

Tips for Eating Out the Heart-Healthy Way

You don't have to give up eating fast foods to eat right.
Here are some tips on how to make heart-healthy choices at fast-food restaurants.

Sandwiches

- ♥ Order sandwiches without mayonnaise, tartar sauce or special sauces. Try mustard or low fat mayonnaise.
- ♥ Order small, plain hamburgers instead of deluxe sandwiches.
- ♥ Order sandwiches made with lean roast beef or turkey. Chicken salad and tuna salad made with regular mayonnaise are high in fat.
- ♥ Choose grilled chicken sandwiches instead of breaded chicken sandwiches.

Main dishes

- ♥ Choose soft tacos or corn tortillas filled with chicken or lean beef, vegetables and salsa.
 - Ask for low fat cheese and low fat sour cream.
 - Ask for cheese and sour cream to be served on the side. And use only a small amount.
- ♥ Choose rotisserie-style chicken rather than fried chicken. Always remove the skin.
- ♥ Order pizza with vegetable toppings like peppers, mushrooms, or onions. Ask for half the usual amount of cheese.

Side dishes

- ♥ Share a small order of French fries instead of eating a large order by yourself.
- ♥ Ask that no salt be added to your serving.
- ♥ Order a baked potato instead of fries.
 - Try salsa or vegetables as a potato topping.
 - Ask that high fat toppings be served on the side and use less.
- ♥ Use low calorie/low fat salad dressing when eating a salad. Bring your own if the restaurant does not offer a low fat version. You can buy packets at some stores. Ask that dressings be served on the side and use less.

Beverages

- ♥ Choose water, fruit juice, or low fat (1%) or fat free (skim) milk rather than a soda or a milk shake.
- ♥ Order a small soda, if that is what you want to drink.

Desserts

- ♥ Buy the smallest size non fat frozen yogurt instead of cookies or pies.