

# Healthier Fast Food and Restaurant Choices

Remember-you don't have to eat everything on the plate. Ask for a "to go box" before the meal, and portion out your food before you start eating. You can also share a large meal with a friend. Another tip is to choose appetizers instead of entrées...this helps to control portion sizes too.

## Burgers and Fries

- Choose regular, junior, or single burgers
- Ask for ketchup, mustard, or Bar-b-que sauce. Avoid mayonnaise or "special sauce"
- Hold the bacon and cheese
- If you choose fries, choose a small size or split a medium with a friend
- Choose healthier side items such as: salads, fruit, carrot sticks, baked potato, chili, or yogurt

## Sandwiches, Soups, and Salads

- Choose turkey, smoked turkey, ham, chicken breast, or roast beef sandwiches
- Avoid tuna salad, chicken salad, or seafood salads made with regular mayonnaise
- Ask for wheat bread when available, and choose a smaller sub over a "foot long"
- Pile on the veggies!
- Use mustard or vinegar. Avoid mayonnaise or oil
- Choose broth soups instead of cream soups
- Go easy on the cheese, bacon bits, chopped meat, and marinated veggies on salads
- Choose low fat or fat free salad dressings, and ask for dressing on the side to control the amount

## Chicken and Beef

- Choose roasted or grilled chicken. Avoid fried chicken
- Choose skinless or peel off skin
- Ask to have all visible fat trimmed off beef before it is cooked
- Ask for gravy on the side
- Choose sides such as: corn, green beans, steamed veggies, rice, or baked potato. Avoid French fries, fried okra, potato salad, coleslaw, biscuits, or baked beans
- Limit the amount of rolls and peanuts you eat while waiting for your food to come

## Pizza and Pasta

- Choose thin crust pizza over deep dish
- Pile on the veggies!
- Limit extra cheese, pepperoni, sausage, anchovies, and bacon
- Choose pasta with marinara or light wine sauce. Avoid alfredo or other creamy sauces
- Limit breadsticks before the meal comes
- Ask for a salad with dressing on the side to go with your pizza or pasta



This handout was created by the Riverside Regional Medical Center Dietitians.  
Please call **757-594-2000** if you have any questions.

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### Fish and Seafood

- Choose baked, broiled, or grilled fish. Avoid battered or fried fish
- Use lemon or low fat cocktail sauce. Avoid tartar sauces
- Order shellfish seasoned. Avoid dipping shellfish in butter
- Limit sides such as hush puppies, fries, coleslaw, biscuits, and cornbread

### Mexican

- Choose soft over hard shell tacos
- Limit guacamole, cheese, and sour cream
- Use red sauce, green sauce, salsa, garlic, cilantro, chilies, or onions to flavor foods
- Choose light or fat free sour cream when available
- Choose pinto or black beans. Avoid refried beans
- Limit the amount of chips and salsa you eat while waiting for your food



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