



Eating Chinese Cuisine Healthfully

An enticing variety of cuisines from around the world are available to us, offering an array of unique flavors, textures and colors. Healthy choices can be found at ethnic restaurants if you learn how to select among the options. Here are a few tips to help you make the most of your dining experience in both taste and enjoyment while limiting the excess calories that often come with restaurant meals.

CHINESE:

- Ask for less oil in your stir-fry dish
- Choose dishes with lots of vegetables
- Request minimal amounts of almonds, cashews, peanuts
- Drain off excess sauces
- Used steamed versus fried rice
- Order a clear soup to curb your appetite
- If you must have an egg roll, wrap it in a paper napkin to absorb the excess grease

Healthier choices: Hot and sour soup, wonton soup, steamed dumplings, chicken or vegetable lo mein, chicken, seafood or tofu and vegetables – stir-fried or steamed, moo-shu vegetables, steamed rice, soy, duck, black bean, oyster and plum sauces.

Foods to limit: Fried won tons, egg drop soup, egg rolls, fried dumplings, fried rice, egg fu yung, crispy fried noodles, crispy fish, cashew chicken, sweet and sour pork or chicken, spareribs, lemon/orange chicken (*if fried*), sesame chicken, duck, chicken wings, kung pao chicken, lobster sauce.

For more information on ways to eat out and stick to your eating plan, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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