

EATING AWAY FROM HOME

It is not always easy to access healthy meals and snacks when you are eating out. The following provides tips on how to make the best nutrition choices and prepare for when you are eating away from home.

GENERAL TIPS WHEN EATING OUT:

- Avoid being too hungry when eating out to avoid overeating
- **Salads** are healthy and nutrient dense choice but be mindful of high fat dressings and oils. It is a good idea to always order extra vegetables or salads when eating out.
- **Seafood** is a great protein choice but avoid battered/fried and creamy sauces.
- **Remove** the skin from chicken, batter from fish, and visible fat from meat.
- **Limit** the oil and butter on your bread.
- **Opt** for grilled, steamed, pan-fried, braised, poached, baked, roasted or grilled over deep fried, butter, creamy sauce, fried, battered or creamed in the description.
- **Talk** to the waitperson, let them know what you do and don't want with your meal.
- **Choose** water, plain mineral/sparkling water or sugar-free soft drinks.
- Ask for **entrée serves** at restaurants that typically serve large meals to manage portion sizes. You could also try taking the meal out of the box or container and serving yourself a healthy portion on a dinner plate. You could keep the remainder as leftovers for the next day.
- **Eat** slowly and mindfully.
- **Stick** with basics and avoid adding extra toppings.
- **Select** whole grains where you can.
- **Listen** to your body and stop eating when you are full.
- **Go** light on the sauces or ask for them to come separately so you can control the amount.

Cuisine	Better Choices	Avoid
Indian/ Asian	Steamed rice, lean meats, vegetables, Naan Bread, noodles, lentils, vegetable curries, pappadums, Tandoori Chicken, dahl, chapati, roti	Battered and deep fried dishes, samosas Curries made with coconut cream
Italian	Pasta with tomato, seafood or pesto based sauces Minestrone soup, fresh salads Thin crust pizza with vegetable toppings and seafood Plain bread	Cream based pasta sauce dishes e.g. lasagne, cannelloni, and carbonara Pizza with excessive amount of processed meat and cheese Garlic Bread
Mexican	Burrito or enchilada loaded with vegies and lean meats, beans and salsa. Burrito bowls and soft shell tacos. Tomato salsa, black beans, brown or black rice and guacamole.	Dishes with sour cream, excess cheese, nachos and corn chips.
Japanese	Miso Soup, sushi with fresh (not fried) fillings. Sashimi, grilled meats, steamed rice, steamed Gyoza.	Fried meats, Katsudon, tempura, creamy sauces and mayonnaises

Cuisine/ Restaurant	Ideal	Less than Ideal
Burgers	Burgers with grilled lean meats, salad, tomato based sauces, wholemeal/wholegrain buns without butter or mayo Choose thicker cut chips or wedges	Fried meat patties, bacon, excess cheese or The Lot. Fried fillings e.g. onion rings Thin cut potato chips
French	Clear soups Grilled fish and meats Jacket baked potatoes (no sour cream) Natural oysters and prawns (no sauces) Fresh fruit and fruit crepes	Creamy soups Cream sauces French fries Soufflés, Mousses
Greek/ Lebanese	Grilled calamari, grilled fish Stuffed vine leaves Souvlaki, shish kebab, pita bread Stuffed tomatoes, garden salad (dressing on the side) Yoghurt and cucumber dip (Tzatziki)	Dishes in oily /creamy sauces Deep fried calamari Deep fried goats cheese Baklava Fried falafel Moussaka
Sandwiches	Lean meats e.g. ham, turkey, chicken, tuna, with plenty of salad on wholemeal and wholegrain wraps, bread or rolls	High fat meats, salami, sausages, cream cheese, excess creamy mayonnaise or sauces
Pizza	Vegetarian, lean meats, seafood, minimal cheese, plenty of vegetables such as pumpkin, spinach, tomato, capsicum, rocket and mushrooms Thick crusts are higher in carbohydrate	Fatty meats e.g. bacon, salami, excessive cheese Stuffed crusts
Subway	Ham, roast beef, chicken strips, chicken teriyaki or turkey breast with salad	Any Melt option Any crumbed and fried chicken (schnitzel) Italian B.M.T. Smashed Falafel with Tzatziki
Fish and Chips	Grilled fish with a small serve of chips Salad, steamed Dim Sims	Large chips, potato cakes Deep fried battered fish Deep fried Dim Sims
Asian	Steamed Dim Sims and Spring Rolls Clear soups, rice paper rolls, noodles with lean meats, chicken, seafood or vegetables	Fried Rice, fried noodles, fried Dim Sims and spring rolls. Battered and deep-fried dishes Curries made with coconut cream