

USEFUL FACTS

Eating Out

A guide to eating out in restaurants:

- Ask for plain bread - no butter. Avoid garlic and herb bread, which is usually soaked in butter.
- Watch out for dressings and creamy or cheese sauces which are sometimes added - order a brown or tomato-based sauce instead.
- Choose barbequed or grilled rather than pan-fried or deep-fried foods.
- Trim the fat off meat and take the skin off chicken. Watch out for French fries - instead order plain vegetables or salad (without dressing if possible).
- Ask for your food to be cooked in a low fat way. You will find that most restaurants try their best to help you.
- Order a jug of water for your table - you will drink less alcohol and keep yourself better hydrated.
- Skip the pre-dinner drinks. Plan to have only 1 or 2 alcoholic drinks with your meal.
- Order less food. One or two courses should be ample. Alternatively, you can order two first courses and cut down that way.
- Try a vegetable soup or salad for the first course.
- Ask what accompaniments come with the main course - you can then avoid being tempted by chips, buttered vegetables and the like. Ask for lower fat alternatives when you order.
- Order extra bread instead of chips.

Best Foods

Enjoy

Cajun	Seafood dishes, chowders, gumbos, rice-based Creole dishes
Chinese	Steamed rice, wontons, vegetables, braised meats
French	Fresh salads, steamed vegetables, bouillon, fish, baked or marinated lean meat, chicken
German	Potatoes, cabbage and other vegetables
Indian	Lentil dhal, tandoori chicken, steamed rice, naan bread, seafood, vegetable curries
Italian	Stuffed vine leaves, spinach, seafood, souvlaki, greek salads
Japanese	Sushi, sashimi, rise, miso soup, noodle dishes
Malaysian, Thai, Vietnamese	Stir fried seafood, chicken, meat and vegetable dishes, clear soups, rice pastry rolls, tofu, steamed rice
Mexican	Steamed tortillas with chicken and salad, vegetarian chilli, bean based dishes, vegetarian burritos
Middle Eastern	Grilled kebabs, couscous and vegetables, cucumber and yoghurt dip
Spanish	Paella, seafood, chicken, vegetables
Vegetarian	Vegetables, legumes, fruit

Avoid

Ribs, pies, sundaes
Sweet and sour dishes, fried rice, "crisp" foods
Foods crumbed, wrapped in pastry or covered in a cream sauce
Fatty pork, sausages, rich cakes
Pappadums, samosas, deep fried dishes, paratha, coconut meat based curry
Pastry desserts
Tempura (fried in batter), Sukiyaki (fried in beef fat), pickled vegetables
Fried fish cakes, spring rolls, foods made with coconut milk or topped with satay sauces
Nachos, tacos, burritos, enchiladas, chilli con carne, guacamole, sour cream, cheese
Deep fried falafels, hummus
Oily meat dishes
Butter, cheese, cream and nuts

Portable supply of essentials

- Weightwatchers mousses
- Sugar free cordials
- Jarrah hot chocolate drinks
- Sustagen - as liquid meals before exercise, added to breakfasts to make more energy dense or as a recovery fuel post exercise
- Oats - Quaker has individual serving sizes and just add water
- Cups of soup

Bright Tip!

Don't forget that restaurants are a service industry. They want to meet your needs. Special requests are simple for the chefs to do. Be specific!