Eating Out

Eating out can be a big challenge in comparison to planning and preparing your own meals at home but eating out doesn't mean your healthy eating plan has to be thrown off track.

TIPS OF THE WEEK

- **ASSESS THE FOOD SITUATION**
  Check out the menu online, you're more likely to stick to the plan, look through the menu carefully before making your choice. When at buffets do a walk through first and choose your top four food choices to avoid piling one of everything on your plate.

- **DON'T SKIP A MEAL**
  Turning up too hungry being faced with dozens of tempting foods is not going to end well, you're more likely to choose higher calorie foods in excess and totally blow your daily calorie intake in one sitting! If you do go over your daily intake just reduce your calorie intake slightly the next day.

- **VEG IT UP**
  A good rule of thumb is to fill half your plate with vegetables (sorry potatoes don't count). This will make your meal a high fibre, low calorie option that will fill you up for longer.

- **STICK TO ONE COURSE**
  Don't feel obliged to order all three courses, eat slowly and enjoy your food and don't feel like you need to finish the plate.

- **SHARE IT!**
  Healthy weight loss is not about feeling deprived, have a little of what you fancy by sharing with a friend and having half the calories.

- **DRESSING DOWN**
  Any butter, cream or cheese based dressings are going to be high in fat turning a healthy option into a high calorie one. Ask for your dressing on the side or opt for tomato or veggie based which have a lower fat and calorie content.

- **KEEP PORTIONS IN CHECK**
  It's not down to the waiter to tell you how much to eat. The portion they serve will be the same for a 5ft woman as it will be for a 6ft man, sticking to the same size portion as you would at home could save you a few hundred calories.

- **CHOOSE SMART**
  Steamed, grilled, baked, boiled, poached, lightly sautéed are all going to be lower fat and calories options. Anything deep fried, crispy, breaded, dumplings and creamy are going to be high in fat and calories.

- **DRINK SMART**
  Don't derail your hard work by over doing it on the liquid calories. Not only will it rack up the calories but alcohol also triggers cravings, making it a hard to say no to temptation. Order a glass of water to sip at the table in between alcoholic drinks

Did you know!

You could save an extra 300 calories by choosing smart!

Nando's Chicken Caesar salad (with dressing)

- 1 serving 421g = **542 calories** (total fat 45.3g)

Nando's Grilled chicken Salad (no dressing)

- 1 serving 421g = **237 calories** (total fat 6.1g)