

AAMIR INDOREWALA



AAMIRSFI

YOUR FITNESS FOUNDATION

EATING OUT, THE
AAMIRSF I WAY





INTRODUCTION

Eating out while maintaining a **healthy diet** can be challenging. However, with the right choices, you can enjoy your meal while keeping your nutrition on track. This guide provides **smart strategies** and **meal suggestions** for different restaurant cuisines.

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1. GENERAL HEALTHY EATING TIPS

- Choose grilled, baked, or steamed dishes over fried foods
- Opt for lean proteins (chicken, fish, tofu) instead of fatty meats
- Request dressings & sauces on the side to control portions
- Look for whole grain options like brown rice & whole wheat
- Hydrate with water or unsweetened drinks instead of sodas
- Avoid high-calorie appetizers and deep-fried snacks
- Prioritize vegetables and fiber-rich foods to enhance digestion

2. RESTAURANT-SPECIFIC SMART CHOICES

Cuisine Type	Healthy Choices	What to Avoid
Italian	Grilled chicken, tomato-based pasta, minestrone soup	Creamy pastas, garlic bread
Mexican	Fajitas, grilled fish tacos, black beans	Refried beans, sour cream
Indian	Tandoori chicken, dal, roti	Cream-based curries, naan
Chinese	Steamed veggies, brown rice, tofu stir-fry	Fried rice, sweet sauces
Fast Food	Grilled wraps, salads, lean burgers	Deep-fried items, large sodas
Japanese	Sashimi, miso soup, grilled fish	Tempura, mayo-based sushi rolls
Mediterranean	Grilled meats, hummus, tabbouleh, whole wheat pita	Heavy dips, deep-fried falafel
American	Turkey sandwiches, grilled chicken, veggie sides	Fries, high-calorie dressings

3. PORTION CONTROL STRATEGIES

- Share a dish or order a smaller portion
- Eat slowly and listen to hunger cues
- Avoid unlimited bread/chips before the main course
- Request half the meal to be packed before serving
- Use a side salad or broth-based soup as a starter
- Ask for vegetables as a substitute for fries or heavy sides

4. HEALTHIER FAST-FOOD & TAKEOUT OPTIONS

Food Type	Healthier Alternatives
Pizza	Thin-crust, veggie toppings, light cheese
Burgers	Lean meat, whole wheat bun, no mayo
Fried Chicken	Grilled chicken sandwich or rotisserie chicken
Pasta	Whole wheat pasta, marinara sauce, lean protein
Sandwiches	Whole grain bread, lean protein, veggies
Rice Dishes	Brown rice, grilled protein, steamed veggies

5. HEALTHY DESSERT CHOICES



- Fruit-based desserts (fresh fruit, sorbet)
- Dark chocolate over milk chocolate
- Yogurt with nuts & honey instead of ice cream
- Skip whipped cream & excessive toppings
- Portion control – share desserts!



CONCLUSION

Making mindful choices while dining out can help you maintain a **balanced and nutritious diet**. Focus on **whole foods, lean proteins, and portion control** to enjoy your meals without guilt. Happy eating! 🍏🍴

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