

Eat out and take-away tips fact sheet

Eating out

These days, eating out is a normal part of our working and social lives. Enjoy yourself when eating out, but just remember to make better food choices:

- Most restaurants offer healthier options - check the menu or ask staff what they are.
- Ask yourself - is this a quality food I will really relish eating? Is it worth the extra fat, sugar or energy content?
- Skip entrée and/or dessert or share one instead of having a whole one to yourself.
- Order two entrees instead of an entrée and a main course.
- Check what's in the sauce - ask for it to be separate (on the side) so you can control the amount you use and try to avoid buttery, creamy or cheesy sauces.
- Pasta - go for tomato-based rather than creamy or cheesy sauces.
- Soup - avoid buttery or creamy based soups.
- Asian food - choose steamed rice instead of fried rice, avoid battered and deep fried dishes and choose stir-fried meat or vegetable dishes instead.
- Choose main courses that are barbequed, steamed, poached, baked, roasted or grilled (ask for no extra fat). Avoid foods that are sautéed, fried, crispy, pan-fried, creamed, in its own gravy, escalloped or basted.
- Watch out for 'extras' like butter with bread, chips, a chocolate served with coffee.
- Ask for wholemeal bread or rolls, use minimal or no butter.
- Order a side salad, steamed vegetables or a jacket potato instead of hot chips.

Better take-away and snack choices

- Choose bread-based take-aways more often (sandwiches, rolls, pita bread pockets) rather than high fat foods like pies, sausage rolls, chips, fried chicken and battered fish.
- Add some vegies, salad or fruit to your take-away meal whenever you can.
- Coffees and milkshakes - ask for reduced fat or skim milk.
- Try a small steak sandwich with salad instead of a burger with all the 'extras'.
- Ask for extra salad with kebabs, sandwiches or rolls.
- If you can't avoid pizza then choose vegetable toppings over extra cheese, ham, salami or bacon.
- Chicken - rotisserie or barbeque is best, but only eat a little of the skin or skip it altogether.
- Avoid high fat and/or sugar snacks like potato crisps, sweet biscuits, cakes, doughnuts, pastries, chocolate, lollies and soft drinks.