

CHOOSE Menu Items with These Words

Baked: cooked by dry heat in an oven

Blackened: charred over flames

Braised: cooked slowly in a small amount of liquid in a tightly covered pan on range top or oven

Crispy Tender: vegetables cooked until just tender, but somewhat crisp

Grilled: barbecued on a grill

Mesquite Grilled: barbecued over flames

Parboiled: to cook partially by boiling for a brief period

Poached: cooked in water or other liquid near boiling point

Roasted: cooked uncovered in the oven

Steamed: cooked in a sealed pot over boiling water

Stewed: food covered in liquid and cooked for a long time, until tender

Stir Fried: fried briefly in a small amount of oil

AVOID Menu Items with These Words

Alfredo: white cheese sauce

Au Gratin: encrusted in bread and cheese

Basted: moistening during cooking with pan drippings

Béarnaise: a butter and wine-based sauce

Béchamel: rich, creamy, high-fat sauce

Beurre Blanc: white butter sauce

Breaded: rolled in bread or dough, then fried

Coated: covered with crumbs, flour or batter

Creamy: always contains fat

Crisp: usually fried in oil

Deep fried: boiled in fat

En Croute: in a crust

Escalloped: baked in butter, milk and cheese

Flaky/Crusty: made with high-fat dough

AVOID Menu Items with These Words

Glazed: brushed with butter fat to provide a glossy appearance

Hollandaise: cream sauce made with butter and egg yolks

Pan Fried: to cook meat, poultry or fish in fat

Parmigiana: rolled in cheese and bread crumbs

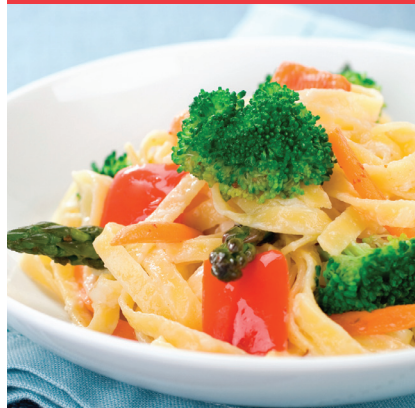
Sautéed: pan cooked in butter or other fat

Tempura: deep fried



University Hospitals
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Guide to Healthy Dining



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Asian Restaurants

Choose More Often

- Lightly stir fried or steamed veggies
- Steamed brown rice
- Tofu Items
- Lightly stir fried or broiled chicken or fish dishes
- Fortune Cookies

Choose Less Often

- Egg rolls
- Fried rice and noodles
- Lo Mein
- Breaded and deep fried meats
- Lobster sauce
- Chicken wings
- Crab puffs

Italian Restaurants

Choose More Often

- Pasta or chicken dishes with tomato, clam or garlic sauce
- Minestrone soup
- Plain Italian bread
- Salad with olive oil and vinegar
- Sorbet or fresh fruit for dessert

Choose Less Often

- Cheese or cream sauces
- Garlic or cheese bread
- Sausage
- Breaded meats
- Cheesecake, ice cream or pastries

Mexican Restaurants

Choose More Often

- Chicken, lean beef, fish or veggie fajitas with salsa
- Baked flour or corn tortillas
- Gazpacho
- Chicken tostado or chicken enchilada
- Salad bars – avoid high-fat toppings

Choose Less Often

- Fried tortilla or tortilla chips
- Extra cheese
- Sour cream and guacamole
- Refried beans and fried rice

Fast Food Restaurants

Choose More Often

- Hamburgers without mayonnaise
- Baked potato with low-fat toppings
- Grilled chicken sandwiches without high-fat sauces
- Yogurt and low-fat ice cream
- Sandwiches made with lean meats

Choose Less Often

- Cheeseburgers, double burgers
- French fried, potato chips
- Fried/breaded fish or chicken
- Apple pies (even baked ones!)
- Salami, bologna or pastrami
- Milkshakes made with whole milk or ice cream
- Super sized anything!