

Healthy Tips for Eating out & Ordering In

Eating out and Ordering In

How to be healthy when eating out or with people.

This can be one of the biggest challenges we face because it's so easy to say yes to another drink, or yes to sharing a bowl of nachos. So how do we stay on track when out with friends? Here are some tips for which foods to choose from, however there are also some non food important factors to think about.

- » Tell your friends and family that you are trying to make healthier choices, and hopefully they will support you by not encouraging unhealthy behaviour. It may even encourage them to want to make healthier choices too - such as going to get sandwiches instead of burgers and fries.
- » Do NOT get caught up in the food choices! Too often people get scared to enjoy foods or they overthink it. This is the last thing we want so yes making good choices is great and you will feel good for making them, but remember to enjoy the company of the people around you, and if you do choose the burger and extra large fries that day its OKAY!
- » Go to restaurants where you know you will be able to make good healthy food choices
- » Do some research before you go on the menus if it will make you feel better to be more aware when you get there
- » Deliveroo/menulog/Uber eats etc. are now the easiest and most convenient way to get food when we don't want to cook. The tips for eating out apply to ordering in as the food is coming from the same venue. However - when ordering in keep in mind you don't need to "add item" just because it's a novelty. Order the same amount you would if you were going to that food chain.
- » Drinking - if you're going to have a drink out with people make sure you decide before you go how much you want to have and stick to it. Choose red wine over white or an option with less sugar.
- » If you know you're going out for dinner - eat a bigger healthy lunch, likewise if you're going for lunch eat a bigger healthier breakfast
- » Don't be scared to ask for what you want! Some requests like "extra veggies on my pizza" may seem ridiculous to ask but at the end of the day its bettering yourself
- » Drink water before and during your meal
- » Try order your meal first - food envy or listening to what other people order can influence us to change our mind so get in quick and don't back out.
- » Have a coffee instead of dessert



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Food Tips

- » **Asian food:** Steamed is your friend. Steamed is a better option over fried, deepfried, battered etc. steamed dumplings, steamed vegetables etc. If choosing noodles the same applies - go for rice noodles not fried egg noodles. If ordering asian main dishes use your own rice from home such as brown or basmati instead of fried rice and choose dishes with vegetables!
- » **Pizza:** Add all the vegetables! Do this, choose a thinner crust and wholegrain if its available. A good pairing with a pizza is a salad or soup which you should eat first meaning you might not eat the whole thing straight away. Choose options that may have less cheese or creamy dressings.
- » **Sushi:** Avoid the sushi with mayonnaise or deep fried ingredients. Try swapping the white rice rolls for brown or purple rice.
- » **Burgers and fries:** This is about trade offs to help reduce calorie intake. Try going for a normal single sized burger - not a double or triple. If you're getting the burger then get a side of salad which basically everywhere offers now. If you really want those fries, then order a bunless burger or burger wrapped in lettuce. This is all about compromise with yourself.
- » **BBQ/American:** The home of everything deep fried and/or covered in cheese. If you're in this mood think grilled chicken wings instead of fried with blue cheese sauce. Going for a meat cut or ribs - perfect just add it with a salad and if you do want those carbs opt for mashed potato not fries.
- » **Mexican:** One of the better and somewhat easier options for healthy choices. Provided you avoid the chimichangas and taquitos (deep fried, cheese covered tacos) Mexican is a pretty good choice. Go for fresh soft tacos and try adding pico de Gallo instead of cheese or add avocado to your taco/burrito instead of eating a tub of it with corn chips as a 'warm up'
- » **Italian:** Don't worry you don't have to avoid the pasta. When ordering Italian go for a vegetable/salad type entree first - maybe a caprese salad of tomato and bocconcini. When it comes to the pasta think red/tomato based sauces to be the better option as opposed to carbonara, gorgonzola or cream.
- » **Indian:** Stick to lighter options here like tandoori, shrimp or chicken or even the vegetable options such as the lentil curry. Avoid the heavier calorie dense options that are made with ghee or paneer and deep fried appetisers such as samosas.
- » **Breakfast:** Simple. Eggs or fruit. I know sometimes all we want is the pancakes covered in syrup and berries but this is about willpower. Set yourself up for a good day and the best way to do this is to start it feeling good about yourself.
- » **Dessert:** Simply say no where you can. And if you must, then try share it with someone. Try ordering desserts with fruits involved and don't go for large options. Choose something like a small mousse or panda cotta with berries.



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