DG ACADEMY

GUIDE TO EATING OUT

Eating Out

- If they don't post the menu, look over the food and pick something that sounds tasty, but also sounds like something you would normally eat.

- Make smart swaps to reduce the calories in a meal. Swap chips (around 600-800 calories per portion) for a jacket potato or vegetables. Have sauce on the side so you only use what you want, are all ways to be aware of better choices, and or have more control over what you eat.

- Load up on VOLUME DENSITY (a lot to eat without the impact of calories eg roasted veg) rather than CALORIE DENSITY (low volume but high in calories eg garlic chips) if you have to, order another side of vegetables.

- Buffets can be a nightmare for people, you get excited and want to try everything by filling the plate to the throat with food. Make some wise choices and avoid deep-fried foods when possible, as calories in this will add up very fast.

- You have to be in a mindset eating out that you can have a starter or dessert or alcohol, but not all 3.

- Think of it as having a certain budget, and you are simply choosing how you want to spend it. For example, you want dessert, then no starter or alcohol and a light main course.

- Plan way ahead before you leave (Where are you heading? What restaurant?)

- It would help to eat a light meal just before you are planning to leave (an hour or so before) so you don't feel as hungry going into the restaurant.

- Try to see the menu ahead of time. Most places post their menus online and some even post the nutritional info. Its not accurate, but its close, and this makes everything infinitely easier.

- Pick a smaller plate if you can at a buffet, try and fill half the plate with vegetables or salad. It will reduce the chances of having too much of the more energy-dense foods.

We are ruled by our habits, you are essentially the habits you perform each day!

If you are in the habit of...

- Eating more than you expend, you will always gain weight.
- Spending more than you earn, you will never build wealth.
- Thinking small about your goals, you will never dream big.
- Saying that you can't, you will never realise opportunities.
- Blaming others for everything, you will never feel empowered.
- Going it alone, never know the power of a network.

Everyday our habits dictate our results, thinking habits, emotional habits these all lead to behaviours.
To break the cycle and do something more you must break the habit of being who you are right now, to create who you want to be.