



Eating Healthy With Ethnic Food

The new National Heart, Lung, and Blood Institute Obesity Guidelines recommend trying different ethnic cuisines to give yourself a taste treat while counting calories and fat. Many ethnic cuisines offer lots of low fat, low calorie choices.

So if you want to eat healthy and still have lots of different choices, take a taste adventure with ethnic foods. Here's a sample of healthy food choices (lower in calories and fat) and terms to look for when making your selection:



Chinese

- Steamed
- Jum (poached)
- Kow (roasted)
- Shu (barbecued)
- Steamed rice
- Dishes without MSG added

Italian

- Red sauces
- Primavera (no cream)
- Piccata (lemon)
- Sun-dried tomatoes
- Crushed tomatoes
- Lightly sauteed
- Grilled



Mexican

- Spicy chicken
- Rice & black beans
- Salsa or Picante
- Soft corn tortillas

For more information on eating healthy when you eat out, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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