



## The Nutrition Code's tips for eating out and ordering takeaway:

**Golden Rule: Aim for your plate to be half filled with vegetables, with a small portion of lean protein and wholegrain carbohydrate**

- Don't arrive too hungry – you might overeat or make poor choices! Make sure you have eaten well during the day, and consider having a small, low calorie snack prior to going out
- Consider sharing a main meal and a large salad (i.e. works well with pasta, stir fries and hot plates)
- Think about asking for extra vegetables or salad with your meal, or replacing the offered side (i.e. ask for vegetables and boiled potato/grilled corn instead of chips)
- Go easy on the bread – avoid altogether, or have only one small slice if you are having a lower-carb meal
- Drink lots of water to help keep you satisfied. It may help you to avoid over-eating.
- Avoid dishes with high fat/sugar sauces (i.e. satay, coconut curry, cream and cheese based sauces, sweet chilli, teriyaki, sweet soy)
- Choose a lean piece of meat (i.e. fillet steak instead of scotch fillet), skinless chicken breast instead of schnitzel, or grilled fish instead of battered fish
- Don't be afraid to ask for modifications. For example, asking for dressings or sauces on the side, no butter, or different cooking methods. Most restaurants would like to please you.
- Finish with fruit or share a dessert if you want one. Sometimes you only need a taste of a delicious dessert to be satisfied.
- If you are sharing dessert, say no to appetizers and alcohol (and vice versa).
- If drinking, keep to only 1-2 standard drinks, and choose drinks without added sugar (i.e. cocktails)
- Eat mindfully. Only eat what you need to be satisfied. Listen to your body, eat slowly, savoring every bite and monitor how hungry or full you feel.
- **Remember the '90/10 Rule' for weight loss – no more than two 'flexible' meals per week eaten outside of home, following these guidelines!**

### Examples of healthy restaurant meals:

Poached egg, one slice toast, spinach and tomato

Sandwich on small bread slices, 3 salad fillings and a protein

Poke bowl with tofu/fish, salads and brown rice

Share some salads, naan and a curry with friends

Share stir-fries salmon with vegetables with side of rice

Grilled fish with brown rice and salad

Grilled chicken with corn and salad

Vietnamese chicken and vermicelli salad

Share a salad and a pasta dish with a friend/partner

Fillet steak, boiled potato and seasonal vegetables

Low-carb rice paper rolls