



HELPFUL HINTS TO MENU READING

When trying lose or control your weight, going out to eat can be stressful without preparation.

It is important to be familiar with a restaurant menu *before* you get there. Choosing your food *before* you arrive makes it easier to avoid snap decisions you might regret later. Also, when you know what you will order in advance, you are better able to plan the rest of your day (before and after). All of this is a confidence booster because it feels good to be in control.

Here are some helpful hints to choosing menu items:

LOOK FOR dishes that are:

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|------------------|---------|
| broiled | poached |
| garden fresh | roasted |
| in its own juice | steamed |

WATCH OUT FOR dishes:

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|----------------------|--------------------|
| *in a broth | *in a tomato sauce |
| *in a cocktail sauce | *pickled |

*These dishes are **very high** in sodium.

sautéed - usually contains more fat and more calories

AVOID dishes:

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|-------------|-------------------|
| au gratin | in a cheese sauce |
| basted | in a cream sauce |
| casseroled | pan fried |
| creamed | parmesan |
| crispy | marinated |
| fried | smoked |
| hollandaise | stewed |