



RESTAURANT GUIDE

HELPING YOU MAKE BETTER CHOICES





> The following suggestions are not meant to be exhaustive but they will give you some guidance on what would be good/better choices to make when eating out at a variety of restaurants. Remember to ask questions when ordering your food and if necessary make changes such as having a sauce on the side so you can choose how much you have, asking for extra vegetables, requesting alternatives, or inquiring whether they can do smaller portions.

Also remember to choose what and how much you drink carefully because this can add a substantial amount of energy to your meal if you opt for alcoholic or high-calorie soft drinks such as coke or lemonade. Ordering a jug or bottle of water for the table is always a good option.

	Best choices	Take care
Chinese	Soups such as chicken and sweetcorn. Chicken, vegetable or prawn chop suey (include some red meat if you eat out a lot). Stir-fried vegetables, noodles, boiled rice and steamed dishes.	Sweet and sour dishes. Fried noodles, fried rice, spring rolls, prawn crackers, sesame prawn toast. Duck dishes. Anything battered including bananas.
Italian	Minestrone soup and grissini (bread sticks). Dishes with a tomato based sauce such as primavera or Neapolitan. Pasta/ gnocchi dishes. Thin crust pizza (ask for less cheese and avoid high fat meat toppings) with grilled chicken, fish or meat and plenty of vegetables.	Fried, battered or creamed food. Higher fat sauces including alfredo and carbonara (ask for more pasta, less sauce if you choose these). Lasagne or cannelloni. Fried calamari or mushrooms.
Indian	Mulligatawny or lentil soup (dahl). Meats served 'dry' such as chicken tikka or tandoori. Boiled rice, naan bread, dry vegetable curries, channa dahl, chapatti, raita.	Many Indian dishes involve frying and the fat can be seen when served (soak excess up with a napkin if you really can't resist). Avoid sauces such as dansak, pasanda, dupiaza, korma, madras. Avoid dishes that are fried such as samosas, bhajis, puri and paratha.
Greek	Koupes, souvlakia (kebabs), souvla, keftedes meatballs. Salads such as village salad, or tomato salads (ask for the dressing to be served separately), Tzatziki, houmous, dolmadhes, stuffed tomatoes or peppers. Fish such as red mullet served grilled, plaki style dishes, pita bread, kebabs on skewers.	Avoid fried dishes or those with a creamy sauce inc. mousakka, keftethakia and taramasalata High fat desserts are popular in Greek food but try to avoid loukoumades (doughnuts), dheeples, baklavas and sarangglee.
Mexican	Burrito, tortillas, fajitas with beans, chicken and/or vegetables. Mesquite grilled chicken, fish, plain rice, refried beans (if they haven't actually been fried - ask). Salsa and small amounts of guacamole.	Tortilla chips, nachos, fried potato skins. Added cheese or sour cream.
Fast food	Regular-sized burgers provide slightly more carbohydrate and moderate fat. Grilled chicken/fish burgers. Look for low fat milkshakes, yogurt and fruit, salads (no dressing) and vegetable sticks. Breakfast cereal, fruit juice, English muffins with low fat spread. Look for some of the lower fat alternatives now being offered at some outlets. Select your own sandwich fillings and avoid too much mayonnaise. Jacket potatoes with beans, tuna, salsa or Bolognese filling.	Cheese burgers, large-sized burgers with multi-layers of meat and cheese, French fries. Caesar salad with dressing. Pastry-based desserts. Fish and chips. Doner kebabs; these also carry a risk of not being served at a safe temperature and are exposed to germs in the air.