

Pick Your Health Zone

Using the Per Meal Reference Goals below, select the appropriate goals for each meal based on gender and age. By using this guide, everyone in the family can determine exactly what items they can eat without going over “budget.”

PER MEAL REFERENCE GOALS

		calories	fat grams	sat.fat ¹ grams	fiber ³ grams	protein grams	carbs grams	sodium ² milligrams
Female Weight Loss	Children ages 3-4	400	13	4	7	20	50	800
Female Weight Maintenance	Children ages 4-10	600	19	6	8	30	75	900
	Children ages 11+	800	25	8	10	37	95	1,000

	www.dennys.com	calories	fat grams	sat.fat ¹ grams	fiber ³ grams	protein grams	carbs grams	sodium ² milligrams	
Denny's Fit Fare	Veggie & Cheese EggBeater Omelette with dry toast (preferably whole wheat)	438	23	7	4	28	28	1015	
	Oatmeal and Banana	210	2	0	7	6	47	175	
	Boca Burger with small fruit bowl	570	11	3.5	23	34	83	1070	
	Tilapia with rice, vegetable blend, and tomato slices	420	13	3	5	34	40	1190	
	Grilled Chicken Breast Dinner with vegetables	390	11	2	2	57	12	1270	
	<i>FOR COMPARISON</i> Lumberjack Slam with hash browns	1040	53	20	4	47	108	3380	
	<i>Meatloaf dinner with mashed potatoes, gravy and corn</i>	1223	69	28	7	48	99	5264	
	Applebee's Weight Watchers®	www.applebees.com	calories	fat	sat.fat ¹	fiber ³	protein	carbs	sodium ²
		Tortilla Chicken Melt (10 points)	480	13	n/a	6	n/a	n/a	n/a
		Grilled Chili-Lime Chicken Salad (5 points)	250	6	n/a	6	n/a	na	n/a
Cajun Lime Tilapia (6 points)		310	6	n/a	9	n/a	n/a	n/a	
Confetti Chicken (7 points)		370	7	n/a	9	n/a	n/a	n/a	
Teriyaki Steak and Shrimp Skewers (7 points)		370	7	n/a	7	n/a	n/a	n/a	
Italian Chicken and Portobello Sandwich (7 points)		360	6	n/a	11	n/a	n/a	n/a	
Steak & Portobellos (7 points)		330	10	n/a	8	n/a	n/a	n/a	
<i>FOR COMPARISON</i> Oriental Chicken Salad with dressing (5 cups) ⁴		750	49	12	n/a	n/a	n/a	1,140	
Red Lobster Lighthouse Menu		www.redlobster.com	calories	fat	sat.fat ¹	fiber ³	protein	carbs	sodium ²
	Grilled Salmon (half portion), garden salad, seasoned broccoli, 1/2 serving of rice pilaf	518	19.5	n/a	7	n/a	42	n/a	
	Rainbow Trout (half portion), garden salad, 1/2 baked potato, seasoned broccoli	521	20	n/a	8	n/a	44	n/a	
	Garlic-Grilled Jumbo Shrimp, garden salad, whole baked potato, seasoned broccoli	479	10	n/a	10	n/a	61	n/a	
	Broiled Flounder or Sole, garden salad, seasoned broccoli, 1/2 baked potato	488	11	n/a	8	n/a	42	n/a	
	Tilapia (half portion), garden salad, seasoned broccoli, full serving rice pilaf	548	16	n/a	8	n/a	60	n/a	
	<i>FOR COMPARISON</i> "Grilled Salmon (full portion), garden salad with added shrimp topping, baked potato and 2 Cheddar Bay Biscuits"	1209	59	n/a	6	n/a	85	n/a	
	<i>"Admiral's Feast (golden fried shrimp, bay scallops, clam strips, sole), French fries, garden salad and 2 Cheddar Bay Biscuits"</i>	1832	97	n/a	n/a	n/a	n/a	n/a	
	Olive Garden Request whole-wheat linguine	www.olivegarden.com	calories	fat	sat.fat ¹	fiber ³	protein	carbs	sodium ²
		Capellini Pomodoro - lunch portion	480	11	n/a	11	n/a	n/a	n/a
Venetian Apricot Chicken - lunch portion		280	3	n/a	8	n/a	n/a	n/a	
Linguine alla Marinara - lunch portion		310	4	n/a	5	n/a	n/a	n/a	
Shrimp Primavera - lunch portion		510	9	n/a	12	n/a	n/a	n/a	
Minestrone Soup		100	1.5	n/a	3	n/a	n/a	n/a	
<i>FOR COMPARISON</i> Fettuccine Alfredo - 2-1/2 cups typical restaurant recipe ⁴		1500	97	48	n/a	n/a	n/a	1,030	
<i>Lasagna - 2 cups typical restaurant recipe⁴</i>		960	53	21	n/a	n/a	n/a	2,060	
Panera Bread		www.panerabread.com	calories	fat	sat.fat ¹	fiber ³	protein	carbs	sodium ²
		Whole-Grain, Sesame or Blueberry Bagel	350	3	0.5	4	12	67	450
	Reduced-Fat Cream Cheese, 2 oz.	130	11	6	0	5	5	210	
	1/2 Reduced-Fat Wild Blueberry Muffin	180	5	1	0.5	3	30	110	
	Grilled Egg and Cheese Breakfast Sandwich on White Whole-Wheat Loaf	370	14	6	4	18	43	690	
	Turkey Chickpea Chili Soup, 8 oz.	180	5	1.5	7	10	22	800	
	Low-Fat Vegetarian Black Bean Soup, 8 oz.	150	1	0	6	8	28	920	
	Honey Wheat Loaf, 2 oz.	170	2.5	1	2	5	31	270	
	IF PAIRING SALADS WITH 1/2 SANDWICH, OMIT THE CHICKEN								
	1/2 Asian Sesame Chicken Salad with Reduced-Sugar Asian Sesame Vinaigrette	255	14	2	2	16	19	640	
Strawberry Poppyseed Salad with Chicken and Fat-Free Poppyseed Dressing	310	3.5	0.5	7	29	36	555		
1/2 Hot Panini Portobello & Mozzarella on White Whole-Wheat	310	11	5	4	13	40	630		
1/2 Smoked Turkey Breast on White Whole-Wheat	240	9	1.5	3	15	25	840		
<i>FOR COMPARISON</i> Italian Combo on Ciabatta	1070	50	19.5	5	59	93	3010		
National Coney Island	www.nationalconeyisland.com	calories	fat	sat.fat ¹	fiber ³	protein	carbs	sodium ²	
	Tuna Sandwich on Whole-Wheat	328	9.4	2.3	4	30	34	980	
	Garden Burger - no cheese	280	5.6	1	6.5	12	46	781	
	Grilled Chicken Breast Sandwich - no mayo	368	16	3	1	30	27	306	
	Chicken Gyros Sandwich	381	12.6	2.5	2	30	37	1221	
	Baby Greek Salad - no dressing, no pepperoncini to save sodium	182	9	4.5	3	8	19	746	
	<i>FOR COMPARISON</i> Coney Hot Dog	411	19	6.5	2	19	30	1109	
	<i>Coney Combo</i>	810	40.5	11	5.5	22	65	1151	
	Baja Fresh Mexican Grill	www.bajafresh.com	calories	fat	sat.fat ¹	fiber ³	protein	carbs	sodium ²
		Baja Ensalada, Chicken	310	7	2	7	46	18	1210
Charbroiled Chicken "Baja Style" Taco		210	5	1	2	12	28	230	
Baja Ensalada, Shrimp		230	6	2	6	28	18	1110	
Charbroiled Steak "Baja Style" Taco		230	8	2	2	11	28	260	
<i>FOR COMPARISON</i> Steak with Flour Tortillas Fajitas		1240	45	16	25	65	149	3440	
<i>Charbroiled Steak "Burrito Dos Manos" "Enchilado Style"</i>		1590	60	29	26	72	190	4210	
Domino's		www.dominos.com	calories	fat	sat.fat ¹	fiber ³	protein	carbs	sodium ²
		12" Pizza Green Pepper, Onion, Mushroom (1 of 8 equal slices)							
		Crunchy Thin Crust	130	7.5	2.5	1	5	15	240
	Classic Hand Tossed	210	7	3	1	9	31	335	
	Ultimate Deep Dish	225	11	3.5	3	8	28	525	
	<i>FOR COMPARISON</i> 14" Pizza ExtravagAZza Feast (1 of 8 equal slices)								
	<i>Crunchy Thin Crust</i>	280	25.5	10	3	19	27	1120	
	<i>Classic Hand Tossed</i>	490	25	10.5	4	24	49	1250	
	<i>Ultimate Deep Dish</i>	520	30	12	6	23	47	1520	
	<i>1 Bread Stick</i>	110	6	1.5	0	2	11	100	
Alcoholic Beverages	calories	fat	sat.fat ¹	fiber ³	protein	carbs	sodium ²		
	Wine, 4 fl oz, all varieties, 11.5% alcohol	85	0	0	0	0	4	7	
	Champagne, 4 fl oz, 11% alcohol	85	0	0			3		
	Light Beer, 12 fl oz, 5% alcohol	110	0	0	0	0	5	11	
	Regular Beer, 12 fl oz, 5% alcohol	140	0	0	0	1	6	14	
	Non Alcoholic Beer, 12 fl oz,	65	0	0	0	1	5	18	
	Blood Mary, 5 fl oz	116	0	0	0	0	5	332	
	Rum (1.5 fl oz) and Diet Soda	97	0	0	0	0	0	n/a	
	Spirits/Liquors (Gin, Rum, Vodka, Whiskey)								
	80 Proof (40% alc. by vol.), 1.5 fl oz	95	0	0	0	0	0	n/a	
100 Proof (50% alc. by vol.) 1.5 fl oz	120	0	0	0	0	0	n/a		
Flavored Spirits									
70 Proof (35% alc. by vol.) 1.5 fl oz	95	0	0	0	0	12	n/a		
<i>FOR COMPARISON</i> **Margarita, 12 fl oz	811	0	0	0	0	51	1423		
<i>**Pina Colada, 12 fl oz</i>	654	7	6	0	1	85	22		

When dining Mexican...

- ❖ Take just 5 to 10 chips and ask to have the basket removed.
- ❖ Go for lots of red or green salsa instead of *chile con queso* (salsa cheese dip).
- ❖ Order *al carbon* (grilled) with an extra side of the *pico de gallo* (vegetable relish).
- ❖ Inquire about whole-wheat tortillas, brown rice, reduced fat cheese, light sour cream and low-fat dressings.
- ❖ Choose guacamole in limited amounts instead of sour cream or extra cheese.
- ❖ Substitute black beans or a side salad for the Mexican rice.
- ❖ Choose *charra* or *charro beans* instead of refried beans.
- ❖ Order the soft shell chicken tacos instead of the hard shell with beef.
- ❖ Use red chile sauce or ranchero sauce instead of sour cream or meat chile sauce.
- ❖ Skip the *chalupa* (meat filled fried corn tortilla) and *sopaipilla* (deep fried dessert).

When it's Mediterranean night...

- ❖ Consider a meal of appetizers, selecting from hummus or baba ghanoush (request not topped with oil), dolma, tabbouleh, lentil soup, pita bread or vegetables with tzatziki sauce.
- ❖ Keep a Greek salad from becoming a "Big Mac" by asking for the feta cheese and dressing on the side – then use only half of each. For further sodium reduction, skip the pepperoncini (pickled hot peppers) and black olives. A fattoush salad with dressing on the side is also a good choice.
- ❖ Chicken souvlaki or shish kebab served over rice with vegetables is generally an excellent choice, especially if eating only half the rice. Although not as low in fat, beef and lamb are also acceptable choices.
- ❖ Skip the gyro unless they offer a chicken gyro, and request that the chicken not exceed 3 ounces.
- ❖ While falafel starts out healthy from mashed chickpeas and spices, it is formed and then deep fried – so enjoy in moderation only.
- ❖ Skip the avgolemono soup and Greek pastitsio and moussaka as they are loaded in fat, sodium and calories.
- ❖ If you must have baklava, one serving runs 550 calories, so share it appropriately.

When it's "Let's meet for Coffee"...

- ❖ Order the smallest size – usually 12 ounces.
- ❖ Substitute soy milk or skim milk for whole milk.
- ❖ An unflavored skim or soy latte or cappuccino is almost always less than 100 calories, and provides about 200 mg of beneficial calcium.
- ❖ If you must have your coffee or tea sweetened with a syrup, consider asking for one pump less than what's typically used. Better yet, save all sugar calories by asking for sugar-free syrups.
- ❖ Say no to the extras like caramel, chocolate and whipped cream (150 calorie savings).
- ❖ Starbucks venti size (24 ounce) Java Chip Frappuccino has 600 calories and nearly an entire day's worth of saturated fat. A better choice is the 12 ounce coffee Frappuccino Light with no saturated fat and only 120 calories!
- ❖ Starbucks Vivanno Smoothies offer an excellent breakfast or snack option high in fiber and protein for only 250 to 270 calories.
- ❖ Choose a bagel, fruit, parfait or low-fat bran muffin over the cakes, muffins, scones, cinnamon rolls, Danishes and brownies. Some of these have more than 600 calories each and a day's worth of saturated fat!

When dinner includes "Drinks"...

- ❖ Think before you drink. Ask yourself, "do I want to EAT my calories or DRINK my calories?"
- ❖ Skip frozen drinks and ice cream drinks – these are high in fat, carbohydrates and calories.
- ❖ Choose light beers instead of regular or dark beers.
- ❖ Consider a wine or juice spritzer followed by water with lemon.
- ❖ Limit alcohol to one drink per day for a woman and two for a man. One drink is equal to 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of spirits (80 proof).

When choosing a soft drink...

- ❖ Order a large water with all meals and drink it all.
- ❖ Skip the refills unless it's water.
- ❖ Skip the "super size," it's a SUPER WAIST!

¹Sat. fat numbers include trans fatty acid content.

²Since an occasional meal higher in sodium is not a problem for most people, choices over 1000 mg were included.

³To determine daily fiber needs more accurately for children, take their age + 5 and divide by three to figure your "reference goal" per meal.

⁴Data from "Restaurant Confidential" by CSPI, 2002. All other information obtained from restaurant Web sites.

**Author's estimate based on typical ingredients and preparation using Nutritionist Pro Software. All other information obtained from restaurant Web sites.

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- ❖ Choose a thin crust when whole-grain crusts are not available.
- ❖ Order the medium instead of the large. It's a sneaky portion-control strategy that saves approximately 60 calories per slice.
- ❖ The best toppings include vegetables, pineapple and olives (avoid olives if you must limit sodium).
- ❖ Eliminating the pig-fat puddles (pepperoni) saves you 36 calories, 3 grams of fat and 136 milligrams of sodium per slice!
- ❖ If you insist on a meat topping, choose ham or Canadian bacon. However, the sodium does increase 100 milligrams per slice!
- ❖ Make it a rule to eat a large salad before your pizza arrives.

When it's Pizza night...

- ❖ Choose entrées that include lots of vegetables or order extra vegetables.
- ❖ Order steamed, braised or stir-fried chicken, seafood or tofu.
- ❖ Practice saying "hold the MSG" and "light on the oil."
- ❖ Opt for the egg drop or hot and sour soup instead of wonton. If watching sodium, skip all three.
- ❖ Ask for brown rice. Your second best choice is steamed white rice.
- ❖ Eat only 1/2 cup of rice for every 1 cup of vegetable-rich entrée.
- ❖ Skip the egg roll or only eat the inside veggie. Better yet, choose the steamed spring rolls.
- ❖ Enjoy the fortune cookie instead of the almond cookies.

When dining Chinese...

- ❖ To keep a cap on carbs, choose bread *OR* pasta *OR* half portions of each.
- ❖ Order marinara, tomato or red clam sauce instead of a white sauce and request whole-wheat pasta.
- ❖ Order minestrone soup instead of a cream-based soup. Add a salad and it's a complete meal.
- ❖ Order *griglia* (grilled) meats and vegetables. Skip any entrée with artery-clogging cream, pesto, Alfredo or carbonara sauces.
- ❖ Skip *frito misto* (mixed fried), parmigiana and/or polenta.

When dining Italian...

- ❖ Both broiled fish and shellfish are low in artery-clogging saturated fat.
- ❖ The entrées highest in the heart-healthy omega-3 fatty acids, in descending order are: Norwegian Salmon, Mackerel, Catfish, Rainbow Trout, Yellow Fin Tuna, Sockeye Salmon, Swordfish and Ocean Perch.
- ❖ Avoid "breaded," which means "fried," which means trans fat.
- ❖ Order the lunch portion even if it's dinnertime.
- ❖ For dipping seafood, try cocktail sauce instead of melted butter or tartar sauce.
- ❖ Pass on the biscuits. They are high in fat and calories.

When dining at a seafood house...

- ❖ Look for menu items that include a large portion of vegetables or a large salad.
- ❖ Choose vegetarian entrées, fish or poultry.
- ❖ Instead of prime rib, select the smallest size sirloin or filet mignon.
- ❖ Order a baked sweet potato or corn on the cob for a change.

When dining at a family restaurant...

- ❖ Order whole-wheat toast "dry." Use jam instead of butter.
- ❖ Consider hash browns *OR* toast *OR* half portions of each.
- ❖ Enjoy eggs, but consider egg substitutes if you eat them more than 3 times per week.
- ❖ Choose a vegetable omelette and consider holding the cheese.
- ❖ Request whole-wheat or buckwheat pancakes and keep syrup on the side for lightly dipping.
- ❖ Forgo meat altogether or order lean ham, Canadian bacon or turkey sausage.
- ❖ Order a platter of melon or berries or a 6-ounce glass of 100% fruit juice or tomato juice.
- ❖ Try a whole-grain bagel with peanut butter and preserves instead of a croissant or Danish.
- ❖ Consider oatmeal with nuts and raisins.

When dining out for breakfast...

Dining Out Quick Tips

- ❖ Consider eating a little less during the day in preparation for an evening out.
- ❖ If the bread basket is tempting you beyond one piece, have it removed.
- ❖ Look for "light" or "healthy" options.
- ❖ Be a "no fried foods" kind of person.
- ❖ Skip "all you can eat" buffets.
- ❖ Share everything or take home half.
- ❖ If you decide you've had enough, place a napkin over your plate. This will alert your server to remove the plate before you start picking at it.

Dining Out Dessert Tips

- ❖ If choosing to have dessert, enjoy it without guilt by making room for it. Simply omit something else such as a dinner roll or glass of wine.
- ❖ Don't allow our gluttonous society to lure you into football-player portions. Save money, fat and calories by **sharing**.
- ❖ If pie is your pleasure and you're doing the slicing, a 1/8th size piece will save you about 100 calories each over a 1/6th size slice. Pumpkin pie and fruit pies are generally a better choice than pecan and cheesecake. Leaving the "crust firm" helps save calories too.
- ❖ Angel food cake and sponge cake are generally lower in fat and calories than devil's food and carrot cake. Leaving the icing behind also means less on your behind!
- ❖ When it's ice cream time, choosing frozen yogurt or soft-serve ice cream over full-fat varieties saves big time on artery-clogging fat and calories. Also, consider the "kiddle cone." It costs half the price (both \$\$ and calories).
- ❖ Consider a simple fruit cup or berries drizzled with chocolate syrup.
- ❖ Perhaps set a "boundary" for yourself by deciding to have a sweet treat just once a day or once a week instead of whenever the opportunity arises. There is freedom within boundaries!



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The information contained in this guide is believed to be accurate according to data provided from restaurants' Web sites as of June 2008.

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Healthy Dining Guide

Eating out tips and restaurant picks

Eat healthy wherever you go!

Did you know that when dining out we often consume TWICE the calories, fat, carbohydrates and sodium than we would eating at home? Why? Effective marketing, lavish food preparation and "get your money's worth" portions have us over-ordering, over-drinking and over-eating. With climbing rates of obesity, diabetes, heart disease and cancer, it's time we find a straightforward dining-out solution. Every restaurant has healthy ingredients. You just have to know how to get them prepared the right way and in the right amounts. And those solutions are right here!

Simply read and heed our suggestions. The inside chart recommends the healthiest selections from a variety of restaurants. Less healthy choices are also listed for comparison. These restaurants were chosen because they provide nutrition information (which we applaud since many restaurants do not). Put these suggestions into practice and you are well on your way to healthy dining!

General advice to use wherever you eat.

- ❖ Choose broth-based soups with beans and vegetables instead of cream soups.
- ❖ Choose salads made with spinach, romaine or spring mix and order salad dressing "on the side." Dip your fork into the dressing, then into the salad.
- ❖ Consider sharing an entrée, but order an extra salad and vegetables.
- ❖ Order a doggie bag with your meal. Portion out half BEFORE you begin eating.
- ❖ Practice saying "hold the cheese" and "salad dressing (or sauce) on the side."
- ❖ Ask to substitute French fries for a baked potato, salad, fruit or vegetable of the day.
- ❖ Order chili, navy bean, split pea or black bean soup as a meal, not an appetizer and include a salad with light dressing and a piece of whole-grain bread for a complete meal.
- ❖ If a baked potato is huge – halve it. Try salsa or Pico de Gallo instead of butter and sour cream.
- ❖ Consider shrimp cocktail, a salad and baked potato for a light supper.

