How to Make Healthy Choices When Eating Out

T56-E-Unit 1

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Introduction-Preview

- Eat less salt and oil
- Cut out sugary drinks
- Stop snacking habits

Eat less salt and oil

Why should we eat less salt and oil?

- Breakouts and may lead to bloating or heaviness.
- Blood sugar spikes and lead to fatigue after meals.
- Kidney problems ,high blood pressure and even cancer.

Benefits

According to World Health Organization(WHO), three key benefits of reducing oil and salt intake are.

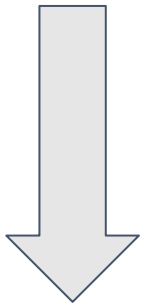
1. Get lower blood pressure

2. Reduce the risk of heart disease and stroke

3. Help with weight management and avoiding excess calories

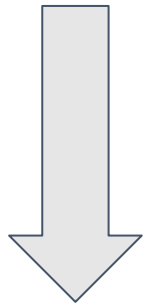
Alternative

fried chicken



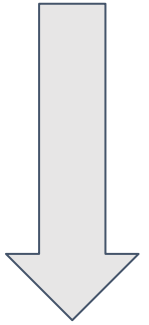
chicken breast

instant noodle



noodle

french fries



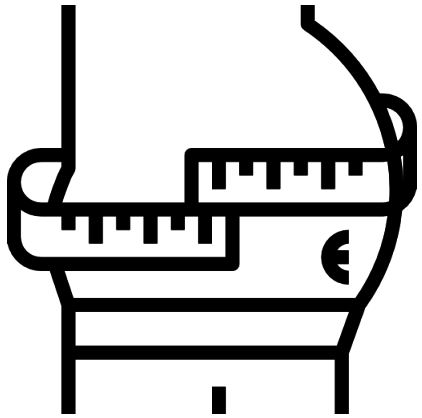
sweet potato

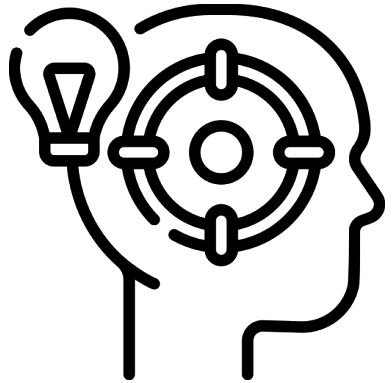
Main point 2

How to Cut Out Sugary Drinks

How Sugary Drinks Affect Us?

- Gain Weight
- Affect Brain
- Wallet





Source: CDC

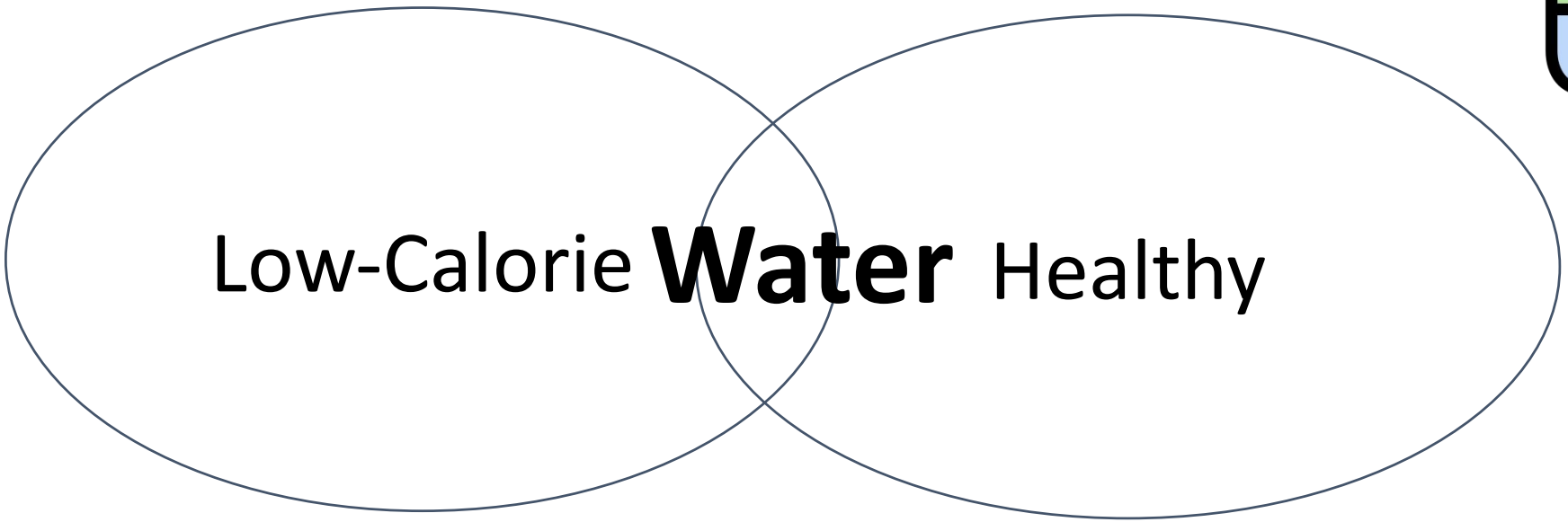
Switch to Healthier Drink

- Milk
- Sugar-Free Tea
- Add Berries to Water

Cutting down on sugar slowly can make it easier to quit sugary drinks.

Source: CDC and ColumbiaDoctors

Replace Sugary Drinks with Water

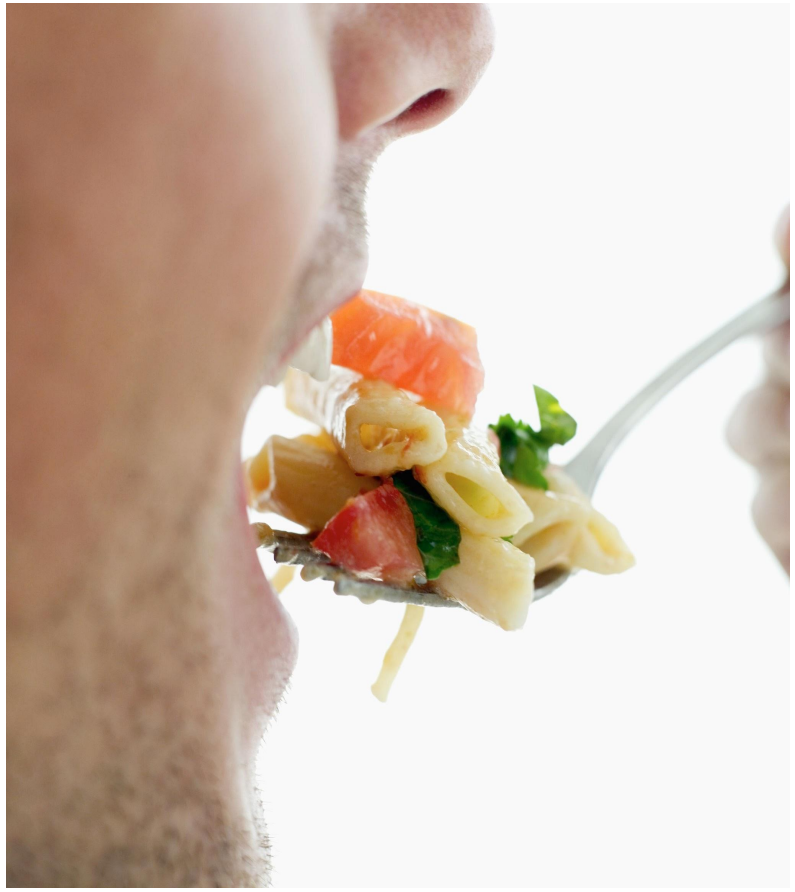


Source: CDC

Cut Out Snacking Habits

Why you're snacking so much?

- You're not eating consistently
- You're restricting certain foods
- You are an emotional snacker



Source: Isabel Vasquez RD, LDN

How to cut out snacking?

- Eat at regular intervals
- Avoid incorrect diet plans
- Tune in to your feelings

Source: Isabel Vasquez RD, LDN

Benefits of stopping snacking

- Better Weight Management
- Mental Clarity and Focus
- Improved Digestion

Conclusion-Review

- Reduce oil and salt for better health
- Choose healthier drinks for a stronger body
- Control snacking for better energy and focus

Q&A Session

- Q1:If you want to eat fried chicken,what can you substitute?
- A1:Chicken breast
- Q2:What are the benefits of water?
- A2:It's low-calorie and healthy.
- Q3:What can emotional eating be caused by?
- A3:Stress, anger, sadness, or trauma.

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