



### Red and Green Flag Menu Terms

Eating away from home can present challenges when trying to watch your weight and choose healthy foods. When you're not preparing the foods yourself it is sometimes difficult to know how some items might fit into your eating plan. Use the "red flag" and "green flag" lists below to help guide you through your menu choices, keeping in mind that overall portion control is still important.



#### Lower Fat / Lower Calorie Terms

- Baked
- Broiled
- Boiled
- Lightly Sautéed
- Au Jus
- Roasted
- Poached
- Lean
- Lightly Stir-Fried
- Grilled
- Steamed
- Simmered



#### Higher Fat / Higher Calorie

- Au Gratin
- Carbonara
- Buttered
- Chowder
- Creamed
- Cream Sauce
- Hollandaise
- Pastry
- Scalloped
- Hash
- Fried
- Alfredo
- Parmesan
- Buttery
- Golden
- Creamy
- Cheese Sauce
- Romanov
- Flaky
- Escalloped
- Béarnaise
- Breaded
- Crispy
- Gravy

For information on recipes and low fat foods, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

***Shape Your Future... Your Weigh!™***