



What To Choose When Eating International Cuisine

Italian

Better Choices

- Soups
- Ratatouille (*eg 1 serve of ratatouille will take you 21mins of walking or 9mins of jogging to burn off!*)
- Pasta or meat with seafood or tomato sauce
- Salads - ask for dressing to be served separately
- Plain bread or rolls

CAUTION!

- Lasagne (*eg 1 serve of lasagne will take you 111mins of walking or 46mins of jogging to burn off!*)
- Pasta or meat dishes with cream or cheese sauce e.g. carbonara, parmigiana
- Pizza
- Herb and garlic bread

Lebanese

Better Choices

- Tabbouli, Falafel, Hommos (i.e. no olive oil on top)
- Meat balls
- Shish Kebabs (*eg 1 serve (stick) of shish kebab will take you 36mins of walking or 15mins of jogging to burn off!*)
- Kafta
- Most vegetarian dishes
- Lebanese bread

CAUTION!

- Fried meats (*eg 1 serve of shawourma (spit roast beef) will take you 78mins of walking or 32mins of jogging to burn off!*)

- Dahl
- Meat pie
- Baklava and other pastries

Thai

Better Choices

- Soups (*eg 1 serve of Tom Yam Soup with seafood will take you 28mins of walking or 11mins of jogging to burn off!*)
- Stir-fried dishes
- Steamed rice and noodles
- Steamed spring rolls and dim sims

CAUTION!

- Foods fried in batter
- Fried rice and noodles
- Coconut cream curries (red, green and yellow) (*eg 1 serve of massaman beef will take you 189mins of walking or 78mins of jogging to burn off!*)
- Sweet sauces e.g. sweet and sour

Indian

Better Choices

- Tandoori dishes, vindaloo, biriyani (*eg 1 serve of chicken tandoori will take you 72mins of walking or 30mins of jogging to burn off!*)
- Dahl
- Plain Naan, Roti, Chapati
- Raita rice

CAUTION!

- Korma curries (*eg 1 serve of chicken korma will take you 139mins of walking or 57mins of jogging to burn off!*)
- Butter Chicken
- Fried items e.g. Samosa
- Fried Poppadums
- Puri

Mexican

Better Choices

- Soup (*eg 1 serve of menudo soup will take you 15mins of walking or 6mins of jogging to burn off!*)
- Gazpacho
- Soft Tortillas e.g. Burritos, Enchiladas

CAUTION!

- Refried Beans
- Fajitas (*eg 1 serve of chicken fajita will take you 125mins of walking or 51mins of jogging to burn off!*)
- Nachos
- Chilli con carne
- Corn Chips
- Guacamole
- Sour Cream
- Fried Tortillas e.g. Tostadas

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To find out about more of your favourite international dishes and what it takes to burn them off, go to http://www.calorieking.com/foods/calories-in-restaurant-international-foods_c-Y2lkPTM5.html

Note: The minutes to burn these dishes off are based on a 35-year-old female who is 5'7" and weighs 65kgs, plus the amount of fat, carbohydrate and protein that is found in each dish.