

NUTRITION UPDATE

MAY

2017

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>