



Restaurant Guide

Tips on how to eat healthy when eating out

Do you sometimes feel overwhelmed when you need to order food at a restaurant? You want to treat yourself but at the same time you strive to make a healthy choice. Temptation takes over when the just-this-once mindset kicks in.

Here are a few tips on how to eat healthy when eating out:

- Don't drink your calories!

Drinks have many calories that you are not always aware of. Sometimes a cocktail can contain as much calories as a milkshake! Rather try to stick to low calorie options like ice tea light, coke zero or even sparkling water when ordering something to drink. Ask for lemon or cucumber slices to flavour your water if you feel like it.

- Be wise when ordering a salad.

Salads are always a healthy option, but it can contain unhealthy ingredients that can increase your calorie intake. Foods such as cheese, bacon bits and salad dressing can add unnecessary calories. Rather ask for your salad dressing on the side so that you can control how much you use, therefore you can use it sparingly.

- Order a veggie/salad side dish instead of starch

Try to swap the usual starchy dish with a side of vegetables or salad. This is a clever way to save calories and to get that extra nutrition and fibre in.

- Control the quantity you eat

Restaurants have a tendency to have very big portion sizes. Usually much bigger than what we would normally consume. Identify your fullness signals and try to stop eating when you are full. Why not take the extra food as leftovers for a second meal?

Not sure what to order as a healthy option?

See a few examples below!

Nando's Boujee Bowl:

This 330g bowl consists of 10g Fat, 39g Carbs and 40g Protein with a total of 415 calories. The boujee bowl is a good meal to have if you want to get your protein in without exceeding calorie intake.

Kauai:

Kauai restaurant are known for their health options. Their menu consists of power-smoothies, salads, wraps and light meals. Perfect to have as a snack or a lunch meal. Just remember – sometimes the smoothies can be very high in sugar!

Tasha's:

The restaurant chain Tasha's provide a healthy appetite section on their menu. Here you can find a creamed avo on toast option, as well as oats or fruit with yogurt. Very healthy and very enjoyable.

Healthy options available at most restaurant:

- ❖ Open faced sandwiches are always a good option, because you can skip the starch and enjoy all the healthy fillings inside.
- ❖ A lettuce wrap or taco is also a good way to stay away from starch by simply replacing the carbohydrate shell with lettuce.
- ❖ Grilled chicken breast or fish provides a lot of nutrients!
- ❖ Sushi is healthy when it is eaten in moderation.
- ❖ Grilled steak with lots of veggies!

It is not always easy to eat healthy when eating out, but these tips and advice will make eating out less stressful and more enjoyable!

Good food is very often, even most often, simple food.

– Anthony Bourdain

