

Fact Sheet - eating out

Eating out is enjoyable and sociable and provided you choose wisely you can still eat healthily. Here are some tips to help:

- Choose dishes that are not fried or cooked in fat
- Choose jacket potatoes rather than fries
- Choose high carbohydrate meals - rice, pasta and pizza
- Avoid rich and creamy sauces
- Order salad/veg without dressings
- Eat rolls etc..., without the butter
- Avoid creamy desserts and cheeses

Here are some tips to help you choose what and where to eat :

Restaurant	Good Choices	Not So Good Choices
Pizza	Tomato and vegetable toppings on a wholemeal base or salad centre	Salami, mince, pepperoni and extra cheese toppings on a thick crust base
Burger	Plain grilled hamburger or flame grilled chicken with no bun	Extra cheese and sauces, e.g. mayonnaise and fries
Indian	Chicken tikka, dahl and dry or vegetable curries. Plain rice and chapati	Creamy meat or chicken dishes such as; dansak, korma or madras. Samosas, onion bhajis and papadums
Chinese	Chicken, vegetable or prawn chop suey. Stir-fry vegetables, seafood or chicken. Plain rice and noodles	Sweet and sour dishes, fried rice and noodles and prawn crackers
French	Grilled meat, poultry or fish	Creamy sauces, buttered vegetables and pastry dishes
Italian	Pasta with tomato-based sauces or seafood sauces. Risotto, grilled chicken or fish. Tortellini with ricotta cheese	Pasta with cream or butter-based sauces and Zabaglione
Mexican	Bean burrito. Tortillas with beans or vegetables. Bean tostada and salad	Anything with a chilli-beef filling. Tortilla chips. Deep fried foods

