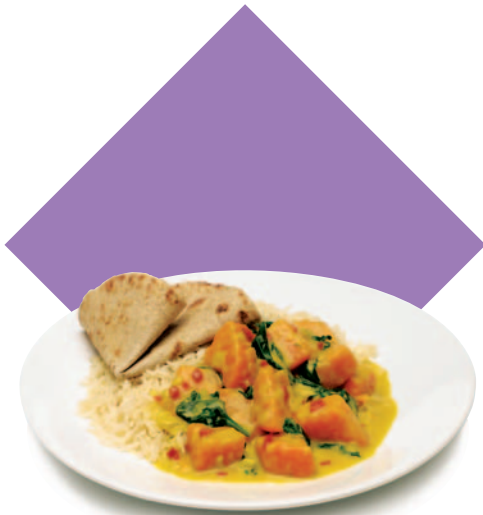




weightwise



Eating out



We all enjoy eating out.
Getting the balance right is
what counts, especially if you eat
out more than once a week.
Try these top tips.



Top Tips:

- Make foods such as rice, bread, potatoes, pasta, chapatti, naan and noodles part of your meal.
- Remember to include fruit or vegetables.
- Limit foods high in fat (creamy sauces, fried foods, pastry) and added sugar (puddings and desserts).
- Check out restaurant websites for nutritional information before you go.
- Know when enough is enough! Never be afraid to leave what you don't want. If you have a small appetite, ask for a smaller portion with extra veg.
- If the restaurant has nothing you fancy, ask for what you want – most places are happy to do this (within reason!).
- Give the fizzy drinks and thick milkshakes a miss and opt for water, fresh fruit juice, ice-cold semi-skimmed milk or a plain tea or coffee.



Burger Bar

- Keep the size of your burger and fries small. Try sharing larger portions of fries with a friend.
- Try out healthier options including deli sandwiches, grilled chicken and salads.
- Ask for dressings 'on the side'.
- Finish your meal with a fruit bag or fruit and yogurt.

Pizza Restaurant

Choose:

- A salad bowl and opt for low-calorie dressing.
- Pasta with a tomato-based sauce.
- Your own pizza - pile up a plain pizza base with vegetable toppings. Add in chicken, ham or fish for more variety.
- Fruit-based pudding such as fresh fruit salad, or ice creams and sorbets.
- The "light" pizza if available, or ask for half the cheese.

Limit:

- Sausage, pepperoni, salami and thick cheesy toppings on pizza.
- Creamy sauces on pasta.



HIGH STREET

Choose:

- Rolls, wraps, sandwiches and fruit.
- Salad and grilled items.

Limit:

- Sausage rolls, pasties and pies.
- Fried foods.
- Oily dressings, mayonnaise and thickly spread butter or margarine.

Practical suggestions:

- Fish and chips are high in fat – add mushy peas or beans, share with a friend and leave the batter.
- Have chicken and chips but avoid the skin.
- Try donner kebabs with small portions of meat and top up with extra salad – skip the oily dressing, and just go for lemon juice or chilli sauce for a tangy taste.
- Have jacket potatoes with low-fat fillings such as baked beans, cottage cheese, tuna and sweetcorn but hold the butter and the mayo.



Chinese

Choose:

- Chicken and sweetcorn soup.
- Beef, chicken, prawn or beancurd with green peppers or in black bean sauce.
- Dishes with lots of vegetables such as chow mein or vegetable stir fry.
- Boiled/steamed rice or noodles.

Limit:

- Prawn crackers, pancake rolls and sweet and sour pork balls as they all absorb loads of fat.
- Crispy duck - the skin is high in fat.
- Fried rice or noodles.
- Soy sauce - like many other Chinese foods it's high in salt.



Indian

Sharing a few dishes is a great way to enjoy the variety of flavours, especially if you can try something new.

Choose:

- Try dishes such as rogan josh, bhuna, saag, jalfrezi, dhansak (with lentils) or a dry dish such as tandoori.
- Basmati rice, chapatti.

Limit:

- Masala and korma as they contain a lot of cream and fat.
- Popadums, parathas.
- Deep fried foods such as onion bhajis.



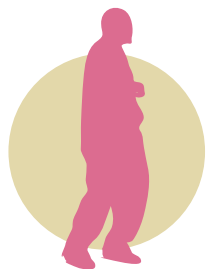
Cinema

So often we eat at the cinema out of habit and not because we are hungry. Why not eat before you go so you're less tempted to nibble, or share a small carton of popcorn with a friend. For a different snack take a packet of dried fruit or nuts with you. Choose water or diet drinks.

School, college or your place of work

This is the place most people eat out most often.

- Try to cover one-third to a half of your plate with vegetables and another third with carbohydrate food such as pasta, rice, potatoes, chapatti, bread, noodles, yam etc. The remainder should be a lean meat, fish, egg, cheese or vegetarian dish.
- Remember combination dishes such as spaghetti Bolognese, fish pie and lasagne usually contain vegetables but you can add an extra vegetable or side salad for an added boost.
- Opt for wholemeal bread and choose sandwiches which contain salad vegetables and limit the mayonnaise.
- If there are no healthy options available why not "hassle" those in charge for more variety? In the meantime plan ahead, prepare a healthy packed lunch and bring suitable snacks from home.





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For more information and practical advice on weight management visit www.teenweightwise.com

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