

DO IT FOR
YOURSELF!

EXTREME EATING OUT

Eating out can be tricky when you're trying to stick to a healthy eating plan, but that doesn't mean you have to stay home and miss out. We've put together some tips to help you enjoy the experience of eating out without sacrificing your Weightloss goals.

Tony's Top 10 Tips for Eating Out

1. If you know where you are going to eat, check the menu and identify healthy meals before you go. That way you're prepared and are less likely to get caught off guard or swept up in the moment. You may also want to give them a call beforehand to ask them any questions.
2. Have a glass of water before you go out to eat - it'll fill you up.
3. Be careful of portion sizes! Restaurants will often serve large main meals so share with a friend or opt for two starters or a salad.
4. If there is too much don't be tempted to eat it all. Ask for a take away box.
5. Avoid deep-fried meals. Select items on the menu that are baked, grilled, dry-sautéed, poached or steamed.
6. Ask for dressings to be served separately and rather season salads with salt, pepper, olive oil and a squeeze of lemon.
7. Avoid foods that are high in carbohydrate like bread, rice, pasta and potatoes. If you really cannot avoid them, ask for wholegrain breads, wholemeal pasta or basmati rice and only have a very small portion or share.
8. For dessert, choose fresh berries and coffee or tea. If you really cannot resist, then share with a friend.
9. LISTEN TO YOUR BODY AND STOP EATING WHEN YOU ARE FULL.
10. Visit [our YouTube channel](#) and watch the "[It's easy to eat out with Tony Ferguson](#)" video for more info.

