



The
PTI BUZZ
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- [About Us](#)
- [Locations](#)

I Love Chinese Food!!!! What should I order?

Americanized versions of Chinese food can be filled with fat and calories. Look for these healthy choices when ordering.

Less healthy choices

Fried egg rolls, spare ribs, tempura
Battered or deep-fried dishes (sweet and sour pork, General Tso's chicken)
Deep-fried tofu
Coconut milk, sweet and sour sauce, regular soy sauce
Fried rice
Salads with fried or crispy noodles

Healthier choices

Egg drop, miso, wonton, or hot & sour soup
Stir-fried, steamed, roasted or broiled entrees
Steamed or baked tofu
Sauces such as ponzu, rice-wine vinegar, wasabi, ginger, and
Steamed brown rice
Edamame or cucumber salad

HINT: use chopsticks instead of a knife and fork....You will eat slower and therefore eat less calories.

By eating four meals with chopsticks instead of a fork; you can burn an additional 100 calories a day!!!!!!



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