



**Compass**

Guiding you along the way.

A close-up photograph of a pasta dish featuring large shrimp, fettuccine, mushrooms, and tomatoes, garnished with fresh green herbs. A dark blue horizontal band is overlaid across the middle of the image, containing the title text.

# Dining Out Guide

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# Dine out the Compass way.

You can enjoy dining out while staying on track with your low-fat eating plan. This guide is packed with tips and tools to help you dine out while staying within your **Max Daily Fat Number**.

Take a look at this guide before heading out to eat, and tuck it in your pocket or purse when you're on the go for handy reference.

Remember, you can always contact your Compass Registered Dietitian with any questions. At Compass, we're here to help. Call 1-855-898-2743

# Plan before you go.

- ✓ Look for restaurants with **low-fat choices**.
- ✓ Go to **healthydiningfinder.com** for selections in your area.
- ✓ **Visit online restaurant websites** to review menus and nutrition information.
- ✓ **Call ahead** to ask about low-fat options.
- ✓ Use your **CalorieKing book** to find low-fat menu items.
- ✓ If needed, **enjoy a low-fat snack** before dining out.

# Read menus with ease.



**Look** for words like:

Steamed

Poached

Roasted

Grilled

Baked

Broiled

Blackened

Made to order



**Avoid** words like:

Crispy

Fried

Breaded

Sautéed

Buttery

Cheesy/au gratin

Gravy

Creamy

# Know what to ask.

- Ask the server to **describe each dish** and what accompanies it.
- Ask that your food be **prepared without butter, margarine, or any oil**.
- Ask for all **sauces on the side**.
- Ask for a **low-fat substitute** if your selection comes with a side like fries or rice (which is often prepared in butter or oil).

# Make smart choices.

- Flavor foods with **fat-free sauces** like salsa, barbeque sauce, teriyaki sauce, lemon, and lime.
- Choose **fresh fruit**, or a **salad without dressing**, in place of fries or slaw.
- **Bring your own** fat-free salad dressing.
- Choose **low-fat breads** like sourdough and whole wheat. Avoid fatty rolls, biscuits, and cheesy breads.
- Enjoy **fruit or sorbet** for dessert.



# Tips for all types of restaurants.

Remember:  
**Planning is key.**

Visit:  
**healthydiningfinder.com**  
to look for low-fat restaurant options.

Tip:  
**Leave room in your Max Daily Fat for your meal.**



## Better bets.

- Select restaurants that are willing to accommodate **special requests**.
- Stick to meals and portion sizes that are within your **Max Daily Fat**.
- Remember to ask to have the cook use **no oil** when preparing stir-fry dishes, and put sauces on the side.
- Choose options with **lots of steamed vegetables**, and **avoid foods that are fried or crispy**.

## Choose carefully.

- **Find** restaurants with low-fat options. Many of the national chains offer nutritional information online.
- **Avoid dishes** with lots of cheese, sour cream, guacamole, and mayonnaise.
- **Stay away** from creamy sauces and look for tomato-based sauces.
- **Look for** low-fat grilled or broiled fish dishes, skinless chicken breast, and turkey. Ask for

leaner-cut meats like round and loin trimmed of visible fat.



## Good thinking.

- Restaurants want to make your experience enjoyable, **so speak up, make your preferences clear, and ask for low-fat substitutions.**
- **Get creative** and make a meal by choosing several low-fat appetizers, or **mix and match parts of different meals.** For example, instead of pasta with alfredo sauce, ask for tomato sauce on the side.
- **Let your server know** that your request is because of a medication that you're taking.
- **Enjoy a low-fat snack** before you head out so you're not tempted by higher-fat options.

Remember:  
**Restaurants  
will be happy  
to help.**

# Restaurant quick picks.

We've put together a **short list** of some low-fat food selections at some of the most popular restaurant chains.\* Since restaurants often change their recipes and menu items, fat grams may change too. So it's important that you check restaurant websites for their latest offerings and fat values before you go.

- Try only those items that fit within your own **Max Daily Fat number**.
- **Visit the restaurant website** so you can also add your own low-fat favorites to this list.

Tip:  
**Ask to hold the mayo, salad dressing, and/or cheese on your order.**

\* If you have dietary restrictions for additional medical conditions, consult with your healthcare provider to see if these foods are right for you.

## Applebee's Neighborhood Grill & Bar®

Plain Baked Potato	0.5
Cup of Chicken Noodle Soup	4
Bowl of Chicken Tortilla Soup	9
Pepper-Crusted Sirloin and Whole Grains	9.5
House Salad with Fat-Free Italian Dressing	15
Napa Chicken and Portobello	16

## Arby's®

Light Italian Dressing	1
Chopped Side Salad	5
Junior Ham and Cheddar Melt	6
Junior Roast Beef Sandwich	8
Junior Bacon Cheddar Melt	12
Chopped Farmhouse Salad Turkey	13
Classic Roast Beef Sandwich with Arby Sauce	14

## Burger King®

Apple Slices	0
Tendergrill® Chicken Sandwich without Mayo	9
Big Fish Sandwich without Tartar Sauce	9
Whopper Jr.® without Mayo	10
Egg and Cheese Sandwich	11
3 Piece Chicken Strips with Barbeque Sauce	17

Total fat grams

**Chick-fil-A®**

Fruit Cup	0
12-count Grilled Nuggets	4.5
Grilled Chicken Sandwich	5
Grilled Market Salad with Reduced-Fat Berry Vinaigrette	8.5
Grilled Chicken Cool Wrap®	13
Grilled Chicken Club	14

**Chili's Grill & Bar®**

3 Corn Tortillas	2.5
Seared Shrimp and Chicken Fajita Combo	5
House Salad, Use Salsa for Dressing, No Croutons	5
Cup of Southwest Chicken Soup	5
Lighter Choice Margarita Grilled Chicken	13
Lighter Choice Mango Chili Chicken	17

**Chipotle® (Build Your Own)**

Romaine Lettuce	0
3 Soft Corn Tortillas	0
Fajitas Vegetables	0.5
Fresh Salsa	0-1.5
Bean, Black, or Pinto	1
White Rice	4
Chicken or Barbacoa	7

Total fat grams

**Dairy Queen®**

Grilled Chicken Garden Salad	2
Light Ranch Dressing	4.5
Kid Size Vanilla Cone	4.5
Crispy Chicken Garden Salad with Light Italian	14
Hamburger	14
Grilled Chicken Sandwich with Mayo	16

**Dunkin' Donuts®**

Ham, Egg and Cheese on English Muffin	8
Egg White Veggie Flatbread	9
Honey Bran Raisin Muffin	13
Bacon, Egg, and Cheese on a Pretzel Roll	13
Request All Coffee with Skim Milk	

**KFC®**

Sauces: Honey Barbeque, Sweet and Sour	0
Corn on the Cob	0.5
Barbeque Baked Beans	1.5
Mashed Potatoes with Gravy	4
Kentucky Grilled Chicken® Breast with Skin	7
Original Recipe Chicken Breast with Skin	14



Total fat grams

**McDonald's®**

Fruit and Yogurt Parfait	2
Low-Fat Balsamic Vinaigrette	2.5
Artisan Grilled Chicken Sandwich	6
Egg White Delight	8
Hamburger	8
Grilled Chicken Snack Wrap with Barbeque Sauce	8
Premium McWrap® Chicken Sweet Chili Grilled	10
Egg McMuffin	13
Any of the Premium Salads with Grilled Chicken with Low-Fat Balsamic Vinaigrette or Low-Fat Italian Dressing	9-14

**Olive Garden®**

Minestrone Soup	1.5
1 Bread Stick	2.5
1 Serving of Salad with Low-Fat Dressing	3.5
Baked Tilapia with Shrimp	12
Rotini (Gluten Sensitive) with Marinara/Shrimp	14.5
Spaghetti with Meat Sauce (Lunch Portion)	16

Total fat grams

**Outback Steakhouse®**

Plain Baked Potato	0
Seasoned Rice	2
Chicken on the Barbie	2
Grilled Asparagus	4
Simply Grilled Mahi	4
Victoria's Filet® 6 oz.	9
Outback Special® 6 oz.	13

**Panera Bread®**

Fruit Cup	0
Smoked Turkey Breast Sandwich	3.5
Blueberry Bagel with 1 oz. Reduced-Fat Cream Cheese	7.5
Half Tuna Salad on Honey Wheat	8
Half Thai Chicken Salad with 1½ tbsp. Low-Fat Thai Vinaigrette	11
Half Frontega Chicken Panini	12
Strawberry Poppyseed and Chicken Salad with No Dressing	13

Visit:  
**healthydiningfinder.com**  
to look for low-fat  
restaurant options.

Total fat grams

**Red Lobster®**

Broccoli (side)	0.5
Chilled Jumbo Shrimp Cocktail	0.5
Baked Potato	0.5
Wild Rice Pilaf (side)	3
Lighthouse™ Broiled Sole with Broccoli	3
Snow Crab Legs with Corn/Potatoes	5
Main Lobster Steamed with Corn/Potatoes	5
Cup of Seafood Gumbo	7
7 oz. Peppercorn Grilled Sirloin	9
Cheddar Bay Biscuit	10

**Starbucks®**

Classic Whole-Grain Oatmeal	2.5
Fruit, Nut and Seed Medley	3
Flourless Chewy Chocolate Cookie	4.5
Petite Vanilla Scone	4.5
Reduced-Fat Turkey Bacon Breakfast Sandwich	6
Birthday Cake Pop	9
Spinach and Feta Breakfast Wrap	10
Ham and Swiss Panini	10
Zesty Chicken and Black Bean Salad Bowl	15

Total fat grams

**Taco Bell®**

Fresco Chicken Soft Taco	3.5
Black Beans and Rice	4
Fresco Steak Soft Taco	4.5
Fresco Crunchy Beef Taco	8
Fresco Burrito Supreme (Chicken/Steak)	8-9
Bean Burrito	11

**Wendy's®**

Apple Slices	0
Garden Salad without Dressing	0
Baked Potato with Sour Cream	3.5
Asian Cashew Chicken Salad with Light Asian Dressing	5
Large Chili	7
Jr. Hamburger	10
Apple Pecan Grilled Chicken Salad with Light Honey French Dressing	11
4-Piece Chicken Nuggets	12
Jr. Cheeseburger	13

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 book for more  
 selections.**



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