

6 Ways to Stay Healthy while Eating Out

在外健康就餐6招

Eating out can be very tricky especially if you are trying to watch your weight or stay healthy and fit. Most of the foods prepared in your favourite restaurants are probably high in calories, fat, salt and sugar. Some of them even have hidden MSG on the menu!

It is best if you can cut down on dining out because cooking at home is not only cheaper, but you also have complete control of what goes onto your plate. However, sometimes it is completely unavoidable and let's face it, we all need a day off now and then from slaving in the kitchen.

Here are some tips and tricks that will help you enjoy a meal out without having to compromise your health and fitness.

外出用餐往往可以蛮棘手，尤其是当您正在尝试控制体重或保持健康。这是因为大多数餐馆的食物都是热量高、油多、盐多和糖多。它们当中许多还加入了味精！

如果可以减少外出用餐当然是最好的，因为在家做饭不但可减少花费，还可完全控制您对食物的选择。不过，当然我们有时也总需要休息一天不下厨，选择外出享用美食。

以下是一些帮助您在外用餐时作出健康选择的建议与小技巧：

1 Choose Wisely

It's always a challenge when you dine out with friends who may not have the same concerns as you when it comes to food. It's especially hard when you're going for a meal with a fast food junkie. When choosing a restaurant, compromise is the key. If you can't go somewhere that only serves healthy food, go someplace where they have options that you are comfortable with. It's so easy to get tempted especially when everyone else is ordering something greasy and cheesy, but you have to stay focused and remind yourself of the journey that you are currently on. That said, don't deprive yourself completely! Have a bite of that sugary treat if you must for emotional health; just remember not to overdo it.

聪明选择食物

常常在外用餐，若身边朋友没有一个像您一样讲究健康饮食的话，在选择食物方面真的非常具有挑战性，特别是当对方是个快餐迷。选对餐馆是第一步，大家能互相妥协是非常重要的。如果真的不能在健康养生餐馆用餐，那就选择大家都可接受的餐厅。许多人往往在看到其他人点了些油炸或香浓奶酪口味的食物时，都会受不住诱惑而跟着他们点选一样的食物。所以您必须保持专注，时刻警惕自己正在遵循着健康饮食计划。虽然如此，也不能完全剥夺自己吃美食的权利。如果没有甜点会让您不开心，那吃一两口也无妨，但千万别吃过头。

2 Order First

As soon as you get your hands on the menu, decide what you want and straight away place your order. It's so easy to change your mind and get swayed by what everyone else at the table is ordering. Most people have a tendency of mirroring what their friends are ordering, so hopefully if you ask for a salad or some lean protein first, your friends and associates will also make similar choices that are healthy.

先点餐

一拿到餐单，就赶快决定您要吃的食物，然后马上点餐。不然很容易就被同桌人所点选的食物影响而改变您的决定。大多数人在点餐时，都会跟着朋友的选择而点选食物。因此，您可先点选沙拉或一些瘦肉蛋白，说不定能影响您的朋友或同事也作出类似的选择，鼓励大家一起吃得健康。

3 Portion Control

In this modern day and age, everything is supersized! Most servings can feed two or three people. To avoid overeating, split a meal with a friend or have your waiter separate half the portion of your meal for you to take away. Also, don't be shy to ask for substitutes of certain items on the menu. Instead of having mashed potato or rice on the side, get the kitchen to replace it with vegetables instead. Also, say no to the bread basket before they put it down on the table. It's easier to binge when the food is right in front of you.

点菜要适量

在这个时代，样样东西都是超大型的！很多时候一人份食物其实都够两至三个人享用。为了避免暴饮暴食，您可以与朋友共享一份餐点或请服务生帮忙事先将一半的食物打包起来让您带回家。当然，您不要害羞要求更换餐单上的配菜。比如要求服务生帮您将马铃薯泥或米饭换成蔬菜。另外，也可婉拒服务生将面包放在餐桌上，就可避免因食物摆在眼前而容易失控吃过头。



4 Rethink Your Drink

Often we forget about the calories in the drinks that we order, whether it's an alcoholic beverage or a can of soda. One serving of sweetened tea, for instance, can have 200 to 250 calories. Although a glass of wine is only about 150 calories, some of your favourite cocktails can be well over 300 or 350 calories. The wise thing to do is not to order any drink with your meal. Drinking too soon after meal or during meal will dilute the digestive juice and affect your digestion. Drink at least 30 minutes before your meal and at least 1 hour after meal. If you must have a few sips, ask for a glass of water with some lemon slices or a cup of herbal tea.

点选饮料要三思

无论点选的是酒精饮料还是汽水，我们经常都会忘记饮料中的卡路里。比如，一杯含糖茶饮就含有200至250的卡路里。虽然一杯葡萄酒只有150卡路里，但一些您喜爱的鸡尾酒通常都超过300或350卡路里。其实，明智的做法就是不要随餐点饮料。用餐期间或餐后若喝得太多，会稀释胃内的消化液，影响消化功能。最好是在餐前至少30分钟或餐后至少一小时才喝饮料。若非得喝上几口，您可选择一杯含有柠檬片的开水或花草茶。



6

Drink This Elixir

An apple a day keeps the doctor away! Before leaving the house for your night out, drink a glass of distilled water mixed with a tablespoon or two of **Organic Apple Cider Vinegar** together with $\frac{1}{4}$ teaspoon **K-Salt**. The insoluble fibre found in the natural elixir will help you feel full with less food. The fibre will also decrease the likelihood of you overeating on unhealthy foods between meals. **K-Salt** helps restore electrolyte balance of potassium and sodium, hence preventing water retention in your body due to excess sodium in the food. Add these together, and you have the recipe for weight loss success!

灵丹圣水

一天一颗苹果，医生远离我！出门前喝一杯加入了1或2茶匙**有机苹果醋**及 $\frac{1}{4}$ 茶匙**钾质**的蒸馏水。饮料中所含的不溶性纤维可帮助您增加饱足感，进而减少对食物的摄取。纤维也可降低您两餐之间对零食过度摄取的欲望。另一方面，**钾质**有助平衡体内的钾钠电解质，从而防止因摄取过多的钠而导致体内水分滞留的情况。钾质与苹果醋双剑合并，是您成功减肥的诀窍！



5 Slow Down

Your digestive system takes at least 20 minutes to communicate to your brain and let it know that you are full. If you eat too quickly, you'll be over-stuffed by the time you receive that signal. Take your time when you are eating; enjoy the flavours in your mouth and chew slowly. Engage in conversation to help you do that and for goodness sake, put away your mobile devices!

Taking $\frac{1}{2}$ -1 teaspoon of **N.Zimes PA Plus™** before or after each meal goes a long way. **N.Zimes PA Plus™** contains a broad spectrum of enzymes that our body needs to break down food into nutrients that can be absorbed and utilized. This helps prevent bloating, flatulence, indigestion and auto-intoxication.

细嚼慢咽

消化系统需要至少20分钟与大脑相互交流，传达饱足信息。如果吃得太快，当身体收到饱足信息时，您已经吃过量了。因此，记得用餐时要细嚼慢咽，好好享受食物中的味道。您也可在餐桌上与其他人交谈就不会狼吞虎咽，不过记得要收起您的手机！

餐前或餐后摄取半至1茶匙的**胰酶（植物）添加素**对消化大有帮助。**胰酶（植物）添加素**提供广泛的酵素，帮助分解食物，转换为营养成分，供身体吸收和利用。同时也有助于防止腹胀、胀气、消化不良和自体中毒等问题的发生。

Weight-Watcher Tip:

Here are a few more of our products that could help you curb hunger and control that relentless appetite, while improving your health!

1-2 tablespoons of **Extra Virgin Coconut Oil**.

1 sachet of **ColostrumX** or 1 sachet of **Super Green Food ++** with $\frac{1}{4}$ teaspoon of **K-Salt**.

1 tablespoon of **Omega Gold Flax Seed Oil** in a small cup of yogurt.

1 glass of Honegar (**Honey** mixed with **Apple Cider Vinegar** in a glass of distilled water) with 1 teaspoon of **Herbal Klenz Powder**.



体重管理的小贴士:

每天服用以下的新生命产品，不但可帮助您抑制饥饿感和控制强烈的食欲，同时也可改善您的健康！

1至2汤匙的**特级初榨纯椰子油**。

1包**初乳奶粉**或1包**特超绿食品**与 $\frac{1}{4}$ 茶匙的**钾质**。

将1汤匙的**Ω奥美加金牌亚麻籽油**加入1小杯的**酸乳酪**。

将1茶匙的**天然净化粉**加入1杯**蜂蜜苹果醋饮料**。