



## Eating Greek 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.

## GREEK:

- Ask to have feta cheese and olives on the side
- Limit phyllo pastry dishes
- Many dishes are high in olive oil, increasing the calories, so try sharing an entrée and order extra vegetables on the side

**Healthier choices:** Tzatziki, pita bread, Greek salad, tabouli, souvlaki or shish kabobs, plaki, rice-stuffed dolmas, couscous, chicken pita, hummus, steamed rice, dishes made with legumes

**Foods to limit:** Meat-stuffed appetizers, pan-fried dishes, fried calamari, moussaka, gyros, spanakopita, tyropita, baklava, saganaki, deep-fried falafel, baba ganoosh

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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