

Obesity and Diabetes are on the rise for those Veterans receiving VA Health Care. Over 70% are obese, and 20% have Diabetes.

Healthier US Veterans is working to improve your health and reduce obesity and diabetes by increasing healthy eating and physical activity.



### James J. Peters VA Medical Center

130 West Kingsbridge Road  
Bronx, NY 10468  
(718) 584-9000

### VA NY Harbor Healthcare System

**Brooklyn Campus**  
800 Poly Place  
Brooklyn, NY 11209  
(718) 836-6600

**New York Campus**  
423 East 23rd Street  
New York, NY 10010  
(212) 686-7500

### VA Primary and Extended Care Center

179th Street & Linden Boulevard  
St. Albans, NY 11425  
(718)526-1000

### VA New Jersey Health Care System

**East Orange Campus**  
385 Tremont Avenue  
East Orange, NJ 17018-1095  
(973) 676-1000

**Lyons Campus**  
151 Knollcroft Road  
Lyons, NJ 07939  
(908) 647-0180

### VA Hudson Valley Health Care System

**Montrose Campus**  
Route 9A/P.O. Box 100  
Montrose, NY 10548-0100  
(914) 737-4400

**Castle Point Campus**  
Castle Point  
NY 12511  
(845) 831-2000

### Northport VA Medical Center

79 Middleville Road  
Northport, NY 11768  
(631) 261-4400



# TIPS *for* DINING OUT



## DINING OUT CAN BE HEALTHY AND EASY

Foods are often super sized, loaded with fat, and low in nutritional value. Ask that foods be baked, broiled, or grilled to make your dining out experience healthier.

Many restaurants have websites. Check out the menus in advance. Restaurant will often highlight healthier food sections from their menus and allow you to substitute for healthier choices.

The suggestions in this pamphlet will empower you to make healthier choices.

### Tips for ordering in fast food restaurants

- Leave off the cheese
- Hold the Mayo.
- Don't super-size
- Avoid "meal deals".
- Say "No" to "Would you like fries with that?"
- Choose baked, broiled, or grilled options rather than fried.

## JUST ASK YOUR SERVER FOR HEALTHIER FOOD CHOICES

### REQUEST

Entrees that are baked, broiled, or grilled.  
Salad, steamed vegetables, baked potato instead of fries.



An appetizer, entrée, or dessert to share.

An appetizer as an entrée. Sauces and dressings on the side

### CONSIDER

Fresh Herbs, fresh lemon, low fat dressing, hummus, reduced fat mayonnaise, or mustard instead of regular mayonnaise.

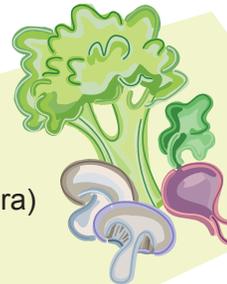
1% or skim milk instead of whole milk or half 'n half.

Flavored seltzer, water, or unsweetened iced tea instead of soda.

Soups made of broth instead of cream.

Pasta with red sauce (marinara) instead of cream sauce.

Fresh fruit or sorbet instead of rich desserts.



### CHOOSE

Regular size entrees, not large or super size.

Grilled chicken or burgers without special sauce.

Salads with grilled toppings not fried.

Low-fat salad dressings such as vinaigrettes.

Pizza topped with vegetables and light on the cheese.

Reduced fat cream cheese spreads instead of regular cream cheese.

Reduced fat cheeses and leaner deli meats when ordering sandwiches.

Fresh fruit, vegetables, or low-fat pretzels instead of chips or fries.

Select skinless poultry, preferably, white meat, and lean cuts of beef or pork such as tenderloin, London broil or filet mignon. Avoid ribs, prime rib, and other marbled meats.



*Eat slowly. Take plenty of time to savor the food's flavor. Enjoy yourself!*