

Dining Out **GUIDE**

At Jenny Craig, we take a holistic approach to weight loss and understand that life is for living. That's why this dining out survival guide will help you strive for balance, not perfection.

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DINING OUT STRATEGIES

The good news is, you can enjoy eating out and still reap the rewards of healthy living. Here are our strategies to help you stay on track while dining out.

If you don't want to deviate from your menu too much:

Have your Jenny Craig meal before you go and use your grocery serves to order something while out. For example, order a salad with dressing on the side and save a Milk/Dairy serve to have a coffee at dessert.

If you are considering a meal off Jenny Craig while you're out, use these strategies:

Decide on a Plan in Advance

With a little planning, you can eat out and still lead a healthy lifestyle. Here's the plan to help you stay on track:

1. How often are you going to eat out?

When we eat out, we usually eat more than we would when we're at home. So try to limit how many times you're eating out. Your Consultant can support you with successfully dining out on the program.

2. Where and what are you eating?

Sometimes you can decide where and what you'll eat before you go – especially if you've been there before and know what's on the menu. If not, once you're there, take a good look at everything on the menu. Think about these questions:

What's in it?

Taking a look at the ingredients or description can give you an idea of whether the meal is a good choice.

Look out for these words that suggest more nutritious ingredients:

Tomato based sauce	Chutney	Vinaigrette
Salad	Salsa	Fresh
Vegetables	Wholegrain	Marinated
Lean	Skinless	Seasoned
Fruit based	Vegetable based	Balsamic vinegar dressing

TIPS FOR DINING OUT

One of life's pleasures is dining out with family and friends – but how do we stay on track with our weight loss goals during social occasions?

DINING OUT STRATEGIES

Can I make a swap?

What you choose can make a big difference to the amount of kilojoules in your meal and how nutritious it is. Think about making some of these swaps when choosing from the menu.

Swap this...	For this...
Extra large portions	Entrée sized or share a meal
Fried or deep fried	Baked, steamed, grilled, poached or stir fried
Side of chips	Side of salad or non-starchy vegetables
Creamy or cheese sauces	Vegetable (eg. tomato) based sauces
Heavy desserts	Fresh fruit, coffee or tea
Soft drink and/or alcohol	Still, sparkling, mineral or soda water

Can I ask for some changes?

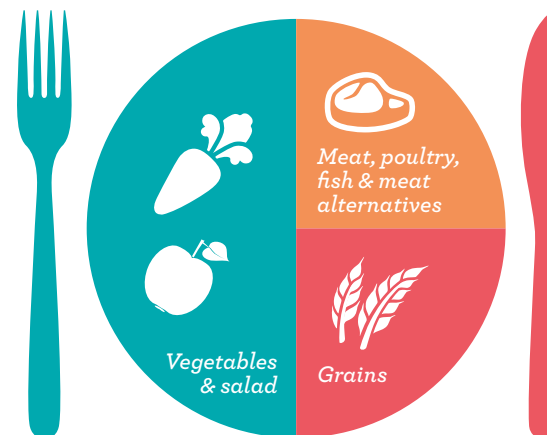
Remember that little changes, over time, add up to big results! If you feel comfortable – speak up! See if you can make a specific request for what you want.

I would like this dish without the...	cheese, cream, sour cream, skin from chicken, butter, margarine, mayonnaise
Can you use less....	oil, fat spread, cheese, salad dressing?
Could you add more...	vegetables, fruit, salad?
I'd like the sauce or salad dressing served on the side.	(you control how much you need)
May I substitute this ingredient for...	Sliced tomatoes, salad, fresh fruit, lemon wedges, balsamic vinegar

DINING OUT STRATEGIES

3. Know your food groups and servings

As an overall guide, use the 'Healthy Plate' approach to food groups and portions to guide you in your choice. Fill up on veggies or salad and have a smaller amount of Grains and Meat. Also, look for menu items with a variety of vegetables in the description to ensure your plate will be mostly filled with veggies.



4. Keep your portions down

Restaurant meals can be oversized – often enough to feed two or three people. Think about the size of your Jenny Craig meals to help give you an idea of portions. If your meal comes out and it's big enough to feed your whole family, don't feel like you have to eat it all. The restaurant staff won't take offence if you don't finish it. Decide how much you'll eat, eat slowly to enjoy it and see if you can take a 'doggie bag' home.

Quick tips to downsizing your meals

- » Order an entrée as your main meal and add a side of salad or vegetables.
- » If you like the look of the main meals on the menu, see if they can make it as an entrée sized serve.
- » Share a meal with a family member or friend – this is useful for entrées, desserts and large sized meals.

When you're ordering, don't be shy to ask for what you want – whether it be salad instead of chips, a tomato-based sauce rather than creamy sauce, or to have the sauce and salad dressing served on the side.

Speak with your Consultant for additional dining out strategies.

GENERAL DINING OUT TIPS:

- » Plan – avoid temptation by choosing what you’re going to eat ahead of time.
- » Choose your drinks – avoid kilojoule laden drinks, like soft drinks or alcohol. Instead, choose soda water with fresh lime, diet soft drinks, light beer, or a wine spritzer (½ wine, ½ soda water).
- » Speak up – don’t be afraid to make specific requests for healthy variations.
- » Share desserts – if you need to give in to your sweet tooth.
- » ‘Pimp’ your meal – make your choices bigger and more satisfying by adding non-starchy vegetables.
- » Avoid supersizing your meal and anything described as ‘supreme’, ‘jumbo’, ‘deluxe’ or ‘the works!’

*Typical serve size & kilojoule content of alcoholic beverages**

Beverage	Common serving size (mL)	Kilojoules (kJ)
<i>White Wine</i>	150	426
<i>Red Wine</i>	150	509
<i>White Wine Spritzer</i>	150	213
<i>Champagne</i>	150	465
<i>Beer, light (bottle)</i>	375	386
	330	340
<i>Beer, full strength (bottle)</i>	375	570
	330	502
<i>Beer, low carb (bottle)</i>	375	454
	330	399
<i>Spirits</i>	30	282

*Note: The above servings provided are not equivalent to 1 standard drink. For more information on standard drink serve sizes please refer to the following websites; Australia: www.alcohol.gov.au New Zealand: www.alcohol.org.nz. Values are approximate.

Source: Department of Health, Australian Government, CalorieKing.



CAFE/COFFEE SHOP

Enjoying a catch up with friends at the local cafe has become very popular, whether it be for breakfast, lunch or coffee. Be aware of your sweet and savory choices that contain hidden kilojoules and salads that have lots of dressing, far more than you would normally have at home. On the positive side, you can easily plan a skinny cappuccino into your grocery serves and enjoy with your Jenny Craig snack.

<i>Best Choices</i>	<i>Choose Sparingly</i>
<i>Poached eggs on wholegrain toast with veggie sides</i>	<i>Pancakes</i>
<i>Salad wrap or sandwich</i>	<i>Croissant</i>
<i>Salads with a light dressing</i>	<i>Quiche</i>
<i>Skinny cappuccino</i>	<i>Iced Coffee</i>
<i>Soda water with lemon/lime</i>	<i>Cake & muffins</i>
<i>Your Jenny Craig snack!!!</i>	<i>Banana Bread</i>

Be aware that cafe sandwiches and wraps are often super sized! So consider sharing or some cafes offer half size wraps and sandwiches.



ASIAN CUISINE

Some wonderful flavours used in Asian cuisine include ginger, garlic, soy, chilli, fish paste, lemongrass, mint, basil, sesame, coriander and lime juice.

<i>Best Choices</i>	<i>Choose Sparingly</i>
<i>Clear soups Eg. tom yum soup</i>	<i>Coconut based dishes Eg. laksa, coconut based curries</i>
<i>Stir fried vegetables</i>	<i>Satay dishes</i>
<i>Braised meats</i>	<i>Battered/fried dishes Eg. sweet and sour pork, fried noodles</i>
<i>Nori rolls / sushi / rice paper rolls</i>	<i>Tempura dishes</i>
<i>Steamed rice</i>	<i>Prawn crackers, sushi with mayo or tempura fillings</i>
<i>Steamed dim sum</i>	<i>Fried dim sum or fried spring rolls</i>

Some Asian soups are often served with lots of noodles, so see if you can ask for less or no noodles.



PUB/BISTRO CUISINE

Most pub/bistro meals are made from basic ingredients, which means you may have the option for food to be prepared to your liking. If it's not listed on the menu, just ask.

<i>Best Choices</i>	<i>Choose Sparingly</i>
<i>Grilled or roasted lean meats, seafood and poultry</i>	<i>Fried or crumbed foods Eg. schnitzel, fried fish</i>
<i>Salad or vegetables as a side</i>	<i>Wedges or chips</i>
<i>Wholegrain or sourdough bread</i>	<i>Garlic bread</i>
<i>Tomato-based sauces</i>	<i>Creamy sauces Eg. garlic sauces</i>



ITALIAN CUISINE

Italian cuisine offers a variety of healthy choices packed full of flavour. Enjoy the subtle flavours of garlic, oregano, parsley, rosemary, basil, olive oil, balsamic vinegar and more. Watch out as some dishes may contain significantly more oil, butter, cream or cheese than you would use at home.

<i>Best Choices</i>	<i>Choose Sparingly</i>
<i>Tomato based sauces</i>	<i>Cream based sauces</i>
<i>Bruschetta</i>	<i>Garlic bread</i>
<i>Vegetable-based dishes</i>	<i>Salami or pepperoni dishes</i>
<i>Thin crust vegetarian pizza</i>	<i>Meatlovers pizza</i>
<i>Small amount of parmesan cheese</i>	<i>Four cheese sauce</i>

Why not share a pasta and a salad so you can get the best of both worlds.



GREEK & MIDDLE EASTERN CUISINE

Greek and Middle Eastern cuisines offer a wonderful variety of lean meats, grilled fish and seafood. Vegetables and legumes also feature regularly with flavours such as garlic, lemon, mint and cumin.

Watch out - some dishes contain significant amounts of oil, so reduce the portion size of these if you're watching your weight and want to limit your kilojoule intake.

<i>Best Choices</i>	<i>Choose Sparingly</i>
<i>Grilled fish or meats</i>	<i>Fried foods</i> <i>E.g. fried calamari, fried cheese such as haloumi and saganaki</i>
<i>Dolmades</i>	<i>Spanakopita</i>
<i>Lamb kebab in pita</i>	<i>Cured meats / sausages</i>
<i>Grilled vegetables</i>	<i>Fries</i>



INDIAN CUISINE

Colourful and richly flavoured, Indian cuisine has a variety of spicy and mild options. Traditionally, Indian cuisine offers predominantly vegetables with rice and an assortment of bread with little emphasis on meat dishes. Be adventurous with vegetable, lentil and chickpea dishes, as you will find they are wonderfully flavoured with spices such as cumin, turmeric, chilli, garlic, coriander and saffron.

Best Choices	Choose Sparingly
Tandoori chicken or fish	Lamb korma
Yoghurt or tomato based curries	Cream based dishes
Basmati rice	Pappadums
Lentil or chickpea dahl	Garlic Naan bread

Be mindful that many Indian dishes, including vegetarian options, are cooked in oil or ghee and can be high in kilojoules.

MEXICAN & SPANISH CUISINE

If you love beans, you'll love Mexican & Spanish food. High in protein and fibre, most dishes containing beans make a great option when dining out. Enjoy the spicy seasonings and 'kick' from the delicious Jalapeno peppers.

Some ingredients used in this cuisine can be high in saturated fat, so go easy on the dishes containing lots of sour cream.

Best Choices	Choose Sparingly
Burritos with kidney beans	Nachos
Soft taco, burrito or fajita	Chimichanga (deep fried burrito)
Salsa dip with tortilla	Corn chips and sour cream
Paella marinara	Empanadas
Grilled corn cob	Chorizo



Best Choices	Choose Sparingly
<i>Broth-based soups</i> <i>Eg. bouillabaisse (fish soup)</i>	<i>Cream-based soups</i>
<i>Steamed or blanched vegetables</i>	<i>Cheese or cream sauces</i> <i>Eg. au gratin, hollandaise, béarnaise, béchamel.</i> <i>Vegetables sautéed in butter</i>
<i>Vegetable salads dressed with a light vinaigrette</i>	<i>Salads with creamy dressings</i>
<i>Wine or mustard sauces (without cream)</i>	<i>Meals that are fried or come with a creamy sauce</i>
<i>Grilled or roasted lean meats, fish and poultry</i>	<i>Pâté, fatty meats, foie gras and sausages</i>