

## HEALTHY GUIDE TO EATING OUT

Choosing healthy options when you eat out is easy! You just need to ask the right questions. So before you order, be sure to ask yourself these five questions:

**1. HOW BIG IS THE SERVE?** If the serve sizes are large, ask for the entree size instead. And never be afraid to leave food on your plate, or (if suitable) freeze it for a later date.

**2. WHAT IS THE SAUCE OR DRESSING MADE OUT OF?** If the pasta dish is made with cream or cheese, or the Asian dish is made with coconut milk or satay sauce, you know it's going to be high in fat and kilojoules. Instead, choose a dish with a tomato-based sauce and plenty of vegetables.

**3. ARE THERE ANY VEGETABLES?** The more colourful your meal, the better! Steamed or stir-fried vegetables and salads without dressings are low in kilojoules and the healthiest options. Choose salad instead of fries and order an extra side of vegetables alongside your meal.

**4. DO I NEED DESSERT?** If you feel satisfied by the end of your meal, why not try a tea or coffee with low-fat milk, rather than dessert. But if you can't resist dessert, order a small serve and share with a friend.

**5. IS THERE A HEALTHIER OPTION?** Don't be afraid to ask for a healthier option such as no butter on bread, salad dressing on the side, grilled tomato instead of bacon, and skim milk instead of regular fat milk.

## WANT TO BE SURE YOU PICK THE HEALTHIEST OPTION ON THE MENU? HERE'S OUR HANDY GUIDE!

	Have most often	Have least often
Asian	Stir-fried vegetables, braised meat dishes, steamed dim sims, steamed rice	Fried dishes, dishes with coconut milk, spring rolls, fried rice
Bistro	Grilled or roast meat, salad, steamed vegetables, plain bread	Crumbed schnitzel, battered fish, Caesar salad, chips
Indian	Masala, Tandoori, cucumber raita, roti	Butter chicken, korma, curry puffs, Naan bread
Italian	Napolitana, marinara, thin crust vegetarian pizza	Carbonara, creamy pesto, garlic bread
Mexican	Salsa, chilli con carne, taco, burrito, fajita, paella	Chorizo, chimichanga, nachos

### **Eat better, feel better, see an APD!**

Make this year the one you commit to achieving and maintaining a healthy weight. Get involved with Australia's Healthy Weight Week and see an Accredited Practising Dietitian (APD) for help with healthy eating. APDs provide science-based food and nutrition advice tailored to your individual needs. Free call 1800 812 942 or visit 'Find an APD' at <http://www.daa.asn.au> to contact your local APD.

