

# Healthy Eating Out & Takeaway Options

A lot of people choose to eat out and get takeaway regularly, as it is a quick and easy option. However, most food purchased outside of home are high in fat, sugar and salt. These can be part of a balanced diet when eaten sometimes and in small amounts, but if you eat out regularly it's important to look for healthier choices.

## Asian



### Healthier Options

- Vegetable based dishes e.g. chow mien with seafood or chicken
- Stir-fry e.g. Mongolian lamb
- Steamed rice
- Clear noodle soup
- Sushi

### Sometimes Foods

- Fried or battered items e.g. honey chicken, crispy duck
- Fried noodles
- Fried rice
- Curries made with coconut milk e.g. green curry and laksa
- Coconut rice
- Spring rolls

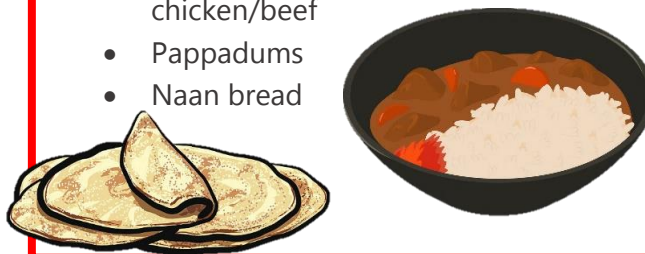
## Indian

### Healthier Options

- Dry based curries e.g. vindaloo or madras
- Tandoori chicken
- Plain steamed rice
- Roti bread
- Vegetable/lentil Dahl

### Sometimes Foods

- Cream based curry e.g. butter chicken
- Deep fried entrees e.g. samosas
- Satay sauce dishes e.g. satay chicken/beef
- Pappadums
- Naan bread



## Burgers

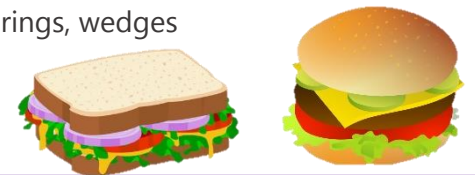


### Healthier Options

- Grilled steak or chicken burger
- Bagels
- Meat kebabs with salad
- Ham/chicken/tuna and salad sandwiches
- Sweet potato chips

### Sometimes Foods

- Burger with extras e.g. cheese, egg, bacon
- Burger with fried meat e.g. fried chicken burger
- Cheese based toasted sandwiches
- Deep fried foods e.g. hot chips, onion rings, wedges



# Pizza & Italian Healthier Options

- Thin based pizzas
- Pizzas that include toppings like: chicken, vegetables, pineapple and seafood
- Pasta with a tomato based sauce e.g. bolognaise and napolitano
- Minestrone soup
- Garden side salad

## Sometimes Foods

- Thick based pizzas
- Cheese crust pizza's
- Pizzas that include toppings like: salami/pepperoni, ham, anchovies, bacon, garlic sauces
- Risotto
- Pasta with a cream based sauces (e.g. alla panna and carbonara)
- Garlic bread

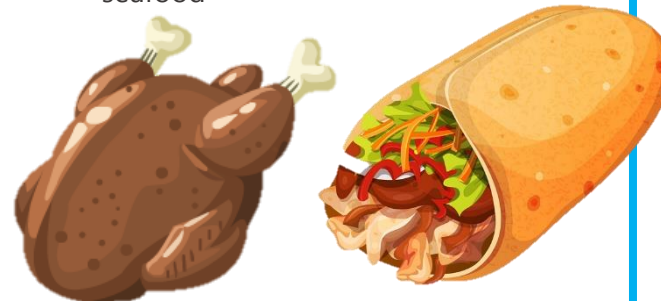


# Chicken Shop Healthier Options

- BBQ or rotisserie chicken without the skin
- Fresh salads and roasted vegetables
- Yiros with salad
- Steak sandwich with salad
- Grilled fish and seafood

## Sometimes Foods

- Schnitzel and chicken nuggets
- Hot chips and wedges
- Chicken wings
- Chiko rolls
- ABs
- Dim sims
- Hot dogs
- Creamy salads e.g. potato salad and pasta salad
- Fried, battered and crumbed fish and seafood



# Bakery & Desserts Healthier Options

- Grainy or wholemeal bread
- English muffins
- Turkish, Lebanese or pita bread
- Fresh salad, wrap, sandwich or roll with meat and salad
- Low fat yoghurt with fresh fruit
- Fruit salad
- Sorbet and low fat ice cream
- Small skim milk milkshake/iced latte without cream and ice cream
- Skim milk hot drinks

## Sometimes Foods

- Croissants e.g. plain or filled
- Garlic and cheese bread
- Muffins
- Hot pastries e.g. sausage rolls, pies, pasties
- Pizzas
- Cakes and donuts
- Ice cream
- Waffles and pancakes
- Pancakes
- Milkshake or thick shake
- Full cream hot drinks

