

Healthy eating choices when eating out

General tips

- Choose brown /wholemeal/granary - bread/pasta/rice where possible
- If calories are available choose: under or around 300kcal for breakfast, under or around 400Kcal for lunch, under or around 600kcal for main meal and less than 300Kcal for snack/ treat.
- Drink choices add additional calories so where possible go for low calorie options such as water, sparkling water, herbal tea, tea and coffee with skimmed milk.
- Keep fruit juice and wine to 1 small glass.
- Cheese is high in fat so avoid meals which contain high amounts of cheese where possible - panini's, cheese sandwiches/salads/baked potatoes, pasta bakes.
- To cut calories ask for your sandwich /jacket potato to be made with no butter or less or no mayonnaise or salad cream.
- Watch portion sizes - ask for a half portion or small portion where possible or appropriate.
- Make sure main meals come with vegetables or salad - if they don't order extra vegetables or a side salad to bulk out meal this will help avoid over eating and reduce calories.
- Salads or side salads - try and avoid coleslaw or potato salad. Rice, pasta and couscous are fine but if you have these you do not need a bread roll as well.
- If having a treat try and avoid cakes and biscuits with caramel, chocolate, thick buttercream or thick icing.

Breakfast ideas

- Porridge
- Fruit and yogurt with granola or muesli
- Smoked salmon and scrambled eggs on toast
- Poached or scrambled egg on toast
- Bacon, poached or scrambled egg, baked beans, tomato and mushroom
- Toast with a scraping of butter with marmite, peanut butter, jam or marmalade
- Toasted tea cake with a scraping of butter with marmite, peanut butter, jam or marmalade

Lunch ideas

- Soup - vegetable, lentil or bean based is most filling(not creamy if possible) with bread/roll
- Soup with half a sandwich
- Sandwich - with egg, tuna, prawns, roast beef, smoked salmon - with a scrapping of cream cheese or without, ham, pastrami, chicken, roast vegetable, humous.
- Baked potato - Tuna, prawns, meat or veg chilli, beans, cottage cheese, beans with a small portion of grated cheese.
- Quiche with salad - avoid coleslaw or potato salad
- Salad - chicken, egg, ham, beef, salmon, prawn, tuna with a bread roll, rice, pasta or couscous.
- cottage/shepherds pie with vegetables or salad.
- vegetable/chicken/beef casserole or chilli with veg/salad, rice/pasta/potatoes

Snacks or treats

- Toast with a scraping of butter with marmite, peanut butter, jam or marmalade
- Toasted tea cake with a scraping of butter with marmite, peanut butter, jam or marmalade
- Crumpet with a scraping of butter with marmite, peanut butter, jam or marmalade
- Small piece of malt loaf, tea loaf
- Scone with a scraping of butter with marmite, peanut butter, jam or marmalade
- Small piece of Victoria sponge cake, lemon cake, banana loaf
- Ginger biscuit or other plain biscuits

Options When Eating On The Go - Cafe choices

Costa

Breakfast	Sandwiches	Treats and snacks
Porridge	Chicken	Fruity crumble
Fruit salad	Egg	Fruit and oat biscuit
Crumpets	Smoked salmon	Almond biscotti
Toast		Fruit salad
		Fruit and nut mix
		Dried mango

Starbucks

Breakfast	Sandwiches	Salad	Treats and snacks
Porridge	Cheese and marmite sandwich	Falafel	Dried fruit mix
Fruit	Smoked chicken and maple bacon	Quinoa and lentil salad	Fruit
Berry good bircher	Chicken	Caeser salad	
Cinnamon spiced apple bircher	Vietnamese chicken wrap		
Hot box - scrambled egg, tomato and spinach			
Spicy chorizo, poached egg and potato			

Café Nero

Breakfast	Sandwiches	Soups and salad	Treats and snacks
Porridge	Chicken and beetroot	Carrot and coriander soup and roll	Raisin and oat biscuit Wrapped

Fruit salad	Humous wrap	Leek and potato soup and roll	Almond biscotti
Berry granola pot	Chicken fajita wrap	Sun-dried tom and basil soup and roll	Banana and walnut loaf
Blueberry bircher muesli	Tuna mayo	Spanish chorizo, tom and basil soup and roll	Fruit scone
Tea cake	Flatbread chargrilled veg and mozzarella	Falafel and tabbouleh salad	Choc chip cookie - wrapped
Greek style yogurt - honey/raspberry	Flatbread tomato, pesto and mozzarella		GF Coconut and raspberry slice
			Granola bar
			Oat bar
			Greek style yogurt - honey/raspberry
			Propercorn popcorn
			Fruit salad
			Fruit and nut mix

Office friendly snacks

- 1 large apple and 5 almonds
- 1 small banana
- 2 medium peaches
- Punnet of blueberries and 2tbsp fat-free Greek yogurt
- 14 almonds
- 6 figs
- 200g fruit salad
- 5 dried apricots
- 4 dates
- 1 small sweet potato
- 1 mini pitta bread with reduced-fat cottage cheese
- 1 oatcake with 1tsp low-fat smooth peanut butter
- 1tsp cream cheese on 1 plain Ryvita with 1 medium tomato
- 1 slice of brown toast and Marmite

