

EATING OUT & LOSING WEIGHT

TAKE-AWAY & RESTAURANT MEALS

It is usually thought that take-away and restaurant meals are not generally very healthy for us. In many instances this is true. However, there are some take-away and restaurant meals that are reasonably healthy for us and can be included as a part of a healthy diet. See below for:

- ☉ Those that can be included in the diet – **'OK'** (<10g fat/serve);
- ☉ Those that should only sometimes be included in the diet - **'SOMETIMES'** (~15g fat/serve);
- ☉ Those that are not really healthy and should rarely be included in the diet – **'AVOID'** (>15g fat/serve).

CHICKEN

- ✓ Choose BBQ chicken rather than crumbed or fried chicken.
- ✓ Remove the skin!
- ✓ Have salad, bread rolls, corn or peas instead of chips.



RED ROOSTER

OK	SOMETIMES	AVOID
Chicken (skin removed and no stuffing) Mediterranean Skin Free Skin Free Chicken Roll Corn Peas	Chicken (without stuffing, but with skin) Chicken (without skin, but with stuffing) Chicken Strips Chicken Roll Corn with butter Salads	Chicken Packs (Chicken dinner, Chicken & Chips, Hawaiian Pack) Nuggets Burgers (Chicken Cheese & Bacon, Fillet Burger, Bonza Burger) Chips/Wedges (Regular/Large)

KFC

OK	SOMETIMES	AVOID
Original Recipe Chicken Portions (skin removed) Tender Roast Chicken Portions (skin removed) Chicken Fillet Burger (skin removed, no mayonnaise) Zinger Burger (skin remove, no mayonnaise) Bread Roll Corn Gravy Mashed Potato Peas Bean Salad Orange Juice	Hot & Spicy Chicken Portions (skin removed) Tender Roast Chicken Coleslaw Potato Salad Chocolate Mousse Chicken Fillet Burger (no mayonnaise) Zinger Burger (no mayonnaise)	Original Recipe/Hot & Spicy Chicken Dinner Box Dinner & Chips Lunch Pack Snack 'N' Chips Chicken Fillet Burger Zinger Burger Bacon & Cheese Fillet/Bacon & Cheese Zinger Burger Works Fillet/Zinger Works Burger Chips Potato Wedges Kentucky Nuggets

HAMBURGERS/SUBS

- ✓ Ask for extra salad.
- ✓ Request a wholegrain or wholemeal roll is possible.
- ✓ Ask for no butter, margarine or mayonnaise on the roll.

- ✓ Don't go for the works burger/sub; skip the bacon, cheese and egg!
- ✓ Skip the fries and choose a salad instead.

McDONALD'S

OK	SOMETIMES	AVOID
McDonalds Deli Choice toasted rolls (under 10g fat) McDonalds Deli Choice Salads Junior Burger English Muffin with Butter/with Butter & Jam Hot Cake, plain Hot Cake without Butter, with Maple Syrup Strawberry Sundae Sundae Cone Soft-Serve Icecream Orange Juice Diet Soft Drinks	Cheese Burger Fillet-o-Fish, no sauce Hash Brown Hot Cake with Butter/with Butter & Maple Syrup Cookies Caramel Sundae Regular Shake	Big Mac Fillet-o-Fish McFeast Deluxe McChicken Quarter Pounder (with/without cheese) McNuggets French Fries Big Breakfast Bacon & Egg McMuffin Sausage McMuffin Sausage McMuffin (with Egg) Scrambled Egg & Muffin Hot Apple Pie Hot Fudge Sundae Large Shake

SUBWAY

OK	SOMETIMES	AVOID
<i>without mayo or cheese:</i> Subway Sub (under 6g fat) Ham Sub Roast Beef Sub Subway Club Turkey Breast Sub Garden Salad	<i>with mayo/cheese:</i> Ham Sub Roast Beef Sub Subway Club Turkey Breast Sub Garden Salad Steak & Cheese Sub <i>Without mayo or cheese:</i> Meatball Sub Oven Roasted Chicken Sub Subway Melt (with cheese) Tuna Sub Garden Salad with Cheese Chocolate Chip Cookie	<i>With or without cheese/mayo:</i> BMT Sub Seafood & Crab Sub

PIZZA

- ✓ Ask for thin and crispy base instead of a thick pan fired pizza base and limit to 2-3 slices not the whole pizza
- ✓ Choose lower fat toppings like mushrooms, pineapple, capsicum, onion, eggplant, tomato and seafood.
- ✓ Avoid high fat toppings like extra cheese, salami and pepperoni.

PIZZA HUT

OK	SOMETIMES	AVOID
Lasagne (one serve)	Thin 'n Crispy Cheese/Hawaiian	Thin 'n Crispy Supreme/Super

	(2 slices) Garlic Bread	Supreme Pan Pizza Cheese/Hawaiian/ Supreme/Super Supreme Lunchtime Pan Pizzas
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DOMINO'S PIZZA / EAGLE BOYS PIZZA / PIZZA HAVEN

OK	SOMETIMES	AVOID
	Thin & Crispy Vegetarian Thin 'n Crispy Tropicana Pan Pizza Tropicana	Pan Pizza - Aussie/Fireater/Meateor/ Spicy Chicken/ Super Supremo/ Vegetarian Thin 'n Crispy - Aussie/Fireater/Meateor/ Spicy Chicken/Super Supreme/Vegetarian

SIZZLER

OK	FAIR	AVOID
Rump Steak Grilled Fish Lemon Herb Chicken (no skin) Prawn Cocktail (no Sauce) Baked Potato (no marg.) All soups Pasta with 1 ladle of any sauce Mixed Salad with no dressing Fruit Platter/Salad Jelly Small Serve of Soft Serve Icecream +/-: Candy Bits Marshmallows Syrups Orange Juice	Lunch Steak Sizzler Steak Steak & Lemon & Herb Chicken French Fries (one serve) Potato Skins Baked Potato & Butter Condiments Apple Crumble Bread & Butter Pudding Chocolate Mousse Pavlova Trifle Large Serve of Soft Serve Icecream +/-: Choc Bits Chopped Nuts	450g Steak Fisherman's Platter (with or without sauce) Prawn Cocktail (without Sauce) Shrimp Fry Platter Fish & Fries Hibachi Chicken Malibu Chicken Chicken & Avocado Roll Steak & Habachi Chicken Steak & Malibu Chicken Steak & Shrimp Fry Steak & Prawn Cutlets Steak & Garlic Prawns Cheese Burger Cheeseburger & Fries Chicken Nuggets & Fries Cheese Cake Whipped Cream

CAFÉ-STYLE MEALS

OK	SOMETIMES	AVOID
Bruschetta Bread (no oil/butter) Fish Fillets (with/without salad) Focaccia Bread (meat/salad filling, no cheese or fat spreads) Sandwiches (no cheese/mayo/fat spread)	Antipasto Bruschetta with cheese/avocado Fish Fillets (with tartar sauce) Focaccia Bread (with cheese/fat spreads) Burgers (no cheese/fat spreads) Steak Sandwich (no spread/cheese)	Burger +/- fries (with cheese/fat spreads) Croissant (with/without filling) Pasta Carbonara/Marina Caesar Salads Chicken & Avocado Salad Greek Salad Spinach Salad Pizza Wedge

		Potato Wedges (+/- sour cream) Steak Sandwich Tandoori Chicken
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ASIAN

Avoid dishes that are fried, battered or contain coconut cream/milk. Look for:

- ✓ Clear or noodle/vegetable soups with wonton, noodles and vegetables e.g. long soup
- ✓ Steamed entrees instead of fried or battered dishes.
- ✓ Dishes that are steamed, braised, curried or BBQ.
- ✓ Stir fry with lean meat/fish/poultry/tofu and vegetables.
- ✓ Steamed rice and noodles.
- ✓ Lean meat/chicken/fish in chilli, soy or oyster sauce.

ASIAN FOODS

OK	SOMETIMES	AVOID
Satay Sticks Crab/Chicken & Corn Soup Long Soup Braised Beef with Chinese Vegies. Fish Balls (boiled) Sweet & Sour Prawns Egg Sambal Steamed Rice Noodles (boiled) Chinese Vegetables Combination Vegetables Steamed Meat Dumplings Rice Dumplings Agar Agar Almond Jelly Lychees Yam Cake	Beef in Black Bean Sauce Chicken Chop Suey Braised Roast Duck Curried Prawns Garlic/Satay Prawns Honey King Prawns Fried Rice (one cup) Moon Cake	Deep Fried Appetizers Shark's Fin Soup with Egg Wonton Soup Satay Beef Beef in Oyster Sauce Chicken & Almonds Chicken Chow Mien Crispy Skin Chicken Lemon chicken Peaking Duck Sweet & Sour Duck BBQ Pork Pork in Black Bean Pork Chop Suey Pork in Plum Sauce Sweet & Sour Pork or Fish Prawn/Chicken Omelette Combination Omelette Fried Rice or Noodles Nasi Goreng Gado Gado Vegetables Banana Fritter Fried Icecream Balls Pork Dumpling

JAPANESE

OK	SOMETIMES	AVOID
Sushi (all varieties) Sashimi (all varieties) Miso Soup Teppan Yaki (small serve)	Sake Wine	Sukiyaki Tempura (all varieties) Teppan Yaki (large serve) Teriyaki Beef

INDIAN

Avoid fried samosa, pakora, breads, meat or vegetables and any creamy, butter or nut sauces.

Choose:

- ✓ Steamed or basmati rice rather than biriyani, fired or pilau rice.
- ✓ Accomplishment like pickled, raita and onion salad, and other vegetable dishes.
- ✓ Steamed rice or indian breads – naan, roti or chapatti that are not fired and with no ghee or butter.
- ✓ Traditional lentil soups as a starter.
- ✓ Lean meat/chicken/fish in tomato or yoghurt based curry sauces or tandoori.

INDIAN

OK	SOMETIMES	AVOID
Chapati/Roti Aloo Samosa Dal (no oil) Pappadum	Dahl (with Tadka) Mulligatawny Soup Tandoori Chicken (Breast)	Alu Gosht Kari Bhono Gosht Chicken Pilaf Gosht Kari Lamb Pilaf Marsala Gosht Pork Vedaloo Curry Rogan Josh Saag Gosht Shahi Korma Tandoori Chicken (Leg/Thigh)

ITALIAN

Avoid Creamy pasta sauces, antipasto and crumbed meat or chicken. Choose:

- ✓ Minestrone/Vegetable soup instead of creamy soups.
- ✓ Grilled fish or other seafood.
- ✓ Pasta with tomato or vegetables based sauces or ravioli with spinach and ricotta.
- ✓ A garden salad, with dressing separate.
- ✓ Sorbets and non-dairy gelati for dessert.

ITALIAN

OK	SOMETIMES	AVOID
Lasagne with meat (small serve) Minestrone Soup Ravioli with Spinach & Ricotta Spaghetti with Bolognese or Napolitano sauce	Lasagne (main meal size) Manicotti (cheese/tomato) Polenta Ravioli with Meat	Cannelloni Chicken Cacciatore Pizza Saltimbocca Veal Parmigiana Spaghetti with Carbonara/Cream Marinara/Pesto

MIDDLE EASTERN

Avoid olive drizzled over hummus or other dishes, dips based on olive oil and/or tahini, deep-fried felafel and pastries. Look for:

- ✓ Pita or other flat bread
- ✓ Dips such as hummus, tabouli and taramasalata – oil content can vary so ask about ingredients before you start eating.
- ✓ Souvlaki or shishkebab in moderation.

- ✓ Cabbage rolls and dolmades (but watch olive oil).
- ✓ Non-fat sweets like Turkish Delight.

LEBANESE & GREEK

OK	SOMETIMES	AVOID
Cabbage Rolls Kataifi Kibbi Pilaf Shish Kebab Stifado Stuffed Tomato Tzatziki Humus Vine Leaves	Felafel Galactobureko Unica Choc Wafer Ma'Amoul Shawourama Souvlakia Tabouli	Baklava Pastries Calamari, deep fried Cous Cous Moussaka Spinach Pie Stifado Tyrpita Yiros

MEXICAN & SPANISH

Avoid fried tortillas and corn chips, sour cream, cheese and guacamole. Look for:

- ✓ Frijoles (bean) and salsa (tomato and chilli) dips.
- ✓ Gazpacho – spicy chilled tomato soup.
- ✓ Soft flour or corn tortillas.
- ✓ Dishes with meat and cheese toppings serves separately so you can decide how much to use.

MEXICAN & SPANISH

OK	SOMETIMES	AVOID
Arroz Abanda Black Bean Soup Bean Burrito Empanadas (small) Enchilada (Beef, average) Fajitas (Chicken/Beef) Frijoles de Olla Gazpacho Soup Tacos Tortillas/Tostadas	Chilli con Carne with beans Corn chips Guacamole Paella Valenciana Tostada with Beef	Burrito (Beef/Supreme) Chilli con Carne with meat Enrichito Frijoles a la Charro Frijoles Refritos Nachos

VIETNAMESE

OK	SOMETIMES	AVOID
Beef Satay Vegetable Soup Chicken Satay Stir-fried Vegies Cabbage Rolls, stuffed	Whole Snapper	Ginger beef Curried Lamb Crispy Skin Chicken in Plum Sauce Prawn Fritter in Honey Sauce

THAI

Avoid satay sauces and coconut milk/cream dishes. Choose:

- ✓ Clear soups with noodles, meat and vegetables
- ✓ Steamed, rather than fired, spring rolls and fish or prawn cakes.
- ✓ Meat dishes with chilli, lemon grass or soy.

- ✓ Steamed, in preference to fried, rice or noodles.
- ✓ Vegetable dishes with chilli or soy sauce to balance your meal.

THAI

OK	SOMETIMES	AVOID
Tom Yam Grilled Beef Salad Thai Beef Salad Thai Chicken Salad Stir Fry Vegetables	Satay Beef Satay Chicken Spring Roll Chicken Galanga with Coconut Green Mango & Squid Salad	Mud Crab with Coconut Chicken & Coconut Salad Combination Stir Fry with Fried Rice Noodles Combination Stir Fry with Steamed Rice Noodles Combination Stir Fry and Vegies All Curries

Other weight loss tips and dining out:

- 🍷 Drink a glass of water before you get to the restaurant, and drink water with your meal.
- 🍷 Have an entrée or two starters as your main meal.
- 🍷 Eat slowly and savour the food!
- 🍷 Limit dishes described as au gratin, creamed, battered, crispy, pan fried.
- 🍷 Order extra steamed vegetables without butter/sauces, or a salad without dressing to help fill you up.
- 🍷 Don't be afraid to ask for what you want: for example, vegetables without butter or dressings/sauces on the side, and descriptions of dishes you're not familiar with.
- 🍷 Share a dessert or go for a fruit platter or sorbet.
- 🍷 Avoid extras such as butter with bread or chips with a meal.
- 🍷 Try to avoid smorgasbords as they encourage overeating.
- 🍷 Avoid or cut back on alcohol as it's packed with unwanted kilojoules!
- 🍷 When trying to lose weight try to limit the number of times you eat out (to once a week or fortnight) and look for healthier options.