



Guidelines for Healthy Eating Out 健康外食原則(英文)

Self-Preparation

- Verify the size of food to be consumed for that meal.
- Prepare your own snacks in case of delay in meal time.
- Bring one small bottle of hot water or purified water to rinse the grease off the food.
- Bring a small packet of sugar substitute and add into drinks or sugar-free snacks.

Techniques

- Pay attention to oil-riched food (control nuts within 1~2 exchange with fat removed).
- Deep-fried food with coating (remove the outer crust before eating)
- De-skin the all poultry meat (i.e. smoked goose and smoked duck).
- Avoid food high in sugar (add sugar substitute for sugar-free snacks, i.e. jelly grass, ice jelly, konjac and avoid snacks such as pudding that is made of a lot of sugar).
- Avoid food high in cholesterol (i.e. fish roe, crab ovaries and mullet).
- Choose food that can be prepared in light style (blanched, steamed, roasted, and salad).
- Eat vegetable that has been rinse in water or with sauce drained off.
- Control fruit portion to 1 small bowl (basically 1 portion per meal).
- Avoid wine (unless amount of wine in controlled under 30ml).
- Drinks (sugar-free tea, purified water, diet coke, and juice limited to 100ml, are good choices of drinks).