Dining tips for a healthy heart.

The heart wants what the heart wants. But your brain knows better! Keep this DON'T list at home to help you make smart decisions when you're dining in (or ordering takeout). The left side of this page can be clipped and taken with you when dining out. Follow these heart-healthy guidelines when it comes to ethnic cuisine so you know what types of foods could put your heart in a precarious position. Bon appetit!

Beth Israel Deaconess Medical Center

FRENCH CUISINE

DON'Ts:
- Chicken cordon bleu
- Quiche
- Frites (French for "fried"; avoid any food with this description!)
- Butter or cream-based soups and sauces
- Croissants
- Farce (a bread-based stuffing with added fat)
- Dishes that feature sausage
- Creme brulee

DOs:
- Greens
- Vinaigrette dressing
- Bouillabaisse
- Navarin (a lamb and vegetable stew)
- Roasted meats or poultry
- Braised meats or poultry
- Fish (poached or broiled)
- Ratatouille (vegetable casserole)
- Steamed vegetables
- Poached fruit

GREEK CUISINE

DON'Ts:
- Falafel (fried chick peas)
- Gyros
- Avegolemono
- Any dish made with phyllo dough
- Baklava

DOs:
- Hummus
- Pita bread
- Couscous
- Dolmades
- Baba ghanoush
- Tzatziki
- Chicken souvlaki
- Stifado stew
- Lamb or fish
- Steamed vegetables
- Greek salad (without cheese and with dressing on the side)

INDIAN CUISINE

DON'Ts:
- Any fried dishes (look for keyword "crispy" in the name)
- Dishes with a coconut base
- Masala
- Ghee
- Pakora
- Korma
- Samosas
- Poori bread

DOs:
- Tandoori chicken or fish
- Steamed rice
- Raita sauce
- Lentil soup
- Naan bread
- Lassi
- Chicken tikka
- Chicken vindaloo
- Curried vegetables

ITALIAN CUISINE

DON'Ts:
- Antipasto
- Fried calamari
- Garlic/cheese bread
- Any pasta and cheese dish, like ravioli or lasagna
- Breaded and fried chicken or veal or eggplant
- Any cheese or cream-based sauce

DOs:
- Tossed salad
- Bruschetta
- Tomato or broth-based soup (such as minestrone)
- Grilled meat or fish
- Chicken cacciatore
- Gnocchi
- Marinara/red sauce
- Vegetarian pizza
- Steamed, broiled or boiled seafood

MEXICAN CUISINE

DON'Ts:
- Guacamole
- Nachos
- Chimichangas
- Quesadillas
- Hard/crispy tacos
- Chorizo sausage
- Sour cream
- Sopapillas

DOs:
- Gazpacho
- Chicken or vegetable fajitas
- Grilled chicken or seafood-based dishes
- Salsa and picante sauces
- Soft tacos with chicken, beef or fish
- Chile con carne (without cheese)
- Pico de gallo

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CLIP OUT, FOLD AND KEEP IN YOUR WALLET

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