

## EATING HEALTHY WHILE EATING OUT

Sensible food choices are important, even when dining out. Often when eating at a restaurant or ordering take out, you can indulge in overeating, which is detrimental to your health. There are however, ways to eat healthy, even when dining out.

### HOW TO MAKE SENSIBLE FOOD CHOICES WHEN EATING OUT

- Start with a salad without dressing.
- Ask for small plates to control portion sizes.
- Order water or low calorie drinks.
- On long commutes to the venue, take along some fruit, cucumber/carrot or unsalted nuts to eat on the way. That way you won't end up starving and overeating at the end of journey.
- Remember that steamed, grilled or BBQ'ed food items have fewer calories than fried foods.
- Avoid "all-you-can-eat buffets".
- Request whole wheat items like whole grain bread or chapatti.
- Do not try to finish all the food served. Take leftovers home.
- If buffet meal is served, first survey all the options. Then help yourself to small portions.
- While placing the order, request for less salt and oils in your favourite dishes. Remember good places accommodate such requests.
- While ordering, remember that dishes served with sauces often have unhealthy amounts of cream, butter or excess salt.

### OFFICE LUNCH

For people eating out at the office, the following advice may be helpful:

- Start the day with healthy breakfast comprising of eggs, milk or cereal with milk.
- Pack light options for lunch such as assorted fruits with yogurt; bran cracker with salad and yogurt or a bean salad with kebabs.
- On the ride back home, take a fistful of unsalted nuts along with fruits to satisfy your hunger.
- Make sure to drink plenty of water throughout the day.



Reference:

<https://www.choosemyplate.gov/ten-tips-eating-foods-away-home>