The Restaurant Survival Kit:

Tips for making the healthier decision

***Step 1: Prepare***

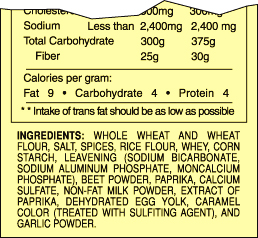
* If possible, choose a restaurant with ‘light’ dinner options or balanced entrees. Avoid restaurants that deep fry or use a lot of sauces.
* If available, look at the menu beforehand.
  + Visit *<http://www.ohio.edu/food/>* to check out the menu items at Ohio University dining halls.
* Don’t go starving. Remember to eat balanced meals throughout the day and a small snack before you go.
* Look for lunch or early bird specials.

***Step 2: Order***

* Scan the menu. Avoid scams such as “lighter” or “low-calorie”. They may still be high in sodium.
* University Dining Halls often display symbols for special ingredients. Ohio University’s symbols include:

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| http://www.facilities.ohiou.edu/menu/LegendImages/VN.gif=Vegan |
| http://www.facilities.ohiou.edu/menu/LegendImages/VT.gif=Vegetarian |
| http://www.facilities.ohiou.edu/menu/LegendImages/N.gif=Nuts |
| http://www.facilities.ohiou.edu/menu/LegendImages/H.gif=Halal Friendly |
| http://www.facilities.ohiou.edu/menu/LegendImages/F.gif=Contains Fish |
| =Contains Lactose |
| http://www.facilities.ohiou.edu/menu/LegendImages/G-F.gif=Gluten Free |
| http://www.facilities.ohiou.edu/menu/LegendImages/E.gif=Contains Eggs |
| http://www.facilities.ohiou.edu/menu/LegendImages/S.gif=Contains Soy |
| http://www.facilities.ohiou.edu/menu/LegendImages/K.gif=Kosher Friendly |

* Know your cooking terms such as ‘sautéed’, ‘grilled’, ‘baked’, ‘fried’, etc. If the menu does not state how the dish is prepared, ask your waiter.
* Pay attention to adjectives that hint to how the dish is prepared, such as ‘rich’, ‘creamy’, ‘colossal’.
* Opt for basic prepared dishes instead of heavy mixed dishes like casseroles or stews.
* At the dining hall, read the food labels if available.



* When choosing your meal and side options, remember the MyPlate icon.
* Beware of the condiments. They are often high in sodium and fat. Instead, opt for oil and vinegar or low-fat salad dressings. Alternatively, ask for your sauces on the side and add the amount you desire.
* Split a meal or order an appetizer/salad combo for smaller portions.
* Don’t be afraid to make special requests such as:
  + “light on the cheese”
  + “do not prepare with butter”
  + “dressing on the side”
* Plan accordingly if you want dessert after dinner. You can share a meal, decrease your portion size, or skip the appetizer round.

***Step 3: Eat***

* If they provide a bread basket, ask for it to be placed at the other end of the table.
* Once your meal arrives, package half of your entrée immediately and enjoy the rest.
* Drink water throughout your meal.
* Eat slowly and enjoy the company, putting your fork down between bites.
* If you start eating too quickly, back away and re-focus on your goals of healthy eating

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| **Lasagna Classico**  Layers of pasta, meat sauce and mozzarella, ricotta, parmesan and romano cheese. **\*\***  $13.75  **Five Cheese Ziti al Forno**  Ziti pasta in a five cheese marinara sauce, baked with a layer of melted Italian cheeses.  $11.95  **Spaghetti with Meat Sauce**  Traditional meat sauce seasoned with garlic and herbs over spaghetti.  $11.25  With meatballs or Italian sausage\*\*: $13.25  **Cheese Ravioli**  Cheese-filled ravioli topped with marinara or meat sauce and melted Italian cheeses. **\*\***  $11.75  **Fettuccine Alfredo**  Parmesan cream sauce with a hint of garlic, served over fettuccine.  $12.50  **Chicken Parmigiana**  Parmesan-breaded chicken breasts, fried and topped with marinara sauce and mozzarella cheese. Served with spaghetti.  $14.50  **Ravioli di Portobello**  Portobello mushroom-filled ravioli in a creamy smoked cheese and sun-dried tomato sauce.  $12.50  **Eggplant Parmigiana**  Lightly breaded eggplant, fried and topped with marinara sauce, mozzarella and parmesan cheese. Served with spaghetti.  $12.50  **Tour of Italy**  Homemade lasagna, lightly breaded chicken parmigiana and creamy fettuccine alfredo. **\*\***  $16.75   * \*\* Our meat sauce is made with pan-seared beef and Italian sausage. |

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| **DINNER**  **-- SOUP & CHILI --** | | | |
| • Cream of Broccoli Soup LS |  |  |  |
| • Vegetarian Vegetable Soup S |  |  |  |
| **-- VEGETABLES --** | | | |
| • Sliced Zucchini VN |  |  |  |
| **-- STARCHES --** | | | |
| • Crinkle Cut French Fries VNS |  |  |  |
| • Roasted Garlic Mashed Potatoes |  |  |  |
| • Sushi Japanese Rice VN |  |  |  |
| **-- ENTREES --** | | | |
| • Alfredo Sauce LS |  |  |  |
| • Beef Hot Dog |  |  |  |
| • Beef Patties |  |  |  |
| • Beef Strips |  |  |  |
| • Bowtie Noodle Pasta E |  |  |  |
| • Broccoli VN |  |  |  |
| • Chicken Strips Large |  |  |  |
| • Chopped Garlic VN |  |  |  |
| • Fish Square F |  |  |  |
| • Frozen Snow Peas VN |  |  |  |
| • Gluten Free Meatloaf |  |  |  |
| • Green Bean Caserole S |  |  |  |
| • Grilled Cheese w/Wheat Bread LS |  |  |  |
| • Grilled Cheese w/White Bread LS |  |  |  |
| • Hamburger Bun LS |  |  |  |
| • Hot Dog Bun LS |  |  |  |
| • Marinara Sauce VNS |  |  |  |
| • Matchstick Carrots VN |  |  |  |
| • Mozzarella Cheese Sticks LS |  |  |  |
| • Onion Cubes VN |  |  |  |
| • Orange Glazed Pork Chop |  |  |  |
| • Pasta Spinach Fettuccini Noodle |  |  |  |
| • Pineapple Tidbits VN |  |  |  |
| • Plain Lo Mein Noodles ES |  |  |  |
| • Sauce Meatless Spaghetti S |  |  |  |
| • Shrimp Pieces F |  |  |  |
| • Sliced 3 Pepper Blend VN |  |  |  |
| • Sliced Mushrooms VN |  |  |  |
| • Soy Sauce S |  |  |  |
| • Spicy Hot Chicken Wings |  |  |  |
| • Spicy Southwest Burger S |  |  |  |
| • Stir Fry Sauce FS |  |  |  |
| • Szechuan Sauce FS |  |  |  |
| • Teriyaki Sauce S |  |  |  |
| • Tofu VN |  |  |  |
| • Water Chestnuts VN |  |  |  |
| • Wheat Bun |  |  |  |
| • White Rice |  |  |  |
| **-- SALAD BAR --** | | | |
| • Barbeque Sauce VN |  |  |  |
| • Broccoli Buds VN |  |  |  |
| • Cauliflowerettes VN |  |  |  |
| • Celery Sticks VN |  |  |  |
| • Cherry Tomatoes VN |  |  |  |
| • Chopped Bacon |  |  |  |
| • Chopped Lettuce VN |  |  |  |
| • Cottage Cheese L |  |  |  |
| • Craisins VN |  |  |  |
| • Cucumbers VN |  |  |  |
| • Diced Ham |  |  |  |
| • Dried Red Peppers VN |  |  |  |
| • Edamame Beans VNS |  |  |  |
| • Grilled Chicken Breast Strips E |  |  |  |
| • Hard Cooked Eggs E |  |  |  |
| • Honey Dijon Mustard Sauce ES |  |  |  |
| • Low-Fat Cottage Cheese L |  |  |  |
| • Mathstick Carrot Sticks VN |  |  |  |
| • Parmesan Cheese L |  |  |  |
| • Pepperoni |  |  |  |
| • Red Skin Potato Salad E |  |  |  |
| • Romaine Cut Lettuce VN |  |  |  |
| • Shredded American Cheese L |  |  |  |
| • Shredded Mozzarella Cheese L |  |  |  |
| • Sliced 3 Pepper Blend VN |  |  |  |
| • Sliced Mushrooms VN |  |  |  |
| • Sliced Red Onions VN |  |  |  |
| • Spinach VN |  |  |  |
| **-- DESSERTS --** | | | |
| • Applesauce VN |  |  |  |
| • Chocolate Pudding LS |  |  |  |
| • Gelatin Dessert |  |  |  |
| • Golden Delicious Apple VN |  |  |  |
| • Pear Halves VN |  |  |  |
| • Red Delicious Apple VN |  |  |  |
| • Red Sugar Free Jello |  |  |  |
| • Shredded Coconut VN |  |  |  |
| • Vanilla Pudding LS |  |  |  |
| • Whole Banana VN |  |  |  |
| • Whole Orange VN |  |  |  |
| • Yogurt L |  |  |  |