

“Trying to lose weight doesn’t mean you have to stay away from parties and restaurants”.



Maryl-Ann’s

Tips for eating out

Simply follow the sensible tips from Lite n’Easy’s dietitian and avoid the usual post party regrets.



NEVER ORDER HUNGRY

Have a planned, sensible snack to prevent you arriving at a function with a rumbling tummy and ready to eat anything on offer. A small tub of yogurt, pieces of fruit or a glass of milk are good options to have before you go out. It’s often the pre-meal snacks like nuts, cheese and chips that are highest in fat and calories.



AVOID THE “ALL YOU CAN EAT” TRAP.

If you are presented with a buffet, look at what is on offer and think about your choices. Fill your plate with healthy options first, particularly vegetables. Then add a small amount of one or two “treat” foods. Only visit the buffet once.



GO THE GRILL

Ask for foods to be grilled with minimum fat or oil. Also ask for the sauce to be served on the side. That way you can check it out and perhaps only use part of it.



GIVE CHIPS THE FLICK

Always choose the baked potato option and ask for the sour cream or butter on the side.



FILL UP ON LOW ENERGY DENSITY FOODS

Vegetables are very low in energy but help with tummy fill. Choose a low fat dressing or ask for your salad dressing on the side. Many restaurants don’t serve vegetables with the main course. You need to ask for them. Order steamed vegetables but insist they don’t smother them with oil or butter.



BUDDY DIET

Most portions in restaurants are enough for two. Share with a friend or order an entrée for a main course. Remember it is not only what you eat but how much you eat. A dessert for “the table” to share lets you have a taste without it being a calorie disaster.



MIX YOUR DRINKS

Alternate your alcoholic drinks and water. Choose low alcohol options – it is the alcohol that has the calories. Low alcohol beers, wine with soda or ice, or spirits with low cal mixers are better options.