

fast foods

Choose a smaller burger or sandwich. Skip the cheese, mayonnaise, and special sauces. Use mustard or ketchup instead.



Choose low-fat luncheon meats like turkey, chicken, or roast beef with mustard instead of tuna salad, egg salad or high-fat luncheon meats like bologna, salami, pastrami or spam.



Choose green salad or fruit instead of french fries, potato salad, or coleslaw.

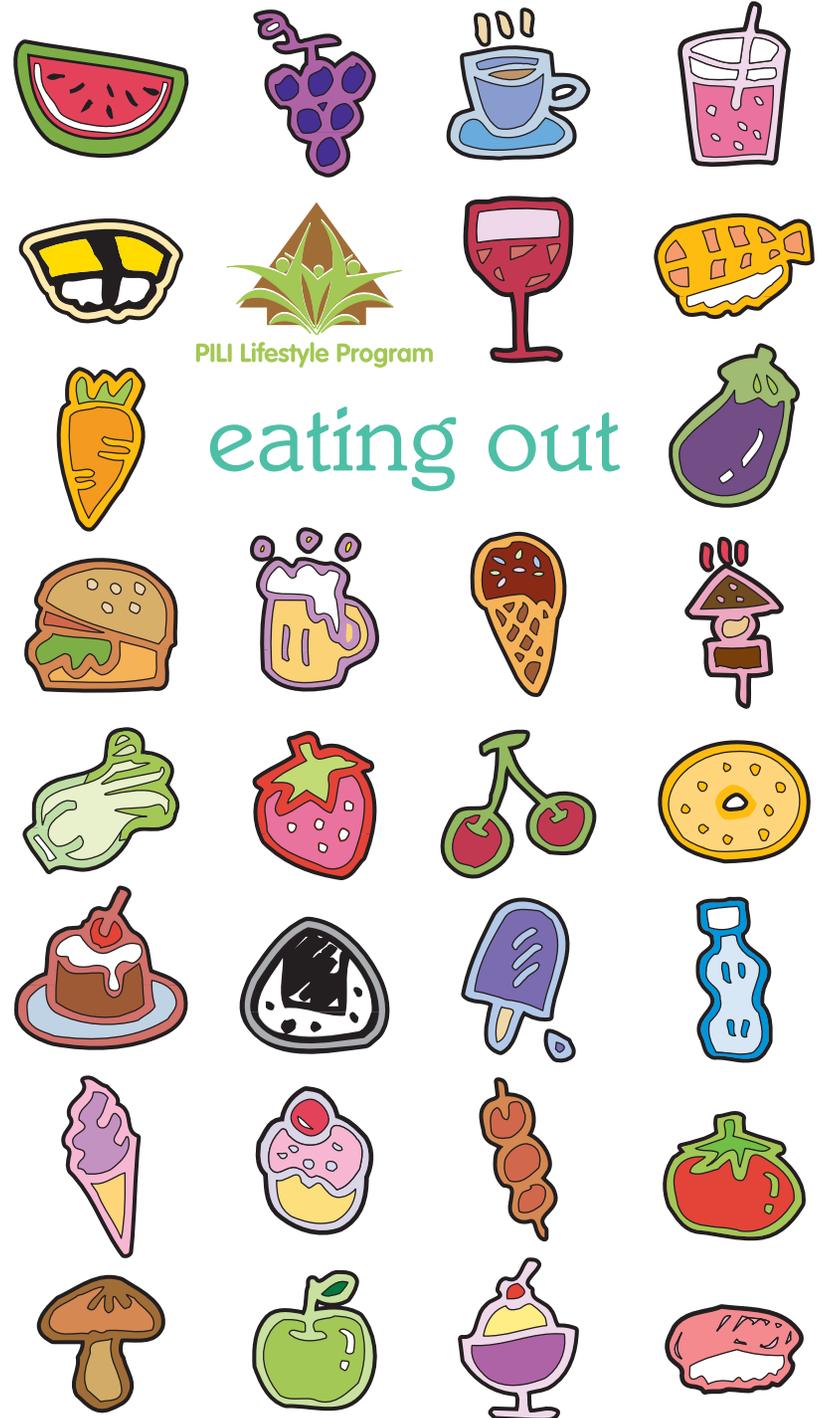
Choose low-fat milk, water, diet soda, tea, or coffee instead of milk shakes or regular soda.



On pizza, choose vegetable or lean meat toppings such as Canadian bacon. Limit extra cheese and meat toppings such as pepperoni or sausage.



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eating out

Here are a few tips to make eating out a healthy and happy occasion.



Ask questions when ordering your food to get more specific information about menu items.

Ask for broiled or baked meats instead of fried. If a food is described as *battered*, *breaded*, or *crispy*, it is probably fried.

Ask for sauces, dressing, creams, or gravies to be served on the side then use sparingly!



Restaurants often serve large portions. Ask for a take out to save some for another meal.



Ask for steamed rice instead of fried rice, or a plain baked potato instead of french fries.

Choose bread or a roll without butter.

Choose tossed or vegetable salads instead of potato salad, macaroni salad, or coleslaw. Go lightly on the salad dressing!

Choose raw, steamed, stir-fried, boiled, or baked vegetables instead of creamed, scalloped, au gratin, fried or with butter or sauces.



Plan ahead. Balance a larger, high fat meal by choosing low-fat foods for the rest of the day's meals and snacks.



Choose entrees that have not been fried, such as beef broccoli, shoyu or garlic chicken, beef stew, or teri beef, instead of fried items such as chicken katsu or fried fish.

Remove the skin from chicken.



Choose green salad with light dressing or lemon juice instead of macaroni salad.

restaurant

Choose broth-based vegetable soups instead of cream soups.

Choose tomato sauce instead of cream sauce on pasta or spaghetti.



Choose pizza with vegetables instead of high fat meats, and pass on the extra cheese!

Choose fresh fruit for dessert.



breakfast suggestions

Skip the bacon or sausage. Try 2 slices of Canadian bacon or turkey bacon instead.



Choose toast, bagel, English muffin, or hot or cold cereal instead of donut, croissant, or Danish pastry.

Limit or use smaller amounts of butter, syrup and jam on pancakes or toast.

Choose fresh fruit.



Choose an omelet or scrambled eggs using egg substitute or egg whites.