

Perfect Portions

Weight Loss System

DINING SMART CARD

Use this card whenever dining out to help make smart food selections.

FOODS TO AVOID

•• All you can eat menus ••

1. Alfredo sauce
2. Au gratin
3. Bearnaise sauce
4. Breaded
5. Butter, oil or cream sauce
6. Cheese sauce
7. Crispy
8. Fried - deep or battered
9. Gravies
10. Hollandaise sauce
11. Jumbo, extra large

FAST FOODS

•• No Mayo based sauces and hold the cheese ••

1. Baked potatoes
2. Chicken sandwich - grilled
3. Chili - bowl
4. French fries - small
5. Hamburgers - single
6. Milkshake - lowfat, small
7. Pizza - 2 slices of 10" traditional tossed crust
8. Roast beef sandwich
9. Vegetable or grilled chicken salad - 1/2 packet of dressing
10. Turkey sandwich
11. Yogurt - frozen with fruit topping
12. Wrap - turkey or chicken

ITALIAN

1. Chicken marsala
2. Italian bread - 2 pieces
3. Minestrone soup
4. Pasta in marinara sauce
5. Pasta in clam sauce - red or white
6. Pasta primavera
7. Pizza - thin crust - 3 slices vegetable topped
8. Seafood - any grilled
9. Ravioli - spinach or ricotta cheese
10. Vegetarian lasagna
11. Veal scallopini
12. Wedding soup

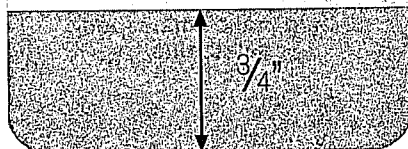
MEXICAN

•• Avoid sour cream, guacamole, extra cheese, and fried nacho chips or shells ••

1. Bean burrito
2. Beans and rice
3. Ceviche (fish in lime juice)
4. Chicken burrito
5. Chicken fajitas
6. Enchilada - chicken
7. Grilled chicken or shrimp
8. Refried beans - no added oil
9. Taco
10. Salsa as dip
11. Shrimp dishes
12. Tortilla - soft, flour

DINING SMART CARD Instructions for 3 ounce meat servings.

- ◆ Your meat selection should be approximately the dimensions of this card 2 1/8" x 3 3/8" plus the 3/4" depth indicated by the grey area below.
- ◆ Hold the card upright to find the correct thickness of your meat portion.



BREAKFAST

•• Limit butter/margarine to 1 pat ••

1. Bagel
2. Buttermilk pancakes
3. Canadian bacon
4. Eggs - 2
5. Egg substitutes
6. French toast
7. Fruits - any
8. Ham
9. Oatmeal
10. Skim or 1% milk
11. Turkey sausage
12. Waffle with fruit

BEEF/PORK

•• Cut off all visible fat and hold the gravy ••

1. Eye of round
2. Flank steak
3. Ham
4. Liver
5. Lowfat beef deli meat
6. Port tenderloin chop
7. Pork roast
8. Roast beef
9. Sirloin
10. Steak kabob
11. T-bone steak

CHICKEN/TURKEY/SEAFOOD

•• No skin on Meat ••
•• No cream, oil, or butter toppings on seafood ••

1. Chicken or turkey breast
2. Chicken stir fry
3. Atlantic baked cod
4. Crab
5. Filet of sole
6. Halibut
7. Lobster tail - broiled
8. Orange roughy
9. Salmon - poached
10. Scallops
11. Shrimp
12. Tuna

CHINESE**••No Tempura or Breadings••**

1. Chicken with vegetables
2. Chow mein
3. Chop suey
4. Dumplings - steamed
5. Hunan chicken or seafood
6. Moo goo gui pan
7. Pepper steak
8. Rice - steamed or brown
9. Stir fry - seafood or chicken
10. Szechuan chicken or seafood
11. Wonton soup

**DESSERTS / SPECIAL
OCCASION****•• Split another dessert ••**

1. Angel food cake
2. Candy bars - 2 fun size
3. Cake - frosted 2.5 X 2.5
4. Cookies (2) - 2.5 Diameter
5. Candy - hard
6. Fresh fruits
7. Hershey Kisses - 6
8. Jello
9. Pudding
10. Sherbet
11. Yogurt - lowfat, frozen
12. Popsicle, fudge bar, pudding pops - sugar free
13. Popcorn - 2 cups