EATING OUT

Eating out will always end up being more expensive and often less nutritious than eating at home. However, it is a huge part of modern life and an important aspect of socialising with friends and family. It is important athletes know how to make the best choices when they are eating out or whilst travelling.

Guidelines
1. Don’t skip meals when you know you are eating out but you may find it helpful to reduce portion sizes earlier in the day
2. Ask if the nutrition information for the menu is available or prepare by surfing the restaurant’s website ahead of time and looking for healthier options
3. Pick nutrition over value – many large sized options and combinations are often filled with extra fat, calories, sugar and/or sodium
4. Drink water or on occasion diet soda with your meal. If you drink alcohol, limit to 1-2 drinks

What should I look for?
Look for items that have been prepared with less added fat; ask the server for modifications if possible.

<table>
<thead>
<tr>
<th>Choose These</th>
<th>Limit / Avoid These</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Steamed</td>
<td>• Fried/crispy/tempura/battered</td>
</tr>
<tr>
<td>• Broiled (dry, in lemon juice or wine)</td>
<td>• Pan fried/hash</td>
</tr>
<tr>
<td>• Charbroiled</td>
<td>• Sautéed</td>
</tr>
<tr>
<td>• Barbequed or grilled</td>
<td>• Breaded</td>
</tr>
<tr>
<td>• Poached</td>
<td>• Escallopéd/ au gratin</td>
</tr>
<tr>
<td>• Roasted</td>
<td>• Creamy/creamed</td>
</tr>
<tr>
<td>• Stir-fried</td>
<td>• Butterly/buttered</td>
</tr>
<tr>
<td>• Round or loin cuts of meat</td>
<td>• Prime cuts of meat</td>
</tr>
<tr>
<td>• In its own juice</td>
<td></td>
</tr>
</tbody>
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Practice Mindfulness when eating
Be mindful of how much food you need to eat as it is often tempting to over order and overeat
• Order smaller servings if needed
• Drink water with your meal, put your cutlery down between bites and eat slowly
• Order an appetizer, soup and salad or healthier side dishes instead of one large entrée
• Share your meal with a friend
• Ask for leftovers to be packed up before you are tempted to overeat
## Restaurant choices

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Instead of these.....</th>
<th>Try these....</th>
</tr>
</thead>
</table>
| Breakfast Diner    | - Pancakes, croissant, pastry or muffin  
                        - Fried eggs  
                        - Bacon or sausage  
                        - Hash browns  
                        - French toast | - Oatmeal & fruit  
                        - Whole wheat toast or bagel  
                        - Roasted breakfast potatoes  
                        - Omelette, poached or scrambled eggs  
                        - Lean ham or turkey bacon |
| Coffee Shop        | - Extra large or large, creamy hot or cold drink  
                        - Syrups  
                        - Half & Half, whipped cream | - Coffee or teas  
                        - Small skim milk coffee  
                        - Milk  
                        - Sugar free syrup |
| Burger Joint       | - Fries  
                        - Burgers with a double patty, bacon  
                        - Cheese and high fat sauces  
                        - Milkshakes  
                        - Onion rings | - Baked potato or side salad  
                        - Try a child sized meal  
                        - Grilled chicken burger or wrap  
                        - Chicken Salad |
| Pizza              | - High fat toppings like pepperoni, sausage, bacon or extra cheese | - Ask for tomato topping only  
                        - More vegetable toppings, ask for whole grain/wheat thin-crust |
| Chinese Food       | - Deep-fried items like sweet and sour pork or breaded chicken  
                        - Fried rice  
                        - Deep fried spring rolls | - Steamed fish, chicken, shrimp, stir-fried vegetables  
                        - Boiled rice or steamed greens  
                        - Lettuce wraps  
                        - Salad rolls |
| Japanese Food      | - Tempura, batter-dipped and fried vegetables and meats  
                        - Pan-fried or sautéed Gyoza  
                        - Teriyaki marinated foods | - Miso soup, udon/soba noodles  
                        - Sushi, sashimi, yakitori meats  
                        - Tofu, blanched or grilled vegetables |
| Pub fare           | - Burgers  
                        - Fries  
                        - Pizza  
                        - Breaded fried foods  
                        - Gravies, creams and high fat sauces  
                        - High calorie sandwiches – beef dip, grilled cheese | - Grilled meat sandwiches  
                        - Salads  
                        - Soups and stews  
                        - Pasta in tomato sauce with vegetables  
                        - Baked or grilled fish  
                        - Vegetable dishes  
                        - Grilled tacos |

**Please speak with your Sports Dietitian for further information**