

HEALTHY EATING OUT

Eating out is a part of life for most busy New Zealand families, whether it is dining in at the local takeaway, getting a 'family deal' at a nearby restaurant or going somewhere to celebrate that special occasion. The more that you turn to restaurant and cafe food for your meals, the more attention you need to pay to what you are eating. In the past eating out has been considered a treat, where nutrient balance is typically put aside, but these days, with it being a more frequent occurrence it has become more important to think about what we are eating.

Eating out too often puts you at risk of eating too much:

- **Saturated fat – which is not good for your heart**
- **Sugar**
- **Salt**

And not enough:

- **Fibre**
- **Vitamins**
- **Minerals**

TIPS FOR DINING OUT WITH CHILDREN

- If it is available, look at the venue website to check if the options are suitable or not before you actually go there.
- Discuss with the children the kinds of foods on the menu that are healthy to order before you get to the venue – they love to be involved!
- If options are limited aim to at least avoid deep fried options and include a selection of vegetables
- Consider the drinks that the children will be offered – water is best (ice cubes and a straw make this more fun!) or try juice with ice or low-fat milk. Avoid high-sugar fizzy.
- Enjoying eating a healthy meal as a family; it instils a good message for children. Reinforce this by making the outing fun for the whole family. Make interesting conversation that includes everyone – perhaps do a round saying the best part of your day or plan where the next family outing will be.
- Eating out as a family doesn't always have to be at a restaurant. Make a meal to share at the park or beach or even just throw a rug on the living room floor and have some fun!
- Large servings may be "value for money", but are they really what our bodies need? We don't need to come away from a meal bloated to have had a good time! It is better to pay less and have a normal sized meal.

Healthy Nibbles Nutrition Updates for Primary Schools

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For more information visit: www.cph.co.nz

Canterbury

District Health Board

Te Poari Hauora o Waitaha