

Go Through this sheet carefully and preserve for future reference.

Ex – Diet Consultant  
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Nutrition and Diet Consultant

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## General Guidelines When Eating Out

Hi,

- 1) Drink 3 Litres Of Water In A Day.
- 2) Try And Eat Every 2 Hours. Do Not Keep A Gap Of More Than 3 Hours.
- 3) Control Your Portions.
- 4) Avoid Sugar Completely, it's a Source of Empty Calories.
- 5) Avoid Cold Drinks, Diet Colas.
- 6) Vegetables Cooked Without Oil Can Be Taken Freely As A Part Of Breakfast Or Meals.
- 7) Asking Always Helps: Do Not Hesitate To Ask If Healthier Options To The Dish You Prefer is Available in the Restaurant.
- 8) Prefer Baked, Grilled, Tandoori, Steamed, Stewed, Roasted Or Boiled Foods Over Fried, Shallow Fried Foods.
- 9) Avoid Dishes Which Have Following Words In The Description – Creamy, Malai, Buttered, Cheesy.
- 10) Share Your Ordered Portions. Never Order Starters And Desserts For Yourself Alone. Take Only 1-2 Pcs Or Half Serving Of Each.
- 11) Order For Steamed Or Grilled Vegetables Or Clear Vegetable Soups Or Vegetable/ Beans Salad; Before Having A Meal. Order 1 Portion Separately For Yourself.
- 12) Order For Protein In Every Meal: Pulses/Lentils (Or) Dal (Or) Curd (Or) White Sauce (Or) Cottage Cheese (Or) Grilled Chicken/ Fish (Or) Eggs
- 13) Eat Slowly, Pause Between Bites And Chew Well Before Swallowing.
- 14) "Fasting" Or "Feasting" Should Be Avoided. **Do Not Try To Adjust Your Schedule To Accommodate A Rich Meal.**

Best Wishes.

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## General Guidelines When Eating Out

### **Breakfast Options**

Veg. Poha - 2 Katoris  
Veg. Upma - 2 Katoris  
Whole Grain Bread Slices- 2 Nos  
Whole Grain Cereal - 1 Katori + Milk  
Muesli- 1 Katori  
Porridge - 2 Katoris  
Eggs - 2  
Weetabix – 2 Biscuits

### **Lunch And Dinner Options**

2 Phulkas + Sabji  
1 Tandoori Roti or Half Naan (No Butter) With Sabji  
Steamed Rice with Dal  
Vegetable Sizzler (Avoid Friedd Stuffed in it)  
Pasta (+ Loads of veggies) – 2 Katoris  
Any Rice Dish (Like Briyani, Risotto, Sushi Etc.) – 2 Katoris  
Whole Grain Thin Crust Pizza – 3 Slices  
Any Wraps (Or Crepe Or Chimichangas) – 1 Nos. (Equal To 1 Phulka Roll in Size)

**Salad/ Soup/ Steamed Veggies to Be Included in Each Meal.**

**Include Dal/ Sprouts/ Kadi/ Curd/ Paneer/ Fish / Chicken (Minimum Oil)**

**Red Meat And Shell Fishes Can Be Taken Once In A Week.**

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## General Guidelines When Eating Out

### Snack Options

Low Fat Milk – 200ml (Plain / Flavoured; No Sugar)

Soy Milk - 200ml (Plain / Flavoured; No Sugar)

Low Fat Yoghurt (Plain / Flavoured / With Fruit; No Sugar)

1 Cube Cheese

Peanuts – 1 Katori

Roasted Chana

Murmura

Almonds/ Walnuts/ Cashews/ Anjeer

Plain Soda

Vegetable Sticks With Hummus Or Any Low Fat Dips.

Whole Grain Bread Sticks

Low Fat Milkshakes - 200ml (No Sugar)

Low Fat Fruit Smoothies - 200ml (No Sugar)

Grilled Paneer

Eggs

Frozen Yoghurt - 200ml (No Sugar)

Fresh Fruits

3 – 5 Biscuits

Best Wishes.

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