

The Heart and Stroke Foundation South Africa is eager to reach into your community. Please feel free to publish this information in your company newsletter on your intranet or pin it up on a notice board. All we ask in return is to credit the information as coming from the Heart and Stroke Foundation SA.

Restaurant savvy!

Most people love eating out! Lets face it - a delicious, well prepared meal at a restaurant is often tastier than food you cook at home. During the festive season you may be going to parties and eating out more often than usual. Unfortunately many restaurant foods tend to be loaded with hidden fats and salt.....and portion sizes are often more than generous! If you're health conscious but you still want to eat out, how do you go about it without having to worry about counting calories or fat grams?

Remember that when you eat out you're the client, so you have the right to ask for your meal to be prepared according to your individual requirements. Many restaurants are prepared to change preparation methods if you ask them. For example, if the menu only offers fries – don't be shy to ask if your food can be grilled, steamed or baked without any fat. Making healthy restaurant choices is really just common sense.....here are a few helpful tips when eating out:

- **Fill up on veggies:** head for the salad bar and fill half your plate with salads and veggies.
- **Order salad dressing, sauces and gravies on the side:** so you can use just a little – this will help control your fat and salt intake.
- **Ask about portion size:** if starters and main meals are large - rather order a starter as a main course with a salad OR have a starter and share the main course.
- **Words to avoid:** giant, super sized or jumbo!
- **Remember the “Doggie” bag:** you don't have to finish everything on your plate – eat half and take the rest home for lunch the next day.
- **Beware of “Eat as much as you like”:** this is a temptation to overeat!
- **Be smart when choosing your restaurant:** the Heart Mark Restaurant Programme makes it easier for you to choose healthier options when eating out, so remember to look out for menu items with the Heart Mark logo. Restaurants on our Programme include:
 - ♥ Spur, Panarotti's, Mochachos Chicken Villages, Morituri Pizzeria, Col'Cacchio, Osumo, John Dory's Fish & Grill, Wellness Warehouse and Santorini.

WHAT TO ORDER:

Breakfast

A good idea, especially if you are starving - it's still early in the morning and a while before you go out for breakfast - have some fruit beforehand. Good choices at restaurants or coffee shops include:

- Cold whole grain/bran cereals with low fat/fat free milk with berries, melon or banana.
- Unbaked muesli with fruit salad and low fat yoghurt (baked muesli can be high in added fat and sugar).
- Smoothies with fruit, fat free milk/yoghurt and oats or oat bran.
- Poached, scrambled or boiled egg with lean ham or smoked salmon with grilled tomato and mushrooms (instead of bacon, sausages and greasy fries). Try whole wheat toast, rye bread, or ciabatta instead of white toast.
- Wholewheat toast with jam, marmalade, honey, banana or avocado (instead of French toast or waffles).
- Omelette with veggie fillings (no cheese) and lean ham.
- Bran or fruit muffin (instead of pastries like croissants) – have it plain or with a bit of jam. If the muffin is large rather share or take a “doggie” bag.

Salads

- Avoid fried croutons, bacon, high fat cheeses (e.g. blue cheese) or toppings marinated in oil.
- Ask for dressings on the side (if it is oily or creamy just use a drizzle), otherwise you can use balsamic vinegar freely.

Starters

- If you're having salad as a starter, order a plain one without cheese, chicken or fish (as you will probably have more than enough protein in your main meal).
- Clear, non cream-based soups are good options (e.g. consommé, minestrone, vegetable).
- Grilled seafood, oysters or mussels cooked in a tomato-based sauce.
- Carpaccio (without the dressing) is also a great starter.
- Avoid patés or fried options (e.g. crumbed mushrooms or calamari) which are high in fat.

Light Meals

- Avoid high fat pasties, pies or quiches – rather have a sandwich.
- Toasted sandwich - ask for it to be toasted without butter or margarine.
- For sandwiches choose fillings such as lean: ham, beef or chicken, tuna or smoked salmon, cottage cheese, avo or salads. Avoid processed meats (salami, viennas, sausages, polonies) and fillings that are mixed with lots of mayonnaise. Good options for bread include multigrain/brown, sour dough, rye and whole wheat pita pockets or wraps. (Avoid oily breads like focaccia.)
- A salad as a main meal will need a starch (e.g. baked potato or some bread) to make it more balanced. You could also include ONE protein or fat topping e.g. tuna, smoked salmon, grilled or smoked chicken, egg, cheese, olives or avocado.

Main Meal:

- Ask that lower fat cooking methods be used to prepare your main meal (grilled, steamed, or baked without fat) even if these options aren't given on the menu or specify that no butter, oil, margarine or cream are used.
- Poultry and fish are good main course options. Grilled (not crumbed) chicken breasts and barbecued kebabs are great. For flame grilled chicken, ask that the skin be removed before cooking. Avoid chicken wings as they consist mostly of skin and are high in fat.
- For steaks choose leaner options (fillet, sirloin, ostrich, venison) and opt for a ladies' portion. Avoid fatty options such as cordon bleu, schnitzels or ribs.
- Instead of a cream-based sauce have a barbecue, monkey gland or tomato-based sauce. Replace gravy with mint sauce for lamb, mustard with beef and apple sauce with pork.
- Good choices for accompaniments: baked potato with cottage cheese (instead of sour cream), steamed rice (not fried), steamed/grilled vegetables (without added butter or margarine) or a plain salad.

Dessert:

The best way to deal with cravings for something sweet is to have a peppermint or a cup of coffee or tea. If you really feel like a dessert share with a friend or opt for:

- Fruit salad (with yoghurt)
- Frozen yoghurt or sorbet
- Strawberries and meringues
- Baked fruit (apples, pears or plums)
- Plain apple tart
- Crêpes with fruit, cinnamon or lemon juice

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For more information on general heart health contact the Heart Mark Diet Line on 0860 223 222, email heart@heartfoundation.co.za or visit www.heartfoundation.co.za.

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