

# TIPS FOR EATING OUT



1. Eat a lighter lunch if you go out for dinner; or eat a lighter dinner if you go out for lunch. But, do not skip a meal so that you can eat more or healthier at the restaurant.
2. Google the restaurant beforehand and have a look at their menu. If it is possible to decide what you are going to have before arriving at the restaurant; that would be even a bigger bonus! We tend to make healthier decisions when we are hungry and distracted.
3. Ask for your dressing and sauces on the side – by doing this you can limit the portions that you consume thereof.
4. Order extra veggies and salad on your pizza and sandwiches – by doing this you will feel fuller and eat less of the “bad” stuff.
5. Control your portions by doing the following:
  - a. Take the leftovers for lunch (2 meals for the price of one)
  - b. Share with a family-member or friend
6. Eat slowly and chew thoroughly.
7. Try and eat a healthy snack prior to going out to decrease your hunger. Some snack ideas include a fruit or a fat free yoghurt.
8. Drink water before and during your meal.

  
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9. Remember that it isn't only the type of food that could be unhealthy; but also the cooking methods.
  - a. Rather choose these options: Steamed, grilled, roasted or poached
  - b. Avoid these options: Pan-fried, fried, crispy, crunchy or sautéed
10. Practice mindful-eating. Take in all the aromas, flavours, thoughts and feelings.
11. Put your phone away – we tend to eat more when we are distracted
12. Try and place your order first, so that you don't get distracted by the other orders that are being placed. Stick to the order that you have decided on at home.
13. If the portions are too big, and you are scared that you won't be able to just eat half of it – try ordering 2 starters instead
14. Opt for a cup of coffee instead of dessert at the end of your meal
15. Avoid buffet-type of meals
16. Avoid the complimentary bread-basket.
17. Do not consume any sugary drinks with your meals
18. Try to consume less alcohol, alcohol is an empty calorie and will just add to the amount of calories that you consume. If you do drink alcohol, opt for the options lower in sugar.
19. If you are eating pasta – opt for the tomato-based sauce instead of the creamy sauces.
20. Try and eat more plant-based. Plant-oils are healthier and plant-proteins are lower in fats.



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