

EATING OUT GUIDE

Eating out: What are the best choices?

When dining at an Oriental or Indian restaurant, choose:

- Sashimi (Japanese raw fish dish)
- Fish / chicken teryaki
- Tom yum soup
- Thai coconut based curries (but avoid the creamier ones)
- Indian tikkas (but not masalas)
- Fish or chicken satay
- Indian bhuna or balti, ask for less oil Tofu based dishes
- Omelettes
- Vegetable dishes such as chana masala or dhal (Indian) or stir fried veg

When dining at a French or Italian restaurant stick to any fish, chicken or vegetarian dishes avoiding high fat sauces. You could try dishes like:

- Chicken breast marinated in rosemary and garlic
- King prawns in a chilli, garlic and tomato sauce
- Avocado, rocket and tomato salad
- If you really want pasta, go for a starter size of something like
- fettuccine with chicken, olive oil, garlic and parsley sauce plus a large salad
- Antipasto

AVOID

- Fried food
- Sweet and sour dishes
- Creamy curries such as kormas or masalas
- Rice, (unless brown then share)
- Noodles
- Potato dishes
- Bread, naans, chapattis and
- Prawn crackers

Japanese restaurants are great

- All offer wonderful fish dishes, from teryaki salmon to sashimi
- Sushi isn't as good as it includes a lot of sweet white rice

Restaurants & Dinner parties

Typically buffet style.

AVOID:

- Sandwiches
- Breadcrumbsed seafood
- Pastry foods, e.g. sausage rolls, vol-au-vent, etc.
- Sushi (avoid the white rice)
- Cake, gateaux & pie type desserts.

BEWARE: it is easy to eat more than you would when standing & revisiting a buffet table, than if you were sitting down. This is because you normally eat more quickly & don't give the stomach a chance to signal the brain that you're full.

CHOOSE: Plain protein foods including lean meats, chicken, fish, seafood with salads. Crudités with hummus, guacamole, salsa dips. Fruit/fruit salad or a little cheese & celery to finish.

Garage / service station

AVOID:

- Sandwiches
- Crisps Cakes
- Pastries
- Muffins
- Sweets
- Chocolate
- Coffee

CHOOSE:

- Filled wraps (protein & salad)
- Soup

- Fruit
- Fresh nuts
- Chocolate covered nuts (30g)
- Water

Some chains have a small mini supermarket which widens choice: readymade salads with a protein, cooked chicken fillets, vegetable batons, hummus, etc.

Coffee shop

- Very often this is all you may find and these tend to provide mainly food high in saturated fats and simple carbohydrates. Don't touch the pastries, muffins etc. but, if available, choose a filled wrap or a wholegrain/wholewheat sandwich with a protein and salad filling.
- You don't have to have coffee many offer herb / fruit teas instead, but do have cappuccino made with soya milk rather than latte. Ask for cinnamon sprinkled on top to balance your blood sugar.
- Generally avoid: Bread, pasta, potatoes, noodles, rice, pizza, nachos, garlic bread, bruschetta, pastry, battered foods, breaded foods, potato topped pies, sweet puddings.

BEWARE

- Coffees
- Smoothies
- Milk shakes
- Yoghurt drinks often contain hidden sugars and syrups