



Flair for International Fare

Americans eat nearly one out of every four meals at a restaurant. We're getting pretty good at trying a wide variety of foods from around the world; but we don't always know how nutritious the selections are. Because we might be too shy to ask our server for low-fat, low-calorie choices that are still high in flavor, here's your guide to healthy eating — the international way!

Look for these words:

grilled
baked
broiled
roasted
stir-fried
poached
steamed
garden fresh
lightly sautéed



Steer clear of these words:

fried
crispy
stuffed
basted
braised
sautéed
au gratin
escaloped



Chinese

Select

- steamed rice (brown rice, if available)
- chicken, bean curd (tofu)
- boiled, broiled, steamed or lightly stir-fried entrées
- dishes prepared mainly with steamed vegetables (chop suey)
- hot-and-sour or wonton soup
- steamed dumplings
- no added salt
- low-sodium soy sauce

Pass up

- fried rice
- beef, duck, pork
- fried entrées
- dishes with a lot of meat
- egg drop soup
- egg rolls, fried wontons, fried crispy noodles
- monosodium glutamate (MSG) and regular soy sauce



Mexican

Select

- grilled shrimp
- corn tortillas
- grilled fish or chicken
- black beans and steamed rice
- salsa, pico de gallo
- taco or fajita salad (without the tortilla shell)
- grilled chicken fajitas

Pass up

- tortilla chips, nachos
- flour tortillas
- sausage (chorizo) or fried beef or pork (carritas)
- refried beans
- sour cream, cheese
- chalupas, tacos
- fried tortillas or entrées with a lot of meat or cheese



Indian

Select

- chicken or seafood
- breads such as naan or chapati
- papadam or papad (thin lentil wafers)
- chicken tikka or chicken tandoori (oven-roasted with spices)
- curry with a vegetable or dal base
- gobi matar tamatar (cauliflower with peas and tomatoes)
- food prepared without clarified butter (ghee)
- dishes without coconut oils

Pass up

- beef or lamb
- fried or stuffed bread
- samosas (stuffed and fried vegetable turnover)
- korma (braised meat with rich yogurt cream sauce)
- curry with cream or coconut milk
- pakora (fried dough with vegetables)
- food prepared with clarified butter (ghee)
- dishes with coconut oils



Italian

Select

- marinara sauce, or white or red clam sauce
- spinach, broccoli, roasted peppers
- minestrone soup
- pasta primavera (with vegetables)
- marsala or piccata
- Italian ice

Pass up

- cream sauce (alfredo) or pesto sauce
- cheese or bacon
- fried calamari
- cheese or meat-filled pasta
- scallopine or parmigiana (floured, fried, with cheese)
- cake



Mediterranean

Select

- items stuffed with rice or vegetables (dolmas)
- roast lamb, shish kabob
- couscous or tabouli (wheat with spices and veggies)
- whole-wheat pita sandwich with chicken
- vegetable or chicken dishes
- plakki (fish, tomatoes, onion, garlic)
- tzatziki (yogurt, garlic, cucumber)

Pass up

- items stuffed with meat
- moussaka (casserole with lamb and beef)
- fried side dishes
- gyro sandwich
- cheesy or creamy dishes
- spanakopita (spinach pie with cheese and egg)
- phyllo, baklava and other pastries

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