



# Our eating out guide to **THE GOOD, THE BAD AND THE UGLY**

You've lost the weight or are on maintenance and naturally you don't want to put it all back on - but you love going out to eat. What can you do? Well, Inspiration has looked at some popular restaurant dishes to see what's good, what's bad and what's down right ugly.

## General tips for all restaurants:

- Choose grilled options
- Beware of sauces as they are often the main source of calories/fat.
- Don't be afraid to ask how something is prepared/cooked.
- Don't be afraid to ask for the sauce to be removed or put in a side dish.
- Phone in advance to get a copy of the menu and if possible the calorific content of the food.
- Remember you don't have to eat everything on your plate.
- Eat slowly
- When you are full, stop eating. If there is still food left on the plate either ask for the plate to be removed or pour salt over it so you won't be tempted to pick at the leftovers.

## Pub Grub

The Good	The Bad	The Ugly!
Tomato/Minestrone Soup (no bread)	Chicken strips/dippers	Nachos – any variety!
Prawn Cocktail (no bread)	Chicken liver pate	Stuffed Potato Skins
Jacket Potato with: Beans or Low fat cottage cheese	Jacket Potato with: Prawn Mayo or Chilli	Jacket Potato with: Tuna Mayo or Cheese
Grilled chicken breast with plain jacket & vegetables	Rump Steak with chips	Mixed Grill
Tomato Vegetable Pasta	Cottage Pie with Chips	Lamb shank with buttered new potatoes and vegetables
Prawn or Salmon Salad (no dressing)	Traditional Fish & Chips	Tex Mex Platter
Sorbets, Fruit Salad, 1 scoop Ice-Cream	Apple Pie with Ice Cream, Cheese-cakes	Sponge (treacle, jam, toffee) with Custard, Belgian Waffles

## Indian

The Good	The Bad	The Ugly!
Tandoori chicken or prawn	Chicken: Dopiaza, Dhansak, Jalfrezi	Creamy curries: Korma, Passanda & Massala
Fish or chicken tikka	Plain Basmati rice	Pilau rice
Chicken Shashlik	Plain naan	Peshwari naan
Dahl	Fish/vegetable curry	Biryani's
Cauliflower bhajee	Onion bhajee	Bombay potato

## Chinese

The Good	The Bad	The Ugly!
Steamed rice	Singapore noodles	Egg/Special fried rice
Szechwan prawns	Sweet & Sour Prawns	Sweet & Sour Chicken (balls)
Chicken chop suey	Chicken & Cashew Nuts	Chicken/beef in black bean sauce
Hot & Sour soup/Chicken & Sweetcorn soup	Prawn crackers	Seaweed (deep fried)
Mushroom chow mein	Special chow mein	Duck with mushroom & bamboo shoots
Lychees	Ice cream	Toffee Banana

## Italian

The Good	The Bad	The Ugly!
Minestrone Soup	Garlic Bread	Garlic Mushrooms
Tomato based pasta dishes: arrabiata	Spaghetti Bolognese	Cream based dishes: carbonara
Thin based pizza with vegetable/seafood toppings	Pizza's with meat toppings	Deep pan pizza – any variety
Potato Gnocchi with Tomato Sauce	Mushroom Risotto	Lasagne
Fresh Fruit with Sorbet	Zabaglione	Tiramisu