



## Chinese

Fried rice & Crispy noodles  
Sweet & Sour Pork  
Fried Finger foods  
Stir fries with battered options  
Pan Fried dumplings  
Fried spring or egg rolls  
**High Fat Lingo:**  
Fried, breaded or anything coated in flour

Chicken & sweet corn soup / broths  
Hot & Sour, wonton soup  
Spring / egg rolls  
Stir fries with beef, chicken, seafood and veggies, added as thin topping to plain rice, keep ratio of 2:1 rice to topping.  
**Low fat Lingo:**  
Steamed, Poached (Jum),  
Broiled (Chu), Barbecued (shu)

### **A few words on Banquets:**

Skip the fried finger foods and start with soup

Pace yourself for a set number of bowls, Add a bed of plain rice to your bowl and top up with a little of the main dishes that are suitable.

Avoid filling up with everything!  
Eat with chop sticks to slow you down and reduce the amount of sauce you eat!



## Mexican

Nachoes—especially 'supreme' with cheese, sour cream & guacamole  
Chimichanga (fried burrito)  
Challupa (deep fried tortilla)  
Con queso (cheese) dips  
Relleno (deep fried capsicums)  
Taco Salad

**Fajitas are the best choice!**  
Chicken, beef, seafood, wrapped in soft tortilla bread with salad fillings  
**Not too bad:**  
Grilled/oven baked tortillas & burritos  
Tostadas: lots of salad fillings, sprinkle .  
Salad with low fat dressings.  
Grilled fish or chicken options.

Unfortunately Mexican food is usually high in fat; taco shells and corn chips are fried in oil and meals come with cheese, sour cream, beans and rice cooked in lots of oil.

The good news is spicy salsas and chillies are low in fat and can dress up a meal to make it tasty (and hard to over eat).

Ask for plain rice (not fried) and plain beans (not refried)

And again—go easy on the sour cream & guacamole



## Indian

Fried Finger Foods, samosa's  
Naan, chapatti, kulcha and roti breads are all fried, and may range from moderate to high in fat.  
**Avoid dishes with:**  
Ghee, pakora, korma, coconut based dishes, cream, fried or crispy dishes

Tandoori-baked meats  
Tikka sauces, masala, vindaloo, lentil soup raita sauce, , curried vegetables steamed rice, lassi.  
Other plain stir-fires and curries without coconut milk / ghee added as a topping to rice

When eating Indian some care is needed when selecting your meal to choose the right option as much of the food is prepared with ghee (clarified butter) or is fried or sautéed. Sesame and coconut oils are the most often-used oils.

So read closely to make sure you choose the low fat options!



## Thai

Fried Finger Foods, (fried spring rolls, curry puffs, money bags, dumplings)  
Coconut based curries (Green, red, yellow)  
Peanut based Satay sauces.  
Fried Rice

Broth based soups  
Tom Yum Soup, Hot & Sour soup  
Stir-fried, grilled, steamed or baked dishes.  
Pad Thai  
Dishes with plenty of vegetables  
Oyster sauce options

Thai can be a great eating out option as it contains many low fat options with plenty of fresh and nutrient dense produce. However it is important to read the menu and choose wisely, options that contain coconut or pastry will be high in fat, keep it lean with plenty of fresh veggies and go easy on the nuts!



## Turkish

Meats can vary in fat between shops, generally the chicken will be leaner, check if the falafel is deep fried or lightly fried.  
**High fat sauces:**  
Mayo, garlic & yoghurt (check with shop if use low fat yoghurt)  
Ranch, full fat honey mustard.

Have plenty of salads  
**Low fat sauces:**  
Sweet chilli, Barbecue, tomato, low fat honey mustard and low fat mayo (if available)  
Meats used are moderate in fat, usually around 25% fat.

Kebabs are a lower fat takeaway option, but shouldn't be thought of as an every day choice as the fat content of the meat is usually quite high. Remember to keep the sauces low in fat and include plenty of fresh salad ingredients and you have yourself a pretty healthy takeaway!



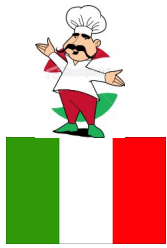
**High Fat options**



**Healthier choices**



**Chefs top tips**



**Italian**

Fried or breaded options  
 Alfredo (fettuccine),  
 Carbonara and Parmigiana

Cheese and cream sauces  
 Parmesan dishes  
 Lasagne (laden with cheese)  
 Linguine with Italian sausages  
 Spaghetti cabonara  
 Frito Misto  
 (plate of deep fried seafood)  
 Calzone on Cannelloni  
 (when stuffed with cheese)

Have dishes grilled or baked.

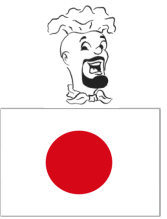
**Low fat options:**  
 Minestrone soup,  
 Chicken Masala (smaller portion)  
 Pasta e fagioli (broth-based soup made with pasta and beans),  
 Grilled calamari, grilled eggplant or peppers.  
 Vegetable antipasto (dressing on side)  
 Linguini or spaghetti with tomato based sauce  
 Thin based pizza - easy on the cheese!

**Add an extra serve of vegetables to your meal to help fill you up.**

Avoid eating the bread before the meal, choose a minestrone soup instead!

The great thing with Italian is improvisation, ask for options that can be reduced in fat—such as having the sauce on the side, holding back on the cheese, asking for more vegetables to be added to your dish and less pasta.

Moderation is the key here, avoid ordering numerous dishes and try your best to keep the portions under control, even consider ordering a couple of appetizer dishes as a main course.



**Japanese**

Fried dumplings  
 Tempura (deep fried)  
 Tonkatsu (breaded pork)  
 Yakitori (skewed meat in rich, sugar coated sauce  
 Sake

Steam, grilled or baked dishes  
 Sushi, sashimi, teriyaki's, Miso soup  
 Teppanyaki, sukiyaki dishes

**Low fat flavours / sauces:**  
 Soy sauce, ponzu, ginger, wasabi, ginger and mirin.

Japanese is a healthy, low fat and nutritious options, apart from those few higher fat options you can't go wrong with Japanese options.  
 However remember to keep your portions specific to your needs or plan .

# 10 tips when eating out

**(1.)** Order and extra plate of vegetables as a side dish as often restaurant meals are light in veggies, this can act as a better option than an entrée.

**(2.)** If you desire an entrée choose a clear or low fat soup, this will control your appetite to avoid excessive servings.

**(3.)** Always have water available at your table, drink a glass of water for every glass of alcohol, to help reduce you calorie intake from alcohol at your meal.

**(4.)** Read the menu thoroughly and follow the suggestions above.

**(5.)** Check if your sauce comes with cream, even some tomato based dishes can be topped with cream adding extra fat and calories to your meal. If possible ask for sauces to be served on the side.

**(6.)** If you really want a dessert, choose an entrée as a main with a side dish of vegetables to allow for the extra calories of a dessert.

**(7.)** If eating Asian foods, try to use chopsticks, you will eat slower, meaning you will be less prone to eat excessive portions, also you will eat less of the sauce, which can be high in sugar or fat.

**(8.)** Avoid garlic based garlic or herb breads soaked in butter, choose olive oil as a sauce on the side, or go for a soup broth option for your entrée instead.

**(9.)** If you feel like a dessert, try a trim hot chocolate instead to get your sweet fix without the added calories.

**(10.)** If eating from a buffet, walk through the buffet first to decide options you will choose, keep to one plate for each course, include plenty of veggies and avoid pastries and deep fried options.

