

5 Tips for surviving the buffet

- ✓ **Avoid Compost eating:** this is when you move from dish to dish and continue to load your plate up continuously, this can result in excessive portions and a poor distribution of nutrients.
- ✓ **Walk through the buffet first:** Always walk through the buffet to establish what options are available, then decide what you will eat at the meal, this allows for portion control and the ability to choose the best options.
- ✓ **Be disciplined in your choices:** Often buffet's will contain choices you wouldn't normally consume such as high fat dishes or sweet dessert options. During competition your energy expenditure is significantly reduced compared to heavy training, therefore excessive consumption of treat options may have more of a dramatic effect on body composition than usual. Choose these options in moderation ideally when your competition is completed.
- ✓ **Control portion size:** As competition results in less energy expenditure, portion control at the buffet is important. Avoid eating extra plates of food, especially if this amount is excessive to your usual intake. Visualise the portion plate (reverse page) to get an idea of portion control. Also avoid hanging out in the restaurant after you have eaten, this can lead to eating for entertainment rather than need.
- ✓ **Fill up with veggies first:** Often in a buffet it can be easy to load up on meat and carbohydrates first leaving little space for vegetables. Filling up with veggies first it allows for an easier control of portions and a better plate balance.

Breakfast options

Low fat (healthy options)

- Most breakfast cereals
- Poaches, scrambled eggs or dry fried
- Lean bacon / chicken bacon
- Baked beans
- Spaghetti
- Fresh fruit
- Low fat / fruit based yoghurt
- Berries, canned fruit
- Breads
- Fresh juice
- Fruit smoothies



High fat

- * Croissant's
- * Danishes
- * Pastries
- * Muffins (especially large cake style)
- * Heavily fried / fatty bacon
- * Sausages
- * Fried eggs
- * Items using excessive cheese
- * Deep fried items
- * Chocolate based items (chocolate crepes)
- * Heavily toasted muesli's
- * Deep fried hash browns



Lunch options

Low fat (healthy options)

- Lean meats (low fat ham, chicken, lean beef)
- Fresh salad fillings or salads without dressings
- Sushi
- Wraps / bread / rolls / subs
- Fresh tomato based pastas / pasta salads
- Home made / healthy pizza
- Baked potatoes
- Fresh fruits
- Low fat yoghurts
- Lean meat and vegetable based stir fry's
- Fruit slices / fruit breads

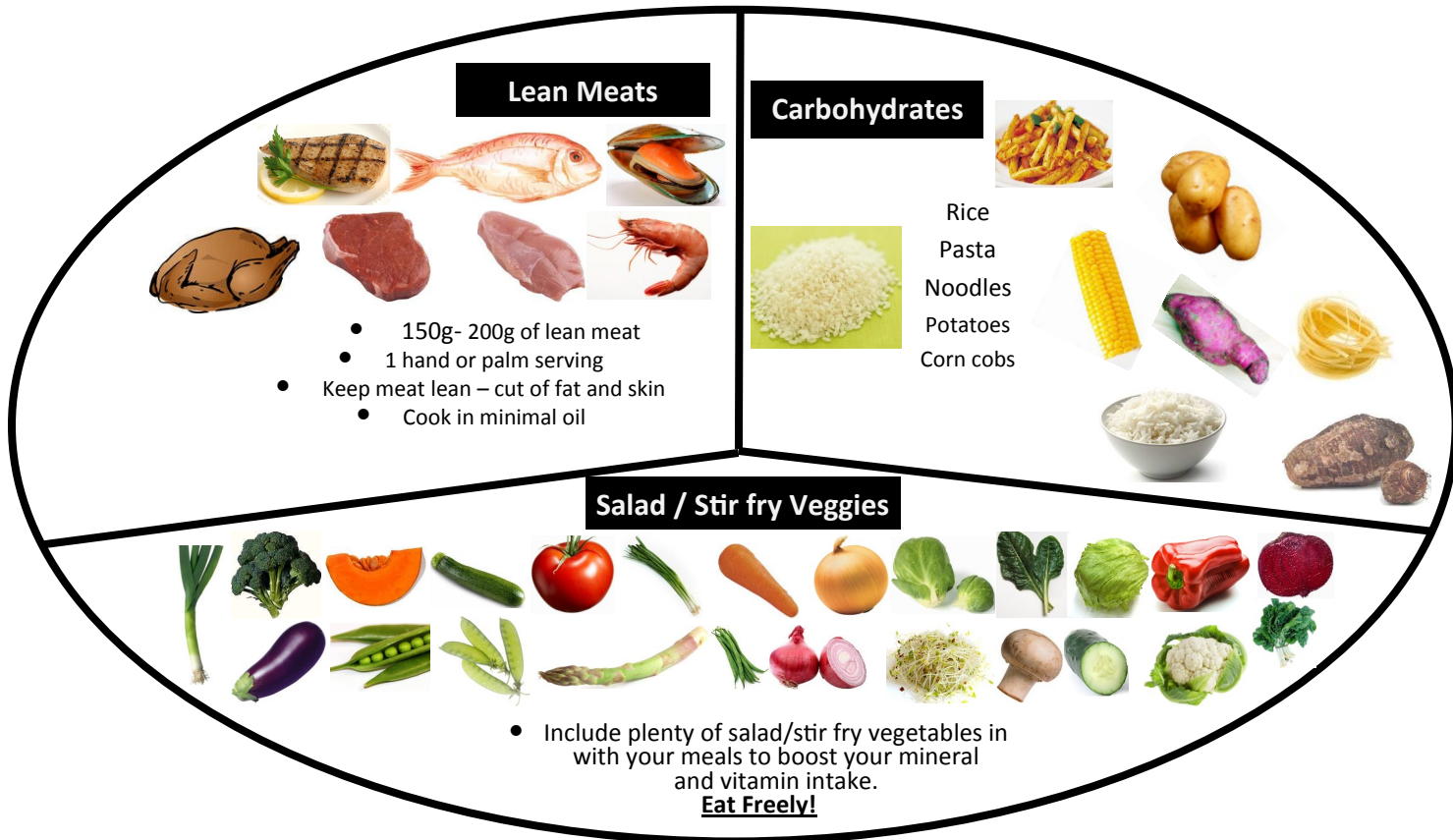


High fat

- * Pastries
- * Savouries
- * Fatty meats (salami's, pepperonis)
- * Creamy based pasta's (white sauce)
- * Cream based curries
- * Commercial type pizza (extra cheese)
- * Fatty spreads (butter, mayonnaise, salad dressings)
- * Greek yoghurts
- * Deep fried fillets / sushi
- * Crispy noodles



Basic Portion Plate model



Dinner options

Low fat (healthy options)

- * Grilled meats
- * Boiled / steamed rice
- * Sweet sauce based stir fry's
- * Pasta (tomato based)
 - * Minestrone
- * Clear soups / broth based soups
 - * Non creamy soup
- * Baked / Grilled vegetables
- * Tikka / Tandoori based sauces
- * Baked potatoes, chips & wedges
- * Salads - dressings available on side
- * Summer rolls or steamed dumplings
 - * Noodle soups and dishes
- * Thin based gourmet style pizza (plenty of fresh toppings)
 - * Hamburgers with single lean beef patty
- * Keep spreads very thin and small serves of mayo
 - * Non creamed based risotto's
- * Sorbet / Low fat ice cream / frozen yoghurt

High fat

- * Sausages
- * Deep fried chicken / fatty chops
 - * Deep fried options
 - * French fries
- * Commercial style pizza
- * Fried fish and chips
- * Cream based curries
- * Creamy based pastas (Alf redo / fettuccine)
 - * Cheesy lasagne
 - * Tempura meats
 - * Fried rice
- * Sour cream's / Guacamole
- * Cheesy potato bakes
- * Roasted vegetables (sitting in oil)
- * Butter chicken / creamy Indian dishes
 - * Deep fried finger foods
 - * Spring rolls
- * Double beef patty hamburgers