

## Healthy Tips for Dining Out

When dining out, it is necessary to take into consideration the ingredients and cooking methods of a dish, in addition to its appearance, smell and taste. Dining out can be healthy, as long as we make the right choices. Here are three simple tips:

### Tip 1: Choose non-fried foods

Since the frying process increases the fat content of foods, it is advisable to limit dishes that are prepared by deep-frying, parboiling in oil, braising in heavy-based sauce or quick-frying with thick gravy. Opt for dishes prepared by boiling, steaming or baking instead.

### Tip 2: Do not leave out vegetables

Many people tend to have a large portion of meat but few vegetables when dining out. You can order an extra plate of vegetables or vegetable-based dishes. Each person should aim for ½ bowl of cooked vegetables or 1 bowl of raw vegetables every meal.

### Tip 3: Choose lean meat

Fatty meat cuts, such as pork belly, pork ribs, beef brisket, beef ribs and rib eye steak, are not recommended for frequent consumption. Choose lean cuts, such as pork fillets, lean pork loin, beef tenderloin, sirloin, beef shin and skinless poultry meat.

### Be Conscious of Your Eating Behaviour

- To avoid over-eating, you must be conscious of your food choices and eating habits. Below are some suggestions for your reference:
  - Order the right amount of food for portion control, eat to 70-80% full
  - Ask restaurants to serve sauces and sugar separately
  - Send your dish or drink back if it is too oily, salty or sweet
  - Avoid distraction while eating, e.g. working or watching television when having a meal, which will make you overeat without noticing
  - Chew your food thoroughly. Spend at least 20 minutes eating your meal to allow sufficient time for the body to send the satiety signal
  - Do not force yourself to finish the all food if you have already eaten enough, you can store the leftovers in a safe and hygienic way