

Eating out? What would a dietitian choose?



You're staring at a mouthwatering menu... surely there's something you can eat without derailing your diet? Two food experts tell us what they order

OUR DIETITIANS



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Burger bar

NATHALIE If I feel like a burger, I'll order a beef patty but will go without the chips and fizzy drinks – they can double the kilojoules in the meal. Be wary of sauces and toppings: mayo and cheese are big kilojoule culprits. A side of guacamole adds vitamins and counts towards your 5-a-day.

CHERYL I usually ditch the top half of the burger bun and order a side salad instead of chips to drastically cut the kilojoule content. For a leaner alternative, try ostrich, grilled chicken or vegetarian burger patties.

Pizza joint

NATHALIE Diets don't have to be about deprivation, so why not share a salad and a pizza with a friend? You'll get all the health benefits of the salad and you'll still be able to enjoy the pizza, without having any tempting leftovers to take home.

CHERYL Always select a pizza with lots of veggies: spinach, artichokes, mushrooms, piquanté peppers, beetroot, rocket, peppers and tomatoes make fantastic pizza toppings and are a lot less calorific than salami! Opt for a thin crust to cut down on dough.

Chinese

NATHALIE Fill up on light, broth-based soups like miso, as these tend to be filling without being fattening. Choose lean meats like fish, and steer clear of sweet sauces like those in sweet-and-sour dishes, which are usually loaded with sugar.

CHERYL Avoid food that's battered or 'crispy', as it's deep-fried. Fill up on stir-fried veggies and lean meats like chicken, rather than red meat, which contains more saturated fat. Eating with chopsticks will slow you down, so you should notice you're feeling fuller sooner.

This is what your kilojoules look like... you might just be

210 KJS



1tbsp pâté



28g slice of smoked salmon on 2 small wholewheat crackers

420 KJS



1 slice of brown toast with Marmite



1tbsp mayonnaise

840 KJS



40g of chips (just over 1 small bag)



Sliced barbecued chicken breast, no skin, served in a small wholewheat roll



Visit our website for tasty, low-kilojoule recipes you'll love.



Indian

NATHALIE Be warned that 'makhani' indicates a dish finished with either cream or butter. Rogan josh dishes are often lighter than kormas and tikka masalas as they don't use as much cream. I avoid fattier meats (beef or lamb) and opt for fish or vegetable dishes.

CHERYL Tandoori dishes are a good option as they're not cooked with any extra fat and are roasted in an oven instead. In Indian restaurants, it's often all the delicious sides that clock up the fat content: buttery naan and creamy, ghee-rich sauces.

Italian

NATHALIE Look at the plates coming out of the kitchen.

Pasta dishes in some restaurants can be huge, in which case I'd try to see if any of my friends wanted to share a main course, then order a salad, too. Or just order a starter-sized portion, or a half portion, for yourself.

CHERYL Beware pasta sauces such as cream, oily pesto and cheese. Choose a tomatoey, veg-packed sauce to cut the fat content and roughly half the kilojoules. Better still, order grilled meat or fish with vegetables or a baked potato.

surprised by the answers!

1 260 KJS



½ margherita pizza



1 chocolate muffin

2 100 KJS



100g bar of milk chocolate



Salmon steak with new potatoes and asparagus – plus a small glass of white wine!