

## Healthier Eating at Take-out Restaurants

### Restaurants where healthier items can be purchased:

Baja Fresh  
Chipotle  
Delis at grocery stores  
La Salsa  
Panda Express  
Pick Up Stix  
Pita Pit  
Rubio's  
Souplantation  
Subway

**At Chinese restaurants** order entrees that include a vegetable with the protein.

- Order an extra order of vegetables to eat as a side dish and mix into your other main entrée.
- Choose brown rice instead of white rice or fried rice
- **Best choices are:** chicken and broccoli, chicken with black bean sauce, chicken in garlic sauce, green bean chicken, kung pao chicken, broccoli beef, Vegetables Deluxe.
- **Avoid dishes** that are battered and fried, such as: sweet and sour pork/shrimp, orange chicken, lemon chicken, egg rolls, General Tzo's chicken, anything Lo Mein

### Mexican restaurants

#### Ordering tips:

- Skip the chips
- Hold off on the cheese and sour cream
- Top dishes with fresh salsa in place of sour cream or cheese
- Choose whole beans (pinto or black) instead of refried beans
- Ask for beans or corn in your burrito in place of the rice
- Order a side dish of whole beans in place of chips

#### Best choices are:

- Salads (La Salsa and Chipotle restaurants make great healthy salads with veggies, beans and corn)
- Chicken or grilled fish tacos
- Burritos with chicken and beans
- Fajitas

#### Avoid:

- Deep fried foods (chips, chimichangas, fried fish)
- Quesadillas
- Nachos (and most other fried appetizers)
- Potatoes in your burrito

### Delis / Sandwich shops

#### Ordering Tips:

- Whole wheat bread
- Replace mayo with mustard
- Go light on the cheese, or skip it entirely
- Skip the bacon
- If you order chips, go for baked or low-fat chips
- Be careful when ordering tuna salad because it can be made with a lot of mayonnaise
- Order a 6-inch instead of a 12-inch sandwich (it should be plenty of food!)

#### Avoid:

- Philly Cheese steaks
- Creamy sauces

### Quick Prep at home ideas

Purchase frozen foods that are somewhat healthy and can be heated quickly. Look for meals that contain a vegetable serving and are low in saturated fat and salt. Some good ideas are:

- Lean Cuisine meals
- Healthy Choice meals
- Weight Watchers
- Skillet Sensations

\*At most grocery stores, at any given time, at least one of these brands will be on sale and can be purchased for \$2 to \$3 each.

\*Add additional vegetables to pasta sauce: sautéed onions or mushrooms, frozen chopped spinach, or grated zucchini. Eat more of the nutrient-dense sauce and less noodles.

\*Buy pre-washed and cut vegetables. Steam or sauté.

\*Check your local grocery store for ready-to-eat deli foods (coleslaw, pasta salad, tabouli, chicken salad, etc.)

### **Quick foods available at Trader Joes:**

Ready-to-eat foods from the refrigerated deli case:

- Southwest Salad
- Country Italian Salad
- Fiesta Chicken Vegetable Salad
- Mediterranean wrap
- Turkey wrap
- Chicken Teriyaki

Refrigerated foods that can be quickly heated and eaten:

- Tamales
- Stuffed Peppers

Frozen foods that can be quickly re-heated:

- Charbroiled Chicken Bowl
- Asian-style vegetable bowl
- Stir-fry Vegetables
- Red Pesto Farfalle
- Chicken Fajitas
- Shrimp Primavera