

11 EATING OUT TIPS

How to better manage unexpected social events so that you don't undo your progress to date

Whilst eating out is fun and exciting, it is hard to know exactly what ingredients and quantities go into the cooking process. A chef's job is to make the food tasty, not necessarily healthy.

Here are 11 Eating Out Tips:

1. Check the menu online before you go and decide what you will order in advance.
2. Decide in advance what's worth splurging on and what you can do without. Having a game plan is helpful when faced with tempting foods.
3. Choose a restaurant that provides health conscious options:
 - a. Grilled Meat with Salad instead of Pasta & Pizza.
4. Choose low fat side dishes:
 - a. Garden Salad with dressing on the side,
 - b. Steamed Vegetables instead of Sauteed Vegetables,
 - c. Garden salad or steamed Vegetables instead of Chips or Coleslaw.
5. Ask for dishes without high fat additions:
 - a. Sauces, Gravies, Butter, Cheese or Oil.
6. Asking to replace different ingredients with healthier options.
 - a. Vegetables or Salad instead of Chips or Garlic Bread.
7. Order your dressings & sauces on the side.
8. Minimise dense carbohydrates:
 - a. Bread, Pasta, Rice, etc.
9. Skip the entrée.
10. Check the ingredients and preparation methods of meals with your waiter.
 - a. Think grilled, roasted or steamed rather than fried or sauteed.
11. Avoid big decadent desserts. Choose small portions or fruit instead.