

## Healthy eating out, take-away & convenience meals

Busy lives and easy access to food outlets mean that more people are eating out or choosing takeaways. Learn how to choose healthier food options and manage your portion sizes as outlined by the suggestions below.

### Eating out: general ordering tips

- Choose lower fat cooking methods such as lean meat, chicken or fish that has been grilled, baked or poached.
- Look for meals with plenty of vegetables or salad.
- Replace hot chips with a side of salad or vegetables.
- Switch creamy-based sauces or dressings for tomato or vinegar based options.
- Choose a restaurant or café that you know has healthy options.

### Healthy portions

- Order entrée size dishes, or skip the entrée and choose just a main course.
- Ask for sauces/gravies/dressings on the side so you can control the portion.

- Keep to one plate at “all you can eat” restaurants to resist the temptation to overeat.
- Skip on meal combos with fries and soft drinks; or the urge to ‘up-size’.
- If eating dessert, share a dessert between two people.

### Convenience meals

- Plan meals in advance such as a weekly home meal menu.
- Keep frozen, pre-packaged meals as a convenient alternative to takeaway. Choose meals containing less than 1,500kJ and up to 45g carbohydrate per serve.
- When cooking, make extra portions and freeze pre-portioned serves. Serve the meal and store the rest to avoid being tempted to return for second helpings.
- Salad sandwiches, wraps and rolls are healthy and easy meal options.
- Add extra frozen vegetables to meals.
- Keep tinned beans or tinned fish in the pantry to add to a salad or to serve with microwavable unflavoured rice and extra frozen vegetables.

## Healthy meal options when dining out:

<i>Breakfast or Brunch</i>	
<i>Café or home-made</i>	<ul style="list-style-type: none"> <li>✓ Grainy, wholemeal or sourdough toast with toppings such as poached/boiled eggs, salmon, spinach, grilled tomato, mushrooms, baked beans or avocado</li> <li>✓ Fruit toast with ricotta or a thin scrape of margarine</li> <li>✓ Untoasted muesli or porridge with skim milk or reduced-fat yoghurt and fresh fruit</li> <li>✓ Fresh or whole poached fruit with reduced-fat yoghurt</li> <li>✓ Vegetable Stack or Corn Fritters with poached eggs</li> </ul>
<i>Main Meals</i>	
<i>Cafe and Pub-Style</i>	<ul style="list-style-type: none"> <li>✓ Grilled fish served with salad or vegetables</li> <li>✓ BBQ or rotisserie skinless chicken served with salad or vegetables</li> <li>✓ Meat kebab with lots of salad</li> <li>✓ Small grilled steak or chicken or lentil burger with salad</li> <li>✓ Mediterranean, Greek, garden, quinoa, long grain rice or freekeh salads - if choosing dressings select balsamic, Italian, French-style, olive oil, lemon juice or reduced fat mayonnaise</li> <li>✓ Salad rolls or wraps with lean meat filling (ham, chicken, tuna, egg) and avocado or reduced fat mayonnaise</li> </ul>
<i>Asian and Indian</i>	<ul style="list-style-type: none"> <li>✓ Clear soups such as miso and tom yum or broth based soups such as Pho</li> <li>✓ Stir-Fry dishes with plenty of vegetables and lean meat/chicken/seafood or tofu served with steamed rice - choose sauces or dressings such as soy, chilli sauce, vinegar, lime and lemon</li> <li>✓ Tomato-based or dry curries such as vindaloo, madras served with steamed rice</li> <li>✓ Tandoori lamb or chicken with vegetables</li> <li>✓ Rice Paper Rolls – vegetarian, prawn/beef + vegetables</li> <li>✓ Sashimi or Sushi with fillings of vegetables, fish, prawn, egg, tofu, avocado served with a side of seaweed salad or edamame beans</li> <li>✓ Thai/Vietnamese salads with lean meat, skinless chicken, seafood or tofu and plenty of vegetables.</li> </ul>
<i>Italian</i>	<ul style="list-style-type: none"> <li>✓ 1-2 slices of thin and crispy base pizzas with toppings including vegetables, skinless chicken or seafood served with a side salad</li> <li>✓ Entrée-size pasta or risotto dish with a tomato-based sauce</li> <li>✓ Minestrone or vegetable-based soups with a side of bruschetta (tomato/basil)</li> <li>✓ Chicken Cacciatore</li> <li>✓ Baked, steamed or grilled fish/veal with plenty of vegetables</li> </ul>

<i>Mexican</i>	<ul style="list-style-type: none"> <li>✓ Wholegrain burrito or fajita with lots of salad and beans, grilled meat or skinless chicken; and small portions of cheese, sour cream or guacamole</li> <li>✓ Mexican Rice with seafood, meat and vegetables</li> </ul>
<i>Middle Eastern and Greek</i>	<ul style="list-style-type: none"> <li>✓ Baked stuffed vegetables filled with rice, lean mince-meat/legumes and vegetables</li> <li>✓ Grilled skinless chicken, lamb or beef skewers</li> <li>✓ Kofta</li> <li>✓ Tabouleh</li> <li>✓ Pilaf with vegetables and lean meat</li> <li>✓ Falafels with a Greek salad containing feta cheese</li> <li>✓ Lentil or Chickpea Salads</li> </ul>
<i>Sweets &amp; Snacks</i>	
	<ul style="list-style-type: none"> <li>✓ Fresh fruit/fruit salad</li> <li>✓ Low-fat yoghurt</li> <li>✓ ½ scone with jam</li> <li>✓ 1 thin slice raisin toast with a thin spread of margarine</li> <li>✓ Sorbet</li> </ul>
<i>Beverages</i>	
	<ul style="list-style-type: none"> <li>✓ Water</li> <li>✓ Pot of tea</li> <li>✓ Small skim milk coffee</li> <li>✓ Small skim milk milkshake/iced latte without cream or ice-cream</li> <li>✓ Kombucha</li> <li>✓ Vegetable Juice</li> </ul>

Things I can do to improve my health:

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3.

**For further information contact your Dietitian or Nutritionist:** \_\_\_\_\_