

RESTAURANTS: THE BEST CHOICES

Note: items followed by a (*) might contain higher amounts of salt

Choose more often	Choose less often (or small portions)
PREPARATION AND COOKING METHODS	
Boiled, grilled, poached, roasted, baked, in oven, braised, BBQ, steamed, sautéed <i>with little fat</i> , “provençal”, “lyonnaise”, “marsala”, “primavera”, “marinara”	Fried, browned, crunchy, buttered, creamy, fricassee, casserole, ‘parmigiana’, ‘milanaise’, ‘Alfredo’, ‘hollandaise’, ‘à la King’, béchamel, cream sauce
STARTERS AND HORS-D’OEUVRES	
Raw vegetables, vegetables juice*, soup or broth with vegetables *, minestrone*, grilled pita bread or whole wheat bread	Cream soups (often with cream or eggs); thick soups, olives, cheese, pizzas or crisp corn chips
SALADS	
all salads with vegetables and fruits, (especially with an added protein like beans, egg or chicken) (ask for dressing* on the side)	Salads with creamy dressing, ex. Cesar (<i>cheese, mayonnaise, bacon, croutons boost the calorie/saturated fat intake</i>).
MAINS COURSE	
meat, poultry or fish (grilled, roasted or boiled) like <i>chicken breast, fish filet, pork filet, small beef steak (contre-filet or sirloin)</i> , brochettes, vegetable omelette, pastas served with wine-based sauce (marinara), with tomato & garlic (provençal) or vegetables (primavera)	Meat, poultry or fish that’s been fried, breaded or in a creamy sauce. Pâtés, quiches or pies with crusts, baked pastas with cheese, sausages or deli meats
STARCHY	
Oven-baked, mashed or boiled potatoes; brown rice, couscous, bulgur, quinoa, rice noodles.	French fries, browned, hash browns, fried rice, corn chips or potato chips
VEGETABLES	
all vegetables; raw or cooked with little to no added fat	Vegetables in cheese sauce or with melted cheese, vegetables with added butter
BREADS	
Whole grain bread, baguette, melba type breads	Garlic bread, croissants, buns
DESSERTS <i>are you really hungry?</i>	
Fresh fruit, fruit salad, poached fruit with wine, angel’s food cake, pudding (rice or tapioca), sorbet, Italian ice cream, frozen yogurt	Cakes, pies, french pastries, creamy desserts, ice cream
DRINKS	
Water, milk (2%,1% or skim), herbal teas, coffee or tea, café latté with low fat milk, diet drinks, mineral waters*, 100% fruit juice	Cream added to coffee or tea, milk shakes, beer, high alcohol drinks

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Choose more often	Choose less often – Watch your portions!
FAST-FOOD	
Hamburger or Veggie burger (lean if possible) Sandwich chicken/fish <i>grilled</i> or Club sandwich Wraps (be <i>careful of amount of mayonnaise</i>) Salads with chicken, beans or eggs (<i>dressings!</i>) Baked potatoes and chilis Yogurt Parfait and granola, cereal or fruit	DOUBLE Burger and cheeseburger or with bacon Sandwich chicken/fish <i>fried or breaded</i> Bacon and croissants Chicken or fish nuggets large portions of french fries, onion rings, <i>poutine!</i> Regular drinks Fudge sundaes and milkshakes
PIZZERIA	
Pastas – <i>whole wheat if possible</i> Pitas-pizzas Pizzas (THIN crust) – <i>vegetarian</i> Add-chicken, mushrooms, peppers, tomatoes, zucchini, eggplant, artichoke, light cheese	All dressed pizza Cheese crust pizza Add-ons <i>bacon, sausage, salami, pepperoni, olives, double portion of cheese.</i>
ASIAN/CHINESE/VIETNAMESE/THAI	<i>fried food, soy sauce*, sautéed, BIG portions, oily vegetables</i>
Sushi and spring/summer rolls Soups - <i>Won Ton, chicken, seafood, noodles</i> Chow Mein, Chop Suey, Pad Thai (can be high in sodium/fat) Sauces : <i>soy*, teriyaki*, szechuan*, tamari*, curry, lemon, wasabi*</i> Chinese cookies, litchis	ANYTHING THAT'S "FRIED": Tofu, rice, noodles and <i>fried vegetables (tempura)</i> Crunchy beef, chicken, pork Imperial pâtés Sauces : <i>General Tao, crunchy, peanut*</i> Banana donuts, coconut
ITALIAN	<i>extra bread, pesto, cheese, olive oil, big portions of pasta</i>
Soups - <i>minestrone, fennel, artichoke, vegetables</i> Sauces - <i>marinara, primavera, meat sauce, e fagioli, napoletana</i> Chicken or veal cacciatore – <i>tomato sauce and garlic</i> Chicken marsala – <i>with broth & wine, careful some are with cream</i> Gelato	Antipasto Fried food – <i>squid, calamari, zucchini</i> Risotto, high fat cheeses Sauces - <i>parmigiana, Alfredo, à la crème, garlic butter, amatriciana, e fieno, capricciosa,</i> Tiramisu, cream desserts
MEXICAN	<i>cheeses, condiments and high fat sauces, marinades, chips</i>
Salsa or <i>pico de gallo</i> , sour cream <i>preferably low fat</i> Fajitas, Burritos, Tacos, Tostadas – <i>careful that they are not cheese filled and served with cheese</i> Oven-baked tortillas or crips Pinto or black beans, rice and frijole (mashed beans) Grilled chicken, fish style <i>Vera Cruz</i>	Anything that's <i>hard and crusty like</i> – tacos, tortillas Guacamole Enchiladas, quesadillas (<i>cheese+fillings</i>) Chorizo (<i>sausage</i>)
FRENCH	<i>baguette, vino, cheese, pâtés, caviar, pastries!</i>
Starters – <i>vegetables, seafood, artichokes, asparagus</i> Supremes – <i>chicken or pork</i> Fish – <i>salmon, tuna, sole, smoked fish</i> Seafood – <i>moules, shrimps, scallops, St-Jacques</i> Poached fruits - <i>vino or honey</i>	Gazpacho, prosciutto Pâtés – <i>liver, campagnes, terrins</i> French fries with mayo Duck, lamb, fried foods Crème brûlée, Napoleon, buns, pies, truffles
GREEK	<i>lamb, oily vegetables, big portions of meat</i>
Grilled vegetables – <i>eggplant, tomatoes, peppers, hearts of palms</i> Veal, lamb, beef and chicken - <i>grilled or marinated</i> Fish – <i>grilled salmon, plaki, sardines</i> Keftedes, Skordalia, Kebabs, Souvlakis (<i>careful with extra dressings</i>)	Soups – <i>magiritsa, grated snails</i> Saganaki, sausages and quiches ! Tzatziki (<i>except if light</i>), feta cheese Fries, squid (<i>taramosalata</i>) Baklava, tartuffo

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