

Guide for eating out

Eating out - *It's OK if you're careful*

If you think you can't go out for a meal and eat healthily think again! You just need to be careful about what you choose.

SALAD – Choose vegetable oil and vinegar dressings, or none at all.

BREAD – Ask for margarine or olive oil instead of butter, or enjoy the taste spread-free.

CHICKEN – Select grilled chicken and don't eat the skin.

STEAK – Ask for the chef to trim off excess fat before cooking.

HAMBURGER – Avoid cheese or mayonnaise toppings; ask for tomato or lettuce instead.

PASTA – Choose marinara, clam or tomato-based sauces without meat or sausage, and definitely avoid cream sauces.

FISH – Select grilled fillets. Avoid fish with batter.

PIZZA – Choose vegetable toppings instead of cheese or meat. Ask for less or no cheese.

BAKED POTATO – Avoid toppings such as cheese, butter or sour cream.

VEGETABLES – Eat plenty of these, but without heavy cream or cheese sauces.

COFFEE, TEA – Ask for skim milk.



For more healthy eating tips, visit www.cholesteroltest.com.au

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When eating out remember the P.A.U.S.E rule

P is for Portion control

- Share an entree with someone else
- Don't eat everything just because it's on your plate; if possible ask for a take-away box.
- Don't let others pressure you into eating 'to keep them company'.



A is for Assertiveness

- Don't be shy about asking the restaurant to substitute healthier options, or serve dressings or sauces as a side dish so that you can control how much you use.
- Don't feel intimidated - if you want your omelette made with egg whites only - ask for it!



U is for Understanding what the menu means

- Study the menu carefully and avoid dishes described as creamy, cheesy, rich, au gratin (baked with cheese.)
- Ask how dishes are cooked and avoid those that are marinated in oil, fried etc.

S is for Slow down

- This gives your brain time to catch up with your stomach so you know when you are full.

E is for Eat before you go

- Try to eat a small healthy snack 1 hour before you go to the restaurant. This means you will be pleasantly hungry, but not so ravenous that you attack the bread rolls (and butter!) as soon as you arrive.



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