



Healthy Dining Tips



Ask the waiter/waitress if they can...

- Serve margarine rather than butter with the meal?
- Serve fat free (skim) milk rather than whole milk or cream?
- Trim visible fat from poultry or meat?
- Leave all butter, gravy or sauces off a dish?
- Serve salad dressing on the side?
- Accommodate special requests?
- Use less cooking oil when cooking?

For more information, go to www.healthydiningfinder.com.