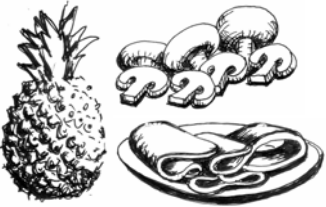
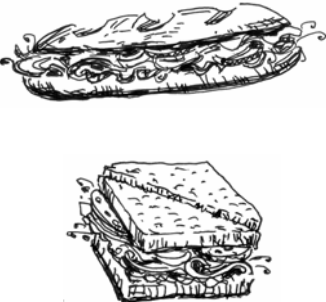







HEALTHY TAKEAWAYS & EATING OUT

Increasingly busy lives and the decline in home cooking skills has resulted in many people eating out more and choosing takeaways. Making healthy choices can be difficult. This handout discusses healthier alternatives when choosing takeaways and eating out.

Takeaways



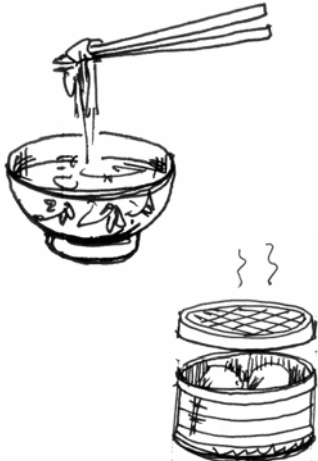

<p>Pizza Bars</p> 	<ul style="list-style-type: none">▪ Thin based pizzas are a better choice as they are usually lower in fat and energy (kilojoules / calories) than thick-based.▪ Ask for extra vegetable toppings (eg mushrooms, onion, capsicum, tomato) and less cheese.▪ Look for lower fat toppings such as ham and pineapple, seafood and vegetarian pizzas rather than those with fatty meats such as salami, bacon and pepperoni.
<p>Subway and Sandwich Bars</p> 	<ul style="list-style-type: none">▪ Look for the “Under 6” subs at Subway – these have less than 6 grams of fat per serve (stick to 6 inch subs, not the foot long!).▪ Look for lean meat (lean ham, beef), skinless chicken or turkey, tuna, plain eggs, and plenty of salad (lettuce, tomato, cucumber, grated carrot, beetroot, alfalfa, etc).▪ Say no to butter, margarine and mayonnaise.▪ Look for low fat spreads such as chutney, pickles, mustard and cranberry sauce.▪ Choose from a variety of breads including bread rolls, pita bread, mountain bread, focaccia, sour dough, and lepinja bread.▪ Look for high fibre varieties ie multigrain, wholemeal, fibre enriched, rye, kibbled wheat, barley, mixed grain, nut and fruit bread.
<p>Burger Bars eg McDonalds & Hungry Jacks</p> 	<ul style="list-style-type: none">▪ Most of the standard burgers are high in fat.▪ Many menus now have lower fat alternatives to choose from eg McDonalds Healthy Choice menu.▪ Look for grilled meat, chicken or fish burgers.▪ Say no to extras such as cheese, mayonnaise, egg and bacon.▪ Ask for lots of salad fillings – such as lettuce, tomato, beetroot and onion.▪ Ask for tomato sauce instead of mayonnaise.▪ Say no to fries!▪ Choose diet soft drinks, soda water or mineral water instead of original soft drinks

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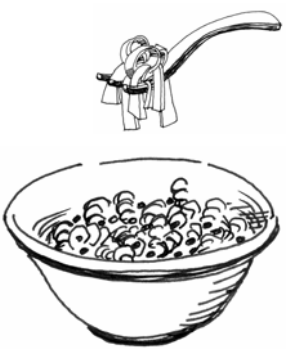


<p>Fish, Chicken and Chip Shops</p>  	<ul style="list-style-type: none">▪ Plain hamburgers or steak sandwiches made with a grilled pattie or meat and without “the lot” are good choices. Avoid butter, margarine or mayonnaise as a spread. Ask for plenty of salad fillings.▪ Keep fat content of burgers and steak sandwiches lower by avoiding additional cheese, fried egg, onion and bacon.▪ Ask for fish to be grilled or baked instead of fried and avoid mayonnaise or tartare sauce.▪ If you can’t resist chips, choose thickly cut chips as they absorb less fat than thin cut or French fries —ask for a small serve.▪ Look for roast potatoes rather than deep-fried potato chips.▪ A yiros can be a healthy choice filled with plenty of salad and a yoghurt-based garlic sauce.▪ Rotisserie or BBQ chicken is a healthy option – but don’t forget to remove the skin! Stay away from deep-fried chicken (eg KFC) – it is very high in fat, even if you remove the skin.▪ Ask for tomato or BBQ sauce rather than gravy which is usually high in fat.▪ Look for salads with little or no dressing.
<p>Baked Potatoes</p> 	<ul style="list-style-type: none">▪ With careful selection of toppings, baked potatoes are an excellent choice.▪ Fillings can include low fat yoghurt or cottage cheese instead of sour cream. Try coleslaw, pineapple, baked beans, beetroot, lean meat (ham or beef), skinless chicken or turkey, small quantities of grated cheese (preferably low fat).
<p>Deli or Snack Bars</p> 	<ul style="list-style-type: none">▪ Fruit is the easiest takeaway food of all – often it comes in its own environmentally friendly wrapper! (eg banana skin).▪ Look for sandwiches, baguettes and rolls with low fat fillings (see above).▪ Other sensible choices include yiros, grilled steak sandwich or burger without “the lot”, and baked potatoes with low fat toppings.▪ Stay away from pastries such as pies, pasties, sausage rolls and quiches.

HEALTHY TAKEAWAYS & EATING OUT

Eating out

<p>General Ordering Tips</p> 	<ul style="list-style-type: none"> ▪ Ask about cooking methods before ordering your meal ▪ Try to choose grilled lean meat, chicken or fish, or cooked with only a small quantity of vegetable oil. ▪ Avoid deep-fried foods and creamy sauces where possible. ▪ Order two entrée size meals instead of an entrée and a main. ▪ Request salads or vegetables to be served without a cream or oil based dressing – choose lemon juice or vinegar. ▪ Ask for a jug of water for the table. ▪ Ask for a fruit based dessert
<p>Indian Style</p> 	<ul style="list-style-type: none"> ▪ Look for yoghurt-based curries rather than curries made from coconut milk or cream. ▪ Choose from beef, chicken, seafood or vegetable curries with steamed rice. ▪ Plain chapatti or roti breads can be served without oil or margarine (Papadams are fried and therefore high in fat). ▪ Dhal and other legume or vegetable dishes tend to be good choices.
<p>Asian Style</p> 	<ul style="list-style-type: none"> ▪ Clear noodle or vegetable-based soups are good choices. ▪ Steamed dim sims, prawn dumplings, chilli squid or octopus and cold rolls are good entrée choices. ▪ Try steamed rice instead of fried rice. ▪ Look for stir-fried dishes rather than deep-fried dishes. ▪ Beware of lemon or honey chicken as they are usually battered and deep fried. ▪ Order rice or noodle and vegetable dishes as the basis of the meal with small quantities of stir-fried meat, chicken or fish. ▪ Steamed fish is an excellent and a different choice.
<p>Mexican Style</p> 	<ul style="list-style-type: none"> ▪ Many dishes contain a lot of cheese and are therefore high in fat. Nachos are very high in fat and best to be avoided. ▪ Look for tacos, burritos and tortillas with lean meat fillings, plenty of salad and only a small amount of cheese. ▪ Look for spiced char-grilled meat, chicken or seafood. ▪ Bean or legume-based dishes are usually a good option.

HEALTHY TAKEAWAYS & EATING OUT

<p>Italian Style</p> 	<ul style="list-style-type: none">▪ Minestrone and other vegetable-based soups are excellent choices.▪ Choose tomato, vegetable and seafood based sauces instead of creamy sauces for pasta.▪ Order plain bread with the meal (herb and garlic bread is high in fat).▪ Try different types of pasta eg ravioli, fettuccine, spiralli, fusilli and even gnocchi.▪ Seafood or vegetable risotto is an interesting alternative.▪ Pizzas with lean meat / seafood and vegetable toppings can be a good choice (ask for less cheese and more vegetables and thin base).
<p>Greek and Lebanese Style</p> 	<ul style="list-style-type: none">▪ Bean, vegetable and tomato based soups are excellent.▪ Ask for pita or plain bread to be served without oil, butter or margarine.▪ Look for tzatziki dip (yoghurt-based) or hommous dip (made from chick pea) – most other dips are high in fat, use only small amounts.▪ Yiros is a good choice filled with plenty of salad and yoghurt based garlic sauce.▪ Choose from charcoal grilled meat, chicken or seafood dishes.▪ Stuffed vine or cabbage leaves and vegetable / legume (dried bean) casseroles are good choices.▪ Pastries and cheesy dishes are high fat choices.
<p>Salad Bars & Smorgasboards</p> 	<ul style="list-style-type: none">▪ Choose vegetables or salads with little or no oil or dressings.▪ Eat smaller serves of protein foods eg cheese, meat and chicken.▪ Try to include some bread with the meal, especially high fibre bread without butter or margarine.▪ Soup is often included. Choose vegetable, tomato, noodle or legume based soups instead of creamy soups.▪ Pasta with a tomato or vegetable based sauce is another excellent choice.▪ Try to limit to one plate of food rather than going back for more.