



NUTRITION

EATING OUT GUIDE

Eating out should be considered a treat, something you do once in a while, as many options are high in calories, fat, and salt, and often contain minimal amounts of vegetables, fruit, and fibre.

Less is more

Super-sized portions often cost only a little extra, this makes us feel like we need to order the larger portion as it's better value for money, but is the health cost worth it?

Research has shown that the larger the serving placed in front of us, the more food we tend to consume.

Be wise when ordering fries

Yes, fries are delicious, but the added calories, fat, and sodium is not ideal. If there is just no way you will order a different side, then choose the smallest portion or only eat half.

Opting for a side-salad, mixed stir-fry vegetables or roasted vegetables is a much better option, as not only are you getting in less calories you also get some vitamins, minerals, and fibre.

Reading in-between the lines

It's good to go out with a plan of what you want to order beforehand and only looking at that specific section of the menu to prevent temptations.

If tempted, then look out for the following descriptive words: breaded/crumbed, creamy, crisp, sauced or stuffed, these are usually loaded with hidden fats.

Other words to look out for include pan-fried, deep-fried, buttery, sautéed, and au gratin.

Skip the bread basket

If the restaurant offers a bread basket on arrival, tell your server that you want to skip this, once the basket is in front of you, it will be very challenging to say no.

Drinks

It is always challenging to get people to realise that their drinks are loaded with sugar and calories, sometimes this may amount to more calories than a whole meal.

Rather opt for healthier choices such as light or zero drinks or iced tea. When ordering alcohol, take a single (not a double) and a glass of wine instead of a bottle.

Sweet temptations

Think fresh and light when it comes to dessert. Fruit salad, plain frozen yoghurts, and sorbet are much healthier options.

Portions are also very important, cake and large cookies can add as much as 400 calories. Order one dessert and ask for many spoons to share with family and friends.

Alternatively have one block of dark chocolate when you get home.