



## Eating Italian 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.

### ITALIAN:

- Ask for less cheese and more vegetables on your pizza
- Order your main dish in an appetizer portion
- Avoid stuffed pastas filled with cheese or meat
- Ask server to hold parmesan cheese, olives, pine nuts
- Order tomato-based sauces vs. cream-based ones
- Ask for unbuttered breadsticks and limit the number of breadsticks you eat to 1 or 2

**Healthier choices:** Minestrone soup, Italian bread, bruschetta, grilled calamari, steamed clams, pasta with marinara or clam sauce, pasta primavera (*with sautéed vegetables*), chicken marsala, chicken cacciatore, vegetable pizza (*thin crust healthiest*), chicken or veal picatta

**Foods to limit:** Garlic bread, fried mozzarella, Caesar salad, sausage, meatballs or pepperoni in heroes, on pizza, in calzones or in sauces, ravioli, lasagna, baked ziti, manicotti, fettuccine alfredo, pasta carbonara, veal or chicken scaloppini, veal, chicken or eggplant parmigiana, stuffed crust pizza

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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