



Eat Out Guide

Choose the following foods for a healthier meal out.

Chinese

- Stir fry options, with boiled rice or plain noodles
- Noodle dishes not fried
- Chop Suey or Chow Mein without fried noodles
- Broth based soups – wanton, hot and sour.
- Ask for dumplings and spring rolls steamed not fried
- A fortune cookie is a good way to end a meal, it will satisfy your sugar craving and is low in fat and sugar

Indian

- Whole wheat chappatis
- Poppadum - roasted
- Basmati rice
- Raita, tomato sambal
- Curry dishes without cheese cream or coconut milk
- Chicken, fish, vegetable baltisa
- Tandoori chicken or fish dishes
- Chicken tikka
- Lenti, chickpea dahls
- Green salads
- Fresh fruit platter

Italian

- Seafood stews
- Parma ham and melon
- Mixed green salads with dressings on the side, or ask for olive oil
- Minestrone, fish or bean soups without the added cheese
- Pasta dishes with tomato sauces e.g. Napolitano

- Boiled, grilled or steamed fish or chicken dishes
- Pizza, eat only thin crust with chicken, tuna and lots of extra vegetables, ask if they have low fat mozzarella options
- Fresh fruit salad
- Sorbet or share a small pudding with somebody, get two spoons!

Greek

- Tzatziki
- Dolmades (stuffed vine leaves)
- Mixed salad – dressing on the side small amounts of feta cheese
- Seafood stews
- Chicken and fish kebabs, and all dishes done on the charcoal grill
- Baked fish with tomato sauce
- Fruit desserts – marinated fruit or compotes

Fast Food Tips

1. Always choose a low fat dressing or ask for olive oil
2. Go for the green – ask for salad instead of chips!
3. Order baked beans, baked potato, peas or corn on the cob instead of chips
4. Go for grilled chicken without the batter or bread crumbs
5. Grilled chicken burgers are better for you than beef burgers
6. Avoid potato salad and coleslaw as they are loaded with fat and sugar
7. Avoid the ketchup as it is very high in sugar