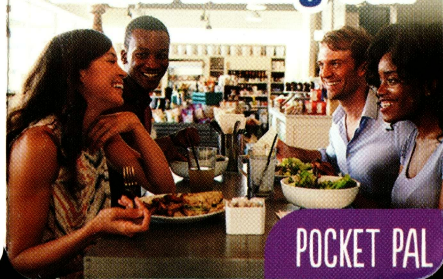




Methodist
HOSPITAL | METROPOLITAN



Make Heart-Healthy Choices When Dining Out



POCKET PAL

Put Heart Health First

Dining out can be fun, convenient, and tasty, but it's often less healthy than eating food you prepare at home. Restaurant food can be higher in fat, cholesterol, sodium, and added sugars—all of which are bad for your heart and can lead to health problems, such as high cholesterol, high blood pressure, and heart disease.

Fortunately, most restaurants offer healthy options and let you make changes to menu items so they're healthier for your heart. Use the information in this Pocket Pal to make the best decisions for your heart when dining out.



Take Control of Your Meal

Follow these suggestions to make the most of your dining experience.

- Do research. Many restaurants offer menus online so you can look at nutritional information before you go.
- Call ahead to see if the restaurants will alter menu items to make them healthier for your heart, such as substituting vegetables for meat.
- Read restaurant menus carefully. Ask questions if you don't know the ingredients or how a dish is prepared.
- See if food can be prepared using low-fat ingredients, less salt, or vegetable oil (olive, canola, or safflower) rather than butter.



Make Smart Choices When Dining Out Use the tips below for both sit-down and fast-food restaurants. No matter the restaurant, choose foods lowest in fats, cholesterol, sodium, and sugars, and highest in fiber. Check the panels at the right for nutritional differences between several fast-food restaurant items.

AMERICAN • Opt for a plain baked potato or side salad instead of French fries. • Add vegetable toppings to your sandwiches and burgers, and leave off mayonnaise and cheese. • Choose grilled or baked options over fried or breaded. • Order the smallest size available.



ASIAN • Order stir-fries with vegetables rather than meat. • Choose brown rice over white or fried rice. • Skip the soy sauce and sweet and sour sauce.

ITALIAN • Order whole-grain pasta or pizza crust, if available, or try thin crust pizza. • Avoid cream sauces. • Pick menu items that have a variety of vegetables. • Add vegetable toppings to pizza instead of meats.



MEXICAN • Choose dishes without cheese and with lots of veggies. • Avoid fried dishes, such as flautas and chimichangas. • Order beans in liquid rather than refried beans, which are often cooked in lard. • Pick black or pinto beans for your protein instead of meat. • Ask for salsa or pico de gallo instead of sour cream and cheese.

SANDWICH SHOPS • Order whole-wheat bread instead of white. • Substitute extra meat and cheese with extra veggies. • Choose mustard over mayo. • Pick salad or fruit for a side.



TF=total fat (grams); SF=saturated fat (grams); CHOL=cholesterol (milligrams); SOD=sodium (milligrams); FIB=fiber (grams); SUG=sugars (grams)

INSTEAD OF...

Burger King®

	TF	SF	CHOL	SOD	FIB	SUG
Cheeseburger	13	6	45	560	1	7
Crispy Chicken Sandwich	41	7	60	1080	2	8
Onion Rings large	25	4.5	0	1310	5	7

Panda Express®

Beijing Beef™	26	5	25	660	1	24
Fried Rice side	16	3	120	850	1	3

Pizza Hut®

Creamy Chicken Alfredo Bake	53	20	115	2180	4	5
Meat Lovers® Thin 'N Crispy® crust 1 slice small pizza	8	3.5	20	380	1	2

Taco Bell®

Beefy 5-Layer Burrito	19	7	30	1280	8	5
Chips and Nacho Cheese	12	1	<5	330	2	2

Subway®

Cold Cut Combo Salad*	10	3.5	45	830	4	7
Steak & Cheese Sandwich 6"	10	4.5	50	1050	2	5

TRY...

	TF	SF	CHOL	SOD	FIB	SUG
Hamburger	10	3.5	35	380	1	6
Grilled Chicken Sandwich	11	2.5	105	870	2	11
Onion Rings value	8	1.5	0	400	1	2

Super Greens entree	1.5	0	0	130	3	2
Brown Steamed Rice side	4	1	0	15	4	1

Cavatini Veggie Lover's	10	2.5	0	730	7	14
Veggie Lovers® Thin 'N Crispy® crust 1 slice small pizza	3	1.5	10	250	1	2

Bean Burrito	11	4	5	1060	9	3
Chips and Pico de Gallo	8	0.5	0	170	3	<1

Veggie Delite® Salad*	1	0	0	75	4	6
Veggie Delite® Sandwich 6"	2	0	0	280	5	5

*Does not include dressing.