

HEALTHY TAKEAWAY GUIDE

Pizza	<ul style="list-style-type: none"> ▪ Choose thin base ▪ Ask for less cheese ▪ Choose vegetarian or seafood or leaner meat pizza e.g. ham and pineapple. ▪ Avoid salami, bacon & pepperoni ▪ Ask for extra vegetable toppings e.g. mushrooms, capsicum, pumpkin
Burger, fish, chicken, chip shops	<ul style="list-style-type: none"> ▪ Choose grilled fish or chicken burgers ▪ Have tomato sauce instead of mayonnaise ▪ Look for “Healthy Choice” menus such as those at McDonalds ▪ Ask for lots of salad e.g. beetroot, lettuce, tomato, cucumber etc ▪ Avoid added fried egg, bacon and cheese ▪ Choose diet soft drink ▪ Avoid chips/ fries have roast potato instead ▪ Remove the skin from BBQ chicken, without the skin it is a healthier option. ▪ Choose skin free chicken fillets. ▪ AVOID deep fried chicken (e.g. KFC) ▪ Limit chicken stuffing
Subway, Deli's and Sandwich bars	<ul style="list-style-type: none"> ▪ Choose 6” subs (Subway) aiming for less than 6g fat per serve ▪ Choose lean meat e.g. ham, skinless chicken, turkey, tuna or egg with lots of salad ▪ Choose low fat spreads e.g. chutney, pickles, mustard or cranberry sauce ▪ Avoid butter, mayonnaise and margarine ▪ Choose high fibre, lower GI breads e.g. wholemeal, multigrain, sour dough, rye ▪ Choose fruit ▪ Avoid pastries, pies, sausage rolls and quiches- choose a sandwich instead.

EATING OUT GUIDE

General Tips	<ul style="list-style-type: none"> ▪ Choose grilled lean meat or chicken or fish ▪ Avoid creamy sauces ▪ Avoid deep fried food ▪ Order salad or vegetables instead of chips ▪ Choose a fruit based dessert if you need to have dessert ▪ Have 2 entrees instead of an entrée and main course ▪ Don't be afraid to leave food on your plate if the serving size is too big ▪ Ask for salads or vegetables to be served without dressing ▪ Order extra salad or vegetables
Breakfast	<ul style="list-style-type: none"> ▪ Choose poached or scrambled eggs with tomato, spinach, mushroom and grainy bread ▪ Avoid high fat bacon, sausages, hash browns and eggs Benedict
Asian	<ul style="list-style-type: none"> ▪ Choose noodle or vegetable based soups ▪ Choose steamed rice instead of fried rice ▪ Choose stir fries instead of deep fried dishes ▪ Steamed dim sims, braised meat and fish are healthier choices ▪ Sushi is a good low fat option
Indian	<ul style="list-style-type: none"> ▪ Choose tomato based curries ▪ Avoid curries based on coconut milk or cream ▪ Choose dhal and other vegetable based dishes and steamed rice
Italian	<ul style="list-style-type: none"> ▪ Choose tomato, vegetable and seafood based sauces AVOID creamy pasta sauces ▪ Minestrone and other vegetables soups are great healthy options ▪ Choose vegetables or seafood risotto ▪ Avoid garlic bread, choose plain bread
Mexican	<ul style="list-style-type: none"> ▪ Choose taco's, tortilla's or burrito's with lean meat fillings ▪ Choose LOTS of salad and a small amount of cheese ▪ Choose bean or legume based fillings as a healthier alternative to meat ▪ Avoid nachos and lots of avocado dip as they are high in fat