

## Eating Out

We all eat out from time to time and we should. It is fun, social and we get to try new things. But don't fall in the trap where you use it as an excuse to eat poorly. You can still enjoy food and make good choices. If you know you're going to eat out at night, perhaps eat lighter during the day. Don't starve yourself, or else you'll be so starving that you'll scoff down everything in sight. Be mindful during the day, and keep portions small and healthy.

1. Look at the menu online in advance, choose what you want and stick to it. Think about what foods are worth indulging on or what isn't.
2. Try sharing dishes. People tend to eat less when sharing a dish.
3. Watch the sauces, avoid cream and cheese based sauces, anything white, choose tomato based dishes.
4. With cooking methods look out for words such as are grilled, poached, roasted and steamed. Avoid dishes which use the words fried, crispy, escalloped and battered. If you're not sure how something is cooked, don't be afraid to ask.
5. Order sauces on the side, only use enough to get the taste.
6. Order a glass of wine rather than a bottle. Stick to one glass only. Wait for the food to come before you start drinking. Avoid getting tipsy on a light stomach and forgetting about your well thought out intentions.
7. Fill up on vegetables and side salads.
8. For dessert, choose fruit based dishes, avoid cream. Split a dessert with a friend rather than having the whole thing. Order a tea with dessert, it will fill you up and keep your hands busy.

### Different cuisines

#### Italian

Better: marinara, primavera, arrabiata. thin pizza bases

Worse: carbonara, parmigiana, garlic bread, thick base pizza and meat toppings

#### Chinese

Better: sizzling dishes, seafood, boiled rice, hot and spicy dishes

Worse: spring rolls, fried rice, prawn crackers, crispy noodles

#### Indian

Better: masala, tikka, raita, chutney.

Worse: nann bread, korma, cream/coconut sauces

#### Thai

Better: stir fried seafood dishes, steamed rice, clear soups

Avoid: massamum curries, red curries, anything cream or coconut based

**Enjoy Your Meal - Eat Slow - Taste Every Mouthful!**

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