

Ultimate Guide to Eating Out

How to enjoy your food without worry



Eating out can be a challenge for anyone who is trying to manage their weight. Yet it is an important learning curve, as developing a long-term, sustainable lifestyle change is not about depriving yourself from social situations or going out and enjoying nice food – it is about learning how to make better decisions without any fear of missing out.

When we eat out, it's tempting to indulge in rich, delicious foods, and it can be tough to resist the social pressure to overindulge. However, with some simple strategies, you can still enjoy eating out without sabotaging your weight loss goals!

In this guide, we'll cover some tips and strategies for eating out while staying on track with your weight management goals.

01

PLAN AHEAD

One of the best ways to ensure that you make healthy choices while eating out is to plan ahead. Check out the menu online before you go, and decide what you'll order in advance. This will help you avoid impulsive decisions and make healthier choices.

02

NAVIGATE MENUS LIKE A PRO

When you're at the restaurant, look for healthy options on the menu. Choose lean proteins, such as grilled chicken or fish, and opt for vegetable sides instead of fries or other high-calorie options.

The following methods often indicate high-calorie meals: fried, sautéed, buttery, pan-fried, au gratin, creamy, scalloped, breaded, crispy, rich, alfredo, battered, stuffed

On the other hand, some of the green flags are: braised, roasted, steamed, grilled, broiled, pan-seared, broth

Also, watch out for hidden sources of calories, such as sauces, dressings, and toppings. Ask for these on the side, so you can control how much you consume.

03

PRACTICE PORTION CONTROL

Restaurant portions are often much larger than what you would eat at home. To avoid overeating, consider splitting a meal with a friend or taking half of your meal home for later. Another option is to order an appetiser or a small plate instead of a full meal.

04

BE MINDFUL OF DRINKS

Drinks can be a major source of hidden calories when eating out. Choose water or unsweetened tea instead of sugary drinks like soda or juice. If you choose to drink alcohol, stick to one or two drinks and avoid high-calorie cocktails.

05

DON'T SKIP MEALS

One common mistake people make when eating out is to skip meals earlier in the day, thinking that they will "save" calories for their restaurant meal. However, this can actually backfire, as it can lead to overeating later on.

Instead, eat a healthy meal or snack before you go out. This can help you feel full and satisfied, and make it easier to resist temptation while at the restaurant.

06

ASK FOR MODIFICATIONS

Don't be afraid to ask for modifications to your meal. Most restaurants are happy to accommodate special requests, such as substituting vegetables for pasta, or leaving off the cheese or dressing.

By customizing your meal, you can make it healthier and more in line with your weight management goals.

07

TAKE YOUR TIME

Eating slowly and mindfully can help you feel more satisfied with your meal, and avoid overeating. Take your time, savor each bite, and enjoy the company of your dining companions. By practicing mindful eating, you can still enjoy social situations while staying on track with your weight loss goals.

08

DON'T BE TOO HARD ON YOURSELF

Remember, one meal or one night out won't derail your weight loss progress. If you do indulge a bit, don't beat yourself up about it. Just get back on track with your healthy eating habits the next day.

09

FOCUS ON SOCIALISING

Lastly, remember that the main purpose of eating out is to socialise and enjoy the company of others. Focus on the conversation and the company, rather than solely on the food. This can help you stay on track with your weight management goals, while still enjoying a great night out.

Eating out doesn't have to be a hindrance to your weight management goals. By planning ahead, making healthy choices, practising portion control, and focusing on socialising, you can still enjoy restaurant meals while staying on track with your weight loss journey.