

# Tips for Eating Out

Eating out can be a real treat, especially with the new government scheme 'Help out and Eat out'. Here are some tips to help you to make healthier choices and be mindful of what you are eating. The choices we make, will have a big impact on our weight, and our health.

- **Have a small healthy snack before you leave.**  
This can help prevent over ordering with hunger when you arrive.
- **See what restaurants are available near you to see what choices you have.**  
You don't have to go to the closest fast food restaurant.
- **Look at the menu before you go.**  
You can see what is available and it may have nutritional/calorie information attached.
- **Avoid the bread basket, especially if you eat butter.**  
Get a low calorie drink to sip while you wait instead.
- **Be mindful of the calories in your drinks.**  
A milkshake or cocktail (depending on where you are eating) can contain more calories than a burger. Water, sugar free soft drinks or soda spritzers are low calorie options.
- **Be wary of going for large meal offers.**  
It may work out cheaper, but will add lots of unnecessary calories.
- **Try going for two of your favourite courses rather than three.**  
Do you need a dessert as well as a starter? If you do order three courses, can you order smaller servings? Then you can enjoy all your courses, with less calories.
- **Be mindful at buffets and BBQ's.**  
Look at all the food available before putting any on your plate. Go for smaller portions of your favourite foods, and fill gaps with healthier options (salad/veg).

**Creamy sauces contain more calories than tomato based sauces.**

**Can you choose rice or a jacket potato instead of fries?**

**Grilled meat, chicken or fish contains less calories than fried.**

## **Concerned about your weight, eating behaviours or lifestyle habits?**

The One You Kent team are offering free, online weight management programmes and 1:1 advice. For more information, go to [www.oneyoukent.gov.uk](http://www.oneyoukent.gov.uk)

Or contact the team on **0300 020 0636**

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