



## WELLNESS PLAN

### Guidelines for Dining Out

Here are a few guidelines that will help you enjoy your experience.

- Appetizers:** Try a fruit platter or low fat foods such as boiled shrimp
- Soups/Salads:** Try gelatin salads.  
Eat tossed salad, raw vegetables and fruits  
Try lemon juice or vinegar instead of salad dressing.  
Avoid soups and broths
- Breads:** Ask for the garlic/butter sauce to be left off.
- Entrees:** Avoid salty meats such as ham, corn beef and canned meats.  
Have your meal prepared without MSG and added salt.  
All sauces should be served on the side, limited to 1 Tbsp.
- Sandwiches:** Avoid salty meats such as ham, corn beef and canned meats.  
Use low sodium lunch meats. Use catsup and sauces sparingly.
- Vegetables:** Eat fresh or frozen vegetables without sauce  
Eat baked potatoes.
- Desserts:** Ask for gelatin and ice milk or frozen yogurt.  
Try pound cake, angel and sponge cake.
- Breakfast:** Avoid casseroles, cheeses and salty meats.  
Ask for your eggs prepared without salt.  
Use Pancakes, waffles, muffins, biscuits only two to three times weekly as they contain more sodium
- Fast Foods:** Usually high in sodium, follow the above guidelines and limit use

Remember portion sizes are usually larger when eating out. Plan to share the main course or take a "Doggie Bag" home. An appetizer may be eaten as an entree. Refer to the guidelines for meal planning on page 72 for a balance healthful meal away from home.