

Eating out the Healthy Way

Knowing how to choose a healthy meal when eating out is a valuable skill, especially if you eat out often. This guide helps identify healthier choices.

Tips when eating out

- ✓ Brainstorm healthy choices before heading out for a meal or browse menu's online
- ✓ Select venues that have several healthy choices on the menu
- ✓ You don't have to finish everything on your plate

Breakfast and Brunch

Healthier options	Unhealthier options
<ul style="list-style-type: none"> ✓ Small skim milk coffee (e.g. cafe latte), black coffee or a pot of tea ✓ Freshly squeezed vegetable juice ✓ untoasted muesli or porridge with skim milk or reduced fat yoghurt ✓ Fresh or whole poached fruit with natural yoghurt ✓ Stewed fruit ✓ Pancakes with fruit & ricotta or yoghurt ✓ Fruit toast with ricotta / margarine / honey ✓ Grain, wholemeal, fruit & sourdough toast ✓ Margarine, avocado, reduced fat cheese ✓ Poached / boiled / baked eggs ✓ Salmon (fresh or smoked) ✓ Spinach, grilled tomato, mushrooms ✓ Baked beans ✓ Salsa, relish, tomato sauce 	<ul style="list-style-type: none"> ✗ Large full fat milk coffee, hot chocolate or mocha ✗ Fruit juice ✗ Milk shake, smoothie, iced coffee/chocolate with ice cream or cream ✗ Toasted muesli or porridge with full cream milk or full fat yoghurt ✗ Pancakes with syrup, ice cream or cream ✗ French toast ✗ Sticky fruit bun, muffin, scroll, croissant, brioche or Danish pastry ✗ Scrambled or fried eggs ✗ Sausage, chorizo, bacon ✗ Hash brown ✗ Sausage / Bacon muffin ✗ Mayonnaise, hollandaise sauce, aioli

Healthy Examples



Eggs on grain toast Multigrain toast with avocado Pancakes with ricotta & berry Muesli with fruit

Vegetable juice

Convenience Meals

	Healthier options	Unhealthier options
Salads	<ul style="list-style-type: none"> ✓ Mediterranean, Greek, garden salad ✓ Quinoa, long grain rice, freekeh ✓ Potato or Pasta salad (without mayonnaise) ✓ Salad Ingredients: <ul style="list-style-type: none"> ➤ Lettuce, mixed leaves, tomato, cucumber, olives, cabbage, corn ➤ Chickpeas, lentils, kidney bean ➤ Lower fat cheese such as ricotta, cottage cheese, feta ➤ Egg, tuna, chicken, beef ➤ Olive oil, lemon juice, vinegar, reduced fat mayonnaise 	<ul style="list-style-type: none"> ✗ Caesar salad ✗ Salad Ingredients: <ul style="list-style-type: none"> ➤ Marinated eggplant, sundried tomato ➤ Creamy or very oily dressings ➤ Croutons ➤ Bacon, fried meats, salami, chorizo, bacon, ➤ Full fat cheese, sour cream
Bakery	<ul style="list-style-type: none"> ✓ Multigrain, wholemeal roll or bread ✓ Fruit toast ✓ Fruit bun (small, no icing) ✓ Plain or Fruit Scone (no cream or jam) 	<ul style="list-style-type: none"> ✗ Sausage roll, meat pie, pastie ✗ Pizza rolls e.g. cheese and bacon roll ✗ Sweets such as doughnuts, Danish pastries and muffins
Roast Chicken	<ul style="list-style-type: none"> ✓ Grilled or roast beef, pork, lamb, chicken ✓ Skinless chicken 	<ul style="list-style-type: none"> ✗ Chicken wings ✗ Chicken with skin, chicken stuffing ✗ Mayonnaise ✗ Garlic sauce
Souvlaki	<ul style="list-style-type: none"> ✓ Grilled fish, chicken, meat wrap or burger and bun with salad 	
Fish and Chips	<ul style="list-style-type: none"> ✓ Grilled or baked fish such as tuna, salmon, whiting, flat head 	<ul style="list-style-type: none"> ✗ Battered fish ✗ Fried dim sims, spring rolls ✗ Potato chips and wedges ✗ Potato cake
Soup	<ul style="list-style-type: none"> ✓ Minestrone, pumpkin (without cream), zucchini, lentil or beans 	<ul style="list-style-type: none"> ✗ Soup with cream
Other	<ul style="list-style-type: none"> ✓ Baked potato (with salad) ✓ Fruit salad and yoghurt ✓ Corn on the cob 	<ul style="list-style-type: none"> ✗ Mashed potato and gravy ✗ Quiche e.g. Lorraine with bacon and cheese

Healthy Examples

- ✓ Sumo Salad - Greek Leafy, Low Fat Chicken & Avocado, Tandoori Chicken and Leafy vegetables
- ✓ Spud Bar - Veggie Spud range, Mediterranean Chickpea salad
- ✓ Nando's - Chicken pita pocket wrap, chicken salad
- ✓ Bakers Delight - Cape seed roll, fruit bun (small, no icing)



Baked potato with assorted veggies



Grilled fish, brown rice and veggies

Indian and Sri Lankan

Healthier options	Unhealthier options
<ul style="list-style-type: none"> ✓ Tikka (dry roasted) or Tandoori (marinated in spices and yoghurt) skinless chicken, fish, tofu or vegetables ✓ Steamed basmati rice ✓ Wholemeal roti or chapatti bread ✓ Curry made with tomato base with lean meat and/or legumes and vegetables e.g. Vindaloo ✓ Pickle, chutney, yoghurt condiments ✓ Raita (yoghurt and cucumber dip) ✓ Paneer (cheese), tofu 	<ul style="list-style-type: none"> ✗ Deep fried entrées - samosa, pakora, onion bhajia, pappadums ✗ Pulao rice (fried saffron rice) ✗ Naan bread (thick white bread with ghee) ✗ Paratha (bread pan fried in ghee/oil) ✗ Thick gravy sauces, butter and ghee ✗ Butter or tikka masala sauces ✗ Curries based on cream / coconut milk ✗ Kofta
<p>Healthy Examples</p> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  <p><i>Chicken Tikka</i></p> </div> <div style="text-align: center;">  <p><i>Roti Bread</i></p> </div> <div style="text-align: center;">  <p><i>Tomato based curry</i></p> </div> <div style="text-align: center;">  <p><i>Paneer</i></p> </div> </div>	

Asian

Healthier options	Unhealthier options
<ul style="list-style-type: none"> ✓ Sushi: fillings of vegetables, raw or cooked fish, prawn, egg, tofu or seaweed, avocado ✓ Sashimi ✓ Steamed rice ✓ Steamed dumplings, wantons, gyoza ✓ Rice paper rolls - vegetarian, prawn, beef ✓ Seaweed salad and edamame (soy beans) ✓ Teppanyaki grill - lean meat / skinless chicken / seafood / vegetables ✓ Steamed, braised, stir fried, BBQ seafood ✓ Stir-fry dishes with lean meat or chicken or seafood or tofu and plenty of vegetables, herbs and spices ✓ Thai / Vietnamese salads with lean meat, skinless chicken, seafood and many vegetables and herbs ✓ Soup: miso, tom yum & broth based (Pho) ✓ Soy, chilli sauce, vinegar, lime and lemon 	<ul style="list-style-type: none"> ✗ Sushi with crumbed / fried meats or tofu (e.g. crispy chicken, tempura prawn) ✗ Tempura ✗ Coconut rice ✗ Deep fried or battered items: spring rolls, dim sims, wontons, fried tofu ✗ Malaysian roti bread ✗ Prawn crackers ✗ Fried meats such as chicken wings, peking duck with skin, crispy battered chicken (e.g. lemon chicken) ✗ Deep fried/crispy noodles, fried rice or noodles ✗ Red / green curry or laksa soup curry ✗ Dishes containing coconut milk / cream ✗ High sugar sauce: satay, sweet chilli sauce, black bean, oyster sauce
<p>Healthy Examples</p> <ul style="list-style-type: none"> ✓ Noodle Box - 97% fat free (small) ✓ Sushi SUSHI - salmon hand roll, small Sashimi / Nigiri pack 	<div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  <p><i>Vietnamese chicken salad</i></p> </div> <div style="text-align: center;">  <p><i>Dumplings</i></p> </div> <div style="text-align: center;">  <p><i>Sushi</i></p> </div> <div style="text-align: center;">  <p><i>Chicken Stirfry</i></p> </div> </div>

Italian

Healthier options	Unhealthier options
<ul style="list-style-type: none"> ✓ Small, thin crust pizza ✓ Entrée size pasta and risotto with tomato or vegetable based sauces e.g. marinara, Napolitana, bolognaise ✓ Bruschetta (tomato / basil - no cheese) ✓ Lean meats such as chicken breast ,veal, beef, lamb, rabbit <i>Look for: baked, grilled, roasted, seared</i> ✓ Mediterranean / Garden / Rocket salad with olive oil and lemon juice or vinegar ✓ Tomato based sauces ✓ Chilli, capers, olives or pineapple pieces for additional flavor ✓ Minestrone / vegetable soup ✓ Cured fish or seafood <i>Look for: baked, steamed, grilled, seared</i> ✓ Chicken cacciatore 	<ul style="list-style-type: none"> ✗ Thick or cheese stuffed pizza bases ✗ Main size pasta and pizza ✗ Garlic Bread ✗ Deep fried, crumbed meats e.g. parmigiana ✗ Offal meats: liver, pigs trotters ✗ Vegetables – fried, crumbed or marinated in oil e.g. sundried tomato ✗ Fried potato ✗ Cured / salted meats: salami, bacon, prosciutto ✗ Large amounts of cheese such as mozzarella and parmesan ✗ Cream, oil and butter based sauces and dressings – e.g. carbonara, lasagna with béchamel, pasta alfredo, pesto ✗ Creamy soups ✗ Sweets with cream and butter e.g. Tiramisu, Panettone

Healthy Examples



Spaghetti with meat sauce



Thin crust pizza with rocket



Chicken Cacciatore



Beef Braciolo

Mexican

Healthier options	Unhealthier options
<ul style="list-style-type: none"> ✓ Burrito/ Fajita – wholegrain variety ✓ Plenty of salad, capsicum, salsa ✓ Grilled lean meat, skinless chicken or frijoles (non crumbed, non fried) ✓ Small portions of cheese, sour cream or guacamole ✓ Grilled corn cob ✓ Mexican Rice (with seafood, meat and vegetables) ✓ Chicken Tortilla soup ✓ Legumes 	<ul style="list-style-type: none"> ✗ Dishes with plenty of cheese, sour cream or guacamole ✗ Nachos / Corn Chips ✗ Taco shells ✗ Refried beans ✗ Crumbed or fried chicken ✗ Enchilada with meat/chicken / vegetables (with cheese)

Healthy Examples



Chicken Tortilla soup



Wholegrain Burrito with chicken



Mexican Rice

Middle Eastern and Greek

Healthier options	Unhealthier options
<ul style="list-style-type: none"> ✓ Baked stuffed vegetables (capsicum, tomato, zucchini, or eggplant) filled with rice, mince meat, legumes and vegetables ✓ Grilled chicken, lamb or beef skewers ✓ Mezze platter with olives, dips and dolmades ✓ Tzatziki, Baba Ganoush or bean-based dips ✓ Grilled marinated lean meat skewers or lamb cutlets ✓ Kofta (minced lamb with cracked wheat) ✓ Grilled, marinated, baked fish or seafood ✓ Tabouleh (with Bulgur - cracked wheat) ✓ Falafel - baked ✓ Pita bread ✓ Fattoush (salad with oven roasted pita pieces) ✓ Lentil and chickpea salads ✓ Greek salad with fetta ✓ Pilaf (rice dish) with vegetables and lean meat ✓ Stuffed dates (almonds, pistachio, sugar) 	<ul style="list-style-type: none"> ✗ Filled Pastries especially minced meat or cheese e.g. spanakopita (spinach pie) ✗ Saganaki / haloumi fried cheeses ✗ Cured meat / sausage ✗ Moussaka (lamb/beef casserole) with patitsio (with thick white/cream sauce) ✗ Deep fried or crumbed fish or seafood ✗ Felafel (fried) ✗ Gyros- Shaved meat off a spit (Kebab style) ✗ Fried potato chips ✗ Sweets with sugar syrup and filo pastry e.g. Baklava ✗ Turkish delight
<p>Healthy Examples</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p><i>Tabbouleh salad</i></p> </div> <div style="text-align: center;">  <p><i>Mezze platter with olives, dips and dolmades</i></p> </div> <div style="text-align: center;">  <p><i>Stuffed eggplant</i></p> </div> </div>	

Beverages

Healthier Options	Unhealthier options
<ul style="list-style-type: none"> ✓ Water, mineral water or soda water ✓ Diet soft drinks ✓ Freshly squeezed vegetable juice ✓ Coconut water ✓ Skim fat milk coffee ✓ Skim milk with tea ✓ Skim milk hot chocolate ✓ Fruit smoothie made with reduced fat milk and reduced fat yoghurt ✓ Vegetable juice 	<ul style="list-style-type: none"> ✗ Full sugar soft drinks e.g. Coke, lemonade, lemon, lime and bitters, tonic water ✗ Cordial, nutrient water and iced tea ✗ Flavored mineral water ✗ Full cream milk ✗ Milk shake, smoothie, iced coffee / chocolate with ice-cream, full cream milk or cream ✗ Alcohol (limit intake to 2 or less standard drinks)
<p>Healthy Examples</p> <p><i>*water is the best option</i></p> <div style="display: flex; justify-content: space-around; align-items: center;">      </div>	

Fast Food

Fast Food Outlet	Healthier Options	Unhealthier options
Mc Donald's 	<ul style="list-style-type: none"> ✓ Mc Chicken snack wrap (seared chicken) ✓ Chicken Salad 	<ul style="list-style-type: none"> ✗ White bread or Muffin ✗ Hamburger / Cheese Burger ✗ Potato fries / hash brown ✗ Thick shakes ✗ Soft serve ice-cream
Subway 	<ul style="list-style-type: none"> ✓ 6 inch size, wholemeal / grain bread ✓ Grilled chicken, tuna or meat balls ✓ Reduced fat cheese ✓ Fresh vegetables 	<ul style="list-style-type: none"> ✗ Foot long subway meal ✗ Crumbed or fried chicken ✗ Sauces: mayonnaise, sweet chilli, aioli, ranch sauce, sour cream etc
KFC 	<ul style="list-style-type: none"> ✓ Chicken wrap - Mini Twister range 	<ul style="list-style-type: none"> ✗ Popcorn chicken ✗ Chicken nuggets ✗ Potato fries, chips, wedges ✗ Mashed potato and gravy
Nando's 	<ul style="list-style-type: none"> ✓ Chicken pita pocket wrap ✓ Chicken salad or slaw 	<ul style="list-style-type: none"> ✗ White bread or muffin ✗ Crumbed or fried meat ✗ Sauces: mayonnaise, sweet chilli, aioli, ranch sauce, sour cream etc. ✗ Potato fries
Grill'd 	<ul style="list-style-type: none"> ✓ Beef / Lamb / Chicken Burger with salad / vegetables, mustard or relish 	
Domino's 	<ul style="list-style-type: none"> ✓ Good Choice Pizza Range - 97% fat free e.g. small size: Chicken, Prawn & Cherry Tomato or Napolitana 	<ul style="list-style-type: none"> ✗ Excess Cheese ✗ Salami, bacon, sausage or meat lovers pizza ✗ Thick base / cheese stuffed crust ✗ Garlic Bread
Crust 	<ul style="list-style-type: none"> ✓ Healthy Choice Pizza range – e.g. Chicken Avocado, Spiced Pumpkin, Chicken Tikka 	
Salsa's 	<ul style="list-style-type: none"> ✓ Chicken Fajita ✓ Chicken Chipotle ✓ Taco - chicken / beef ✓ Guacamole 	<ul style="list-style-type: none"> ✗ Corn Chips, Nacho's ✗ Enchilada with plenty of cheese

Healthy Examples



6 inch turkey breast roll



Seared Mc Chicken Wrap



Mini Twister chicken wrap



Prawn and cherry tomato pizza

Additional Tips when Eating Out

✓ Curb your hunger by having some water before eating to prevent over-eating.

✓ Limit alcohol as this can increase appetite and kJ (energy)

Order a glass of wine instead of a bottle.

Lower the energy in alcoholic beverages by choosing to mix sprits with soda water or diet soft drink e.g. vodka and soda water or bourbon and diet coke.



✓ Don't eat more than 1 small slice of bread before your meal has arrived.

✓ If having more than one course, choose a soup or salad as an entrée or share a main between two people. Alternatively order two entrée size meals rather than an entrée and main.

✓ Look for options that contain many vegetables or are vegetable based. For example, a stir fry of beef and vegetables with noodles is a more balanced choice than beef in black bean sauce (no extra vegetable) and a large serve of rice.



✓ Order additional vegetables or salad to your meal if there is little, to add more fibre and nutrients. Opt for a side dish of cooked vegetables or salad instead of chips or wedges.

✓ Limit foods that are creamy, battered, containing pastry, crispy or pan-fried.

✓ If you choose to have dessert, share one between two or finish the meal with a skim milk coffee or a fragrant pot of tea.



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