



Tips For Dining Out

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Depending on the type of restaurant, if you see words like *creamy*, if they say with *extra something*, I suppose the term is *luscious* words, you should think that's actually going to have a lot of energy in it. It's not that it's not going to be nice, it's just that it might not be the best option. So maybe the plainer choice is the better option. Say it's at a restaurant that the stir fry type cuisine, you would choose things made with a soy-based or honey-based sauce, not the creamier, oilier end of the spectrum. Also with a stir fry, you'd avoid the fried rice and choose plain rice instead.

With portions, if they offer 2 sizes maybe choose the smaller size. Or if you want to choose the larger size, keep some to bring home for later. So you sort of spread out the energy. In general you get a very large plate when you go to a restaurant. There's quite a lot of food on it but because the plate is large it doesn't look like a lot. So you think, "Ah I could eat that!" But if it was served at home you actually wouldn't probably eat as much.

So try to be aware of those things. If you're going to eat pasta don't go for the creamy sauce go for tomato-based like spaghetti neapolitan or Bolognese. Don't go with loads of cheese sprinkled over the top and those kind of extras. Avoid the bread basket if you can because that is a lot extra energy when you might also have a starter and a main course and then maybe a dessert. Choose the plainer sort of desserts if you are going to get that. So if there's a scoop of ice cream fine, go crazy, have the scoop of ice cream. It's not that you shouldn't have those things but sometimes they have other nice things that might be fruit-based or smaller sized instead of the delicious cake. Those are things that you can go out enjoy but you're not going to actually be consuming a huge amount of energy. You might be consuming a little bit more than normal but choosing salads, choosing the lighter end of the spectrum from the menu options, is a way to get healthier outcomes when you are eating out.