

Best bets in any restaurants



Meals containing the following are normally best nutritional items at restaurants.

Beverages

- Water, non-caloric sodas

Appetizers

- Non-cream soup
- Seafood cocktail
- Green salads

Starches

- Hard breads, crackers
- French, italian breads
- Whole wheat breads
- Baked or boiled potatoes
- Steamed rice, pasta

Sides

- Steamed or stewed vegetables
- Boiled or grilled vegetables

Entrees

- Lean meats, grilled or broiled
- Fish, steamed, baked or grilled
- Chicken, grilled or baked
- Pastas w/ tomato based sauces

Desserts

- Fresh Fruits
- Low fat frozen yogurt
- Gelatin or Jell-O
- Angel food cake with fruit

