



EATING OUT

Eating out is an enjoyable and relaxing experience and can be part of a healthy eating regime. Most restaurants and cafes now serve low fat, nutritious meals. When selecting your foods, try and make sure that you are following the guidelines of the Healthy Living Pyramid.

Take-away foods often contain hidden fats. Although we need to eat some fat, many Australians consume foods that contain too much fat, and this can lead to the development of a number of heart related health problems in later life. By reducing the total fat content of your food, your risk of developing diseases such as coronary heart disease, high blood pressure and diabetes decreases. In the diet, fatty foods can be replaced by fruits, vegetables, breads, grains and cereals.

The following tips provide some advice on how to make nutritionally sound take-away choices:

- Choose hamburgers and steak sandwiches with salad and pineapple rather than 'the lot', and ask for no mayonnaise or margarine on the bun
- Opt for a baked potato with a little cheese and low-fat filling. Ask for no butter or sour cream
- Order souvlaki or doner kebab with extra salad or tabouli rather than loads of meat
- Try thick crust pizza with lean meat, chicken or vegetarian toppings and a light sprinkling of cheese
- Opt for pasta with tomato-based sauces
- Choose steamed rice with stir-fry dishes
- If you order a hot roast meat roll, make sure to choose lean meat or chicken, and add salad and corn on the cob to your order
- Drink low-fat smoothies and milkshakes
- For dessert, try low-fat frozen yoghurt or ice creams

High fat options to avoid include anything that is fried or battered, foods with creamy or cheesy sauces such as those cooked 'au beurre' (in butter) or garlic and herb bread, and high fat meats such as processed meats and sausages. And remember, if you add cheese, oil or sour cream to a dish, the fat content will be pushed up.

So enjoy eating out, but do so in moderation, and opt for foods that won't increase your daily fat intake!