**True or false?**

1. It's not worth asking for smaller portions.
   - **False.** Many restaurants now offer "small plates" and half portions for less money. It is definitely worth asking.

2. I can't go wrong with a salad.
   - **False.** It depends on what's in it. Some salads may not be as healthy as you think. Watch out for seasoned croutons, cheese, bacon, ham and creamy dressings. Take your dressing on the side.

3. Chicken is always healthier than beef.
   - **False.** Preparation is important. For example, fried chicken can have more fat and calories than a lean cut of grilled beef.

4. Soda and other sugary drinks are a major cause of weight gain.
   - **True.** Americans consume 200 to 300 more calories a day than we did 30 years ago – with the largest increase due to sugary drinks.

---

**Eating Out, Eating Well**

How to make smart choices

- Available in Spanish, Chinese, and other languages: dial 311 or visit nyc.gov/health.
- Request an e-mail newsletter by calling 311 or visiting nyc.gov/health.
There are a lot of dining options in New York City.

Big portions, too many calories and too much salt can make ordering a challenge.

- **Portions** at sit-down restaurants and take-out places are often too large for one meal.
- **Extra calories** put you at risk for obesity and diabetes.
- **Excess salt** can raise blood pressure and lead to heart attack and stroke.
- **Too many high-fat foods** increase your risk of heart disease.

**Small changes can make a difference.**

- **Fried foods** instead of **Foods that are grilled, broiled and baked**
- **Meats high in salt and fat** (like bacon, ham and sausage) instead of **Leaner meats** (like chicken, turkey and fish)
- **Creamy salad dressing** instead of **Oil and vinegar on the side**
- **Sweetened tea or lemonade** instead of **Water or seltzer**

**How to Make Smart Choices When Eating Out or Grabbing Food on the Go**

**Downsize! Eat smaller portions.**
- Don’t *supersize* anything. Order the small size whenever you can.
- Eat only half and take the other half home for another meal.
- Share a main course with a friend.
- Let your server know that you’re passing on the bread basket or chips.

**Eat more fruits and vegetables.**
- Choose fruit with your meal instead of chips or pretzels.
- Ask for a side of vegetables or a salad with dressing on the side.

**Drink water, seltzer or other low-calorie beverages.**
- Skip soda and other sugary beverages, such as sports drinks, “energy” drinks, sweetened tea and lemonade.
- Compare calories on menu boards. Many coffee and tea drinks are high in calories.

**Cut the salt.**
- Ask for sauces and dressings on the side.
- Choose soy sauce with less sodium.
- Cut down on cheese and meats, such as bacon, ham and salami.
- Ask for your meal to be prepared without added salt or MSG. You can always salt to taste.

**Avoid high-fat foods.**
- Choose baked, grilled or broiled items instead of fried.
- Skip the cheese on sandwiches and salads.
- Choose chicken (without the skin), fish and lean cuts of beef and pork.
- Choose broth-based soups instead of cream-based soups.
**True or false?**

1. **It's not worth asking for smaller portions.**
   - **False.** Many restaurants now offer “small plates” and half portions for less money. It is definitely worth asking.

2. **I can't go wrong with a salad.**
   - **False.** It depends on what's in it. Some salads may not be as healthy as you think. Watch out for seasoned croutons, cheese, bacon, ham and creamy dressings. Take your dressing on the side.

3. **Chicken is always healthier than beef.**
   - **False.** Preparation is important. For example, fried chicken can have more fat and calories than a lean cut of grilled beef.

4. **Soda and other sugary drinks are a major cause of weight gain.**
   - **True.** Americans consume 200 to 300 more calories a day than we did 30 years ago — with the largest increase due to sugary drinks.

---

**More Information and Help**

New York City Health Department  
[nyc.gov/health or 311](nyc.gov/health or 311)

Health Bulletins  
nyc.gov/health or 311  
- #51 How to Lose Weight and Keep It Off  
- #73 Are You Pouring on the Pounds?  
- #76 Good Fats/Bad Fats  
- #82 Cut the Salt!

Centers for Disease Control and Prevention  
cdc.gov/healthyweight/healthy_eating/energy_density.html

American Heart Association  
[www.heart.org; Search: “Dining out”](www.heart.org; Search: “Dining out”)

U.S. Department of Agriculture (dietary guidelines)  
[www.choosemyplate.gov](www.choosemyplate.gov)

---

**For copies of any Health Bulletin**

Visit [nyc.gov/health/email](nyc.gov/health/email) for a free e-mail subscription

---

**Telephone Interpretation in More Than 170 Languages**

For Non-Emergency NYC Services  
[DIAL 311](DIAL 311)

---

**For Non-Emergency NYC Services**

Telephone Interpretation in More Than 170 Languages

---

**Eating Out, Eating Well**

How to make smart choices

---

**Health Bulletin**

New York City Department of Health and Mental Hygiene  
Gotham Center, 42-09 28th Street  
L.I.C. New York 11101-4134

Michael R. Bloomberg, Mayor  
Thomas Farley, M.D., M.P.H., Commissioner

Bureau of Communications  
Christina Chang, M.P.P., Interim Associate Commissioner

Cortnie Lowe, M.F.A., Executive Editor and Editor for Special Projects

Prepared in cooperation with:

Division of Health Promotion and Disease Prevention,  
Bureau of Chronic Disease Prevention

---

**Available in Spanish, Chinese and other languages: call 311 or [visit nyc.gov/health](visit nyc.gov/health)**

**Available in Spanish, Chinese and other languages: call 311 or [visit nyc.gov/health](visit nyc.gov/health)**

---

**For Non-Emergency NYC Services**

Telephone Interpretation in More Than 170 Languages

---

**For copies of any Health Bulletin**

Visit [nyc.gov/health/email](nyc.gov/health/email) for a free e-mail subscription
True or false?

1. It's not worth asking for smaller portions.
   - False. Many restaurants now offer “small plates” and half portions for less money. It is definitely worth asking.

2. I can't go wrong with a salad.
   - False. It depends on what's in it. Some salads may not be as healthy as you think. Watch out for seasoned croutons, cheese, bacon, ham and creamy dressings. Take your dressing on the side.

3. Chicken is always healthier than beef.
   - False. Preparation is important. For example, fried chicken can have more fat and calories than a lean cut of grilled beef.

4. Soda and other sugary drinks are a major cause of weight gain.
   - True. Americans consume 200 to 300 more calories a day than we did 30 years ago – with the largest increase due to sugary drinks.