

HOW TO EAT HEALTHY DINING OUT: **AMERICAN**

HEALTHIER CHOICES:

LEAN MEAT & SEAFOOD

GRILLED

BROILED

STEAMED

BAKED

POACHED

AVOID:

FRIED

BATTERED

CREAMY SAUCES

CREAMED

SMOTHERED

GRAVIES

BUTTERY



HOW TO EAT HEALTHY DINING OUT:

MEXICAN

HEALTHIER CHOICES:

CEVICHE

SALAD

FAJITA MEAT & VEGGIES

STREET TACOS (UNFRIED)

TACO BOWLS (NO SHELL)

GRILLED

BROILED

SAUTEED

STEAMED

AVOID:

FRIED

HEAVY SAUCES

SMOTHERED

BATTERED

CREAM SAUCES

HEAVY CHEESE



HOW TO EAT HEALTHY DINING OUT:

SUSHI

HEALTHIER CHOICES:

NIGIRI

SASHIMI

SIMPLE ROLLS

SEAWEED SALAD

BROTH -BASED SOUPS

AVOID:

TEMPURA

FRIED ROLLS

HEAVY SAUCES

CREAM CHEESE ROLLS

