



Overeating can be especially hard when you're out of your usual routine and especially when socialising at events with food involved.



Here are some tips to help you control your eating when at a restaurant, a social event, at a buffet and during a meal.

### At a restaurant

- Review the menu ahead of time and select the healthiest or most suitable option that fits your preferences.
- Avoid appetisers such as bread, chips, and poppadom's as they offer little nutritional value but add calories.
- Restrict your alcohol consumption to one small glass of wine or one beer.
- Opt for grilled, baked, boiled, steamed, or poached seafood, skinless poultry, lean meat, and vegetables, and avoid pan-fried and deep-fried foods.
- Consider replacing less nutritious foods with healthier alternatives, such as a salad instead of fries or extra vegetables instead of potatoes.



### At social events

- Consume a nutritious snack before attending a social gathering to prevent feeling hungry while you're there.
  - Avoid excessive alcohol consumption as it is detrimental to your well-being and can make it more challenging to maintain healthy eating habits.
  - Keep your distance from crisps and other snack foods as they can be tempting to overindulge in. Occupy your hands with a low-calorie beverage instead.
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### At a buffet

- Select a spot where you cannot easily see the buffet food. This will make it less tempting to indulge.
  - Choose water instead of juice or soft drinks, which contain additional sugar calories that won't fill you up.
  - Take your time and evaluate the entire selection of food before deciding what to eat. This approach allows you to select the healthiest option.
  - Opt for plenty of salads or vegetables but avoid those with creamy dressings or those cooked in butter or oil.
  - Grilled or baked lean meat, chicken, and seafood are all excellent sources of heart-healthy protein.
  - Eat slowly and resist the urge to return to the buffet table multiple times.
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### During a Meal

- Focus on the sensations of taste and texture in your mouth and how they evolve as you chew.
- Savor your meals by consuming them gradually and relishing the flavour.
- Keep a glass of water within reach and sip it intermittently during your meal.
- Pause between bites and set aside your utensils until you have completely chewed and swallowed.