

Healthier eating when eating out of home

Eating out can be a great experience but "supersize" portions, endless variety, tasty-but-kilojoule dense condiments and bread baskets can turn out to be a dietary disaster, never mind a waist line expander!

It has been a long year, you've worked hard, surely you deserve a break? Yes, but how about deserving a head start on reaching our personal wellbeing goals? How about deserving not to fall into the 'New Year Resolution' crutch along with the crowds?

Take the challenge - we encourage you to put these tips into practice and make smarter choices this holiday. We assure you that come the new year, you'll be feeling energetic, refreshed and ready to take the 'rat race' in style. Serias!



BEFORE eating out:

- ✔ Think about what you want to eat before arriving at a function or restaurant. This helps with the "wont power" when perusing the menu.
- ✔ Don't go out ravenous as it encourages bingeing - eat a smart snack such as fresh fruit, yoghurt, health bar or handful of nuts.

DURING eating out:

- ✔ Eat mindfully. Put your fork down between mouthfuls and chew well.
- ✔ Engage in conversation and stop eating while talking or listening to others.
- ✔ Send your plate away before you feel full- don't leave it in front of you to temp you!
- ✔ Dessert denial: Giving up dessert is the easiest way to reduce a lot of kilojoules but is often the hardest thing to do. So what's the answer? Simply order one dessert and share. You'll find that just a few bites will satisfy your desire for a sweet ending!

Food for thought:

We know from many studies that people eat more when confronted with more food! The Amer J Clin Nutrition reported a study done with adults who were given 4 portions on different days of macaroni and cheese.

The difference was that the portions ranged from 500g to 1000g.

RESULTS? The adults ate similar amounts and reported similar ratings of fullness after each meal despite the difference in serving size. Only 45% of the group tested reported noticing that the portions were different!

Take home message: Dish yourself less and don't go for supersized family pack items as we all know that 3 blocks of chocolate or a handful of crisps quickly becomes the whole slab or packet!