

HO 6.3 An International Affair

Ethnic restaurants offer delicious foods and a chance to branch out from the ordinary. Perhaps you've tried some of these cuisines, or maybe you've been resistant to try something new. Maybe you're not sure what healthy options are available at these restaurants.

Here's your chance to review choices from several different cuisines and learn what the healthy options are. You'll see some common menu options and some healthier alternatives to the foods listed.

| Mexican Cuisine | |
|-------------------------|---|
| Common choices | Healthy choices |
| Flautas | Ceviche (fish or shellfish marinated in lime juice) |
| Nachos | Corn tortillas with salsa or a small serving of guacamole |
| Tostada or taco salad | Tortilla soup or salad without the shell |
| Burritos | Chicken or vegetable fajitas |
| Chimichanga | Soft chicken tacos |
| Empanada (meat pie) | Grilled fish tacos |
| Bunuelos with ice cream | Fruit ice |
| Flan | Fruit ice |

| Chinese Cuisine | |
|--|--|
| Common choices | Healthy choices |
| Wontons | Steamed dumplings |
| Fried egg rolls | Fresh spring rolls |
| Egg drop soup | Hot and sour soup |
| Fried lemon chicken | Vegetable or chicken stir-fried dishes with little oil |
| Eggplant (aubergine) stir-fried dishes | Dark green and orange vegetables |
| Kung pao beef | Shrimp skewers |
| Noodle dishes | Steamed rice |
| Fried banana | Fortune cookie |

HO 6.3 An International Affair

| Italian Cuisine | |
|--|---|
| Common choices | Healthy choices |
| Garlic or cheese bread | Plain bread |
| Caesar salad with dressing | Green salad with dressing on the side |
| Fried cheese sticks | Vegetarian minestrone soup |
| High-fat sauces: alfredo, pesto, and olive oil | Marinara sauce |
| Risotto (typically made with butter or cheese) | Fettuccini primavera (tomato- or broth-based sauce) |
| Shrimp scampi | Seafood fettuccine (tomato- or broth-based sauce) |
| Lasagna and manicotti | Spaghetti or linguini with clam sauce |
| Chicken or eggplant (aubergine) parmesan | Pasta primavera |
| Tiramisu | Coffee with biscotti |

| Greek and Middle Eastern Cuisine | |
|--|--|
| Common choices | Healthy choices |
| Meat-stuffed appetizers | Appetizers with rice or eggplant without oil |
| Fried calamari | Dolmas (rice mixture wrapped in grape leaves) |
| Baba ghanouj (eggplant, or aubergine, appetizer) | Tsatsiki (yogurt and cucumber appetizer) |
| Moussaka (lamb and beef casserole) | Roast lamb, shish kebab; couscous or bulgur with vegetables or chicken |
| Spanakopita (spinach pie with egg and cheese) | Plaki (fish cooked in tomatoes, onions, garlic) |

| Indian Cuisine | |
|---|--|
| Common choices | Healthy choices |
| Samosas (stuffed and fried vegetable turnovers) | Papadum or papad (crispy, thin lentil wafers) |
| Curries made with coconut milk or cream | Curries with a vegetable or dal base; shish kebob; or tandoori chicken or fish |
| Pakora (deep-fried dough with vegetables) | Gobhi matar tamatar (cauliflower with peas and tomatoes) |
| Korma (braised meat with rich yogurt cream sauce) | Chicken or beef tikka roasted with mild spices; or chicken or beef tandoori |
| Rice dishes in sauce | Fragrant steamed rice |

HO 6.3 An International Affair

| French Cuisine | |
|---|---------------------------------------|
| Common choices | Healthy choices |
| Appetizers with olives, capers, or anchovies | Steamed mussels or a salad |
| Pâté | Steamed mussels |
| Hollandaise, Mornay, béchamel, or béarnaise sauce | Bordelaise or other wine-based sauces |
| Creamy au gratin potato dishes | Lightly sauteed crisp vegetables |
| Croissants | French bread |

| Thai Cuisine | |
|--|--|
| Common choices | Healthy choices |
| Fried spring rolls | Fresh spring rolls |
| Dishes with coconut milk, peanuts, cashews, or peanut sauce | Stir-fried dishes |
| Tom ka gai (chicken in coconut milk soup) | Tom yam goong (hot-and-sour shrimp soup) |
| Gaeng keow wan gai (curry chicken with eggplant, or aubergine) | Nuea pad prik (pepper steak) |
| Fried rice | Steamed rice |
| Gluay kaeg (bananas dipped in coconut batter and fried) | Khao newo kaew (sweet sticky rice) |