



Eating Out

Thousands of health conscious people who enjoy food, dread eating out as they don't know exactly what's in the meals or how they are cooked. In reality, a lot of the food on offer in cafés and take-aways are likely to be higher in saturated fat than the food you eat at home. Eating out usually falls on your cheat day, but with careful selection it could mean half the calories and a lot less guilt. Don't be afraid to ask about ingredients and cooking methods. If they're proud of what they cook, they'll be happy to advise you. Ask for a half portion of meat/main course with double portion of vegetables or side salad. Here are some helpful hints to select delicious foods without the guilty conscience.

At the Café

If the soups are home made choose a vegetable-based soup (e.g. Leek and potato, carrot and coriander or minestrone), with a crusty bread roll. Avoid creamy soups such as chicken or mushroom.

Choose a baked potato (no butter) with baked beans, vegetable chili/curry, tuna without mayonnaise or cottage cheese, and order a side salad. Watch out for too much cheddar cheese, coleslaw and rich meat sauces.

If it's your cheat day, enjoy a scone with jam (no butter) or a currant bun rather than a rich pastry, fresh cream cake or chocolate cake.

At the Burger Bar

Grilled chicken, fish or vegetarian burgers are better than a hamburger. Or the small hamburger (child's portion) means a lot less fat. Avoid the cheese.

If you insist on having fries, choose the small (regular) portion or share with a friend.

Instead of high fat milk shake, have a fruit juice or sparkling water.

At the Indian Restaurant

Choose chapatti or plain naan bread. Avoid any bread made with fat such as peshwari, paratha and puris. Ghee, the Indian cooking fat is similar to butter in its saturated fat content.

Choose drier dishes such as tandoori, karia and bhuna. Spinach based dishes (saag) and chicken tikka are not too high in fat either. Vegetable dishes such as aloo gobi (potato and cauliflower curry) can be reasonably low in fat but check they're not cooked in ghee.

Avoid creamy dishes such as korma, masala and dhansak and watch out for the ghee in dupiaza, madras and vindaloo. Avoid oily dishes such as bhaji, samosa or pakhora.

Choose plain boiled rice. Pilau, biryani and fried rice are very high in fat.

At the Chinese Restaurant

Have a won-ton soup rather than a pancake roll for starters.

Choose stir fried rather than deep fried dishes. Have stir fried vegetables, chicken and mushroom in black bean sauce. Avoid sweet and sour dishes, lemon chicken or crispy fried beef or duck. Satay and chow mein dishes are in between, with a medium fat content, so choose only as a special treat.

Go for plain rice or noodles. Avoid fried rice, prawn crackers or sesame prawn roll.



At the Italian Restaurant

Go for bread sticks or plain crusty bread instead of garlic bread. Enjoy wonderful mixed salads or tomato salads with only a tiny splash of dressing.

Choose pasta with tomato, onion and basil based sauces. An example is arrabiata sauce, tomato and chili. Avoid creamy or cheese sauces and watch out for too much pesto. Have only a tiny sprinkling of fresh parmesan cheese, for flavor without too much fat.

Choose thin-based pizzas with vegetables toppings, ham, chicken or tuna. Avoid high fat meats like salami or pepperoni and watch out for too much cheese on top.

Traditional Italian meat dishes such as lasagna and spaghetti bolognese can be very high in fat. Have cannelloni instead as the spinach replaces some of the fatty meat.

At the Mexican restaurant

Chicken fajitas or Cajun chicken are probably the safest bets. Watch out for high fat enchiladas.

Have tomato based salsa, sauces and dips, but watch out for sour cream. Refried beans and guacamole are a double edge sword. They have some good nutritional qualities but overall are high in fat, so go easy.