

Dining out... the healthy way!



Dining out is an indulgence that we all enjoy but it can be a bit of a task for people who are trying to lose weight or just maintaining a healthy diet.

Dining out is not the enemy when it comes to diets. You can enjoy a great meal and even a cheap takeaway, not blow the calorie counter and stay healthy if you know how!

So don't panic at the thought of being asked out to dinner, lunch or even breakfast and get your social life back on track with this simple guide:

RESTAURANT DINING

Breakfast

- Continental breakfast option is much healthier
- If wanting hot breakfast: 1 poached/boiled egg, grilled tomato & mushrooms, baked beans, 2 slices wholegrain toast is a good mix
- When eating from buffet – avoid temptation - try to reduce serving size

MORE OF...

- ✓ Wholegrain breakfast cereal (look for porridge, Weetbix/Vitabrix, All bran – be careful of muesli) with skim/reduced fat milk
- ✓ Fresh fruit
- ✓ Yoghurt
- ✓ Wholegrain toast – skip the butter *SPREADS
- ✓ 1 poached egg
- ✓ 1 x 100% Juice only
- ✓ 1 x Coffee or tea – reduced fat milk, 1 teaspoon sugar if required
- ✓ Water – add fresh fruit if desired. E.g. orange, strawberries etc.



LESS OF*...

- × Croissants & pastries
- × Pancakes & waffles
- × Bacon, sausages & fried/scrambled eggs
- × Muffins, French toast, hash browns



** can have these occasionally (i.e. once per fortnight), however watch portion sizes, trim all excess fat and try to combine with healthier options.*

SPECIAL REQUESTS...

Omelette: 1 whole egg, 2 egg whites, lots of veggies, sprinkling of cheese, limit oil when cooking.

Scrambled eggs: 1 whole egg, 2 egg whites, no salt, reduced fat milk, limit butter/oil

Lunch / Dinner

- Don't eat the white bread / bread roll or garlic bread before your meal.
- Only order an entrée if hungry.
- Remember portion size.
- *Soup* - clear broth based soups, avoid cream based soups
- *Mains* - grilled, roasted, steamed or sautéed.
 - Fish
 - Chicken breast
 - Lean cuts of meat
- remove any visible fat from foods served to you (e.g. remove the skin from poultry and trim the fat from meat).
- *Sides* - steamed vegetables (no added butter), garden salad (dressing on the side).
- *Dessert* - avoid or choose a fresh fruit option (share dessert with someone if you can't resist!)
- Limit alcohol – space evenly with water
- Skim milk coffee or tea
- Don't be afraid to ask for substitutions (e.g. a steamed/boiled potato and or vegetables/salad instead of chips)



MORE OF...

- ✓ Vegetables – should form a big part of the meal

LESS OF...

- × Anything fried, battered or crumbed.
- × Any menu description that uses the words creamy, breaded, crisp, sauced, or stuffed is likely loaded with hidden fats.
- × Also watch out for: buttery, sautéed, pan-fried, au gratin, Parmesan, cheese sauce, scalloped, and au lait, à la mode, or *au fromage*.

Remember portion sizes – most restaurants serve the same meals for lunch and dinner.

NATIONALITY RESTAURANTS

Cuisine	Choose	Avoid
Italian	<ul style="list-style-type: none"> ✓ Tomato based sauces (e.g. napolitana & marinara) ✓ Thin base pizza with vegetables, seafood or lean meat (half amount of cheese) ✓ Vegetarian dishes with a tomato-based sauce ✓ Garden salad (dressing on the side) 	<ul style="list-style-type: none"> × Creamy sauces (e.g. carbonara) × Thick based and/or high fat meat pizzas (e.g. salami, pepperoni, meat lovers, × Garlic bread × Adding extra parmesan cheese × Dishes with salami, pepperoni or Italian sausage as the main meat × Crumbed , breaded or fried meats
Mexican	<ul style="list-style-type: none"> ✓ Black beans or pinto beans ✓ Chilli con carne ✓ Soft taco, burrito or fajita with lots of salad (choose beans over meat filling) ✓ Paella ✓ Salsa dip with fresh tortilla 	<ul style="list-style-type: none"> × Chimichanga (deep fried burrito) × Guacamole × Sour cream × Lots of cheese × Corn chips
Asian	<ul style="list-style-type: none"> ✓ Salads, steamed or stir fry vegetables with grilled/steamed fish or tofu. ✓ Steamed rice on the side. ✓ Fresh rice paper rolls ✓ Sauce on the side ✓ Clear soups ✓ Braised meat dishes ✓ Chop suey ✓ Nori rolls / sushi ✓ Sashimi ✓ Steamed Dim Sims 	<ul style="list-style-type: none"> × Dishes made with Coconut milk / cream × Fried rice × Fried Dim Sims or spring rolls × Battered or fried /deep fried meat dishes × Satay dishes × Prawn crackers

Buffet	<ul style="list-style-type: none"> ✓ Dishes not coated or sitting in oil. ✓ Eat mostly vegetables – salad, steamed or stir fried. ✓ Lean meats, chicken or turkey breast, seafood ✓ Baked or boiled potato, steamed rice or noodles ✓ Pasta with a tomato, vegetable based sauce. 	<ul style="list-style-type: none"> × Crumbed or fried foods × Mixed grill × Schnitzels × Creamy sauces like garlic sauce × Chips or wedges × Garlic bread
Indian	<ul style="list-style-type: none"> ✓ Tandoori Chicken ✓ Dahl ✓ Chicken/prawn masala (no cream) ✓ Cucumber raita ✓ Roti ✓ Steamed rice 	<ul style="list-style-type: none"> × Samosa × Curry puffs × Creamy dishes like korma × Butter chicken × Pappadums (unless baked) × Naan bread × Dishes containing coconut



TAKEAWAY OPTIONS

Delis / "Make your own" sandwich bars

- ✓ Wholegrain bread – no margarine
- ✓ Salads (lettuce, tomato, carrot, cucumber, capsicum, beetroot, onion, etc).
- ✓ Lean meats – chicken breast, tuna, lean ham or roast beef OR 1 hardboiled egg
- ✓ Reduced fat cheese, goats cheese or cottage cheese
- ✓ Mustard or a small amount of mayonnaise (reduced fat if possible)
- × No added salt

Subway

6 inch subs with 6grams fat or less:*

- ✓ Ham
- ✓ Roast Beef
- ✓ Roasted Chicken
- ✓ Turkey
- ✓ Turkey & Ham
- ✓ Subway Club™
- ✓ Veggie Delite™



* Order wheat bread, no cheese, any salads, honey mustard or sweet onion sauce or a small amount of mayonnaise.

Salads:

- ✓ Roasted Chicken
- ✓ Veggie Delite™
- ✓ Subway Club™

*Ask for extra salad (not meat), see if olive oil/vinegar combination is available or choose from sauces listed above.

McDonalds

- ✓ Hamburger (without cheese), ask for extra salad.
- ✓ Garden salad with French dressing.
- ✓ Herb fusion salad with teriyaki dressing



Red Rooster

- ✓ Skin Free Portuguese Pieces – breast meat
- ✓ Whole BBQ chicken – remove skin yourself
- ✓ Skin Free Grilled Chicken Salad
- ✓ Roast Chicken Salad
- ✓ Garden Salad
- ✓ Baguette D'Lite



Wokinabox

- ✓ Skinny Noodles
- ✓ Seafood Noodles
- ✓ Vegetarian Noodles
- ✓ Tom Yum Soup

Pizza

- ✓ Thin base, lots of vegetables, seafood
- ✓ Sprinkling of cheese (less than half normal amount)



Homemade Fast Food

- ✓ Homemade pizza with vegetable toppings (keep the cheese to a minimum)
- ✓ Grilled fish and oven chips
- ✓ Burger with quality mince (grilled)
- ✓ Fried rice (use oil spray and sauce)
- ✓ Sushi