

## Tips for Eating Chinese Food



▪ *Vegetable  
stir-fry with  
less oil*

Chinese food is one of America's most popular and healthy ethnic cuisines, but it can be high in sodium. Main dish portions are often quite large, so try ordering fewer entrees than you have dinner companions. Then divide and devour!

### Tips

- Choose entrees with lots of vegetables — chop suey with steamed rice is an example. Substitute chicken for duck, when possible.
- Skip the crispy fried noodles on the table.
- Ask the cook to use less oil when preparing stir-fry and other dishes and to leave out soy sauce, MSG and salt.

instead of	try
Egg drop soup	Wonton or hot-and-sour soup
Egg rolls or fried wontons	Steamed dumplings
Fried entrees	Boiled, broiled, steamed or lightly stir-fried entrees
Dishes with fried meats	Dishes with lots of vegetables
Dishes with cashews and peanuts (not a problem if you're not overweight)	Dishes with water chestnuts
Fried rice	Steamed rice
Lobster sauce (egg yolks); oyster, bean and soy sauce	Sweet and sour sauce, plum or duck sauce (high sodium)

*This content is reviewed regularly. Last updated 04/11/08.*

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