

EATING OUT SURVIVAL GUIDE

When eating out with friends or grabbing food on the go it can be difficult to make healthy choices. Here are our tips for choosing healthier, lower carbohydrate options at different eateries.

Chinese Restaurant/ Takeaway

✓ Best Options:

- Stir-Fried Vegetables: Choose dishes with a variety of non-starchy vegetables like broccoli, bell peppers, and bok choy.
- Steamed Dishes: Opt for steamed fish or chicken with vegetables.
- Egg Drop Soup: A light and lower carbohydrate option.

✗ Worst Options:

- Sweet and Sour Chicken: Typically deep-fried and coated in a sugary sauce.
- Fried Rice: High in carbohydrates and often contains peas and corn.
- Lo Mein or Chow Mein: High-carbohydrate noodles and often prepared with sugary sauces.

⚠ Easy Swaps:

- Chop Suey without Noodles: Ask for it with extra vegetables instead.
 - Fried Rice with Cauliflower Rice: Request to substitute cauliflower rice if available.
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Indian Restaurant/ Takeaway

✓ Best Options:

- Tandoori Dishes: Tandoori chicken or fish, cooked without heavy sauces.
- Saag Paneer: Spinach with paneer cheese.
- Kebabs: Seekh kebabs or chicken tikka, typically lower in carbs.

EATING OUT SURVIVAL GUIDE

✗ Worst Options:

- Naan Bread: High in carbohydrates.
- Biryani: Rice-based dish, high in carbs.
- Samosas: Deep-fried pastries filled with potatoes and peas.

⚠ Easy Swaps:

- Curry with Extra Veggies: Ask to replace rice with more vegetables.
- Naan Substitution: Request for a side of sautéed spinach or other leafy greens instead of naan.

Italian Restaurant/ Takeaway

✓ Best Options:

- Grilled Meats: Dishes like grilled chicken or fish.
- Caprese Salad: Tomatoes, mozzarella, and basil with olive oil.
- Vegetable noodles: courgette noodles with tomato-based sauces.

✗ Worst Options:

- Pasta or Risotto Dishes: High in carbohydrates, especially with creamy or cheesy sauces.
- Pizza: High-carbohydrate crust and often topped with processed meats.
- Garlic Bread: High in carbohydrates and often made with white bread.

⚠ Easy Swaps:

- Pasta with courgette noodles: Request to substitute pasta with courgette noodles if available.
- Pizza on Cauliflower Crust: Ask if they offer a lower carbohydrate cauliflower crust option.

EATING OUT SURVIVAL GUIDE

Mexican Restaurant/ Takeaway

✓ Best Options:

- Fajitas: Grilled meats with bell peppers and onions (skip the tortillas).
- Salads: Taco salads without the shell, using greens, meats, cheese, and salsa.
- Guacamole: Healthy fat, served with vegetables instead of chips.

✗ Worst Options:

- Burritos: High-carbohydrate tortillas filled with rice and beans.
- Nachos: Fried tortilla chips topped with cheese and high-carbohydrate toppings.
- Quesadillas: High-carbohydrate tortillas filled with cheese and meats.

⚠ Easy Swaps:

- Burrito Bowl: Ask for a burrito in a bowl with extra lettuce instead of a tortilla.
- Lettuce Wrap Tacos: Request tacos wrapped in lettuce leaves instead of tortillas.

Japanese Restaurant/ Takeaway

✓ Best Options:

- Sashimi: Fresh, raw fish without rice.
- Miso Soup: A lower carbohydrate broth-based soup.
- Seaweed Salad: Low in carbohydrates and nutritious.

✗ Worst Options:

- Sushi Rolls: High-carbohydrate rice and often contains sugary sauces.
- Tempura: Deep-fried vegetables or seafood in batter.
- Teriyaki Dishes: Often contain a lot of sugar in the sauce.

⚠ Easy Swaps:

- Sushi Rolls with Cucumber Wraps: Ask for sushi rolls wrapped in cucumber

EATING OUT SURVIVAL GUIDE

instead of rice.

- Teriyaki Sauce on the Side: Request teriyaki sauce on the side to control the amount used.

Thai Restaurant/ Takeaway

✓ Best Options:

- Thai Salads: Such as Som Tum (green papaya salad) without added sugar.
- Tom Yum Soup: A spicy and sour soup that is low in carbohydrates.
- Grilled Meats: Satay skewers (without the peanut sauce).

✗ Worst Options:

- Pad Thai: Rice noodles with a sugary sauce.
- Curry with Rice: Curries often come with a lot of rice, making the meal high in carbohydrates.
- Spring Rolls: Fried and often contain high-carbohydrate fillings.

⚠ Easy Swaps:

- Curries with Cauliflower Rice: Ask to replace regular rice with cauliflower rice.
- Pad Thai with courgette noodles: Request Pad Thai made with courgette noodles if possible.

American Fast Food

✓ Best Options:

- Grilled Chicken Sandwich (without the bun): Opt for grilled instead of fried.
- Salads: With grilled chicken and vinaigrette dressing.
- Bun-less Burgers: Wrapped in lettuce instead of a bun.

EATING OUT SURVIVAL GUIDE

✗ Worst Options:

- French Fries: High in carbohydrates and fried in unhealthy oils.
- Breaded Chicken: Such as chicken nuggets or tenders.
- Milkshakes: High in sugar and carbohydrates.

⚠ Easy Swaps:

- Burgers in Lettuce Wraps: Ask for your burger wrapped in lettuce instead of a bun.
- Side Salad instead of Fries: Choose a side salad with a lower carbohydrate dressing instead of fries.

New Zealand Bakery

✓ Best Options:

- Egg-Based Quiches (without crust): Opt for crustless quiches filled with vegetables and meats.
- Meat Pies with Cauliflower Crust: Some bakeries offer lower carbohydrate pies with alternative crusts like cauliflower.

✗ Worst Options:

- Traditional Meat Pies: High in carbohydrates due to the pastry crust.
- Scones and Muffins: Typically made with white flour and high in sugar.
- Lamingtons: Sponge cakes coated in chocolate and coconut, high in carbohydrates and sugar.

⚠ Easy Swaps:

- Crustless Quiches: Request quiches without the pastry crust.
- Alternative Flour Baked Goods: Ask if the bakery offers items made with almond flour or coconut flour.

By making mindful choices, you can enjoy takeaways while keeping your carbohydrate intake lower and maintaining a healthier diet.