

**DINING OUT: YOUR ORDER, PLEASE!**

When you are dining out and trying to limit your intake of calories, fat or salt, refer to the chart below. It will help you select foods considered acceptable for your dietary needs. Yes, you can enjoy the pleasure of dining out and still follow your diet.

<b>MENU SELECTIONS</b>			
	<b>CALORIE-CONTROLLED</b>	<b>FAT/CHOLESTEROL-CONTROLLED</b>	<b>SALT/SODIUM-CONTROLLED</b>
<b>APPETIZERS</b>	Fruit cup or juice (unsweetened) Shrimp or crab cocktail Oysters on the half-shell Steamed clams Tomato or Vegetable juice Fresh vegetables relishes	Fruit cup or juice Crab cocktail Oysters on the half-shell Steamed clams Tomato or vegetable juice Fresh vegetable relishes	Fruit cup or juice Shrimp or crab cocktail (without cocktail sauce) Oysters on the half-shell Steamed clams Fresh vegetable relishes
<b>SOUPS</b>	Chicken or beef bouillon Herbed tomato soup Gazpacho Vegetable soup	Chicken bouillon Herbed tomato soup Gazpacho Vegetable soup	Most soups prepared in restaurants are too high in sodium.
<b>SALADS</b> (Order salads without dressing)	Tossed green salad Chef's salad Cottage-cheese-stuffed tomato Fresh fruit salad	Tossed green salad Tomato stuffed with low-fat cottage cheese Fresh/canned fruit salad	Tossed green salad Fresh/canned fruit salad
<b>FISH AND SEAFOOD*</b>	Broiled or baked unbreaded fish Broiled or steamed shrimp Broiled or steamed crab	Broiled or baked unbreaded fish Broiled or steamed crab	Broiled or baked unbreaded fish Broiled or steamed shrimp Broiled or steamed crab
<b>POULTRY*</b> (remove skin)	Roast turkey Roast Cornish hen Roast duckling Roast or baked chicken	Roast turkey Roast Cornish hen Broiled or baked chicken	Roast turkey Roast Cornish hen Roast duckling
<b>MEATS*</b> (remove visible fat)	Broiled or baked pork or lamb chop Roast veal Broiled sirloin steak Broiled beef brochette Baked ham	Broiled or baked pork or lamb chop Roast veal Broiled sirloin steak Broiled beef brochette Baked ham	Broiled or baked pork or lamb chop Roast veal Broiled sirloin steak Broiled beef brochette
<b>ACCOMPANIMENTS</b>	Plain baked or boiled potato Plain boiled or steamed vegetables Plain rice/pasta	Plain baked or boiled potato Plain boiled or steamed vegetables Plain rice/pasta	Plain baked or boiled potato Plain boiled or steamed vegetables
<b>BREADS</b>	All plain breads, dinner rolls, corn bread, muffins, biscuits, breadsticks, or crackers	All plain breads, dinner rolls, or breadsticks	Unless you're restricted to low-sodium breads, you can order most plain breads except salted breadsticks or crackers
<b>DESSERTS</b>	Fresh fruit Fruit sherbets or ices Angel cake	Fresh fruit Flavored gelatin Fruit sherbets or ices Angel cake	Fresh fruit Fruit sherbets or ices Angel cake

\*Order without gravies, sauces, butter or margarine. Request those foods prepared without salt for the salt/sodium controlled diet.

**Department of Nutritional Services**

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The information presented here is not intended to diagnose health problems or to take the place of professional medical care.

If you have persistent health problems or if you have further questions, please consult your health care provider.