



Dining Out **GUIDE**

At Jenny Craig, we take a holistic approach to weight loss and understand that life is for living. That's why this dining out survival guide will help you strive for balance, not perfection.

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TIPS FOR DINING OUT

One of life's pleasures is dining out with family and friends – but how do we stay on track with our weight loss goals during social occasions?



GENERAL DINING OUT TIPS:

- » Plan – avoid temptation by choosing what you’re going to eat ahead of time.
- » Choose your drinks – avoid kilojoule laden drinks, like soft drinks or alcohol. Instead, choose soda water with fresh lime, diet soft drinks, light beer, or a wine spritzer (½ wine, ½ soda water).
- » Speak up – don’t be afraid to make specific requests for healthy variations.
- » Share desserts – if you need to give in to your sweet tooth.
- » ‘Pimp’ your meal – make your choices bigger and more satisfying by adding non-starchy vegetables.
- » Avoid supersizing your meal and anything described as ‘supreme’, ‘jumbo’, ‘deluxe’ or ‘the works!’

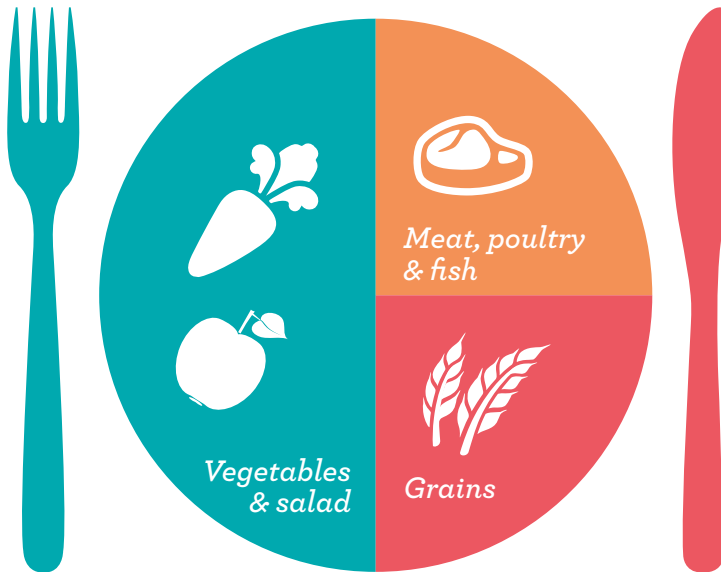
<i>Typical serve size & kilojoule content of alcoholic beverages*</i>		
Beverage	Common serving size (mL)	Kilojoules (kJ)
<i>White Wine</i>	150	426
<i>Red Wine</i>	150	509
<i>White Wine Spritzer</i>	150	213
<i>Champagne</i>	150	465
<i>Beer, light (bottle)</i>	375	386
	330	340
<i>Beer, full strength (bottle)</i>	375	570
	330	502
<i>Beer, low carb (bottle)</i>	375	454
	330	399
<i>Spirits</i>	30	282

*Note: The above servings provided are not equivalent to 1 standard drink. For more information on standard drink serve sizes please refer to the following websites; Australia: www.alcohol.gov.au New Zealand: www.alcohol.org.nz. Values are approximate.

Source: Department of Health, Australian Government, CalorieKing.

THE HEALTHY PLATE APPROACH

Sometimes we get caught off guard and don't get the chance to plan ahead. If this happens, use the 'healthy plate' to help you make a healthier choice. Your healthy plate is $\frac{1}{2}$ filled with vegetables, $\frac{1}{4}$ with meat or meat alternatives and $\frac{1}{4}$ with bread, cereals, rice, potatoes, pasta or noodles; wholegrain where possible.



In the following pages, we guide you on how you can make the healthiest choices when dining out.



FRENCH CUISINE

The typical French dinner can often have 3 or 4 courses including an entrée, main, cheese course and dessert. However, the portion size of meals tend to be smaller.

<i>Best Choices</i>	<i>Choose Sparingly</i>
<i>Broth-based soups Eg. bouillabaisse (fish soup)</i>	<i>Cream-based soups</i>
<i>Steamed or blanched vegetables</i>	<i>Cheese or cream sauces Eg. au gratin, hollandaise, béarnaise, béchamel. Vegetables sautéed in butter</i>
<i>Vegetable salads dressed with a light vinaigrette</i>	<i>Salads with creamy dressings</i>
<i>Wine or mustard sauces (without cream)</i>	<i>Meals that are fried or come with a creamy sauce</i>
<i>Grilled or roasted lean meats, fish and poultry</i>	<i>Pâté, fatty meats, foie gras and sausages</i>



ASIAN CUISINE

Some wonderful flavours used in Asian cuisine include ginger, garlic, soy, chilli, fish paste, lemongrass, mint, basil, sesame, coriander and lime juice.

<i>Best Choices</i>	<i>Choose Sparingly</i>
<i>Clear soups Eg. tom yum soup</i>	<i>Coconut based dishes Eg. laksa, coconut based curries</i>
<i>Stir fried vegetables</i>	<i>Satay dishes</i>
<i>Braised meats</i>	<i>Battered/fried dishes Eg. sweet and sour pork, fried noodles</i>
<i>Nori rolls / sushi / rice paper rolls</i>	<i>Tempura dishes</i>
<i>Steamed rice</i>	<i>Prawn crackers</i>
<i>Steamed dim sum</i>	<i>Fried dim sum or fried spring rolls</i>



PUB/BISTRO CUISINE

Most pub/bistro meals are made from basic ingredients, which means you may have the option for food to be prepared to your liking. If it's not listed on the menu, just ask.

<i>Best Choices</i>	<i>Choose Sparingly</i>
<i>Grilled or roasted lean meats, seafood and poultry</i>	<i>Fried or crumbed foods Eg. schnitzel, fried fish</i>
<i>Salad or vegetables as a side</i>	<i>Wedges or chips</i>
<i>Wholegrain or sourdough bread</i>	<i>Garlic bread</i>
<i>Tomato-based sauces</i>	<i>Creamy sauces Eg. garlic sauces</i>



ITALIAN CUISINE

Italian cuisine offers a variety of healthy choices packed full of flavour. Choose pasta or risotto dishes with tomato, mixed vegetables and/or seafood. Grilled meats and fish are other great choices, served with cooked vegetables or salad. Enjoy the subtle flavours of garlic, oregano, parsley, rosemary, basil, olive oil, balsamic vinegar and more. Watch out as some dishes may contain significantly more oil, butter, cream or cheese than you would use at home.

<i>Best Choices</i>	<i>Choose Sparingly</i>
<i>Tomato based sauces</i>	<i>Cream based sauces</i>
<i>Bruschetta</i>	<i>Garlic bread</i>
<i>Vegetable-based dishes</i>	<i>Salami or pepperoni dishes</i>
<i>Thin crust vegetarian pizza</i>	<i>Meatlovers pizza</i>
<i>Small amount of parmesan cheese</i>	<i>Four cheese sauce</i>



GREEK & MIDDLE EASTERN CUISINE

Greek and Middle Eastern cuisines offer a wonderful variety of lean meats, grilled fish and seafood. Vegetables and legumes also feature regularly with flavours such as garlic, lemon, mint and cumin.

Watch out - some dishes contain significant amounts of oil, so reduce the portion size of these if you're watching your weight and want to limit your kilojoule intake.

<i>Best Choices</i>	<i>Choose Sparingly</i>
<i>Grilled fish or meats</i>	<i>Fried foods</i> <i>E.g. fried calamari, fried cheese such as haloumi and saganaki</i>
<i>Dolmades</i>	<i>Spanakopita</i>
<i>Lamb kebab in pita</i>	<i>Cured meats / sausages</i>
<i>Grilled vegetables</i>	<i>Fries</i>



INDIAN CUISINE

Colourful and richly flavoured, Indian cuisine has a variety of spicy and mild options. Traditionally, Indian cuisine offers predominantly vegetables with rice and an assortment of bread with little emphasis on meat dishes. Be adventurous with vegetable, lentil and chickpea dishes, as you will find they are wonderfully flavoured with spices such as cumin, turmeric, chilli, garlic, coriander and saffron.

Best Choices	Choose Sparingly
<i>Tandoori chicken or fish</i>	<i>Lamb korma</i>
<i>Yoghurt or tomato based curries</i>	<i>Cream based dishes</i>
<i>Basmati rice</i>	<i>Pappadums</i>
<i>Lentil or chickpea dahl</i>	<i>Garlic Naan bread</i>



MEXICAN & SPANISH CUISINE

If you love beans, you'll love Mexican & Spanish food. High in protein and fibre, most dishes containing beans make a great option when dining out. Enjoy the spicy seasonings and 'kick' from the delicious Jalapeno peppers.

Some ingredients used in this cuisine can be high in saturated fat, so go easy on the dishes containing lots of sour cream.

<i>Best Choices</i>	<i>Choose Sparingly</i>
<i>Burritos with kidney beans</i>	<i>Nachos</i>
<i>Soft taco, burrito or fajita</i>	<i>Chimichanga (deep fried burrito)</i>
<i>Salsa dip with tortilla</i>	<i>Corn chips and sour cream</i>
<i>Paella marinara</i>	<i>Empanadas</i>
<i>Grilled corn cob</i>	<i>Chorizo</i>

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