

EATING OUT is easy



You don't need to stay in every night, slaving over a hot stove. When it comes to eating out, you will need to make your choices wisely. The best choices are Japanese, Malaysian or Thai. The reason? These countries are the leanest, healthiest people, and much of that is down to the way they eat. But this doesn't mean you can't eat French, Italian, Mexican or Indian. You just need to know what to order.



FILL YOURSELF UP WITH THE GOOD STUFF

If you're hungry, then enjoy a starter and a main course, as opposed to a main course and dessert. Avoid any breads, prawn crackers, or the like. In fact, it is best to ask the waiter to take these things away, thus removing any temptation. Instead, ask them to bring some olives. Try and stick to just one glass of good quality wine, and remember to drink plenty of water.

WATCH OUT FOR HIDDEN SUGAR!

When you are choosing items from the menu, watch out for the hidden sugar and fast releasing carbs in sauces, pickles and dips. For example, all Thai restaurants do very tasty fishcakes. These are better than things like spring rolls, because they have more protein, but other types of fishcake may have a high potato content so be careful. Also avoid sweet chilli sauce, which accompanies many Thai dishes.

TOP TIP

Try choosing from the specials menus, which often include fresh dishes that you may not have tried before. Expand your choices rather than restrict them!

AVOID

Fried food, sweet and sour dishes, rice (unless brown, then share), noodles, potato dishes, bread, naans, chapattis, and prawn crackers.

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YOU ARE IN CHARGE OF WHAT GOES IN YOUR MOUTH, NOT THE WAITER OR YOUR COMPANIONS

By the time you get to the end of the main course you should feel satisfied. Most puddings need to be avoided as they will almost certainly be high in sugar. Fresh strawberries make an ideal end to any meal, but if they are not available, a small portion of vanilla ice cream is OK once in a while. If you'd like an after dinner drink, choose peppermint tea, which is great for the digestion.

AVOID FRIED FOOD

Choose food that hasn't been deep fried, so if you must have noodles, go for non-fried egg noodles or a small portion of plain or coconut rice. Wild rice is also a good option if available. Share portions between 2 or even 3 people.

REMEMBER YOU CAN ORDER 'OFF MENU'

For instance, if you like the sound of the fish or chicken, but not the cream sauce, ask for it without, or swap it for another method of cooking. Don't be afraid of asking for exactly what you want.

ALWAYS ORDER VEGETABLE DISHES

Make sure you order plenty of vegetables and salad with your meal and, if you haven't had enough, order more!

WHEN DINING AT AN ORIENTAL OR INDIAN RESTAURANT:

- Sashimi (Japanese raw fish dish)
- Fish / chicken Teryaki
- Tom Yum soup
- Thai coconut based curries
- Indian tikkas (but not masalas)
- Fish or chicken satay
- Indian bhunas or baltis, ask for less oil
- Tofu based dishes
- Omelettes
- Vegetable dishes such as chana masala or dhal (Indian) or stir fried veg

WHEN DINING AT A FRENCH OR ITALIAN RESTAURANT:

- Chicken breast marinated in rosemary and garlic.
- King prawns in a chilli, garlic and tomato sauce.
- Avocado, rocket and tomato salad.
- If you really want pasta, go for a starter size of something like fettuccine with chicken, olive oil, garlic and parsley sauce plus a large salad.
- Antipasti.

JAPANESE RESTAURANTS ARE GREAT:

All offer wonderful fish dishes, from Teryaki salmon to sashimi. Sushi isn't as good as it includes a lot of sweet white rice.

EATING OUT:

what are the best choices?

Which are the better menu choices? Select the checkboxes to indicate which dishes you think are healthier. Your Health Coach will then guide you through the right answers.

ITALIAN STARTERS

- ☐ Mozzarella Cheese, Avocado and Tomato
- ☐ Avocado with Prawns
- ☐ Fresh Mushroom Cups stuffed with Butter, Garlic, Wine and Parmesan
- ☐ Medallions of Crusty Bread toasted with fresh Tomato, Basil, Garlic & Mozzarella
- ☐ Deep Fried Mozzarella in Bread Crumbs with a touch of Neapolitan Sauce
- ☐ Meat Balls in Tomato Sauce served with Bread
- ☐ Pan fried Sardines in Butter, Garlic, Parsley, White Wine & Lemon
- ☐ Grilled Mediterranean Vegetables & Sun Dried Tomatoes on a Bed of Leaves
- ☐ Deep Fried Squid Rings
- ☐ Prawns, Chilli, Garlic and Butter in a Neapolitan Sauce
- ☐ Roasted Goat's Cheese, Sweet Peppers & Cherry Tomatoes on Toasted Bread
- ☐ Tuna, Parma Ham, Eggs, Olives, Artichoke, Smoked Salmon and Mozzarella
- ☐ Garlic Bread
- ☐ Mixed or Green Salad
- ☐

ITALIAN MAIN COURSES

- ☐ Starter Pasta Portion
- ☐ Main Course Pasta Portion
- ☐ Spaghetti Alla Bolognese
- ☐ Spaghetti Alla Carbonara (with Egg, Bacon and Cream)
- ☐ Spaghetti Marinara (with Seafood Sauce in Tomato)
- ☐ Fettuccine Con Pollo (with Strips of Chicken in Olive Oil, Garlic & Parsley Sauce)
- ☐ Penne All'Arrabbiata (in Tomato, Garlic and Chilli Sauce)
- ☐ Lasagne Al Forno (Layers of Pasta with Meat & Bechamel Sauce)
- ☐ Crespoline (Crepe stuffed with Ricotta Cheese and Spinach)
- ☐ Pizza
- ☐ Large Salad with Tuna, Egg, Anchovy, Capers, Olives & Freshly Baked Dough Balls with dressing
- ☐ Caesar salad (Cos Lettuce & Crispy Croutons tossed in Parmesan & Dressing)
- ☐ Seafood Risotto in Tomato Sauce
- ☐

ITALIAN DESSERTS

- ☐ Lemon sorbet
- ☐ Fruit salad
- ☐ Tiramisu
- ☐ Pavlova

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THAI STARTERS

- ☐ Chicken satay
- ☐ Spring rolls
- ☐ Prawn crackers
- ☐ Thai fish cakes with sweet chilli sauce
- ☐ Roast duck with honey sauce
- ☐ Deep fried king prawns
- ☐ Tom yum (Thai soup made with galangal, lemon grass, mushrooms and herbs)
- ☐ Mixed vegetables deep-fried in Tempura batter

THAI MAIN COURSES

- ☐ Thai red chicken / beef curry with bamboo shoots, baby aubergines, red chillies in coconut milk
- ☐ Chicken panang curry: A dry, aromatic curry made with red curry paste, coconut cream and basil
- ☐ Thai muslim curry: Tender strips of lamb, cooked with potato, onion in a rich coconut curry sauce
- ☐ Sweet & Sour: Meat or seafood stir-fried with tomato, pineapple, cucumber and onion sauce
- ☐ Prawns stir-fried with oyster sauce, mangetouts, onion and mushrooms
- ☐ Prawns stir-fried with garlic and pepper
- ☐ Prawns stir-fried with vermicelli, ginger, pepper, celery and soya sauce
- ☐ Whole seabass steamed with ginger, celery, mushrooms, chillies and spring onion
- ☐ Stir-fried scallops with young green peppercorn and basil leaves
- ☐ Chicken stir-fried with cashew nuts and dried chillies
- ☐ Chicken stir-fried in batter with mild curry paste, French beans and kaffir lime leaves
- ☐ Pad Thai: fried noodles with egg, crushed peanut and bean sprouts
- ☐ Stir-fried mixed vegetables
- ☐ Stir-fried bamboo shoots with egg and vegetables
- ☐ Special fried rice
- ☐ Sticky rice
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

THAI DESSERTS

- ☐ Deep fried apple in batter
- ☐ Fresh mango
- ☐ Vanilla ice cream

✦
Contact
Me



Tanja Erwee



Your Health, Wellness and
Nutrition Coach

+27 72 435 3242

tanja@holistic-pratice.com

www.holistic-pratice.com

Online Woldwide