

ON THE MENU

Look for these menu items for additional good fats.

APPETIZERS

Guacamole
Olive tapenade

SIDE ITEMS

Greek salad
Leafy green salad with an oil dressing
French fries prepared in canola oil
Chicken wings prepared in canola oil

ENTREES

Veggie pizza with olives and avocados
Roasted or pan-seared salmon
Almond-encrusted fish
Pan-seared tuna
Pasta with olive oil, tomatoes and garlic
Stir fried chicken with vegetables prepared with canola oil

DESSERTS

Yogurt parfait (with nuts and/or seeds)
Cookies with walnuts or macadamia nuts (in moderation)



GREEK SALAD

DINING TIPS

- 1 Select dishes that feature salmon, tuna or fish in general. They contain omegas, which have a positive influence on heart health.
- 2 Look for dishes that include avocados; ask the server if he/she can add a couple slices to your meal.
- 3 Want to splurge on a selection which might be fried? Ask if the chef can prepare it using canola oil.
- 4 Choose dishes that contain nuts or seeds, including muffins, pancakes, salads, yogurt, pasta and stir-fry.
- 5 Ask your server questions about the menu, and do not hesitate to make special requests.
- 6 Seek items sautéed in healthy oils, like canola or olive oil.



GUACAMOLE