



## Healthy Eating Out, Takeaway & Convenience Meals

Busy lives and easy access to food outlets mean that more people are eating out or choosing takeaways. Takeaway foods are often high in fat, sugar and salt, so it is important to look for healthier options. This handout gives you some tips to make healthier choices when eating out or choosing takeaway food.

### Eating Out: General Ordering Tips

- Pay attention to cooking methods before ordering your meal or ask if you are unsure
- Choose grilled lean meat, chicken or fish. Avoid fried or processed meat
- Look for vegetable/ salad based meals
- Order salad or vegetables on the side, rather than chips
- Choose tomato or vinegar based sauces or dressings, rather than creamy based options
- Ask for sauces/gravies/dressings on the side so you can control the portion
- Choose a restaurant or café that you know has healthier options

### Careful with portions

- Order entrée size dishes, or skip entrée and choose just a main course

- Avoid buffets or “all you can eat” restaurants to resist temptation to overeat
- Avoid meal combos with fries or chips and ordinary soft drinks
- Resist the urge to ‘Up Size’

### Cooking Styles

- Choose light, lean or lower fat alternatives if available
- Choose grilled items as these generally have much less fat than fried, battered or crumbed items

### Convenience Meals

- Keep frozen, pre-packaged meals as a convenient alternative to takeaway
- When cooking, make extra portions and freeze pre-portioned serves for convenient meal options
- When cooking extras for leftovers, serve the meal and store the rest to avoid being tempted to return for second helpings
- Plan meals in advance to make it easier to avoid choosing takeaway foods
- Salad sandwiches, wraps and rolls are healthy and easy meal options
- Add frozen or canned vegetables to meals

Style	Preferred choice	Not so good
Asian	<ul style="list-style-type: none"> <li>• Vegetable based dishes (chow mien/chop suey) with seafood or chicken</li> <li>• Stir-fry e.g. Mongolian lamb</li> <li>• Steamed rice</li> <li>• Clear noodle soup</li> <li>• Sushi</li> </ul>	<ul style="list-style-type: none"> <li>• Fried or battered items</li> <li>• Crispy duck</li> <li>• Fried noodles</li> <li>• Fried rice</li> <li>• Curries made with coconut milk</li> <li>• Coconut rice</li> </ul>
Indian	<ul style="list-style-type: none"> <li>• Dry curries (vindaloo or madras)</li> <li>• Tandoori lamb or chicken</li> <li>• Plain steamed rice</li> <li>• Roti bread</li> <li>• Vegetable/lentil Dahl</li> </ul>	<ul style="list-style-type: none"> <li>• Cream based curries</li> <li>• Deep fried entrees</li> <li>• Satay sauce</li> <li>• Pappadums</li> <li>• Naan bread</li> </ul>
Burgers and Rolls	<ul style="list-style-type: none"> <li>• Small grilled steak or chicken burger with salad</li> <li>• Bagels</li> <li>• Meat kebabs with lots of salad</li> <li>• Ham/chicken/tuna and salad sandwiches, ask for no margarine/butter</li> </ul>	<ul style="list-style-type: none"> <li>• Burger with the works, such as cheese, egg, bacon etc</li> <li>• Cheese based toasted sandwiches</li> <li>• Salami/luncheon on sandwiches</li> <li>• Chips on the side</li> </ul>
Pizza/Italian	<ul style="list-style-type: none"> <li>• Thin and crispy base</li> <li>• Chicken, vegetables, pineapple and seafood topping. Have 1 or 2 slices with salad</li> <li>• Pasta with tomato based sauce (e.g. Napolitano, bolognese)</li> <li>• Minestrone soup</li> </ul>	<ul style="list-style-type: none"> <li>• Thick base, cheese crust salami, bacon, ham, anchovies, toppings</li> <li>• Lasagne</li> <li>• Risotto</li> <li>• Pasta in cream based sauces (e.g. carbonara)</li> <li>• Garlic bread</li> </ul>
Chicken	<ul style="list-style-type: none"> <li>• BBQ or rotisserie chicken without the skin</li> <li>• Served with salad or vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Fried chicken, chicken with the skin on</li> <li>• Served with chips</li> <li>• Chicken wings</li> </ul>
Fish	<ul style="list-style-type: none"> <li>• Grilled fish</li> <li>• Served with salad or vegies</li> </ul>	<ul style="list-style-type: none"> <li>• Fried, battered or crumbed fish</li> <li>• Chips</li> </ul>

Style	Preferred choice	Not so good
Salads	<ul style="list-style-type: none"> <li>• Salad with small drizzle of dressing</li> <li>• Salad rolls with lean meat filling and no margarine/butter</li> <li>• Baked potato with baked beans</li> </ul>	<ul style="list-style-type: none"> <li>• Salad with creamy dressing e.g. Caesar, potato salad</li> <li>• Meat roll with gravy and margarine</li> <li>• Baked potato with sour cream or butter or meat.</li> </ul>
Bakery	<ul style="list-style-type: none"> <li>• Grainy or wholemeal bread</li> <li>• Fruit/ raisin bread or buns</li> <li>• English muffins</li> <li>• Crumpets</li> <li>• Turkish bread</li> <li>• Lebanese or pita bread</li> </ul>	<ul style="list-style-type: none"> <li>• Croissant</li> <li>• Garlic bread</li> <li>• Muffins</li> <li>• Cheese bread</li> <li>• Sausage rolls</li> <li>• Pies</li> <li>• Donuts/slices</li> <li>• Pizzas</li> </ul>
Sweets	<ul style="list-style-type: none"> <li>• Low fat yoghurt, fresh fruit, fruit salad</li> <li>• Sorbet, low fat ice cream</li> </ul>	<ul style="list-style-type: none"> <li>• Cakes, pastries, doughnuts</li> <li>• Ice cream</li> <li>• Ice cream in chocolate dip or waffle cone</li> </ul>
Drinks	<ul style="list-style-type: none"> <li>• Water, diet soft drink</li> <li>• Small skim milk milkshake/iced latte without cream or ice cream</li> <li>• Skim milk coffee</li> </ul>	<ul style="list-style-type: none"> <li>• Soft drink, large fruit juice</li> <li>• Milkshake or thickshake with cream and ice cream</li> <li>• Full cream coffee</li> </ul>

Things I can do to improve my health

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***For further information contact your Dietitian or Nutritionist:***