



Simple Tips to Nourish Your Body

Heart Healthy Eating on the Go



**Minneapolis
Heart Institute
Foundation®**

PREVENTION

Nolan Family Center for
Cardiovascular Health



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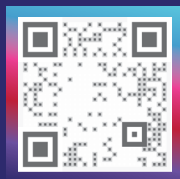
For more than 40 years, The Minneapolis Heart Institute Foundation® (MHIF) has been a leader in researching the most effective ways to prevent and treat heart disease.

In 2020, MHIF established the Nolan Family Center for Cardiovascular Health, with a vision *“to change the paradigm from disease to optimal health as a world-class leader in cardiovascular disease prevention.”*

The center conducts industry-leading research on cardiovascular risk prediction and optimal preventive therapies, and provides education to patients and health care providers to ensure the best patient care. We’re committed to helping you learn more about how you and your loved ones can prevent or manage heart and vascular disease.

For more information about MHIF’s Nolan Family Center for Cardiovascular Health, please visit:

mplsheart.org/prevention



In today's fast-paced world, eating on the go has become the new normal for many people.

Making heart healthy choices is all about balance, variety and moderation.

Whether it involves grabbing a quick meal from a fast-food chain, enjoying a fine dining experience with friends, or ordering lunch from a food truck, eating out has become standard. Recent studies indicate that Americans spend more than half of their food budget on meals consumed outside the home. While dining out occasionally can be a treat, frequent eating outside the home may pose challenges in making food choices that align with your health goals.

Our approach encourages you to enjoy what you eat, while also making mindful decisions that nourish your body.

Tips for Making Healthier Choices When Eating Out



Plan Ahead: Check the Menu Online Before You Go Out to Eat

Many restaurants provide nutritional information on their menu items. Review options and consider what you are going to eat beforehand. This can minimize impulsive choices. You may want to eat a healthy snack before you go—it's easier to make thoughtful food choices if you are not overly hungry.



Choose Smaller Portions

- Opt-out of buffets and all- you-can-eat. Choose restaurants with standard portions.
- Ask for half portions (for example, salad and half sandwich).
- Order from the kid's or senior menus, if possible.
- Ask for a takeout box to place half of your meal in and enjoy later.
- Choose an appetizer, soup, salad or side dish instead of a full entree.
- Share an entree with a friend. It's a good way to try new foods, eat less, and save money.



Choose Vegetables, Fruits & Whole Grains

- Look for vegetables, fruits and whole grains on the menu.
- Choose a fresh vegetable salad. Add lean meat or fish to make it a meal.
- Order a side of grilled, roasted or steamed vegetables.
- Choose entrees with vegetables and whole grains (for example, stir fry dishes, veggie rice bowls, vegetarian options).
- Ask for fresh fruit as a side.
- Order whole grains when possible (for example, brown rice, quinoa, whole-grain bread and whole-grain pasta).

**44% of people dine
out to socialize**



Look for Word Clues: Pick ***Baked & Grilled*** rather than ***Fried or Creamed***

More Healthy

- Baked
- Broiled
- Grilled
- Poached
- Roasted
- Steamed
- Garden-fresh
 - Lean
- In its own juice

Less Healthy

- Fried
- Pan-fried
- Au gratin
- Creamed
- Breaded
- In gravy
- Buttered
- Cheesy
- Rich





Ask the Server About How Foods Are Made & for Healthy Substitutions

Keep in mind that when you're on the go, you have options. Remember when eating out at restaurants, you are the customer. Don't be afraid to speak up and make simple requests.

- Ask to substitute a lettuce salad, steamed vegetable or fresh fruit for fries.
- Request extra veggies on your sandwich in place of some of the cheese and meat. This may even help you eat less overall, because it easily adds to the volume of the sandwich.
- Ask for food to be prepared with minimal or no salt or soy sauce. You can add a small amount of these at the table to your personal taste.



Ask for Toppings (Dressing, Sauce & Gravy) on the Side

- Salads are often loaded with more dressing than needed and the calories (and fat) can add up quickly.
- Ordering sauce and gravy on the side allow you to control how much you use while still making the food tasty.





Skip the Extras

- Order meals without the high-fat and high-sodium extras (cheese, bacon, mayonnaise).
- Consider skipping appetizers and desserts. They are often high in fat, sugar and unwanted calories.



Pick Your Beverage Carefully

- Choose water in place of sugar-sweetened beverages. A regular 12-ounce soda contains 10 teaspoons of sugar and about 150 calories. Our bodies don't recognize these added beverage calories, meaning they don't contribute to feelings of fullness or reduce our overall food intake.
- Ask for lemon or lime to add to your water. This will give your water a flavor boost.
- Coffee and tea without sugar and cream are good choices; either hot or iced. Adding a splash of milk is a healthy option.
- For adults who choose to drink alcohol, it's recommended that women have 1 drink or less in a day and men have 2 drinks or less in a day.

On average, Americans order takeout or delivery 4.5 times a month, compared to eating at a restaurant an average of 3 times a month.

Tips for Healthier Eating Across Cuisines

Restaurants offer a variety of foods from all around the world. While it's exciting to explore new dishes and flavors, keep in mind that some options may be more heart-healthy than others.

Cajun

- ✓ Heart-healthy creoles and jambalayas, boiled crawfish or shrimp, and plain white or brown rice.
- ✗ Hush puppies, fried seafood, gumbos, etouffee sauces, blackened fish, and dirty rice.

Chinese

- ✓ Steamed or stir-fried seafood, chicken, bean curd, or vegetable dishes, steamed white or brown rice. If possible, ask the cook to use less oil, soy sauce, and MSG (monosodium glutamate). MSG is high in sodium.
- ✗ Egg rolls, egg drop soup, fried wontons, Lo Mein, Moo Shu, General Tso's Chicken, Sweet and Sour Pork, and fried rice.

Greek

- ✓ Appetizers with chickpeas, eggplant, tomatoes, grains -- like hummus, baba ganouj, tabouli, dolmas, shish kabob, chicken with pita, and fish cooked in tomatoes.
- ✗ Moussaka, gyros, baklava, high fat lamb and beef.





57% of people say they prefer ordering takeout or delivery, while 43% prefer to dine at a restaurant.

Indian

- ✓ Tandoori meats, vegetables or dal curries, shish kabobs, cauliflower, peas, tomatoes, eggplant, lentils, rice, and chutney.
- ✗ Samosas and creamy curries. Many Indian dishes are full of high-fat ghee, coconut oil and milk so read the menu closely.

Mexican

- ✓ Black bean soup, grilled shrimp or fish, fresh salsa, chili verde (pork) or arroz con pollo (chicken). Share chicken or shrimp fajitas.
- ✗ Chips, fried tacos, refried beans, quesadillas, and chimichangas. Beware of lard and cheese.

Italian

- ✓ Minestrone soup, primavera sauce (vegetables), marsala sauce (wine, mushrooms, beef stock), marinara sauce (tomatoes, onions, garlic), clam sauce, whole wheat pasta and pizza crust.
- ✗ Creamy, cheesy sauces (like Alfredo), fried calamari, pastas stuffed with cheese

Pizza

- ✓ Start with a salad, order thin crust, vegetable toppings, chicken, extra red sauce, half cheese.
- ✗ Thick crust or deep dish, high fat processed meats (pepperoni, sausage), extra cheese.

Adapted from WebMD





Thai

- ✓ Steamed spring rolls, hot-and-sour soup, pad thai (stir-fried noodles), vegetable stir fries, sticky rice.
- ✗ Fried spring rolls, coconut chicken soup (tom ka gai) and duck.

Fast Food

- ✓ Grilled chicken, chicken fajita pitas, turkey sandwiches, baked chips, or frozen yogurt.
- ✗ Jumbo burgers, fried fish sandwiches, fried chicken, tacos, French fries, potato chips, milk shakes, cheese, mayonnaise, bacon.

74% of people dine out because they don't feel like cooking.

Mindful eating can make you feel better and more energized.

What you eat and how you eat really matters for your overall health. One of the successful characteristics of the often-cited Mediterranean diet is preparing and eating food with others. This social aspect fosters a sense of belonging and supports overall health, including both physical and mental health.

Other Tips to Enhance Your Experience

- **Eat slowly** to enjoy your food and the table conversation.
- **Take your time** to enjoy the smell, taste and texture of the foods you're eating.
- **Pay attention** to your body's cues, stopping eating when you're no longer hungry rather than eating until you feel too full.

Dining out can be enjoyable while still supporting heart healthy eating. By understanding menus, making smart substitutions, practicing mindful eating, and choosing healthy options across cuisines, you can enjoy tasty and nutritious meals when eating out. *Bon Appetit!*

We hope you found this information helpful. For more information about MHIF's Nolan Family Center for Cardiovascular Health, please visit mplsheart.org/prevention.



mplsheart.org

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Nolan Family Center for
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920 E. 28th Street, Suite 100, Minneapolis, MN 55407

Email info@mhif.org | **Phone** 612-863-3833



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