

EATING OUT AT CHRISTMAS



The long season of Christmas parties may make it seem as if healthy eating is out of the window for the month of December! However, eating out can actually be easy if you know what to pick...

Fill yourself up with the good stuff

Have a starter and a main course, or just a main course, but not a dessert. Avoid any bread, prawn crackers or similar. In fact it is best to ask the waiter to take these things away, thus removing the temptation. Instead, ask them to bring some olives. Try and stick to just one glass of good quality wine and remember to drink plenty of water.

Watch out for Hidden Sugar

When you are choosing items from the menu, watch out for the hidden sugar and high GL carbs in sauces, pickles and dips. For example, all Thai restaurants do very tasty fish cakes. These are better than things like spring rolls because they have more protein - but other types of fish cakes may have a high potato content so be careful. Also avoid sweet chilli sauces which accompany many Thai dishes.

Remember, you can order 'off menu'

For instance, if you like the sound of the fish or chicken, but not the cream sauce, ask for it without, or swap it for another method of cooking. Don't be afraid of asking for exactly what you want.

Always order vegetable dishes

Make sure you order plenty of vegetables and salad with your meal and, if you haven't had enough, order more!

Avoid fried food

Choose food that hasn't been deep fried, so go for non-fried egg noodles or a small portion of plain or coconut rice. Wild rice is also a good option if available. Share portions between 2 or even 3 people.

Japanese restaurants are great

All offer wonderful fish dishes, from Teriyaki salmon to Sashimi. Sushi isn't as good as it includes a lot of sweet white rice.

You are in charge of what goes in your mouth – not the waiter or your companions

By the time you get to the end of the main course you should feel satisfied. Most puddings need to be avoided as they will almost certainly be high in saturated fat and sugar. Fresh strawberries make an ideal end to any meal, but if they are not available, a small portion of vanilla ice cream is OK once in a while. If you'd like an after dinner drink, choose jasmine or peppermint tea, which is great for digestion.

TIP

Encourage the family to get out in the fresh air with you for a morning walk - it's a great way to start the day and spend quality family time together too.

