




Healthier Dining Out Options




Use the table below to help with restaurant choices. Remember that individual restaurants vary in the amount of oil they use. Although Italian and Lebanese restaurants generally use olive oil, if you are watching your weight, you need to be careful of the amount you eat.

Cuisine	Best to Avoid	Better Choice
Italian 	<ul style="list-style-type: none"> • Creamy sauces • Cheese sauces • Fried or battered foods • Lasagne • Pasta Carbonara • Garlic/herb bread • Tiramisu 	<ul style="list-style-type: none"> • Tomato based sauces • Minestrone soup • Garden or Greek salad • Vegetable antipasto-watch oil • Veal/chicken breast - not crumbed or fried • Seafood, grilled fish • Plain crusty bread rolls • Gelato/sorbet
Asian 	<ul style="list-style-type: none"> • Deep fried and battered entrees e.g salt and pepper squid, lemon chicken • Dishes with coconut milk/cream • Fried rice or noodles • Satay sauces • Prawn toast and crackers • Deep fried ice cream 	<ul style="list-style-type: none"> • Steamed entrees • Fresh dishes e.g. stirfrys • Green vegetables with oyster sauce • Clear soups • Sang Chow Bow • Chow mein • Braised or BBQ dishes • Steamed rice or noodles • Fresh fruit
Japanese 	<ul style="list-style-type: none"> • Teppan Yaki • Sukiyaki • Tempura - fried 	<ul style="list-style-type: none"> • Sushi • Sashimi • Miso soup

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Cuisine	Best to Avoid	Better Choice
Lebanese 	<ul style="list-style-type: none"> • Pastry dishes • Baklava • Moussaka • Spinach pie 	<ul style="list-style-type: none"> • Lebanese bread • Hummus • Baba ghanoush • Vegetable vine leaves • Vegetarian baked kibbe • Lean meat shish kebabs • Sharma • Tabbouli
Indian 	<ul style="list-style-type: none"> • Korma dishes • Fried entrees • Pakoras • Samosas • Poppadums • Parathas • Puri • Rice Pilau • Curries with cream or coconut milk 	<ul style="list-style-type: none"> • Tandoori chicken/fish • Vegetable dishes • Biryani and vindaloo dishes • Dhal and raita accompaniments • Naan • Chapatti • Plain steamed rice
Seafood 	<ul style="list-style-type: none"> • Crumbed and battered fish • Deep fried chips • Mornays • Prawn cutlets 	<ul style="list-style-type: none"> • Grilled fish-without butter • Oysters naturale • Lobster-no sauce <p>NOTE: Prawns and calamari are low in fat although their dietary cholesterol content is high</p>

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FURTHER INFORMATION

Our outpatient Dietitian is located within the hospital and can also help you with maintaining a healthy weight (increasing or decreasing) and provide a full dietary analysis to measure dietary adequacy. Please call to make an appointment (02) 9487 9581.

