

Use this guide when eating out to choose meals that have less energy, saturated fat, salt and sugar.

General tips

- Check online if nutrition information or menu are available.
- Select venues that have several healthy choices on the menu.
- Increase your feeling of fullness by drinking tap or sparkling water before and during the meal.
- Limit alcohol as this can increase appetite and energy intake.
- If having bread before a meal, consider limiting to one slice or half a small roll.
- Consider two entrée size serves if ordering multiple courses.
- Share a main meal between two people with extra salad or vegetable sides to complete the meal.
- Choose raw, grilled, steamed or braised options instead of fried, crumbed, battered or pastry items.
- Request sauces, dressings or gravy on the side so you can adjust the amount you eat.
- Opt for a side dish of cooked vegetables or salad instead of chips, wedges or bread.
- Limit options with cream, butter, coconut or cheese in sauces, soups or condiments.
- Select options that contain vegetables or that are vegetable based, such as stir fry beef and mixed vegetables and a small serve of rice.
- If you choose to have dessert, you can share this, or have a pot of tea or small coffee instead.
- If eating takeaway food, split serves in half, add some pre-prepared vegetables or a side salad and enjoy a second meal the next day.



Order mineral water for the table



Enjoy vegetable side dishes





Share a dessert

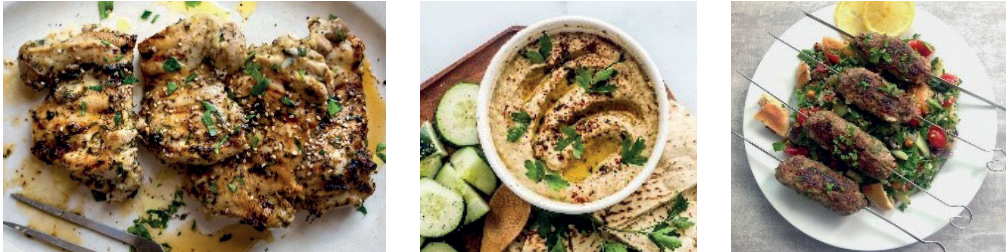

Healthier options for common cuisines

Cuisine	Choose more often
Chinese	<ul style="list-style-type: none">• Steamed or boiled dumplings or bao• Broth-based soups with noodles or lean meat• Steamed, braised, stir-fried – fish, seafood, lean meat, skinless chicken, tofu with vegetables• Steamed rice 
Indian	<ul style="list-style-type: none">• Tikka or tandoori dishes• Tomato based curry (e.g. vindaloo)• Lentils, chickpeas based curries• Basmati rice 
Mexican	<ul style="list-style-type: none">• Burrito, fajita, soft taco, quesadilla• Salsa, guacamole and lime• Grilled corn cob 

Eating out

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Japanese	<ul style="list-style-type: none">• Sushi fillings with vegetable, avocado, egg, tofu, fish, chicken, prawn, seafood, salmon, tuna• Steamed gyoza• Soba noodles 
Italian	<ul style="list-style-type: none">• Tomato-based pasta• Thin crust pizza with vegetable toppings• Bruschetta with tomato and basil 
Vietnamese	<ul style="list-style-type: none">• Rice paper rolls• Pho noodle soup• Stir fry lean meat, skinless chicken, tofu, seafood and vegetables 

Eating out

Cuisine	Choose more often
Middle Eastern	<ul style="list-style-type: none">• Grilled chicken, lamb or beef skewer• Mezza platter with olives, dolmades and dips such as baba ganoush or hummus• Kofte with tabouleh 
Greek	<ul style="list-style-type: none">• Baked stuffed vegetables filled with rice, minced meat, lentil and vegetable• Dolma stuffed with rice, minced meat and spices• Grilled lean meat, chicken, lamb or fish or seafood• Greek salad 

For individual advice, make an appointment and see an Accredited Practising Dietitian.

More information

 Call us on **(03) 8532 1800** or

 Visit www.baker.edu.au



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