

NEW YOU

It's possible to eat healthy, low-fat foods when you go out



PLEASE RECYCLE

You have mastered the art of low-fat eating when you are at home, but what happens when you go out for dinner? The restaurant you choose may still be serving high-fat items cooked in a

high-fat way.

The following are tips to healthy eating from Renee Lush from Roseglan, a weight loss and wellness centre in Markham.

CHOOSE YOUR RESTAURANT CAREFULLY

- Ask at your hotel for restaurants which are known to offer healthy options.

- Watch for the Heart Association logo on the menu.

- Ask the waiter if the establishment offers entrees which are lower in calories, fat and cholesterol.

- Choose restaurants which cook foods to order. These restaurants will be more able to prepare your selection without additional fat.

STUDY THE MENU

- Look for basic food.
- Choose broiled, roasted, steamed or poached items.
- Avoid casseroles and items cooked in gravies, cream sauces or cheese sauces.

FOODS TO AVOID

- Butter and cream.
- Items which are described with words such as butter sauce, creamed, escalloped, hollandaise, au gratin, cheese sauce.
- Deep fried foods, panfried or sauteed food.

MAKE SPECIAL REQUESTS

- All butter, gravy, dressings, condiments or sauces served on the side.
- The portion size you prefer.
- Simple preparations in lemon juice or au jus.
- Skim milk rather than whole milk.

TAKE CONTROL OF YOUR MEAL

- Cut away all visible fat from meats.
- Remove all skin from poultry.
- At the salad bar, avoid cheeses, meats, eggs, bacon bits and prepared salads.
- Where possible, choose fresh fruits and vegetables to complement your meal.
- For dessert, choose fresh fruit.



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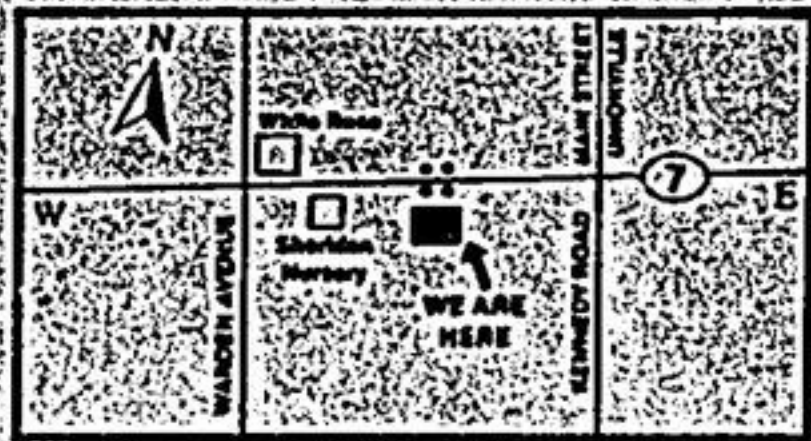
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