



Dining Out



Lifespan Cardiovascular Institute

**Rhode Island Hospital • The Miriam Hospital
Newport Hospital**

Delivering health with care.®

**The Center For Cardiac Fitness
Cardiac Rehab Program
The Miriam Hospital**

Problems With Restaurant Eating

- ◎ **Portions are too big**
- ◎ **High fat cooking methods**
- ◎ **Calorie, sodium, fat content unknown**
- ◎ **Social Pressure**
- ◎ **Mindless eating**

Do's and Don'ts

◎ Choose...

- > Steamed
- > Broiled, baked
- > Boiled, poached
- > Garden fresh
- > In its own juice
- > Tomato sauce,
- > Roasted
- > Marinated in juice or wine
- > Charbroiled, grilled
- > Marinara

◎ Avoid....

- > Fried, crispy
- > Buttery, Buttersauce
- > Creamed
- > In its own gravy
- > Au gratin, cheese sauce
- > Pot pie
- > Marinated in oil, butter
- > Scampi, Breaded
- > Meat Sauce

Suggestions

- ◎ Keep it simple
- ◎ Hold the extras (bread, dressing on the side, butter, etc)
- ◎ Takeout container at the beginning
- ◎ Skip/share dessert
- ◎ Split and entrée
- ◎ Limit alcoholic beverages
- ◎ Check the menu online – go to the restaurant knowing what you will be ordering

Dish
(Average Dinner-size Serving)

Calories

Total Fat (% cal.)

Total Fat (g)

Artery-Clogging Fat
(Saturated + trans) (g)

Cholesterol (mg)

Sodium (mg)

Good Seafood Dinner

Broiled Flounder
Baked Potato with 1 Tbs. sour cream
Tossed Salad with 1 Tbs. reduced-calorie Italian dressing
Dinner Rolls (2) with ½ pat butter each

Totals	723	22	18	6	142	853
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Good Seafood Dinner Gone Bad

Broiled flounder
Baked Potato with 4 Tbs. sour cream and 2 pats butter
Tossed Salad with 4 Tbs. regular Italian dressing
Biscuits (2) with 1 pat butter each

Totals	1,303	51	74	26	199	1,747
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Bad Seafood Dinner

Fried Seafood Combo with 4 Tbs. tartar sauce
French Fries
Cole Slaw
Biscuits (2) with 1 pat butter each

Totals	2,178	54	130	41	344	4,405
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For Comparison

Spaghetti with Tomato Sauce	849	18	17	4	29	1,445
Szechuan Shrimp with Rice	927	18	19	2	336*	2,455
Crispy Chicken Taco Platter	1,042	36	42	13	120	2,321
Kung Pao Chicken with Rice	1,620	42	76	13	277*	2,600
Chile Relleno Platter	1,578	54	96	30	288	3,355
Fettuccini Alfredo	1,498	58	97	48	420	1,021

* CSPI estimate.

Daily Limits (Daily Values—DV): Fat—65 grams; Saturated Fat—20 grams;
Cholesterol—300 milligrams; Sodium—2,400 milligrams.

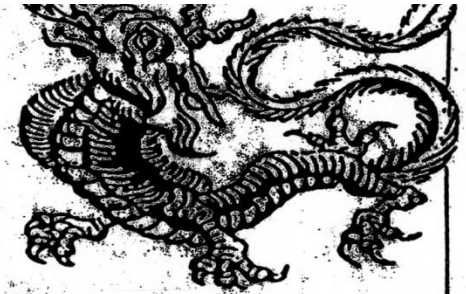
Chinese Food

The Whole Bucket

According to laboratory analyses, here's what you'd get if you ate an entire take-out dinner size order of each dish. (Other than the House Lo Mein, House Fried Rice, Egg Roll, and Hot and Sour Soup, the numbers include a typical 1½-cup serving of steamed rice.) Dishes are ranked from best (lowest percent of calories from fat) to worst (highest percent).

Dish (# of cups)	Calories	Fat (g)	Calories from Fat (%)	Calories from Fat (%)	Cholesterol* (mg)	Sodium (mg)
Szechuan Shrimp (4)	927	19	18	2	336	2,457
Stir-Fried Vegetables (4)	746	19	22	4	0	2,153
Shrimp with Garlic Sauce (3)	945	27	25	4	307	2,951
Hunan Tofu (4)	907	28	27	4	0	2,316
Chicken Chow Mein (5)	1,005	32	28	9	205	2,446
House Fried Rice (4)	1,484	50	30	6	346	2,682
House Lo Mein (5)	1,059	36	31	6	175	3,460
Hot and Sour Soup (1)	112	4	32	8	129	1,088
Orange (Crispy) Beef (4)	1,766	66	33	6	296	3,135
General Tso's Chicken (5)	1,597	59	33	6	342	3,148
Beef with Broccoli (4)	1,175	46	35	7	228	3,146
Sweet and Sour Pork (4)	1,613	71	39	7	118	818
Kung Pao Chicken (5)	1,620	76	42	7	277	2,608
Moo Shu Pork (4)	1,228	64	47	10	465	2,593
Egg Roll (1 roll)	190	11	52	2	7	463
Extras						
Soy Sauce ¹ (1 Tbs.)	11	0	0	0	0	1,029
Fortune Cookie ¹ (1)	30	0	6	0	0	22
Soup Noodles ² (½ cup)	150	8	48	0	0	300
Chow Mein Noodles ¹ (½ cup)	119	7	53	1	0	99

One Cup Entree, One Cup Rice



Eat just one cup of entree along with one cup of steamed rice and Chinese food suddenly becomes good for you. To get to that proportion, you'll need at least two orders of rice for every entree. Dishes are ranked from best (lowest percent of calories from fat) to worst (highest percent).

Dish (2 cups)	Calories	Fat (g)	Calories from Fat (%)	Calories from Fat (%)	Cholesterol* (mg)	Sodium (mg)
Stir-Fried Vegetables	400	6	14	2	0	717
Szechuan Shrimp	509	8	14	2	140	1,025
House Lo Mein	497	8	15	3	38	752
House Fried Rice	605	12	18	4	79	610
Chicken Chow Mein	450	9	18	6	57	681
Hunan Tofu	454	9	19	3	0	772
Shrimp with Garlic Sauce	552	13	21	4	146	1,405
General Tso's Chicken	657	19	25	5	107	983
Beef with Broccoli	563	16	26	5	81	1,124
Orange (Crispy) Beef	724	21	27	4	95	1,010
Kung Pao Chicken	653	23	32	5	84	791
Sweet and Sour Pork	817	31	34	6	51	355
Moo Shu Pork	574	22	35	7	162	903

* CSPI estimate.

¹USDA Handbook 8.

²LoChoy.

Analyses done at Lancaster Laboratories (Lancaster, Pennsylvania).

Panera Bread

	Calories	Total Fat (grams)	Sat. Fat (grams)	Sodium (milligrams)
Café & Panini Sandwiches				
Smoked Turkey Café	590	15	1	2,440
Chicken Salad Café	690	23	3	1,660
Tuna Salad Café	840	43	5	1,960
Frontega Chicken Panini	860	46	9	1,920
Smoked Ham & Swiss Café	910	31	9	3,020
Turkey Artichoke Panini	850	41	11	2,550

Signature Sandwiches

✓ Mediterranean Veggie	470	12	3	1,050
Sierra Turkey	760	44	4	2,060
Tuscan Chicken	860	52	6	1,980
Bacon Turkey Bravo	860	34	13	3,420
Italian Combo	890	40	16	2,370
Asiago Roast Beef	960	52	24	2,140

Salads (ranked without dressing)

✓✓ Classic Café Salad	50	0	0	20
✓✓ with Balsamic Vinaigrette (4 Tbs.)	400	36	5	340
✓✓ Strawberry Poppyseed Salad ¹	160	7	1	20
✓✓ with Fat Free Poppyseed Dressing (4 Tbs.)	240	7	1	200
✓ Asian Sesame Chicken Salad	250	7	1	520
with Asian Sesame Vinaigrette (4 Tbs.)	400	15	2	1,070
Greek Salad	220	15	4	1,320
with Greek Dressing (4 Tbs.)	480	45	8	1,850
✓ Caesar Salad	220	9	5	850
with Caesar Dressing (4 Tbs.)	380	24	7	1,230
Grilled Chicken Caesar Salad	330	12	6	1,340
with Caesar Dressing (4 Tbs.)	490	27	7	1,720
Fandango Salad	350	28	7	410
with Fat Free Raspberry Vinaigrette (4 Tbs.)	400	28	7	500
Tomato & Fresh Mozzarella Salad ¹	380	25	16	250
with Balsamic Vinaigrette (2 Tbs.)	560	43	19	410
and Rosemary and Onion Focaccia	880	58	20	980

Soups (8 oz.)

✓ Moroccan Tomato Lentil ^{1,2}	110	2	0	530
✓ Gumbo ^{1,2}	110	3	0	660
✓ Sante Fe Roasted Corn ^{1,2}	140	4	0	670
✓ Mesa Bean & Vegetable ¹	100	1	0	710
✓ Low Fat Vegetarian Garden Vegetable ²	100	1	0	740
✓ Savory Vegetable Bean ¹	120	2	0	760
✓ Low Fat Vegetarian Black Bean ²	180	1	0	800
Tomato Mushroom & Barley ¹	110	2	0	810
Ginger Tomato Florentine ¹	80	2	0	850

Pizza

	Calories	Total Fat	Saturated	Sodium
Domino's Veggie (2 slices, 8oz)	520	16	8	960
Pizza Hut Chicken (3 slices thin crust, 11oz)	540	18	10	1680
Pizza Hut Chicken (Stuffed crust, 2 sl, 13 oz)	860	34	16	2220
Papa John's Pepperoni (2 slices, 9oz)	600	24	10	1580
Little Caesar's Pepperoni (thin crust, 5 squares, 12oz)	800	45	18	2100
Domino's Extra Cheese (deep dish, 2 slices)	740	35	14	1800