

## Dining at Restaurants

Despite the fact that restaurant meals can be higher in calories than meals prepared at home, it is still possible to select healthy foods and limit your calorie intake when dining out. Here are some straightforward ideas and tactics that can help with this.

### When Possible, Look at the Menu Ahead of Time

The majority of restaurants have their menus available online, either on their own website or on a third-party site with user reviews. An individual can prepare ahead and choose a few items that meet with their nutrition plan by looking over the menu in advance. With less pressure to decide quickly in the restaurant and less chance of being swayed by other diners' decisions, they can benefit from this. Additionally, it increases a person's sensation of control over the meal's menu options.

Avoid coming too hungry to the restaurant since you run the danger of overeating. A small protein and fiber-based snack (such as some sliced low-sodium deli meat with veggies or tuna on whole grain crackers) may help quell excessive hunger before supper if the meal is scheduled for later in the evening. A protein-based snack may be the best for preventing hunger because protein, in particular, can assist to enhance satiety (Westerterp-Plantenga et al., 2012; Ortineau et al., 2014).

Light and Nutrient-Dense Meal Examples	
Meal	Light/Nutrient-Dense Examples
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>◆ Whole-grain toast with eggs and fruit</li> <li>◆ Protein-rich smoothie with nuts and fruit</li> <li>◆ Greek yogurt or cottage cheese with fruit and nuts</li> <li>◆ Lox, whole-grain toast, and fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>◆ Salad with a lean protein (tuna, turkey, or grilled chicken) or eggs, lentils, or beans</li> <li>◆ Whole-grain wrap or half a wrap with lean protein and vegetables</li> <li>◆ Soup with whole-grain crackers and a side salad</li> <li>◆ Small sandwich or half a large sub or sandwich with lean protein, vegetables, and a small piece of fruit</li> </ul>

## On the menu, look for key words that describe how a dish is prepared.

The main rule for the healthiest food preparation is to avoid charring the food and add as little extra oil and fat as possible (meats and poultry).

Therefore, dishes that are poached, steamed, roasted, or broiled are typically the choices on a menu that have the fewest calories and additional fats (without added fats).

Even while restaurants may add extra fat to grilled, broiled, or roasted meats and fish to keep them moist, grilled dishes typically have fewer calories and added fats than fried foods. In a similar vein, baked dishes may appear nutritious, but they can also be baked in calorie-dense pastry crusts or heavy sauces. One of the greatest strategies to avoid adding additional fats or oils to recipes is simply to request that the dish be prepared dry, or with no added oil or butter.

Cooking Methods	
Cooking Method/Preparation	Description
<b>Braised</b>	Food is sautéed first and then cooked at a lower temperature in liquid.
<b>Broiled</b>	Food is cooked by exposing it to a source of radiant heat at a high temperature (higher than for roasting). The heat source may be a grill, oven with a broiler feature, or live coals. The heat source is typically above the food, though not always, and the food is turned during cooking.
<b>Baked</b>	Food is cooked using convection heat in an oven. It may be precooked and finished in the oven or prepared entirely in the oven. Food may be baked dry or in a liquid/casserole and may or may not include a sauce.
<b>Battered</b>	Food is coated in batter and then deep-fried at a high temperature.
<b>Creamed</b>	The food has been prepared by simmering or poaching it in milk or a cream-based liquid.
<b>Crispy</b>	Typically refers to food that has been fried – It may or may not be coated in a batter. Some crispy foods may be baked rather than fried but this may not always be stated.
<b>Fried</b>	Food is deep-fried in oil.
<b>Grilled</b>	Food has been cooked using dry, radiant heat directly applied to the surface of the food (e.g., on a grill pan or on a grill over coals). Fat may be added to the food during the process.
<b>Oven-Baked/Roasted</b>	Food is baked dry or roasted in the oven.
<b>Pan-Fried</b>	Food has been fried in a small amount of oil or other fat in a pan.
<b>Poached</b>	Food has been cooked in liquid (either water or wine) at a lower temperature than used for simmering and with no added fat.
<b>Sautéed</b>	Food is cooked at high heat in a small amount of fat in a shallow pan.
<b>Simmered</b>	Food has been cooked in hot liquid at a temperature below the boiling point of water.
<b>Smoked</b>	Food (usually meat) has been cooked by exposing it to smoke from a burning or smoldering substance (usually wood).
<b>Smothered</b>	Food (usually meat) is browned on the stove and then cooked at low heat covered in gravy in a covered pan.
<b>Steamed</b>	Food has been cooked in steam, possibly in a small amount of water, with no added fat.
<b>Stir-Fried</b>	Food is cut into small pieces and then cooked in a small amount of hot oil in a wok while being stirred continuously.
<b>Tempura</b>	Food that is battered and deep-fried.

### **Ask for Sauces, Dressing and/or Cheese on the Side**

Many items that appear to be healthy, like salads and stir-fries, might be filled with cheese that contains several hundred calories or be covered in a high-calorie sauce or dressing. When ordering these kinds of items, asking for the cheese, sauce, or dressing on the side gives the customer choice over how much of the high-calorie condiment they use. It is frequently not essential to use the entire amount that is provided because a small amount of dressing, sauce, or a flavorful cheese is frequently sufficient to add flavour to a dish.

### **Use a Plate for Shared Appetisers**

It can be simple to overeat appetisers like nachos, wings, and tortilla chips that are served on a big dish or platter before the main courses show up. People can keep track of how much they are eating by portioning out a serving of each of these meals onto an appetiser plate.

### **Avoid the Bread Basket or Limit to One Piece**

The bread basket at the table is frequently complimentary at restaurants. Although the bread can be a wonderful addition to the dinner, it is also simple to mindlessly consume many portions of it, which increases the meal's caloric intake by a few hundred calories even before the main course shows up. Using a plate and restricting the bread to one slice or portion, as with shared appetisers, can assist people control their intake. It could be best to altogether omit the bread basket if the main meal already contains a starch.

### **Balance Calories from Alcohol and Dessert**

Alcohol and dessert calories can add up rapidly, especially if several drinks are consumed throughout and before dinner, and if a higher-calorie dessert is chosen. Depending on the quantity and type of ingredients used, many desserts may contain a lot of calories. Desserts like chocolate mousse, chocolate cake, tiramisu, and cheesecake, for instance, are produced with high-calorie components like cream, sugar, butter, and eggs, so one serving might have several hundred calories.

You might want to think about if they want drink and dessert with these higher-calorie foods and, if so, restrict their portions. One choice might be to choose either drink or dessert, but not both, with the meal. Sharing the dessert with others at the table is an additional choice. In either scenario, people can make educated decisions while still enjoying the experience of dining out by being aware of the greater calorie contributions of wine and dessert.

### **Set a Limit on Alcohol**

When dining out, alcohol calories may add up rapidly. One 5-ounce (150 ml) glass of white wine, one 1.5-ounce (45 ml) glass of rum, and one 12-ounce (350 ml) glass of light beer, for instance, each have about 110 calories. Although these are some of the lightest beverages to consume, mixed drinks and cocktails often have substantially higher calorie counts due to the use of juice, mixers, syrups, and garnishes (such as sugar rims and sweetened fruit).

Before entering the restaurant, individuals can plan ahead and maintain control over their own healthy eating objectives by setting a limit of one to two drinks. Take into account the drinks' serving sizes as well as their calorie counts. The calories in some beverages, like a daiquiri, might not seem to be that high. The calories listed in Table: Calorie Counts of Popular Alcoholic Drinks

for One are, however, for only 3.5 ounces (100 ml). A daiquiri served at a bar, along with many other cocktails, might be much larger and have several times as many calories.

Calorie Counts of Popular Alcoholic Drinks		
Beverage	Size	Calories
Light Beer	12 oz. (355ml)	110
Regular Beer	12 oz. (355ml)	145
Craft Cider	12 oz. (355ml)	150
Gin or Vodka	1.5 oz. (45ml)	96
Rum	1.5 oz. (45ml)	97
Coffee Liqueur	1.5 oz. (45ml)	137
White Wine	5 oz. (145ml)	121
Red Wine	5 oz. (145ml)	125
Dry Dessert Wine	3.5 oz (90ml)	157
Red Dessert Wine	3.5 oz (90ml)	165
Bloody Mary	4.6 oz (136ml)	120
Daiquiri	3.5 oz (104ml)	229
Margarita	3.5 oz (104ml)	254
Mimosa	4 oz. (120ml)	75
Mint Julep	4.5 oz (135ml)	165
Mojito	3.5 oz (104ml)	169
Pina Colada	3.5 oz (104ml)	242
Rum and Coke	8 oz (235ml)	173
Rum and Diet Coke	8 oz (235ml)	100
Tequila Sunrise	6.8 oz (200ml)	232
Gin and Tonic	8 oz (235ml)	161
White Russian	8 oz (235ml)	568

## Enjoy the Company

While eating out may seem to be solely about the food at times (and in certain cases, it may be), it's also crucial to appreciate the setting, ambiance, and the chance to interact with your dining partners. The pleasure of the meal can be improved by taking it slowly and savouring the occasion and the company, which can also aid in preventing overeating.

## Getting Together with Friends at the Bar

It might be challenging to make decisions that fit into a nutrition plan amid the pub scene. However, by adhering to a few straightforward guidelines and suggestions, it is still possible to keep up good eating habits in these circumstances:

1. **Set a drink limit: Just like when dining out, decide how many drinks you'll have before going to the bar. People can keep in charge of their diet and their goals by setting a limit of one or two drinks in advance.**
2. **Start with a non-alcoholic beverage or water:**
3. **Starting with water or a non-alcoholic beverage like sparkling water has two purposes: it allows people to hydrate before consuming any alcohol and it also allows them to feel like they are interacting with the group without having to immediately obtain an alcoholic beverage.**
4. **Avoid drinking while you're hungry or on an empty stomach: On an empty stomach, alcohol is absorbed more quickly than when there is food present..**

▼	Low-Calorie Bar Food	High-Calorie Bar Food	▲ ↻
	Chicken Tenders (not breaded/fried)	Mozzarella Sticks	
	Chicken Satay/Skewers	Fried Jalapeño Poppers	
	Shrimp Cocktail	Onion Rings	
	Crudités and Dip/Hummus	Loaded Nachos	
	Hummus and Pita Bread	Loaded Potato Skins	
	Lettuce Wraps (with chicken/shrimp or mushrooms)	Fried Wings	
	Soft Tacos (with chicken, shrimp or vegetable, no cheese or sour cream)	Fried Spring Rolls	
	Grilled Calamari	Spinach and Artichoke Dip	

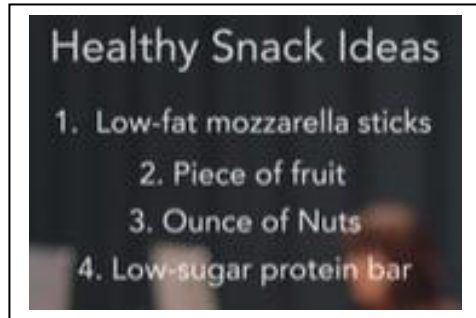
# LUNCH AT WORK TIPS

## HAVE A PLAN FOR LUNCH – PLAN AHEAD AND PACK A NUTRITIOUS MEAL

- Aim for a healthy balance of lean protein, high-fiber, carbohydrate and healthy fats. Like a sandwich, turkey and avocado on whole wheat bread with lettuce and tomato or a salad with some tunafish and a hard-boiled egg and a piece of fruit.

## 2. PLAN AHEAD AND PACK HEALTHY SNACK OPTIONS

- Keep healthy snacks nearby plain sight in order to avoid eating. Put them in a fridge if their perishable or your bag.



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## 3. FOCUS ON LIQUID ASSETS

- Hydrate with water – not or sodas or juice

sport drinks

4. Take a lunch break! Even if for 15 -20 minutes – get away from your desk, get up, move a little bit.

# MUSCLE BOUND

Strong 4 Life

# Choosing Healthy Restaurant Lunch Options

How to Choose a Healthy Meal	
Process	Questions to Consider
<b>1. Pick a protein.</b>	<ul style="list-style-type: none"> <li>◆ Is it lean?</li> <li>◆ If not, is there a leaner version that is cooked differently? (Is it grilled or poached versus fried?)</li> <li>◆ Is it an appropriate portion size? If not, can you request a smaller portion or save a portion for later?</li> <li>◆ Is there adequate protein? If not, can you request a slightly larger portion?</li> </ul>
<b>2. Pick at least two vegetables.</b>	<ul style="list-style-type: none"> <li>◆ Are vegetables available with the lunch option? Are they included in the meal?</li> <li>◆ Can you request additional vegetables either on the side or to be added to the meal?</li> <li>◆ How are the vegetables prepared? Are they raw or cooked? If cooked, are they prepared in a healthy manner: grilled or roasted versus fried?</li> <li>◆ Are the vegetables breaded or covered in a sauce? Can you request sauce on the side?</li> </ul>
<b>3. Pick a healthy, high-fiber starch.</b>	<ul style="list-style-type: none"> <li>◆ What are the starch options available for the meal?</li> <li>◆ If grain-based, is it a whole grain or a refined grain?</li> <li>◆ How much starch does the meal provide?</li> <li>◆ Is it an appropriate portion? If in excess, can you request a smaller portion or save some for a later time?</li> <li>◆ Is starch prepared in a healthy manner? Does it contain added fat (oil, butter, or cheese)?</li> </ul>
<b>4. Pick a healthy fat.</b>	<ul style="list-style-type: none"> <li>◆ Is fat included in the preparation of the meal?</li> <li>◆ Is a healthy fat part of the meal?</li> <li>◆ If not, what options are available—olive oil, avocado, nuts, seeds?</li> <li>◆ Is the amount a healthy portion? If not, can you request less or request it on the side?</li> </ul>

Many people opt for a salad as a lower-calorie lunch option, but they either add too many high-calorie ingredients (such as cheese, cream, nuts, seeds, dressings, dried fruit, etc.) or don't add any protein or nutritious fat source to finish the meal, which results in them eating more calories than if they had ordered a cheeseburger.

Protein addition to meals prolongs fullness and boosts meal pleasure (Ortineau et al., 2014; Westerterp-Plantenga et al., 2012). Healthy fats can improve the flavour of food and facilitate the absorption of fat-soluble vitamins. These include olives, olive oil, avocados, nuts like almonds and walnuts, which are all excellent sources of mono-unsaturated fats. When paired with other factors, they are also linked to a decreased risk of cardiovascular disease.

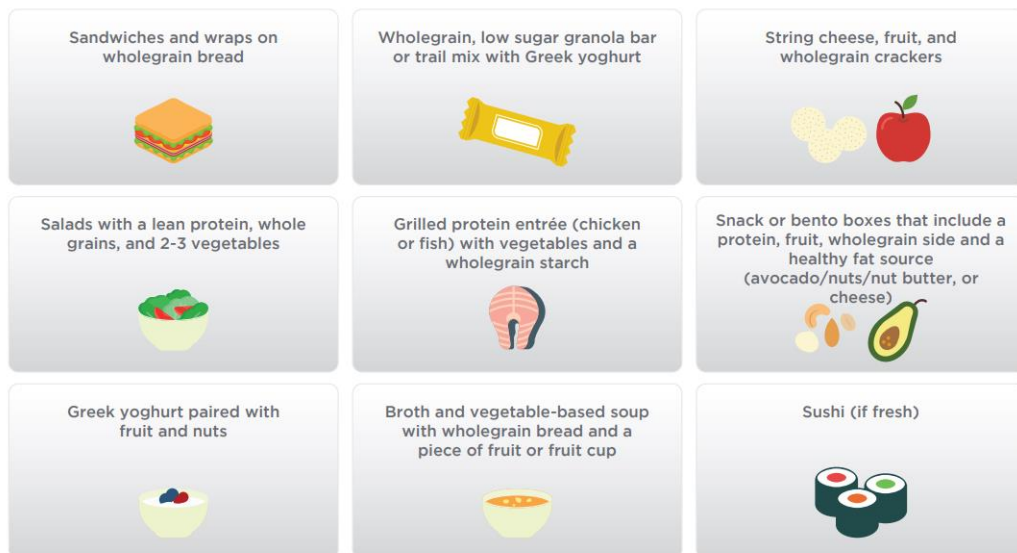
# Travel

Travel can also present many challenges with making healthy food choices. However, planning in advance can help individuals maintain their health and fitness goals and continue to eat healthy foods.

## Prior to Travelling

Create a list of wholesome, primarily non-perishable food items to bring, such as almonds, fruit and nut protein bars, nut butters, and whole-grain crackers for snacks. Pack the meals for the journey if at all possible. Food options at airports have increased recently, but if you're driving, it can still be wiser (and less expensive) to bring a little meal with you than to rely solely on what's offered there and along the way. **(Infographic: Healthy Eating at the Airport).**

### HEALTHY SNACKS AND MEAL OPTIONS AT THE AIRPORT



Find a few wholesome eateries and grocery stores in your destination before your next trip. Knowing where to dine and buy when you arrive might help relieve some of the stress and pressure associated with being able to make healthy decisions when travelling.

To make sure there are some items accessible for the trip that meet your plan, visit a nearby grocery shop upon arrival and buy fruit, breakfast options, and a few snacks (nuts, fruit and nut protein bars, or whole-grain crackers). Purchasing perishable foods like Greek yoghurt, cheese, cottage cheese, and even some veggies is a fantastic idea if the house has a refrigerator. Having food handy makes it simpler to stick to a plan, especially when you're hungry.



# HEALTHY SNACKING

















Snacks should, ideally, serve a *purpose* in an individual's diet. And, as with meals, they should be planned out and/or planned *for* within the context of an overall healthy eating pattern.

Snacks should fit into a person's calorie range and be taken into account in regard to their nutrient makeup and contribution to the person's diet. The amount of the snack will depend on the person's overall calorie requirements and preferred meal frequency.

AN INDIVIDUAL WHOSE CALORIE NEEDS RANGE FROM **1500-1800 PER DAY**, WHO LIKES TO EAT THREE MEALS A DAY WITH ONE OR TWO SNACKS, MAY WANT TO LIMIT SNACKS TO **150-200 CALORIES EACH.**

## SNACK COMBINATIONS (150-200 CALORIES EACH)

P = PROTEIN SOURCE, F = FAT SOURCE, C= CARBOHYDRATE SOURCE

<p>Plain Greek yogurt (P) with chopped fruit (C) or berries and nuts (F)</p> 	<p>Cottage Cheese (P) with fruit (C) and nuts (F)</p> 	<p>1 ounce hard cheese (P) with 1 ounce whole-grain crackers (C)</p> 	<p>Sliced vegetables (C) with 2-3 tablespoons hummus (F)</p> 
<p>1 piece of fruit (C) with 1 tablespoon of nut butter (F)</p> 	<p>1 or 2 hard-boiled eggs (P &amp; F)</p> 	<p>String cheese (or 1 ounce of hard cheese) (P &amp; F) with sliced fruit (C)</p> 	<p>Half a pita (C) with sliced vegetables (C), and hummus (F)</p> 
<p>1 ounce baked corn chips (C) with 2-3 tablespoons of guacamole (F)</p> 	<p>1-2 ounces of smoked salmon (or other lean protein) (P) on 1 slice toast (C) with sliced tomato &amp; cucumber</p> 	<p>1 cup of vegetable-based soup (C) with 1 tablespoon of shredded cheese (P &amp; F)</p> 	<p>1/2 sandwich on whole grain bread (C) with lean protein (P) and 2-3 slices avocado</p> 
<p>1 ounce of nuts (F) with 1 clementine or plum (C)</p> 	<p>Whole foods protein bar (P, C &amp; F) - check ingredients and look for a low sugar, minimally processed bar</p> 	<p>1 apple, pear, or orange (C) with 1/2 ounce nuts (F)</p> 	<p>1 ounce of fresh mozzarella cheese (P &amp; F) with sliced tomato (C)</p> 

Use the table as a guide to help put together a healthy snack. Select one food from *each* macronutrient column provided to complete your snack.

*Important: You can decide not to choose one of the column choices. However, you do not want to choose more than one option per column for each snack you put together.*

(Select one food from each column to complete your snack)		
High Fiber Carbohydrates	Lean Protein	Healthy Fat
½ - 1 cup sliced fruit or berries	½ cup 2% plain Greek yogurt	1 tablespoon of nuts
½ - 1 cup chopped fruit	½ cup plain cottage cheese	1 tablespoon of slivered almonds
1 ounce of whole grain crackers	1-2 ounces of tuna	½ tablespoon of mayo
½ whole grain pita	1 sliced hard-boiled egg	1 tablespoon of mashed avocado
1 ounce of whole grain crackers	2 ounces of low sodium deli meat	½ ounce of light, low sodium cheese
4 ounces carrot, celery and or red pepper slices	1 hard-boiled egg	2 tablespoons of hummus

Snacking due to boredom and/or mindless snacking can contribute to weight gain if it leads to an excess consumption of calories beyond an individual's energy needs over a prolonged period of time. Snacking due to boredom can occur in various situations: at work on a slow day, in the evening after dinner, or on a weekend afternoon at home.

- Look into alternatives to eating that are healthy habits. These might include the next:
- Taking a quick walk after work:
- Walking for even ten minutes can be reviving and energising and divert attention from food.
- Making a call to a friend or member of your family can improve your spirits and give you the chance to catch up with them. An all-around healthy lifestyle also includes maintaining social and familial ties.
- starting a new hobby
- People who experience boredom in the evenings following meals or on weekends might benefit the most from this. There are numerous benefits to taking up a new pastime like painting, crafting, joining a reading club, or learning a new sport.

## SNACK BUILDING WHEN TRAVELING:

<b>Look for least-processed food items.</b>	The healthiest and least processed food option is usually fresh fruit, which is readily accessible in most delis. Look for packaged foods with the fewest ingredients possible (preferably five or fewer) and a balanced, healthy nutrient profile (low in saturated fat, sodium, and added sugars).
<b>Look for a lean protein and carbohydrate-based snack.</b>	Determine a lean protein snack item from the given possibilities (e.g., a vending machine). In a deli or medicine shop, cottage cheese, string cheese, and yoghurt can all be found in the chilled case. A protein bar with little processing and little added sugar can also be a good option.
<b>If a protein source is not available, choose a healthy fat or a minimally processed, low-sugar carbohydrate option.</b>	When confronted with the choices offered by a vending machine, this can be the case. There may not always be a protein-rich option at vending machines, but there is usually a package of dry, roasted nuts or trail mix. These can be the options from the vending machines that have undergone the least processing. A whole grain, low-sugar protein or granola bar is another choice for a carbohydrate snack that is also low in added sugar. As with all packaged foods, look at the serving size and nutrition facts panel on the item to account for the nutritional value of the product in their diet.