

Dining Away From Home

Busy lifestyles often mean we have less time to prepare food at home. Canadian households spend an average of 30% of their food budget on meals prepared away from home (Stats Canada, 2006). Eating away from home means we have less control over what goes into the food we eat and restaurants often serve large portions that are high in calories. Whenever possible, try to prepare food at home, but if you are dining out, try and follow these tips.

- Many chain restaurants and fast-food restaurants will have their nutrition information posted online. Check before you go to identify heart healthy options. Look out for:
 - ◇ **Saturated fat:** *as low as possible, depending on how much you typically eat in a day, you should aim for less than 8-17g of saturated fat over the entire day.*
 - ◇ **Cholesterol:** *As low as possible. Aim for less than 200 mg cholesterol over the entire day.*
 - ◇ **Sodium:** *Restaurant meals are often very high in sodium. Try and find options with less than 500mg.*
 - ◇ **Fibre:** *Foods high in fibre will help you feel fuller longer.*
- Look for options that are steamed, baked, broiled, grilled, or poached.
- Avoid temptation when going to grab a coffee: Bring only enough money for the coffee, and have a quick snack before so you aren't tempted by the baked goods.
- Vegetarian meals tend to have less saturated fat and usually have very little cholesterol. When in doubt, choose a vegetarian option.
- At the restaurant, look for heart-healthy substitutions you can make to your meal such as:
 - ◇ *Avoid heavy sauces made with cream, butter, or cheese*
 - ◇ *Ask for margarine or olive oil to eat with bread instead of butter*
 - ◇ *At the coffee shop, ask for skim milk or soy milk instead of cream or full-fat options. Skip the whipped cream.*
 - ◇ *Skip high fat salad toppings such as bacon, chopped egg, and cheese, tasty heart-healthy substitutions can include chopped nuts, avocado, and fruit*
 - ◇ *Egg yolks are very high in cholesterol, ask for egg whites only*
- If you are served a large portion, only eat half and save the rest for later. Fill up on vegetables first and then eat only a small amount of meat. Ask for a take-out container when ordering.
- At a buffet, check out all the options first, then fill your plate with healthy, low-fat options. Have only small amounts of other items.

Instead of this...



Choose this...



Breakfast sandwich with egg and bacon or sausage

White bread, biscuits

Butter

Hamburger

French fries

Deep fried foods

Fried rice

Shrimp or calamari

Chicken wings

Fully loaded nachos

Creamy salad dressings

Deep dish pizza with meat

Beef burrito

Ice cream or soft serve

Cream, half-and-half, whole milk

Blended coffee drinks

Soda

Fried potato chips

Milkshake

Egg white breakfast sandwich with ham

Whole grain, rye, or brown bread

Olive oil or margarine

Grilled chicken sandwich

Baked potato, rice, side salad

Grilled, baked, steamed, poached, broiled

Steamed rice

Salmon, tuna, or any other fatty fish

Chicken breast

Vegetarian nachos

Vinaigrette

Thin crust veggie pizza

Chicken and veggie burrito

Frozen yogurt

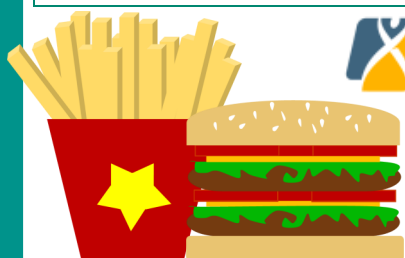
Skim milk

Iced coffee

Diet soda, unsweetened iced tea, water

Baked potato chips, tortilla chips, popcorn

Chocolate milk, frozen yogurt



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