

THE ULTIMATE EATING OUT CHEAT SHEET!

How to avoid making BIG mistakes with your nutrition when eating out or ordering takeaway



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One of the biggest nutritional questions I get asked is:

Does one night out really matter?

Much to my clients' dismay my answer is always YES!

When it comes to nutrition, consistency is key. Why ruin a week where you have stuck hard to your diet plan, visited the gym 3-4 times, and said no to all those tempting treats, by consuming a calorie-laden meal that will cause your blood sugar to spike and will often lead to other temptations?!

So what do you do?

Forgo any fun and never go out again in order to stick to your nutritionally healthy lifestyle?

No! That is simply unsustainable... the answer is to eat smart.

One night out does matter if you are going to throw caution to the wind and eat whatever you feel like. BUT if you're smart - and think about the nutritional content of the meal you're ordering and make healthy swaps - eating out can be as healthy as eating in!

The key is knowing the nutritional content of what's on your plate and to help you do this I have produced this helpful eBook packed full of great information about what to choose and what to lose.

The 'Ultimate Eating Out Cheat Sheet' has been specifically designed to help you make the right choices and make eating out less daunting.

So remember, healthy eating is not about depriving yourself; it's about eating smarter!

DISCLAIMER

All food items we have presented in this document were found during online searches; as a result some are missing specific components due to the companies involved not posting all the information. We decided not to try and fill in these blanks as it would be pure guesswork. When it came to restaurants, because there is such variability we chose to look at the major food types, pub meals, Indian, Italian, Chinese & Mexican along with a smattering of specific restaurants.



DRINKING

In 2015 scientists issued a warning over fizzy drinks, claiming they caused 184,000 adult deaths every year and advising they could lead to lifelong health problems. It's understandable as these are packed with sugar, chemicals and often have no nutritional value whatsoever.

Aside from being a huge source of hidden calories they have been linked to:

- ***Increased risk of cancers including prostate, pancreatic and breast cancer***
- ***Raised risk of heart disease***
- ***Risk of leading to diabetes***
- ***Cause of liver damage***
- ***Increased brain hyperactivity***
- ***Speeding up the ageing process***

Below we show the sugar content of some of the nation's favourite fizzy and soft drinks, as well as a few healthy alternatives.

HEALTHY SWAPS

DRINK	AMOUNT	CALORIES (kcal)	SUGAR (g)
Water	250ml	0	0
Sparkling Water	250ml	0	0
Black Tea / Fruit Tea	Regular	3	0.3

FAVOURITE FIZZY DRINKS

DRINK	AMOUNT	CALORIES (kcal)	SUGAR (g)
Coke	330ml	140	39
Pepsi	330ml	150	41
Mountain Dew	330ml	170	48
Fanta	330ml	160	44
Appletiser	250ml	144	32
J20	275ml	88	20
Monster NRG	440ml	220	54
Innocent Smoothie (Orange)	250ml	138	26
Capri Sun (Kids)	200ml	140	18
Volvic Flavoured Water	250ml	48	14
Red Bull	250ml	113	22

COFFEE CULTURE

It is fair to say we in the UK have a love affair with the humble coffee bean, and as a result it is an industry growing by 6% annually with Costa Coffee, Britain's biggest chain, having over 1,300 outlets.

While there is nothing better than taking a break from the stresses of modern-day life to enjoy some coffee (or café) culture, it is a potential source of many hidden calories, especially if you are not thinking how you are drinking!

The figures below are based on Costa Coffee nutrition factsheet:

<http://www.costa.co.uk/nutrition/> but are broadly applicable to Starbucks, Pret a Manger and Café Nero too. So while we should never feel guilty about enjoying coffee, we should keep it in mind that when it comes to sugar and calories not all coffee is equal.

HEALTHY SWAPS

DRINK	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)
Black Americano	Primo / Small	2	0.1	0.0	0.1
Black Tea	Primo / Small	3	0.3	0.1	0.0
Macchiato Full Milk	Primo / Small	18	1.2	0.8	1.0
Iced Americano	Primo / Small	11	2.4	0.1	0.1

COFFEE FAVOURITES

DRINK	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)
Americano Full Milk	Primo / Small	6	0.4	0.3	0.3
Flat White Full Milk	Primo / Small	59	4.1	3.5	3.0
Cappuccino Full Milk	Primo / Small	109	8.3	5.9	5.3
Espresso	Primo / Small	10	0.7	0.3	0.7
Coffee Frostino Full Milk	Primo / Small	31	4.5	1.0	0.9
Latte Skimmed	Primo / Small	66	8.8	0.5	6.9
Flat White Full Milk	Primo / Small	59	4.1	3.5	3.0
Blackberry and Raspberry Fruit Cooler	Primo / Small	46	10.0	0.0	0.2
Hot Chocolate Full Milk	Primo / Small	215	22.9	8.6	7.5
Iced Chai Latte Full Milk	Primo / Small	184	28.6	0.4	5.0
Iced Mocha Full Milk	Primo / Small	58	7.3	2.0	1.6
Iced Cappuccino Full Milk	Primo / Small	29	4.0	1.0	0.9



We all know fast food is bad for us, but it seems as a nation we just cannot help ourselves. So rather than never going to a drive-through again, why not simply select your meal sensibly. After all, we all deserve a treat every now and then.

We are just going to focus on the main meals rather than the accompaniments because when it comes to fries and drinks the advice is simple:

- **Swap down a size, so from large to medium or medium to small**
- **Swap the fizzy drinks for healthy alternatives like sparkling water or black tea / coffee**



McDonalds

Taken from McDonald's meal builder:

http://www.mcdonalds.co.uk/ukhome/meal_builder.html

HEALTHY SWAPS

ITEM	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Grilled Chicken Salad	Salad	133	3.3	3.7	20	0.7
Grilled Garlic Mayo Chicken One	Primo / Small	345	0.3	11	25	1.3

THE USUAL SUSPECTS

MEAL OPTION	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Cheese Burger	Burger	301	7.3	12	16	1.6
Quarter Pounder	Burger	518	16	27	31	2.5
Big Mac	Burger	508	9.0	25	26	2.3
McChicken Sandwich	Burger	388	7.1	16	17	1.4
Chicken Nuggets (5)	Nuggets	216	0.5	11	13	0.43
Crispy Chicken and Bacon	Salad	316	3.0	16	25	1.2
Crispy Garlic Mayo Chicken One	Wrap	479	3.4	21	22	1.8
Filet-o-Fish	Burger	329	5.4	2.6	15	1.3





FASTFOOD



Burger King

Taken from Burger King's website:

<http://www.burgerking.co.uk/menu>

HEALTHY SWAPS

ITEM	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Chicken Salad	Salad	210	6	10	16	0.67
Chicken Nuggets (6)	Nuggets	290	<1	18	17	0.55

THE USUAL SUSPECTS

MEAL OPTION	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Cheese Burger	Burger	300	6	12	16	0.8
Whopper	Burger	500	11	35	27	0.96
Big King	Burger	442	6	24	24	0.85
Angus Classic	Burger	580	10	29	31	0.6
Bacon, Cheese & Chicken Royal	Burger	680	7	40	30	1.72
BLT Chicken Wrap	Wrap	380	4	17	22	1.56
King Fish	Burger	440	7	20	18	0.9
Veggie Burger	Burger	550	9	26	15	1.4



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KFC

Taken from KFC's nutrition PDF:

<https://www.kfc.co.uk/nutrition.pdf> (for more information see:

<https://www.kfc.co.uk/our-food>)

HEALTHY SWAPS

ITEM	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Plain Salad Pot	Salad	185	1.3	20.2	3.9	1.07
BBQ Wrap	Wrap	270	1.6	7.3	16.3	1.7
Veggie Rice Box	Rice & Salad	307	12	7.9	9.2	1.48

THE USUAL SUSPECTS

MEAL OPTION	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Zinger Twister	Wrap	480	5.5	20	25.2	2.6
6-piece Bargain Bucket	Chicken Pieces	670	0.9	36	36.3	1.6
Fillet Tower Burger	Burger	620	9.8	26	32	3.6
Zinger Burger	Burger	450	5.7	17.5	25.7	2.4
Fillet Box Meal	Meal	1080	7	40	30	1.72
BLT Chicken Wrap	Wrap	380	4	17	22	1.56
King Fish	Burger	440	7	20	18	0.9
Veggie Burger	Burger	550	9	26	15	1.4



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Subway

Taken from Subway's nutritional factsheet, which can be found:

<http://www.subway.com/en-gb/menunutrition/nutrition>

HEALTHY SWAPS

ITEM	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	SALT (g)
Turkey Breast Salad	Salad	108	6.4	1.8	1.07
Low Fat Ham Sub	Sandwich	290	7.5	4.4	1.6

SWAP: Italian herb and cheese bread (314 kcal, 5.1g sugar, 4.9g fat, 0.9g salt) with Italian white (198 kcal, 4.9g sugar, 1.9g fat, 0.7g salt)

THE USUAL SUSPECTS

MEAL OPTION	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	SALT (g)
Big Beef Melt	Sandwich	403	7.9	15.3	1.6
Steak and Cheese	Sandwich	355	9.0	7.0	1.7
Meatball Marinara	Sandwich	439	13.5	16.2	1.9
Tuna Melt	Sandwich	356	7.3	11.6	1.6
Bacon, Egg and Cheese	Sandwich	337	5.3	12.1	1.6
Chicken and Bacon Ranch Melt	Salad	334	6.6	18.4	1.9
Spicy Italian Salad	Salad	314	6.4	24.9	2.3



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FAST FOOD



Pizza Hut

Taken from Pizza Hut's nutrition factsheet:

<https://www.pizzahut.co.uk/order/pdfs/Nutritional-Information.2b9cacf2cb45a16d9d431a5afbb67d87.pdf> :

Swap your classic and stuffed crust for Italian, and downsize from large to medium

HEALTHY SWAPS

ITEM	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Margherita Italian	Pizza Slice Medium	135	0.9	5.3	5.9	0.53
Margherita Italian	Pizza Slice Large	154	1.2	6.2	6.9	0.61
Margherita Classic	Pizza Slice Large	160	1.2	6.2	7.0	0.53
Margherita Stuffed Crust	Pizza Slice Large	275	1.4	11.7	12.7	1.12

THE USUAL SUSPECTS

All based on medium classics, values given are for one slice.

MEAL OPTION	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Farmhouse Classic	Pizza Slice Medium	149	1.1	5.1	6.9	0.6
Hawaiian	Pizza Slice Medium	151	1.7	5.0	6.8	0.61
Supreme	Pizza Slice Medium	176	1.4	7.6	7.6	0.65
Vegetarian Supreme	Pizza Slice Medium	147	1.8	4.9	6.1	0.44
Sizzler Beef	Pizza Slice Medium	161	1.7	6.0	7.0	0.62
Veggie Sizzler	Pizza Slice Medium	147	1.7	4.9	6.0	0.53
Texan BBQ	Pizza Slice Medium	169	2.0	5.8	9.0	0.76
The Meaty One	Pizza Slice Medium	207	1.4	9.4	11.2	0.9
Meat Feast	Pizza Slice Medium	197	1.3	8.9	9.7	0.9
Chicken Supreme	Pizza Slice Medium	152	1.4	5.0	7.6	0.5
Super Supreme	Pizza Slice Medium	200	1.5	9.4	9.4	0.9





When you are trying to watch what you eat the thought of eating out at a restaurant can be daunting. This is why we have put together some 'Quick Tips' to help you make better menu choices.



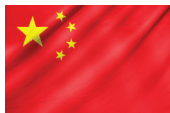
INDIAN

- Skip the appetisers, as most are high in fats and carbs and often deep-fried, so no pakoras or samosas
- Go grilled not fried; choose Tandoori options as the oven-grilled cooking is a far healthier option
- Stay clear of the high fat dishes, including paneers (high fat cheese), ghee-based meals (a clarified butter), and malaise (full fat cream)
- Go lean and swap lamb dishes for chicken or shrimp
- Say no to naan, choose roti instead
- Go light on rice
- Enjoy the benefits of turmeric with its antioxidant, anti-inflammatory and anticancer properties



ITALIAN

- Soup - your secret weapon - is the perfect appetiser to fill you up and minestrone is packed full of high fibre beans
- Choose seafood over pasta and pizzas; Italians are famed for their seafood independent of whether it is grilled, baked or stewed
- Red is best, or at least when it comes to pasta sauces; always opt for a tomato-based sauce over a creamy one
- If you are choosing pasta, opt for one with loads of sautéed vegetables and make sure you tuck into them first
- Go grilled, not fried or breaded
- Wholegrain pasta is the only pasta you should consider
- Ask for the dressing on the side, then you can limit your own amount
- Swap cake for sorbet and coffee



CHINESE

- Wonton soup is a great starter and will fill you up before the more calorific mains
- Go for steamed dishes or those that have only been lightly stir-fried
- Swap white rice for brown and never choose fried!
- Choose lean proteins like chicken and shrimp over beef and pork
- Don't be tempted by the overly sticky or sweet sauce options
- Opt for dumplings as a side rather than spring rolls
- Choose dishes heavy on vegetables, rather than those that are protein and noodle based
- Practice portion control when it comes to the All You Can Eat Buffet!



PUB MEALS

- Swap deep fried starters and mains for their pan-fried or grilled equivalents
- Ditch the starter and opt for extra vegetables and salads
- Say no to bread and rolls!
- Don't get hooked on bar snacks before you sit down to eat
- Choose ham, chicken and fish, over sausages, pies and ribs
- Have baked potato or mashed potato rather than chips
- Swap salad dressing for balsamic vinegar and olive oil
- If you are going for a pie, choose chicken and not steak
- Ask for sauces to come on the side so you can limit the amount you use



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Nando's

Taken from Nandos nutrition information found on their menu:

<https://www.nandos.co.uk/food/menu>

HEALTHY SWAPS

ITEM	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Grilled Chicken Wrap	1 portion	715	17.2	23.5	65.1	3.7
Grilled Chicken Burger	1 portion	387	4.8	8.3	35	2.5
Grilled Chicken Pitta	1 portion	374	3.8	6.6	35	2.5

THE USUAL SUSPECTS

All based on medium spice choice.

MEAL OPTION	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
¼ Breast	1 portion	298	0.3	8.6	52	1.7
Plain ¼ Breast	1 portion	278	0.2	8.6	52	1.2
½ Chicken	1 portion	577	0.4	26.1	82.1	2.6
10 Wings	1 portion	955	0.5	57.8	107.8	5.7
Butterfly Chicken	1 portion	330	0.3	11	57.2	2.2
Vegetarian Burger	1 portion	462	9.2	13.7	17.2	3.7
Mushroom and Haloumi Burger	1 portion	669	18.9	38.8	20.1	3.4
Super Grain Chicken Salad	1 portion	468	2.7	21.5	38	2.1
Quinoa and Chicken Salad	1 portion	572	9.8	28.6	44.3	2.7
Caesar Salad	1 portion	464	3.7	25.8	36.7	2.4





TGI Fridays

Nutritional information sourced from TGI Fridays' nutritional fact sheet:

<https://www.tgifridays.com/pdf/nutrition.pdf>

HEALTHY SWAPS

Look for the hearth baked options and reduce the calories!

ITEM	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
BBQ Chicken Flatbread	1 portion	610	18	28	23	1
Hearth baked BBQ Chicken Flatbread	1 portion	590	18	26	23	1
Warm Pretzel with Craft beer Cheese dipping sauce	1 portion	1190	10	60	40	3.2
Hearth baked warm Pretzel with Craft beer Cheese dipping sauce	1 portion	1080	9	47	39	2.9

THE USUAL SUSPECTS

MEAL OPTION	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Buffalo Wings	1 portion	720	1	48	71	2.6
Chicken Quesadilla	1 portion	1060	5	67	57	2.2
Chicken Toasted Nachos	1 portion	610	6	126	19	1.8
Loaded Potato Skins	1 portion	1620	9	91	51	1.9
Sesame Jack Chicken	1 portion	1090	100	35	39	2.7
Spinach Florentine Flatbread	1 portion	530	4	28	18	1.1





FIVE GUYS

BURGERS and FRIES

Five Guys

Taken from Five Guys' nutrition information found on their website: <http://www.fiveguys.com/-/media/Public-Site/Files/NutritionAllergensAugust182015US.ashx?la=en-GB>

HEALTHY SWAPS

Swap your sauces – exchange calorie-laden ketchup, A1 sauce and BBQ for healthier hot sauce. Also think portion control, choosing their 'little' versions of normal favourites.

ITEM	AMOUNT	CALORIES (kcal)	CARBS (g)	FAT (g)	PROTEIN (g)	SALT (mg)
Ketchup	1	20	5	0	-	160
BBQ Sauce	1	60	15	0	-	400
A1	1	15	3	0	-	280
Hot Sauce	1	0	0	0	-	200
Hamburger	1	700	39	43	-	0.43
Little Hamburger	1	480	39	26	-	0.38

THE USUAL SUSPECTS

MEAL OPTION	AMOUNT	CALORIES (kcal)	CARBS (g)	FAT (g)	PROTEIN (g)	SALT (g)
Kosher Hotdog	1	545	40	35	-	1.1
Cheese Dog	1	615	40.5	35	-	1.4
Bacon Dog	1	625	40	42	-	1.4
Bacon/Cheese Dog	1	695	40.5	48	-	1.7
Cheese Burger	1	840	40	55	-	1.0
Bacon Burger	1	780	39	50	-	0.7
Bacon/Cheese Burger	1	920	40	62	-	1.3
Veggie Sandwich	1	440	60	15	-	1.0
BLT Sandwich	1	533	42	34	-	0.9



Bill's

Taken from nutrition information found on their website:

<https://d1k0w6lyhojuj5.cloudfront.net/wp-content/uploads/2013/06/20130217/Bills-Core-and-Set-Nutrition-July17.pdf>

HEALTHY SWAPS

Take away the dressing and lose the calories straight away!

ITEM	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (mg)
Chicken Caesar Salad	1	627	2.4	41	65	2.5
Add Dressing	1	310	0.7	35	3.5	1.0
Mojo Chicken Skewers with Plain Salad	1	522	3.2	25.1	53.4	1.1
Add dressing	1	97	0.8	10	0.1	0.2

THE USUAL SUSPECTS

MEAL OPTION	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Fish Pie	1 portion	940	6.1	69.2	39.1	3.1
Summer Salad	1 portion	695	11.4	41	65	1.3
Chicken Paillard	1 portion	596	5.1	43	47	1.6
Diablo Gnocchi	1 portion	928	1.2	63	35	4.1
Halloumi Salad	1 portion	356	12.2	21.3	21.6	3.2
Macaroni Cheese	1 portion	1167	8.8	66.3	45.3	6.7
Naked Hamburger	1 portion	525	7.6	38.1	37.5	2.5
Pan Seabass and Rosti	1 portion	612	3.7	42.1	40.2	3.6
Ricotta	1 portion	664	17.2	35.8	26.7	2.1
Seared Salmon Salad	1 portion	728	16.5	53.6	38.3	1.8



EATING OUT



EATING OUT



Pizza Express

Taken from Pizza Express' nutrition information found on their website:

<https://www.pizzaexpress.com/help-and-contact/do-you-have-full-nutritional-information-for-your-menu-available>

HEALTHY SWAPS

Think about your base – if want to cut those calories, think thin!

ITEM	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (mg)
Classic main base	Pizza	448	3.2	3.2	17.8	2.4
Piccolo base	Pizza	224	1.6	1.6	8.9	1.2

THE USUAL SUSPECTS

MEAL OPTION	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Dough Balls	1 portion	361	1.8	16.4	9.1	1.8
Bruschetta	1 portion	412	4.4	19.5	10.5	1.9
Calamari	1 portion	636	3.7	44.7	12.1	2.8
Risotto	1 portion	379	2.1	21.1	11.9	1.7
Caesar Salad	1 portion	349	2.7	25.4	16.1	1.7
Americano	1 pizza	844	10.6	32.6	41.1	4.9
La Reine	1 pizza	770	10.5	25.8	39.4	4.6
Pianta	1 pizza	916	13.5	43.0	27.8	5.2
Sloppy Giuseppe	1 pizza	842	14.6	30.8	45.0	4.7



BYRON

Byron's Hamburgers

Taken from information found on myfitnesspal.com and fatsecret.co.uk

HEALTHY SWAPS

When going to a burger joint consider the veggie option if you are looking for a way to significantly reduce your calories.

ITEM	AMOUNT	CALORIES (kcal)	CARBS (g)	FAT (g)	PROTEIN (g)	SALT (mg)
Byron Burger	1 portion	700	70	25	35	-
Veggie Burger	1 portion	383	46	15	15	-

THE USUAL SUSPECTS

MEAL OPTION	AMOUNT	CALORIES (kcal)	CARBS (g)	FAT (g)	PROTEIN (g)	SALT (g)
Courgette Fries	1 portion	185	12	9	14	-
Blue Cheese Burger	1 portion	735	40	44	52	-
Chicken Burger	1 portion	550	34	28	32	-
Skin on Chips	1 portion	271	32	15	3	-
Hamburger	1 portion	426	31.7	22.9	22.6	-
Skinny Burger (no bun)	1 portion	700	-	55	12.8	-
Beef Jerky Smoking Hot	1 portion	126	1.9	3.8	20.4	-



EAT.

EAT

Taken from EAT's nutrition information found on their website: <https://eat.co.uk>

HEALTHY SWAPS

When it comes to soups look to swap creamy ones for clear broths and watch the calories fade away.

ITEM	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (mg)
Creamy Slow Roast Tomato	1 portion	320	15.2	24.4	4.8	1.2
Spicy Tomato and Basil	1 portion	104	15.6	1.2	3.6	2

THE USUAL SUSPECTS

MEAL OPTION	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Beef Ragu	1 portion	283	11.5	10.7	20.9	2.1
Chicken and Garden Veg Soup	1 portion	168	7.6	2	18	2
Chicken Laksa	1 portion	341	3.3	20	19.7	1.2
Hungarian Goulash	1 portion	267	6	8	19.6	2.7
Leak and Potato Soup	1 portion	280	7.2	15.6	7.2	2
Italian meatball	1 portion	304	9.6	8.4	16.8	1.5
Chicken Ramen Wok Pot	1 portion	262	10.4	3.5	24.5	3.6
Hoisin Duck Gyzon Wok Pot	1 portion	392	27.9	8.5	10	4.1
Vegetable Gyzon Wok Pot	1 portion	300	7.0	5.9	13.8	3.6
Wakame Miso Wok Pot	1 portion	147	5.9	2.6	7.4	3.9
Italian Meatball Hotpot	1 portion	630	8.3	37.3	28.3	1.8
Lemon and Herb Chicken Hotpot	1 portion	648	10.1	22.7	26.2	1.2
Mac 'n' Cheese	1 portion	544	3.9	28	20.1	1.9
Vietnamese Chicken Hotpot	1 portion	549	10.8	11.7	20.2	2.3
Beef & Horseradish Sandwich	1 portion	405	2.4	11.5	23.8	2.6
Cheese Ploughmans	1 portion	700	3.1	31	28.5	2.4
Chicken and Bacon	1 portion	543	24.4	24.8	29.2	3.3
Ham and egg	1 portion	567	2.1	28	31.4	2.8
Tuna Mayo	1 portion	365	4.1	16.6	17.3	1.2
Roast Chicken Salad	1 portion	327	5.5	9.7	20.5	2
Turkey Slaw	1 portion	163	2.8	4.6	11.4	0.8
Smoked Salmon and Soft Cheese	1 portion	367	4.4	15.4	21	1.6



Jamie's Italian

Taken from nutrition information found on Jamie's Italian website:

<https://www.jamieoliver.com/italian/menu>

HEALTHY SWAPS

Ordering a salad isn't always the healthiest option, especially when it comes with dressing. So ask for small portions and the dressing on the side.

ITEM	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (mg)
J1 Chicken Caesar	1 portion small	104	3	5	6	1
J1 Chicken Caesar	1 portion large	200	6	11	10	30
Jamie's Big 5	1 portion small	307	15	13	11	1
Jamie's Big 5	1 portion large	615	30	25	23	1
Classic Superfood Salad	1 portion small	220	4	11	10	1
Classic Superfood Salad	1 portion large	440	8	22	19	2

THE USUAL SUSPECTS

MEAL OPTION	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Tomato Bruschetta	1 portion	200	5	12	9	1
Crispy Squid	1 portion	482	2	43	17	1
Meat Plank	1 portion	335	4	26	18	2
Vegetarian Plank	1 portion	474	6	36	14	2
Vegetable Tagliatelle Bolognese	1 portion Large	651	7	18	21	3
Gennaro Tagliatelle Bolognese	1 portion	836	3	38	28	2
Prawn Linguine	1 portion large	708	6	24	34	2
Caprese Mezzuluna	1 portion	476	8	21	24	4
Oxtail Lasagne	1 portion	441	8	22	23	3
Sirloin Steak 8oz	1 portion	1070	3	77	56	2
Roast Aubergine	1 portion	305	12	20	8	1
Julietta Pizza	1 pizza	873	9	38	41	3
Porkie Pizza	1 pizza	913	6	40	43	5
Melanzane Pizza	1 pizza	949	8	44	41	3





EATING OUT



Wagamama

Taken from nutrition information found on myfitnesspal.com:

<http://www.myfitnesspal.com/nutrition-facts-calories/wagamama>

HEALTHY SWAPS

Fill up with low calorie starters!

ITEM	AMOUNT	CALORIES (kcal)	CARBS (g)	FAT (g)	PROTEIN (g)	SALT (mg)
Miso Soup and Japanese style pickles	1 portion	46	6.1	0	3.1	-
Coconut, Ginger and Lemongrass Soup	1 portion	144	18.3	7.1	1.5	-

THE USUAL SUSPECTS

MEAL OPTION	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Chili Beef Ramen	1 portion	911	133	17.6	68.1	-
Yaki Soba and Sauce	1 portion	520	33.5	23.1	44.5	-
Sea Bass Terryaki	1 portion	539	86.8	8.7	25.3	-
Chicken Cha Han	1 portion	478	52	15	14	-
Chicken and Prawn Cha Han	1 portion	400	52.2	15.1	14.7	-
Ebi Raisukaree	1 portion	598	106.8	4.5	27	-
Hansetsu Teriyaki Beef	1 portion	535	43	15	9	-
Chicken Itami	1 portion	450	100	5	60	-
Steak Soda	1 portion	713	57	19.5	12.3	-
Beef Kushiyaki	1 portion	279	5.8	18.3	43.1	-



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Yo! Suchi!

Taken from nutrition information found on Yo! Sushi's my saffron portal:

<http://yosushi.mysaffronportal.com>

HEALTHY SWAPS

Swap fried foods for soup-based dishes to dramatically reduce calories.

ITEM	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (mg)
Miso Soup	1 portion	60	2.4	1.4	-	2.4
Furikake Fries	1 portion	523	8.9	32	-	2.3

THE USUAL SUSPECTS

MEAL OPTION	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Chicken Katsu	1 portion	164	1.0	9.3	-	0.6
Prawn Katsu	1 portion	122	0.7	3.9	-	1.2
Beef Katsu	1 portion	152	2.6	7.5	-	0.8
Chicken Katsu Curry	1 portion	519	14	16	-	2.5
Chicken Teriyaki	1 portion	300	21	8.7	-	3.1
Pork Teriyaki	1 portion	223	11	9.5	-	1.7
Vegetable Gyoza	1 portion	111	<0.5	3.9	-	1.6
Chicken Gyoza	1 portion	119	<0.5	5.6	-	1.3
Kakiage Vegetable Tempura	1 portion	162	6.9	5.5	-	0.7
Popcorn Shrimp Tempura	1 portion	341	14	18	-	2.2
Soft Shell Crab Tempura	1 portion	219	3.2	9.2	-	0.9
Seafood Udon	1 portion	316	6.4	3.6	-	3.4
Curry Beef Ramen	1 portion	378	12	10	-	1.3
Miso Beef Ramen	1 portion	345	8.0	6.1	-	3.3
Cod Nanbanzuke	1 portion	156	<0.1	0.6	-	0.97
Chicken Kara Age	1 portion	319	2.4	16	-	0.74
Okonomiyaki	1 portion	146	0.1	5.5	-	0.56
Crispy Chicken Wings	1 portion	244	2.0	15	-	1.5
Hoisin Duck Bao	1 portion	226	9.0	0.7	-	0.95
California Rolls	1 portion	142	2.6	5.9	-	0.88
Yo! Roll	1 portion	140	2.7	4.7	-	0.66
Yasai Roll	1 portion	170	5.5	5.6	-	1.0
Ebi Roll	1 portion	127	2.7	3.2	-	1.0
Smoke Salmon Roll	1 portion	220	2.7	1.3	-	1.8
Ginza Roll	1 portion	250	6.0	13	-	1.6
Dragon Roll	1 portion	178	2.6	8.1	-	0.91
Avo Maki	1 portion	131	3.2	4.5	-	0.7
Salmon Maki	1 portion	122	3.1	2.3	-	0.69
Tuna Maki	1 portion	115	3.1	1.2	-	0.69
Crispy Salmon Skin Temaki	1 portion	99	2.2	2.4	-	0.48
Yasai Temaki Handroll	1 portion	184	4.0	3.3	-	0.67
Californian Temaki Handroll	1 portion	179	2.1	11	-	1.2
Salmon and Avo Temaki	1 portion	132	2,1	5.9	-	0.52

EATING OUT



Supermac's

Taken from nutrition information found on the Supermac's website:

http://supermacs.ie/wp-content/uploads/2015/06/2015_99-Nutritional-A3-SUPERMACS-PAPA-JOHNS-SUPERSUBS-Rev003.pdf

HEALTHY SWAPS

Choose grilled every time!

ITEM	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (mg)
Chicken Breast Sandwich	1 portion	384	0.93	17.42	48	1.45
Grilled Chicken Sandwich	1 portion	240	3.91	7.15	18.22	1.79

THE USUAL SUSPECTS

MEAL OPTION	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Chicken Drumstick	1	180	Trace	14.5	29.5	1
Chicken Tender Portion	3	282	0.2	12.6	35.7	2.22
Chicken Wrap	1 portion	432	2.55	14.42	33.64	1.4
Chicken Snack Box	1 portion	989	0.45	49.24	49.70	2.50
Regular Burger	1 portion	235.47	5.28	7.17	13.62	1.78
Cheese Burger	1 portion	367	5.89	18.60	18.60	2.02
Mighty Mac	1 portion	480.9	8.0	19.90	28	2.13
Regular Breakfast Roll	1 portion	603	7.79	34.83	35.86	3.33
Super Breakfast	1 portion	661	5.06	56.36	50.95	3.03



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EATING OUT



Gourmet Burger Kitchen

Taken from nutrition information PDF found on Gourmet Burger Kitchen's website: https://www.gbk.co.uk/sites/default/files/brick_files/GBK-Nutritional-Info.pdf

HEALTHY SWAPS

Think about your cheese choice when having it on your burger!

ITEM	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (mg)
Classic with American Cheese	1 portion	273	5.1	13.7	15.7	1.4
Classic with Cheddar	1 portion	284	4.3	18	17	1.1
Classic with Red Leicester	1 portion	283	4.3	17.9	16.9	1.1
Classic with Smoked Applewood	1 portion	284	4.3	18	17	1.1

THE USUAL SUSPECTS

MEAL OPTION	AMOUNT	CALORIES (kcal)	SUGAR (g)	FAT (g)	PROTEIN (g)	SALT (g)
Classic 6oz Beef Burger	1 portion	265	5	15.4	15.7	1.0
Blue Cheese with Blue Cheese Mayo	1 portion	311	4.3	21.4	14.6	1.1
Bourbon Street	1 portion	230	3.7	13.9	13.9	0.9
Cheese and Bacon with American	1 portion	226	2.7	14.1	13.2	1.5
Avocado Bacon	1 portion	228	3.3	14.5	12.8	1.2
Camemburger	1 portion	267	4	15.1	14.2	1.3
Habanero	1 portion	232	6.2	12.8	10	0.9
Kiwiburger	1 portion	186	5.4	10.8	11.1	0.7
Major Tom	1 portion	249	2.6	16.3	14.9	1.4
Taxi Driver	1 portion	223	3.4	12.8	12.3	1.4
The Don	1 portion	275	3	17.6	15.5	1.2
The Mighty	1 portion	263	2.3	16.8	191	1.4
The Stack	1 portion	312	3.5	21.5	17.7	1.5
Cajun Blue Chicken	1 portion	142	4.4	8.7	9.7	0.7
Cajun Blue Panko Chicken	1 portion	194	4.8	10.3	10.6	0.4
Cam and Cranberry Chicken	1 portion	163	7	8.6	12.6	0.9
Chicken Bacon Pestearella Panko	1 portion	243	3.2	14.3	14.8	0.9
Chicken Classic	1 portion	148	3.7	7.9	13.1	0.9
Satay Chicken	1 portion	171	4.5	9.8	13.1	1.1
Buffalo Speciality	1 portion	259	4.1	15.7	14.9	1.3
Salvador	1 portion	256	4.1	16.5	12.1	0.7
Persian Lamb	1 portion	269	4.6	15.6	15.8	1.4
Billy the Kid Vegetarian	1 portion	228	5.6	12.5	6.5	1.1
Californian Vegetarian	1 portion	198	3.6	10.6	7.1	0.8
Falafel	1 portion	218	5	9.6	5.9	1.7
Chilli Chick Salad	1 portion	103	4.3	8	6.8	0.4
GBK Salad	1 portion	115	2.9	9.9	2.5	0.2
Quinoa Salad	1 portion	272	3.5	22.7	8.4	0.7

EATING OUT

CHECK OUT THESE TRANSFORMATIONS



Thank you for reading my cheat sheet, I hope it will help you when eating out or ordering takeaway.

If you need any more help please don't hesitate to get in contact with us on

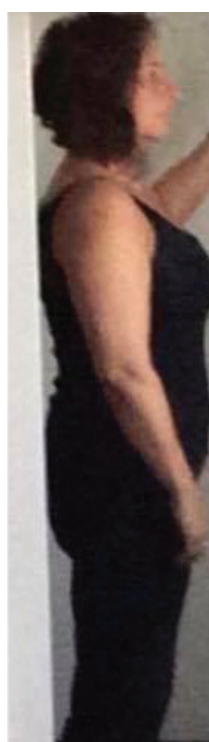
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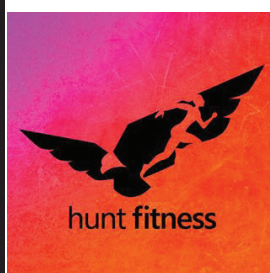
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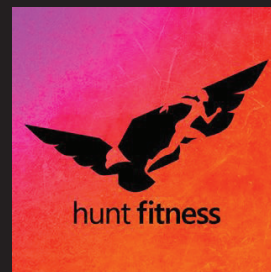


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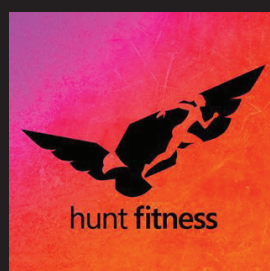
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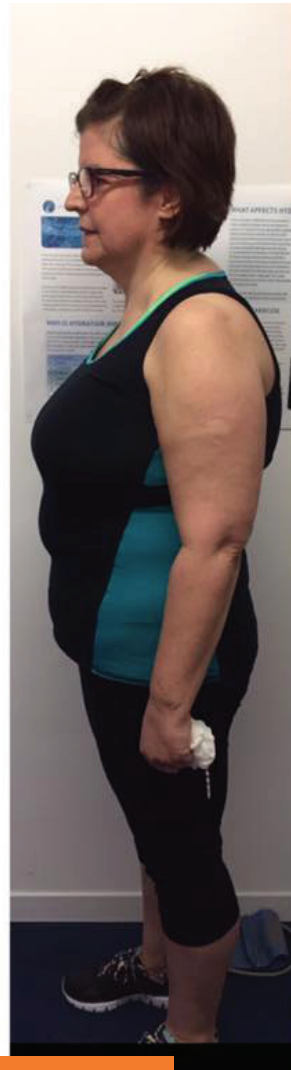
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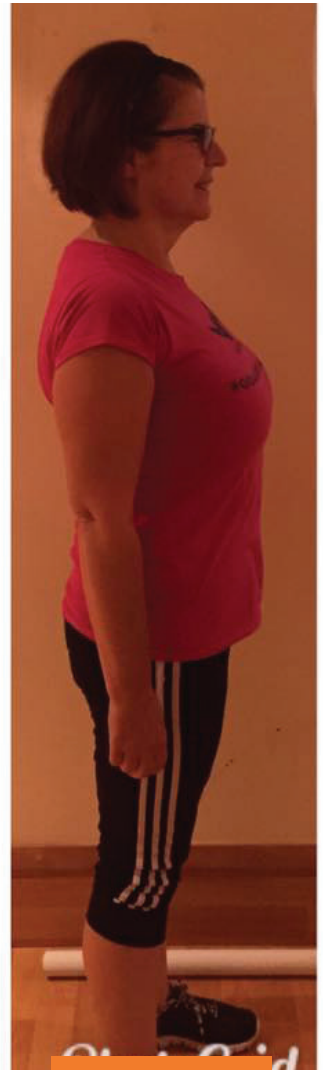
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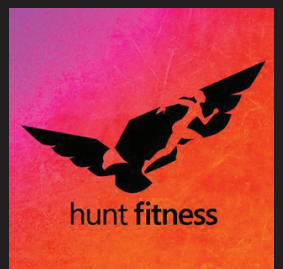
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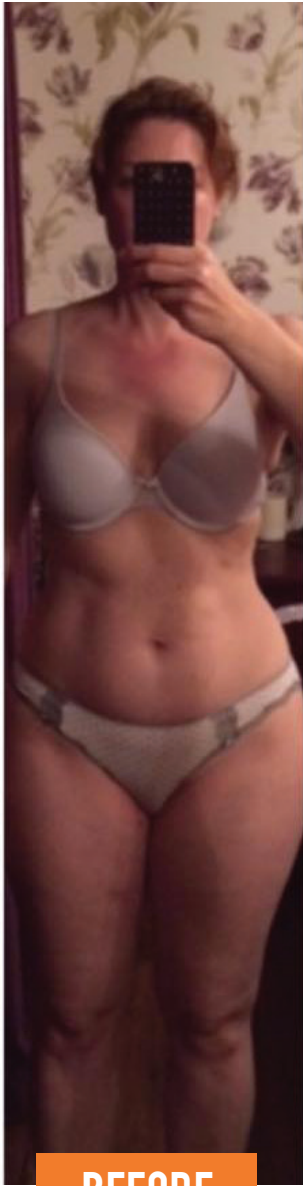
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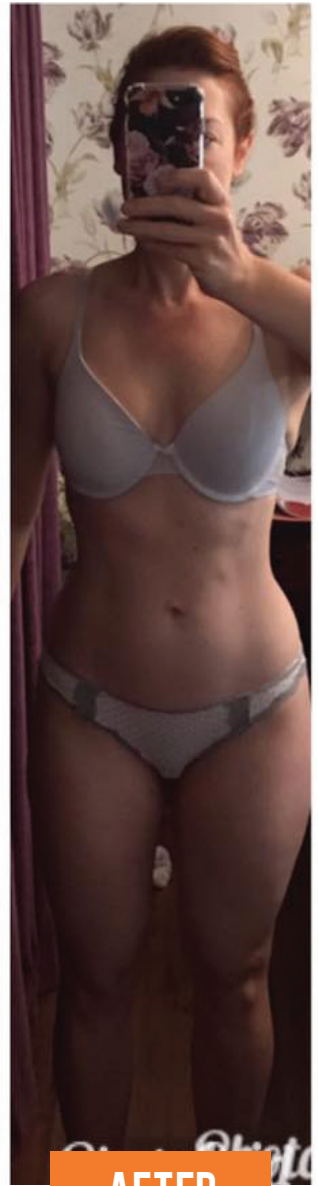
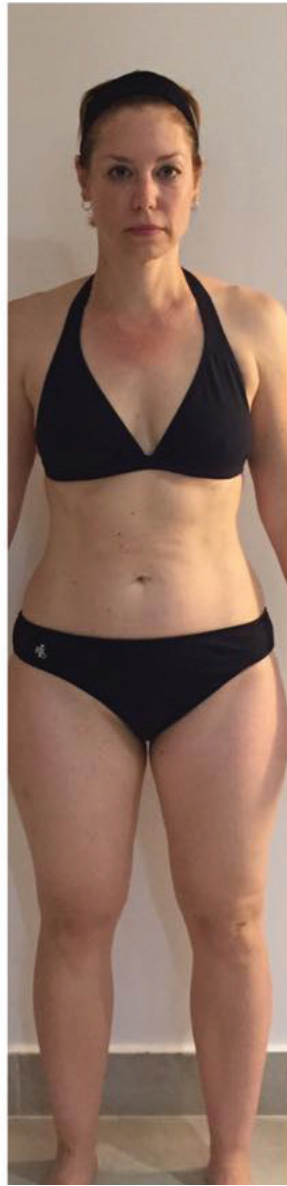
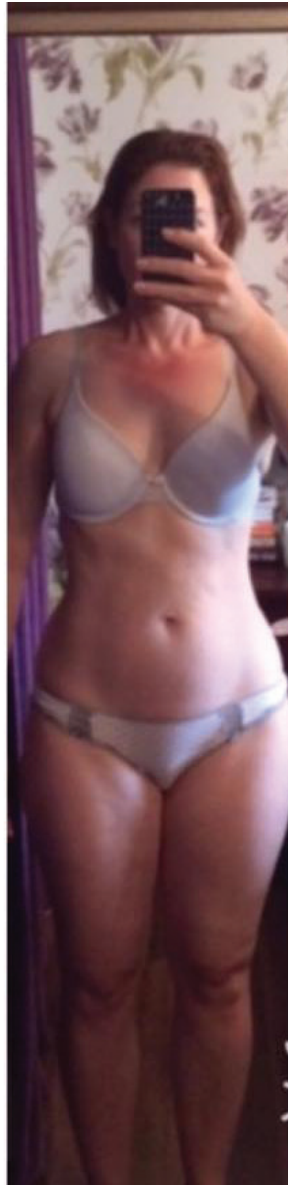
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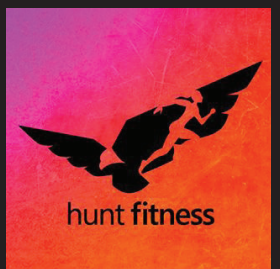
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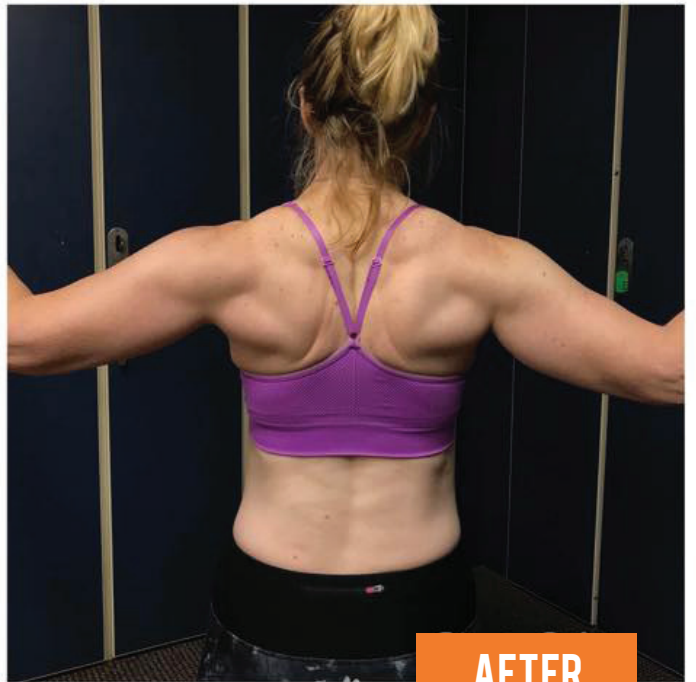
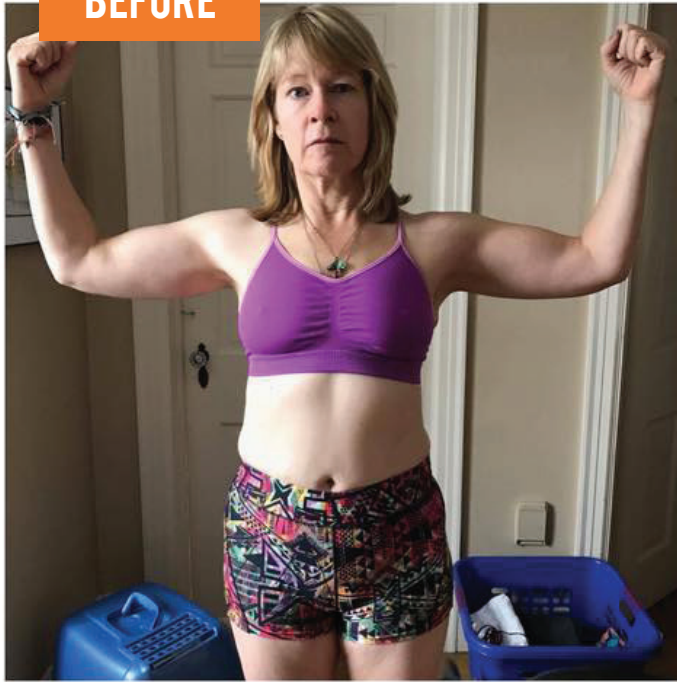


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