes, onions & garlic)
Any scallopine or parmigiana (floured, fried & baked with cheese) dish	Marsala & piccata dishes
Italian pastries such as cream cake	Italian ices

Cajun:

- Avoid fried seafood & hush puppies.
- Blackened entrees are usually dipped in butter or oil, covered with spices & pan fried; ask the cook to use only a small amount of oil.
- Ask for all sauces & gravies on the side.

Instead of	Try
Fried crawfish or shrimp	Boiled crawfish or shrimp
Gumbo, etouffe & sauces made with roux	Creole & jambalaya dishes
Fried seafood	Boiled or grilled seafood
Fried shrimp or oyster Po' Boy sandwiches	Turkey or roast beef Po' Boy sandwiches
Dirty rice (contains chicken gizzards, livers, butter, etc.)	White rice
Red beans & rice with sausage	Red beans & rice without sausage



Indian:

- Includes lots of grains, legumes, vegetables & less animal proteins but many of the foods are prepared with ghee (clarified butter), coconut oil & whole milk.
- Start with salads or yogurt with chopped or shredded vegetables.
- Choose chicken or seafood rather than beef or lamb.
- Choose dishes prepared without ghee.
- Order one protein & one vegetable dish to cut down the saturated fat & calories.
- If sodium is a concern, skip the soups.



Instead of	Try
Samosas (stuffed & fried vegetable turnover)	Papadam or papad (crispy, thin lentil wafers)
Korma (braised meat with a rich yogurt cream sauce)	Chicken or beef tikka (roasted in an oven with mild spices) or chicken or beef tandoori (marinated in spices & baked in a tanoor, or clay oven).
Curries made with coconut milk or cream	Curries with a vegetable or dal base; shish kabob; or tandoori chicken or fish
Pakora (deep-fried dough with vegetables)	Gobhi matar tamatar (cauliflower with peas & tomatoes)
Saaq paneer (spinach with cheese cubes & cream sauce)	Matar pulao (rice pilaf with peas)
Sauced rice dishes	Fragrant steamed rice
Fried or stuffed breads	Chapati (thin, dry, whole-wheat bread) or naan (leavened, baked bread topped with poppy seeds)

Mexican:

- Many times food is fried in lard & topped with cheese. Can also be high in sodium.
- Tell your server not to bring fried tortilla chips to the table.
- Ask for low-fat sour cream or use salsa to add flavor.
- Veracruz or other tomato-based sauces are better than cream or cheese sauces.
- If you order a taco salad, don't eat the fried shell.



Instead of	Try
Flour tortillas	Corn tortillas
Nachos	Grilled shrimp
Ton Carnitas (fried beef or pork) or chorizo (sausage)	Grilled fish or chicken breast
Refried beans	Frijoles a la charra or borracho beans & Spanish rice
Full-fat sour cream & cheese	Salsa, pico de gallo, cilantro, jalapeno peppers
Quesadillas (flour or corn tortilla, filled with meat & cheese & fried)	Chicken fajitas (marinated chicken grilled with onions, green peppers, lettuce, diced tomatoes with a soft corn tortilla)
Chalupas & tacos	Taco salad or fajita salad (don't eat the tortilla shell & ask for low-fat sour cream)
Flautas (crisp, rolled tortillas stuffed with shredded meat & topped with a sauce); chimichangas (flour tortillas filled with spicy meat & Monterey Jack cheese, fried & topped with tomato sauce); burritos (large flour tortillas filled with beans or meat, served with tomato sauce & topped with shredded cheese)	Chicken or beef enchiladas with red sauce or salsa

Thai:

- Aim for the lighter, stir-fried dishes & the fresh spring rolls & steer clear of heavy sauces & deep-fried entrees.
- Ask that your meal be cooked with vegetable oil rather than coconut oil or lard.
- Choose chicken over duck, but limit meat, poultry & seafood portions.
- Avoid soy & other sauces if you are watching your sodium intake and ask for no MSG



Instead of	Try
Fried spring rolls	Fresh spring rolls (rolls filled with vegetables & served with sweet & sour sauce)
Dishes with coconut milk	Stir-fried dishes
Tom ka gai (chicken in coconut milk soup with mushrooms & lime juice)	Tom yam goong (hot & sour shrimp soup)
Gaeng keow wan gai (curry chicken with eggplant)	Nuea pad prik (pepper steak)
Gaeng ped gai (red curry chicken)	Pad Thai (noodles stir-fried with ground peanuts, bean sprouts, egg, tofu & scallions, topped with shrimp)
Fried rice	Steamed rice
Gluay kaeg (banana slices dipped in coconut batter & fried)	Khao newo kaew (sweet sticky rice)
Coconut ice cream	Fruit ice

Vietnamese:

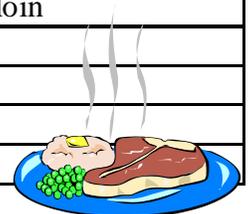
Instead of	Try
Banh michien voitom (fried shrimp toast)	Canh chua tom (spicy & sour shrimp soup)
Cha gio (fried spring rolls)	Goi cuon (fresh spring roll)
Vit quay (roast duck)	Bo xa lui nuong (grilled beef with lemon grass in rice paper with vegetables)
Oy Heo xao chua ngot (sweet & sour pork)	Ca hap (steamed whole fish)
Ca-ri ga (curry chicken)	Ca kho to (fish steamed with caramel sauce in clay pot)
Banh dua ca ra men (coconut flan with caramel)	Lychee (fruit in syrup)



American Steakhouse:

- Don't order king-sized cuts. About 3 ounces of a thinly sliced cut is perfect, or choose a 6-ounce steak & enjoy non-meat entrees the rest of the day.
- Steakhouses generally prepare your food to order, so ask to have all visible fat trimmed before the meat is cooked.
- Look for fish on the menu and ask your server about the catch of the day.

Instead of	Try
Fatty cuts of meat, such as rib eye, porterhouse, T-bone	Leaner cuts of meat, such as London broil, filet mignon, round or flank steak, sirloin tip, tenderloin
French fried, au gratin or scalloped potatoes	Baked potato or rice
Caesar or marinated salad	Green salad with dressing on the side
Fried vegetables	Steamed vegetables
Pie & ice cream	Angel food cake or sherbet



Reference: American Heart Association (www.heart.org)