

## Eating out & Takeaways

Eating out should be fun; it is about spending time with your family or friends, not a stressful situation where you are worried about overeating. Preparation and planning are key to healthily eating out wherever you go.

### Restaurants

- Look at the menus in advance (most are online and many have lower calorie options)
- Decide in advance to reduce impulse ordering
- Don't be afraid to ask for what you really want; even if it's not on the menu; veg without butter, salads with dressing on sides, substitute high-fat sides
- Having a two or three course menu?
- Try soup or salad as a starter and fresh fruit, sorbets or even a coffee for dessert
- Share a starter or dessert instead of having a whole one

### Buffets

- Before you choose anything, take a step back and look carefully at what is on offer
- Choose a few items you really enjoy rather than trying a bit of everything
- Fill the rest of your plate with low calorie options such as salad or vegetables
- Use a smaller side plate rather than a dinner plate
- Visit the buffet only once, then get rid of your plate as soon as you have finished
- If you really want a second visit, drink a large glass of water and wait 20 minutes you may find that after that you are full anyway

### Pressures to eat

- If you feel under social pressure to eat more than planned, try and work out why?
- Are you afraid of offending the host? If so practice ways to politely refuse food without causing offence
- Encountering comments such as "You have done so well, you deserve a treat?" Try a simple "No thank you" and change the topic of conversation
- Look around during social occasions - not everyone is eating and drinking excessively
- Do you think that they are being judged for their behaviour?
- TAKE CHARGE, PREPARE AND PLAN!
- People will soon get used to the fact that you are in control of your food intake and will stop pressuring you

### Social eating

- If the host/hostess is a close friend, it may be a good idea to ring in advance and tell them that you are watching what you are eating
- Offer to take a dish with you to ensure that there is a healthy option for you to have
- Offer to help serve up so you can control your portion size
- Fill your plate with salad and vegetables