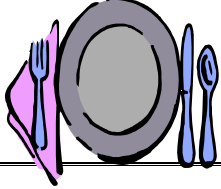
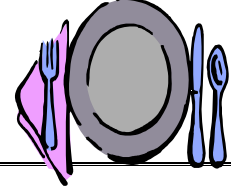




Dining Out



Make Wise Menu Choices



Menu Descriptions to Avoid	Request To Be Limited or Removed	Words To Look For
<ul style="list-style-type: none"> • Fried, Deep Fried • Crispy • Batter-dipped • Cheese Sauce • Golden Brown • Creamed • Au Gratin • Sautéed in oil or butter 	<ul style="list-style-type: none"> • Butter • Salt • Mayonnaise • “Special” Sauce • Salad Dressing • Cheese • Bacon • Nut Topping 	<ul style="list-style-type: none"> • Lettuce and Tomato, Vegetable • Low-fat, fat-free salad dressing or mayonnaise • Low-sodium • Light wine sauce • Poached • Grilled • Broiled • Baked

Save Money on Your Bill

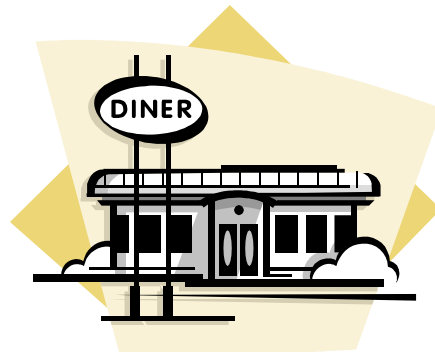
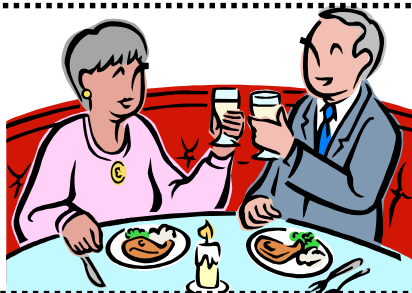
- Watch for Daily Specials
- Order smaller portions (Senior’s or Children’s menus)
- Split a meal with a friend or take half home for leftovers
- Ask about Senior Discounts



Tips For Making Healthy Restaurant Selections

Diners

- Order smallest entrée or share
- Request veggies without butter or salt
- Split baked potato
- Request butter and salad dressings on the side



Pancake/Waffle Houses

- Request “light stack” pancakes
- Request egg substitutes
- Fill omelets with vegetables
- Beware of high-fat and sodium sausages

Italian Restaurants

- Share pasta or get doggie bag
- Choose tomato or marinara sauces rather than cream sauces
- Go light on garlic bread
- Beware of high sodium sausage

Buffets

- Survey before you dig in
- Use small plate
- Pile no thicker than deck of cards
- Take 1-2 tablespoon portions

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia College of Agricultural and Environmental Sciences & Family & Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.

An Equal Opportunity Employer/Affirmative Action Organization
Committed to a Diverse Work Force

Bulletin # FDNSE 89-27

Reviewed by Connie Crawley MS, RD, LD 2013

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating.
Gale A. Buchanan, Dean and Director