

Eating Out and About

Making a Run for the Border?

From inexpensive fast food to a hip Mexican grill, food from south of the border is the choice for those in the mood for something spicy. But the calories creep up quickly if you're not careful. It is not hard to keep the calories out in this flavorful cuisine. Here's how...



Border Flavor Boosts

Salsa • Picante sauce • Pico de gallo

Border Calorie Busts

Queso • Sour cream • Mole sauces

What to Order South of the Border

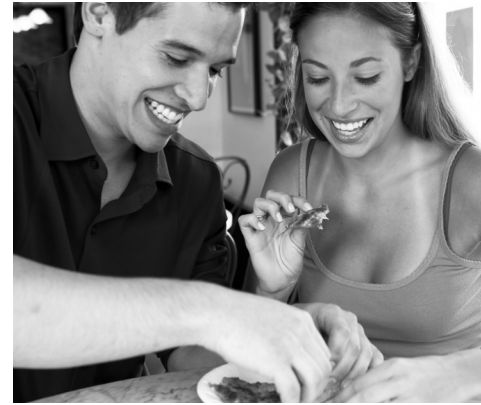
- Order a la carte.
- Skip the tortillas on the burritos. The flour tortilla in a burrito can contribute an amazing amount of calories. Burrito fillings are complete meals with rice, beans, meats and vegetables.
- Look for menu items that use soft tortillas rather than crispy ones. Soft tacos are lower in fat than chalupas or tostadas.
- If guacamole comes with the meal, ask for it on the side.
- Ask for plain black beans instead of refried beans.
- If choosing fajitas, load up on the vegetables for added taste.
- Hold the sour cream.
- Ask for cheese on the side.
- Split quesadillas, chimichangas, nachos and enchiladas served with cream sauces with a friend.

Endless Bowl of Chips!

Here's a tip: allot no more than 12 chips for yourself and dip each at least 3 times in your bowl of salsa (of course ask for your own bowl of salsa — no double dipping!)

Ahh Pizza & Pastas

Want to sink your teeth into a cheesy pepperoni pizza after a game? Does the nearby Italian restaurant call out your name each time you pass? We have some ideas that will let you answer the call for some great Italian food without hurting your waistline!



Solutions to the Pizza Puzzle

- Order a thin crust
- Ask for half the amount of cheese
- Ask for extra veggies
- Always choose tomato sauce instead of alfredo sauce on your pizza, as it is lower in fat and calories
- Create your own signature pizza using healthy toppings

Healthy Tasty Toppings

- Green peppers
- Onions
- Spinach
- Ham
- Red peppers
- Broccoli
- Pineapple
- Pesto
- Tomatoes
- Mushrooms
- Grilled chicken
- Canadian bacon

Tips

- If pepperoni or sausage pizza is your favorite, ask for half the amount of toppings and spread it evenly over the pizza to get a taste in every bite.
- It's OK to have a pizza that is not so healthy every once in a while.

Tasty Tips for Pasta

- Choose pastas with tomato-based sauces.
- Try whole wheat pasta for a change.
- Ask for a “to go” box with your meal, then pack away half before you even eat. Most restaurants serve enough for three meals anyway. Remember, 1/2 cup cooked pasta is one serving.
- Ask that cheese be served on the side so you can control how much goes on your plate.
- If you have a salad, ask for the dressing on the side. Maximize taste and minimize calories by dipping your fork into the dressing before spearing each bite.
- Add vegetables, such as broccoli, peppers or tomatoes.
- Ask that the bread be served with the meal and not before.

