

# STOPLIGHT Restaurant Guide to Healthy Choices

**Making healthy food choices** when eating at restaurants can sometimes be a challenge. If the menu does not list calorie, fat, or sodium content you can use this guide to help you make better choices. Choose foods from the green categories (“go”) and avoid foods in the red categories (“stop”). Choose smaller portions or just taste food from the yellow categories (“caution”). Always pay attention to portion size – a green food can easily become a red food if you eat more than one portion or one serving.

**One serving of...**

- meat or fish = 3 oz. (approximately the size of your palm or a deck of cards)
- rice or pasta = ½ cup (approximately the size of a light bulb)
- fruit/vegetable = 1 cup (approximately the size of a baseball)
- cheese = 1 ½ oz. (approximately the size of 3 dice)
- butter/mayonnaise/salad dressing/oil = 1 tablespoon (approximately the size of poker chip)

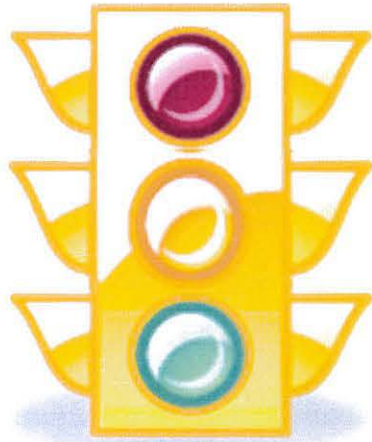
## GENERAL TIPS FOR EATING OUT

- Avoid restaurants with enormous portions—studies show that the more we are served, the more we eat. If you leave a restaurant feeling sluggish, complaining of stomach pain, or feeling guilty, you’re probably eating too much!
- Start your meal with a large glass of water or unsweetened iced tea.
- Choose steamed, grilled, or broiled main dishes and vegetables. Avoid fried versions of these foods.
- Ask the server for a To-Go box BEFORE you get your food. Put half your meal in the box immediately when you are served. Save for lunch or dinner the next day.
- Split the meal with your brother, sister, or friend.
- Use the kids menu for smaller portions of your favorite “yellow” category foods.
- Fill up on a healthy vegetable or salad first and save half (or more) of your main portion for another meal.

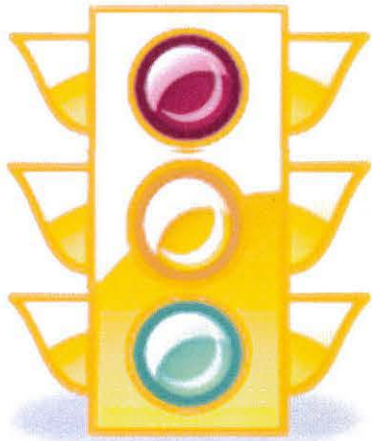
**Salad dressings and sauces can contribute huge amounts of fat and sodium. Here are some tips on how to dress your food in a healthy way:**

- Always order salad dressing on the side. Dip either the tip of your fork or the tip of the salad bite into the dressing.
- If you like to pour all the dressing on the top of your salad, first get rid of half of it. Then, add a couple of spoons full of water and stir. Mix into your salad. You’ll have fewer calories, fat, and sodium.
- Ask for light or low sodium soy and teriyaki sauces on the side. Use them sparingly. You can even try adding a spoonful of water to make it less salty.



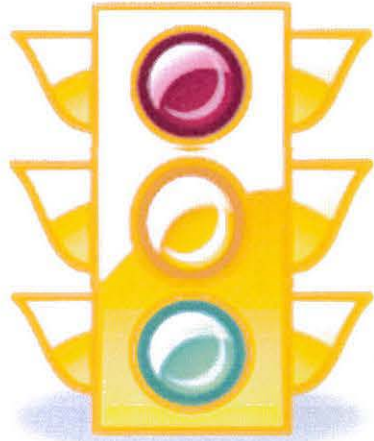


Steakhouse Restaurant			
Appetizers	Entrees	Side Dishes	Condiments
Cheese fries; onion rings; fried whole onion; potato skins, chicken wings, cream based soups	Untrimmed steak; pork chops or prime rib; mixed dishes with cured or salted meats (ham, corned beef, sausage prosciutto, chorizo), fried foods including seafood	French fries, cream based soups, mashed potatoes	Creamy, full fat dressings; butter; steak sauce (A1 sauce); teriyaki or soy based sauces
Broth based soups, coconut shrimp, veggies and dip	Trimmed steak, pork chops or prime rib	Rice; Caesar salad	Ketchup; sour cream
House salad w/fat-free or light dressing, seared tuna (go light on sauce)	Trimmed and Grilled foods—shrimp, chicken, pork, turkey, salmon, tilapia, catfish, mahi mahi, tuna Salad and meats from above combo with light dressing	House salad w/ fat-free or light dressing; vegetables without butter (asparagus, sweet potato, mixed veggies, spinach, green beans), baked potato (light on sour cream)	Vinaigrette dressing

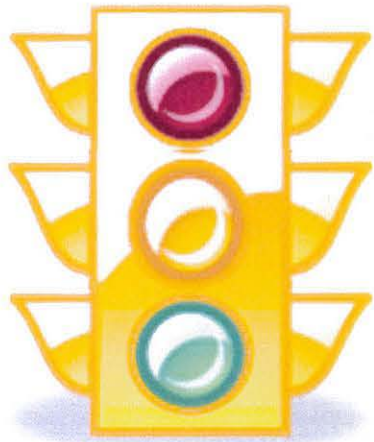


French Food/Bakery			
Appetizers	Entrées	Side Dishes	Condiments
Feta and brie cheese; pate; creamy soup, French onion soup	Dishes with Hollandaise, mornay, béchamel, and béarnaise sauces; bouillabaisse; omelets with bacon, cheese, ham, and sausage	Salted butter, Danish, croissants, muffins	Gravy, cream-based sauces
Clear broth soup		Unsalted butter	
Swiss or goat cheese	Grilled, roasted, poached, broiled and steamed dishes; En brochette (cooked on a skewer, dishes with wine based sauces); omelets with vegetables	Vegetable dishes; vegetable quiche, sorbet; fresh fruit tart, seasonal fruit	Vinaigrette dressing





Greek Food			
Appetizers	Entrees	Side Dishes	Condiments
Feta cheese, Feta dip, Saganaki, Tyropita, anchovies	Entrees with Béchamel sauce; bacon, Shrimp and Veal Saganaki, Veal and Chicken Francais, Moussaka, Pastitsio	French Fries, Baklava, Galaktoboureko, Kataifi	Cream sauces for veggies, meat, and fish
Salted nuts, fried calamari, Spanakopita, tzatziki	Greek salad (go light on the feta, olives, pepperoncini)	Rice pilaf, oven baked potatoes	
Grilled calamari and octopus, hummus, falafel, dolmades, eppglant salad	Kebab, Shrimp Oregano; broiled shrimp, lobster, fish; Lamb Giouvetsi, roasted or braised lamb, baked chicken, Souvlaki	Fresh endives, Green beans, Low-fat Greek yogurt, seasonal fruit	Vinaigrette, lemon juice for veggies, meat, and fish



Indian Food			
Appetizers	Entrées	Side Dishes	Condiments
Samosa; pakora; other fried appetizers	Main dish prepared with ghee or coconut oil; dishes with malai (cream)	Foods fried or soaked fat or oil; flat bread (chapatti, naan, kulcha, and roti)	Chutneys, Indian pickle, Mango pickle
Mulligatawany soup, tomato shorba, tandoori platter, tandoori chicken, Shrimp Til Tinka	Aloo gobhi, tandoori roti, and channa masala; sabzi, sag, or bharta (cooked vegetables); chicken tikka (boneless, skinless chicken marinated with spices); kabob (skewered meat or vegetables)	Baked and fiber-rich breads (poppadum)	Cucumber raita, fresh mango or vegetable condiments

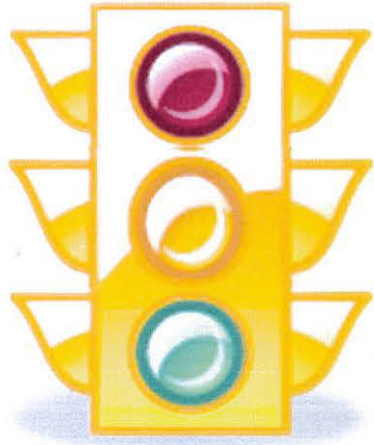




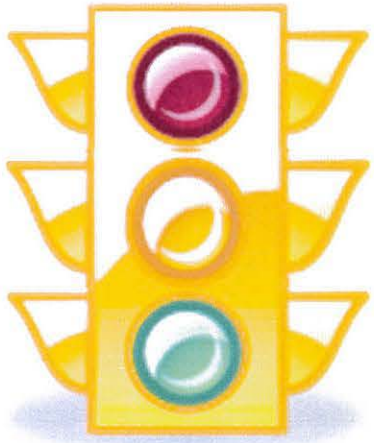
Italian Food			
Appetizers	Entrees	Side Dishes	Condiments
Fried calamari	Meal with marsala, alfredo, pesto, marinara, bolognese, and vodka sauces; lasagna; cheese ravioli; veal or eggplant parmigiana; cheese manicotti	Garlic bread; pickled olives and vegetables; salted butter	Salt; regular dressing
Antipasto (cured meats, olives, cheeses, etc.)	Spaghetti w/ marinara or meat sauce; sausage; bacon, meat-balls; chicken marsala; shrimp primavera		Butter (1pat)
Minestrone soup	Pasta florentine, pasta primavera, chicken cacciatore, grilled meat or fish, margherita and pulit Pizza	Tossed salad w/ light dressing; olive and garlic powder w/ herbs dip	Light or fat-free salad dressing; Italian ice



Pizzeria			
Appetizers	Entrées	Side Dishes	Condiments
Antipasto, wings	Pizza toppings with anchovies, capers, regular cheese, ham, bacon, sausages, pepperoni and olives	Bread stick and sauces	Regular salad dressing
Salads	Thin crust pizza Whole wheat crust pizza Vegetable toppings	Tossed salad with oil and vinegar	Vinaigrette dressing

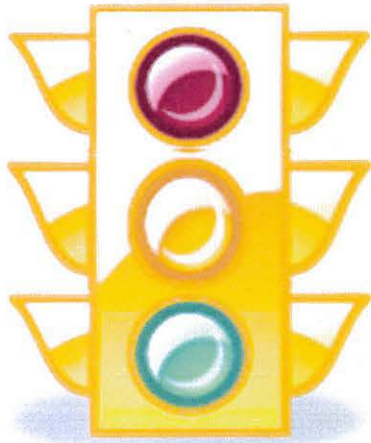


Mexican Food			
Appetizers	Entrees	Side Dishes	Condiments
Pork tamale; tortilla chips, empanadas, chicken wings, queso dip	Chicken and rice; pupusas; cheesy dishes, like enchiladas and quesadillas; burritos; beans and rice; chorizo (Mexican sausage); flour tortillas; chimichangas		
Guacamole, tamales		Black beans, pinto beans	Guacamole
Gazpacho, ceviche, tortilla soup, shrimp cocktail	Ceviche; grilled fish or meat; beef or chicken tacos or tostadas; corn tortilla; fajitas	Fresh salsa or pico de gallo, vegetable sides	

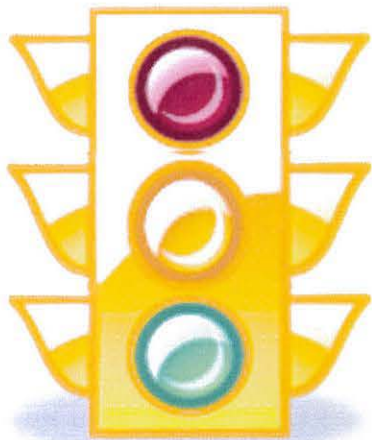


Spanish Food			
Appetizers	Entrées	Side Dishes	Condiments
Tostones; batata frita; salty chips; croquetas; jamon y queso	Pescado or pollo frito	Ensalada de coditos con mayonesa; chuleta frita; patatas bravas; empananads	aoli
Quipe	Sancocho; pollo guisado	Chivo guisado; yuca hervida	
Shrimp, tonno crudo, ceviche; go light on sauces which tend to be oil based	Pescado guisado; pollo horneado; vegetales	Ensalada verde; ensalada de chayote; vegetales	



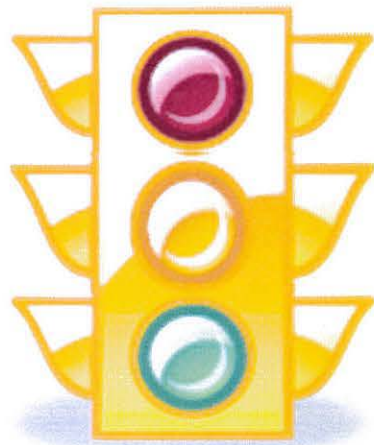


Chinese Food			
Appetizers	Entrées	Side Dishes	Condiments
Chinese sausages	Fried meats and chicken, like General Tso's chicken, orange (crispy) beef; Moo shu pork; sweet and sour pork; kung pao chicken		Soy sauce; oyster sauce; hoisin sauce; black bean sauce, fermented bean curd
Egg roll	Lo mein; beef with broccoli; chicken chow mein; sweet and sour chicken; fried rice	Rice	Sweet and sour sauce; duck sauce
Hot and Sour Soup, Wonton soup, steamed dumpling	Monosodium glutamate (MSG) free foods; stir-fried vegetables; Hunan tofu; shrimp with garlic sauce; Szechuan shrimp; lemon chicken		Hot mustard

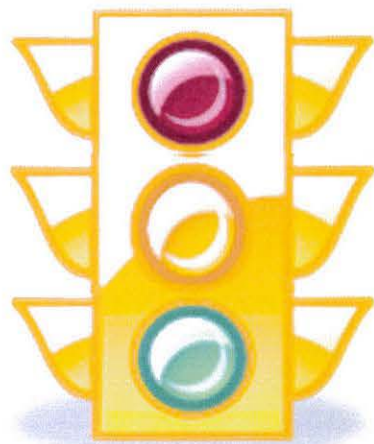


Japanese Food			
Appetizers	Entrées	Side Dishes	Condiments
Aged/fermented tofu; agedashi tofu (fried tofu, daikon in light soy ginger both); miso soup	Fried dishes: tempura, agemomo, tonkatsu	Oshinko (assorted Japanese pickled vegetables)	Soy sauce; teriyaki sauce
			Limited low-sodium soy sauce
Salad with ginger dressing; sashimi; sushi	Sashimi; sushi; shabu-shabu noodle dishes; donburi; yakitori (grilled skewers)	Unsalted edamame; vegetable salad; plain boiled rice	Chopstick dip sauce



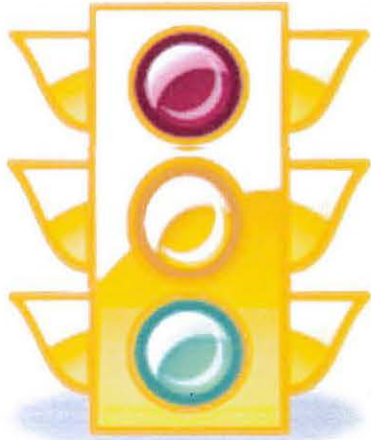


Thai Food			
Appetizers	Entrees	Side Dishes	Condiments
Crispy spring roll, Kiew drob (Thai fried wonton), Tofu Tod, Chive Dumpling, Shrimp roll	Crispy whole fried fish with fish sauce; tod man pla (fried fish cake with sauce), Pa Nang, Chu Chee	Thai fried rice; drunken noodles; gwaytio pad khuoa gai (rice noodles stir-fried with meat, oyster sauce, and sesame oil)	Fish sauce
Tom Kha soup	Pad Thai		
Fresh spring rolls, Tom Yum soup, Sa Tay, Larb Kai, Plar Goong, Nam Sod, Som Tum Thai, Hoy Ob	Chicken breast, steamed whole fish, mixed vegetables with light sauce Kha Tiem Prik Thai, Pad Pak	Plain boiled rice, fresh salads	Ask for sauces on the side and use sparingly



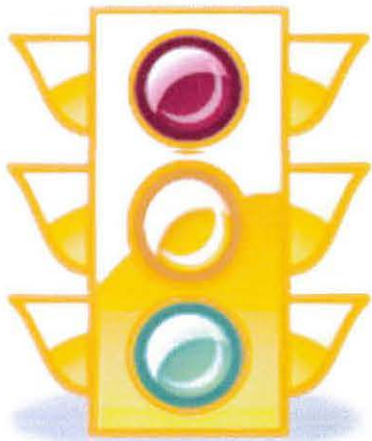
Vietnamese Food			
Appetizers	Entrées	Side Dishes	Condiments
Spring roll (Cha Gio)	Crispy spicy shrimp/seafood/chicken; spare ribs (Rang Muoi); black pepper beef (Bo Xao Tieu Den); braised pork (Thit Heo Kho To); Vietnamese Savory pancake (Banh Xeo)	Green beans in black bean sauce	Anchovies paste; fish sauce; hoisin sauce; hot chili sauce
Seafood with vermicelli; tomato soup (Bun Rieu)	Beef Pho; meat filled baguette (Banh Mi Ba Le)	Pickle vegetables (Daikon, carrot, hot pepper)	
Summer Roll (Goi Cuon), chicken salad (Goi Ga)	Pho Ga (chicken breast with rice noodles); steamed whole fish; steamed chicken breast; steamed tofu with mixed fresh vegetables	Plain boiled rice; fresh raw basil; bean sprouts; chili	Lime; fresh bean sprouts; various mints; cucumber; star fruit





# Soul Food

Soul Food			
Appetizers	Entrées	Side Dishes	Condiments
Luncheon meats; chips; hot dog; canned meat; bologna; cheese curls; mozzarella sticks; fries	Dishes made with salted and cured meats (ham, bacon, bacon fat, liver); fried chicken and seafood	Biscuits, macaroni & cheese, mashed potatoes, candied yams, creamy based coleslaw	Salted butter, pudding, cheesecakes, sweet potato pie
Gumbo	BBQ poultry and meats	String beans, greens, cabbage, rice, pink beans, black eye peas, red beans, corn	BBQ sauce, fruit based desserts, sour cream, cheese
	Baked dishes—poultry, seafood, vegetables Baked potato	Vegetables (beans, greens, cabbage) cooked in low sodium broth, vinegar based coleslaw	Vegetable spray



Add Your Favorite Restaurant:			
Appetizers	Entrées	Side Dishes	Condiments