



ADVICE FROM YOUR DIETICIAN: TIPS FOR EATING OUT

Always Remember...

It is vital to still enjoy life and be social while dieting. You will not be able to choose the exact choice as per your prescribed diet BUT you can always make a better choice!

Never go to a restaurant hungry! You will be tempted to order all the “wrong” food and will struggle with portion control.

Stop eating when you are “full”!

Other people dining with you DO NOT have to know you are dieting! Not only will you feel self-conscious (“feel they are watching every bite you take”) but the worse is, it will trigger the boring “dieting” small talk conversation. There is nothing “weird” about ordering a grilled option or having salad for a starter or only a coffee for desert. If someone comments “why aren’t you having desert simply reply with I am really so “full” after my meal – who’s is going to question that answer?

Replace one of the meals in your day with a Meal replacement shake that “keeps you fuller for longer” by using the My Weight loss shake you will be saving a whopping 1100kJ that you can “spend” while eating out - [Click here to view My Weight Loss Shake](#)

And guess what? After your wonderful evening out you JUST GET BACK ON TRACK with your very next meal (lunch, dinner or breakfast the following day)! No guilt! You did it!

PS!!!! You will most likely weigh more if you weight yourself after eating out. What you are actually seeing on the scale is fluid retention. Restaurant food contains more salt (all chefs like flavour) and as we all know salt retains water. You also maybe a tad bit more carbohydrates than prescribed (carbohydrates also retains water). Thus: Do not weigh the next morning after eating out – You will be all depressed, and angry at yourself if you do so!

“Be social and enjoy yourself, make better choices, no diet talk at the table, back on track! Simple as that!”

BEVERAGES AND ALCOHOL

- ✗ Fruit juice, or Sparkling fruit drinks are NOT a better choice! It is still very high in fructose (fruit sugar) and kilojoules (one apple only gives about 60ml juice so your 300ml fruit juice portion is a wastage of kilojoules)!
- ✓ Choose the Diet soda option (sugar free cold drinks e.g. Coke Zero, Sprite Zero).
- ✓ Alcohol is very high in kilojoules BUT you may have a glass (or two).
- ✗ Avoid, wine, beer, cider, sparkling wine, Cocktails and “shooters”.
- ✓ Choose a spirit with a low kilojoule mix. E.g. Whiskey and soda or Gin and Sugar free tonic or Vodca, lime and soda, even a Brandy and Coke Zero is better!
- ✓ Always have water or sparkling water at the table. Add lemon slices for flavour.
- ✗ Avoid milk shake
- ✗ Avoid Ice tea
- ✓ Tea and coffee is always a good choice BUT Use sweetener and only add a small portion of milk.

BREAKFAST

Better Options:

- ✓ Always add grilled tomato to your meal if available.
- ✓ Sauteed mushrooms and baked beans is also good choices.
- ✓ Rather choose Fresh fruit and Plain yoghurt.
- ✓ Try to order rye bread/ seeded bread if available and only use one slice. If the slice is big, only eat half.
- ✓ Coffee and tea is always welcome but use sweetener and a small amount of milk.
- ✓ Always order water for the table.
- ✓ If you choose an omlette: Use any (or all) of the following ingredients: Peppers, mushrooms, onions, chili and tomato).
- ✓ Choose scrambled eggs, Poached eggs or hard boiled eggs.

Avoid:

- ✗ All meat items like bacon / pork sausage / Boerewors / Patty.
- ✗ Fried eggs.
- ✗ Muesli because it is high in fat.
- ✗ ALWAYS Avoid fruit juice and cold drinks. Choose diet cold drinks.
- ✗ Hashbrown potato.
- ✗ Jams and marmelades.

STARTERS: Yes, you may have a starter!

Better Options:

- ✓ Grilled calamari (be careful not to add more than 2 tsp garlic/ lemon butter – if available choose a Cajun option).
- ✓ Smoked salmon, limit the cream cheese in your portion.
- ✓ Springbok Carpaccio/ Beef Carpaccio.
- ✓ Salad – be careful about the amount of olive oil that you use (should not use more than 1 Tbsp).
- ✓ Always ask for your dressing on the side. You may use Balsamic vinegar in an unrestricted amount.
- ✗ Oils are very high in kilo-joules and you do not want to “waste your kilo-joules on a salad).
- ✗ Avoid croutons.
- ✓ Sardines in a tomato base sauce (Portuguese sardines).

Avoid:

- ✗ Starters with Avocado as a “main” ingredient is NOT a better choice e.g. avoid Avocado Ritz.
- ✗ Fried-, creamy-, crumbed food.
- ✗ Bread rolls and butter.
- ✗ Dishes with bread e.g. Trenchardo with bread, Snails with bread.
- ✗ All cheese based starters e.g. Haloumi cheese or fried Camembert.

MAIN COURSE

CHICKEN

- ✗ Avoid all fried chicken.
- ✓ Choose chicken portions without skin e.g. Marinated Grilled chicken breast or chicken kebabs are good options.
- ✗ Avoid crumbed chicken e.g. Chicken strips, Chicken schnitzel or Chicken Gordon Blue.
- ✓ Chicken stir fry.
- ✓ Chicken curry in a tomato-based sauce.
- ✗ Avoid chicken curry in creamy or coconut sauses.

RED MEAT

- ✓ Beef: Limit your steak portion to 200g.
- ✓ Beef fillet is a better choice than Rump, T-bone, Sirloin, Wagyu.
- ✗ Avoid All Rib cuts.
- ✗ Avoid lamb dishes e.g. lamb chops & lamb.
- ✗ Avoid creamy sauces.
- ✓ May use basting on e.g. a steak and or/ Fresh chillies or chopped Garlic (without the oil).
- ✗ Avoid red meat curries.



FISH

- ✓ White fish, such as hake, sole, and kingklip is your best choice. Choose the grilled option. (Do not add more than 2 tsp garlic/ lemon butter OR only squeeze a lemon over your portion and add chopped chillies).
- ✗ Avoid fried or crumbed fish!
- ✗ Avoid Tartar sauce.
- ✓ Grilled calamari, oysters and crayfish are better options than prawns, and shrimps.
- ✓ Mussels should be in a tomato based sauce (avoid creamy mussels).
- ✓ Grilled calamari (do not add more than 2 tsp garlic/ lemon butter OR only squeeze a lemon over your portion and add chopped chillies. If available choose a Cajun spice grilled Calamari option).
- ✓ Salmon, snoek, sardines and pilchards are heart-healthy options due to their high omega-3 fatty acid content. Always order a grilled option or have Salmon or Tuna Sashimi.
- ✗ Avoid fish with cream in the dish.

SIDES

- ✗ If possible avoid starches (chips/ Mash etc.) Better options are baked potato, rice, grilled vegetables, stir fry vegetables.
- ✗ DO NOT ORDER creamed spinach or Pumpkin.
- ✓ Order a salad for the table with your meal to help fill you up. Limit intake of Feta cheese in salad.
- ✓ You may use a unrestricted amount of Balsamic vinegar BUT do not use more than 2 tsp olive oil.
- ✓ If your salad has feta and avocado – choose one of the two (both are high in kilojoules).

PASTA

- ✓ Choose a tomato-based sauce such as Napolitano or Arrabiata.
- ✗ Avoid creamy sauces e.g. Alfredo.
- ✓ Pasta portions are normally very large. Order a half portion if possible, with a side salad.
- ✗ Avoid Parmesan cheese (Parmesan cheese is very high in total and saturated fat).

PIZZA TRY TO - **AVOID PIZZA** (but better options are):

- ✗ **Pizza is extremely high in kilo-joules.**
- ✓ **One slice large pizza (1/8 of a large pizza) with a meat topping is equal to 4 slices of bread.**
- ✓ Rather order a pasta (as listed above).
- ✓ Do not ask for extra cheese – rather ask for extra tomato sauce (tomato paste used on the base).
- ✓ Always ask for a thin base option and choose the size of a pancake.
- ✗ Avoid meat toppings like ham, salami, mince, biltong etc.
- ✓ If you want to add a meat – choose chicken or Anchovies.
- ✓ Choose vegetable toppings: Onions, pepper, mushrooms etc. (do not add pine apple).
- ✓ Use spices like garlic and chillies (avoid Parmesan cheese).
- ✓ Order a salad for the table with your pizza to fill you up.
- ✗ With Pizza you have to leave out the olives, feta and avocado.

TIPS FOR EATING SUSHI

DESSERT

- ✗ Try to avoid dessert altogether.
- ✓ Simply order a nice Coffee (no “Irish coffee”).
- ✓ Or if available a fresh fruit salad (No ice cream!).

SUSHI

Sushi is a very, very good choice when eating out but you still have to make better choices.

- ✓ Women: 9 pieces for lunch and 12 pieces for supper.
- ✓ Men: 12 Pices for lunch 14 pieces for supper.

**Please note that Sashimi (Raw fish cuts)/ Sushi Sandwiches/ and Rainbow rolls accounts for two pieces.

- ✗ Avoid sushi with mayonnaise or cream cheese (e.g. Salmon Roses, or Califirnia rolls with smoked salmon and cream cheese).
- ✗ Avoid fried sushi.
- ✗ Avoid fried sushi and sushi with Dough.

**“Be social and enjoy yourself, make better choices, no diet talk at the table,
back on track! Simple as that!”**