

# Pocket Guide: Inside clues for healthy eating out

Healthy eating is about making heart-smart meal choices—which is why it can be so hard at restaurants. Menus are designed to appeal to your stomach, not your heart. They usually don't come with nutritional labels that tell you which dishes are high in calories, fat, and saturated fat.

They do, however, contain inside clues—common descriptors that help you recognize dishes that may be healthier choices and those you should avoid. Below is a list of them. Simply print it out, fold it up and keep it in your wallet the next time you go out to eat. You'll be surprised how delicious healthy can be.

**Food lower in calories and fat**

**Descriptions:**

- Steamed in its own juice (au jus)
- Garden Fresh
- Broiled
- Baked
- Roasted
- Poached
- Tomato Juice
- Dry Boiled (in wine or lemon juice)
- Lightly Sautéed

**Foods high in calorie and fat**

**Descriptions:**

- Butter Sauce
- Fried
- Crispy
- Creamed
- In Cream Sauce
- In Cheese Sauce
- Au Gratin
- Au Fromage
- Escalloped
- Parmesan
- Hollandaise
- Bearnaise
- Marinated (in oil)
- Sautéed
- Stir-Fried
- Casserole
- Prime
- Pot Pie
- Pastry Crust