

Eating Out Guide

If you're anything like us, a big part of your life is catching up with friends and family in your spare time. This is often at a cafe or restaurant where you're meeting for a meal and a drink or two.

Although, there are times when you are going to eat whatever you like off the menu, there are also occasions where you are looking to keep things as healthy as possible. This is particularly common for those who dine out quite frequently and need to look for healthy options to avoid excessive intake of some of those foods and drinks that are better consumed occasionally.

Here are 8 tips and strategies to help you keep on track when you're eating out at your local restaurants and cafes.

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1 - Read the menu beforehand

You will be able to make a well thought out decision without getting caught up in the hype of the smells and sights of other food.

2 - Order your meal before your friends

This will allow you to follow through on the decision you had previously made without being influenced by others around you.

3 - Request your sauce on the side

You will have control over how much of this sauce you eat. When it's on the food, you have no option but to eat it where as when it's on the side you can consume as much or as little as you like.

4 - Drink water before and while you eat

Maybe you're thirsty and not hungry, this will reduce the likelihood of over eating.

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5 - Eat slowly

Put your knife and fork down after every mouthful, when we eat slowly we digest our food better and help limit consumption.

6 - Don't order an entree/appetizer

The main is the best part, save yourself for that and you'll be helping managing your intake.

7 - Choose tomato based meals over creamy ones

With cream comes delicious taste and unfortunately extra calories. Opt for the tomato or veggies based sauses instead.

8 - Order a side of veggies

Whether it's part of the meal or an extra, this will help fill you up and decrease the chance of eating too much.