



- **Eat less creamy salad dressings.**

Example: Italian, French, Thousand Island, blue cheese. Substitutes: low-fat dressing or a little oil and vinegar.

- **Eat less whole milk, shakes, and ice cream.**

Substitutes: low-fat milk, yogurt or shakes, ice milk .

- **Eat beef with less fat.**

Substitutes: lean hamburger or roast beef. Example: McLean Deluxe has twice as much meat as a hamburger but only 1 more gram of fat.

How to eat more fiber at restaurants

Specific tips:

- **Eat more salads with raw vegetables, fruits, or beans.**
- **Add lettuce, tomato, onions, and pickles to hamburgers or sandwiches.**
- **Add peppers, onions, and/or mushrooms to pizza.**
- **Choose whole-wheat rolls, bagels, or bran muffins.**