

HEALTHY EATING OUT

Everyone enjoys eating out – it is part of Kiwi life! It could be dining in at the local takeaway, getting a 'family deal' at a nearby restaurant or going somewhere to celebrate that special occasion.

Remember – the more you are eating out the more you need to watch what you are eating!

Food outlets are becoming more and more aware that customers would like to have healthy options available to them. Look out for these menu items and don't be afraid to ask for extras, such as mayo on the side.

Eating out too often puts you at risk of eating too much:

- **Saturated fat – which is not good for your heart**
- **Sugar**
- **Salt**

And not enough:

- **Fibre**
- **Vitamins**
- **Minerals**

LOOK AFTER YOUR BODY – WHEN YOU ARE EATING OUT:

- If it is available, look at the venue website to check if the options are suitable or not before you actually go there.
- If you are served too much food ask for a doggy bag.
- If options are limited aim to at least avoid deep fried options and include a selection of vegetables
- Choose a healthy drink – water is best or try juice with ice or low-fat milk. Avoid high-sugar fizzy.
- Try sharing a dessert with a friend or family member rather than having a whole one yourself
- Try making a meal for your family at home as a special treat – it is easier to make a healthy meal when you know all the ingredients yourself!
- Look out for 'up-sizing' deals. Large servings may be "value for money", but are they really what our bodies need? We don't need to come away from a meal bloated to have had a good time! It is better to pay less and have a normal sized meal.

Healthy Nibbles Nutrition Updates for Secondary Schools

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For more information visit: www.cph.co.nz

Canterbury

District Health Board

Te Poari Hauora o Waitaha