

EATING OUT, HEART HEALTHY

Part of living heart healthy is choosing healthy meals and snacks to help prevent heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods. And when you're eating out, follow some simple rules to make sure you're practicing heart healthy dining.

First, do a little research. Lots of restaurants now have their menus online, and some have the nutritional information available. Have an idea of what you want to order before going.

SANDWICHES AND BURGERS

- ✓ Try ordering sandwiches and burgers without high-fat mayonnaise or other sauce and stick with mustard or low-fat mayo.
- ✓ No need to order "biggie size" on your burger – Trying ordering a smaller burger with veggies.
- ✓ Skip the chicken or tuna salad and order sandwiches made with grilled chicken, lean turkey and lean roast beef.
- ✓ Order grilled chicken or fish, instead of fried.



MAIN DISHES

- ✓ Remember that rotisserie, baked or grilled chicken or fish is always better than fried.
- ✓ If you're ordering pizza, try substituting some of the meat with mushrooms and other vegetables. Ask for "light cheese" – half of what is normally on a pizza.
- ✓ Steamed or grilled fish and seafood is better for main dishes. Also, watch out for heavy, butter-filled sauces.



SIDE DISHES

- ✓ If your order comes with dressing or a sauce, ask for it on the side. And try not to eat all of it.
- ✓ Limiting salt is a big factor for healthy eating; ask your server to leave it off your dish.
- ✓ Most everybody loves french fries, but try a baked potato. Skip the butter and sour cream. Ask for veggies or salsa as toppings.
- ✓ Use low-calorie or low-fat dressing on your salad.



BEVERAGES

- ✓ Instead of sweet tea, choose water, unsweetened tea, or 100% fruit juice.
- ✓ Opt for a small size, diet or sugar-free soda.



DESSERT

- ✓ Skip dessert if you can, but if you want to indulge look for low-fat frozen yogurt, low-fat ice cream or sherbet. Skip the cakes and pies.

TO LEARN MORE ABOUT PREVENTING HEART DISEASE, VISIT WWW.CDC.GOV/HEARTDISEASE/PREVENTION.HTM.

To find a health center, visit www.chc-ar.org/health-center-list or call **501-374-8225**.

SOURCES: 1: <https://www.cdc.gov/heartdisease/prevention.htm> • 2: <https://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/tipsheets/Tips-for-Eating-Out.pdf>
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/dining-out-doesnt-mean-ditch-your-diet> • <https://www.cdc.gov/diabetes/managing/eat-well/eating-out.html>
<https://www.nhlbi.nih.gov/health/heart-healthy-living/healthy-foods>

This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,203,478 with 0 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov. FEBRUARY 2023