

Eating out - best choices

Chinese

Starters

- clear soups such as chicken and sweetcorn

Main meals

- beef, chicken, prawn or beancurd with vegetables or in black bean sauce
- dishes such as chow mien or vegetable stir fry
- chicken and fish dishes in chilli, soya or oyster sauce
- boiled or steamed rice and noodles
- Avoid pancake rolls, sweet and sour pork balls and prawn crackers as they are high in fat

Mexican and Spanish

Starters

- frijoles (bean) and salsa dips
- gazpacho
- spicy corn chowder
- black bean soup

Main meals

- dishes with meat and cheese toppings served separately so you can decide how much to use
- fajitas
- fish with rice (arroz abarida)
- chilli con carne with beans
- tacos with beans and salad

At the café

Starters

- Vegetable-based soup (e.g. leek and potato, carrot and coriander or minestrone). Avoid creamy soups

Main meal

- choose a baked potato (no butter) with baked beans, vegetable chilli/curry, tuna (without mayonnaise) or cottage cheese
- keep the size of your burger small and eat with a green salad
- Try rolls, wraps, deli sandwiches, grilled chicken and salads
- Give fizzy drinks and thick milkshakes a rest and opt for fruit juice, tea, coffee, water or ice cold semi skimmed milk
- Avoid fried food, sausage rolls, pastry and pies

Top tips

Base meals on starchy carbohydrate such as bread, potato, rice, pasta, chapati, naan or noodles. Choose wholegrain whenever possible.

Include fruit and vegetables at each meal.

Limit high fat food (creamy sauces, oily dressings, pastry, fatty meat, fried foods).

Don't be afraid to leave what you don't want or don't need.

Ask your waiter for a lower fat option.

Indian

Starters

- grilled poppadoms
- lentil soups
- Tandoori or tikka dishes

Main meals

- chicken or fish dishes based on yoghurt or tomato instead of creamy curries
- dhals (without ghee or butter, often added after cooking for a creamier taste)
- try jalfrezi, bhuna, dhansak (with lentils) rogon josh, biriyani (with rice) and saag
- Indian breads - naan, roti or chapatti (without ghee or butter)
- steamed or boiled basmati rice

Italian

Choose vegetable or fruit-based starters

- a vegetable entrée, such as asparagus with a little parmesan cheese (without melted butter)
- vegetable soup without cream
- melon with parma ham

Main meals

- pasta with tomato based sauces. Try with a few parmesan shavings and a green salad
- ravioli with ricotta and spinach
- pizza, try Hawaiian, vegetarian or seafood pizzas. Add extra vegetable toppings. Ask for ½ the cheese, avoid salami, sausage and pepperoni toppings and stuffed crusts

Order plain, crusty Italian bread to fill up on and/or a garden salad with a separate dressing

Desserts

- Fresh fruit salad, sorbets and non-dairy gelati for low-fat desserts