

# The best takeaway choices

Dining out including grabbing a takeaway is often convenient and can be a lot of fun. You do not have to give it up to lose or control your weight or to eat healthy. If you are following a diabetic, low fat, or cholesterol lowering diet, then following the suggestions below will be extremely important!

Now you can eat out and have takeaways, eat healthy and enjoy it! Nothing though really compares to a nutritionally balanced, home cooked meal, which in most cases is healthier but there are times when you need to grab or you want to have, a takeaway or you want to eat out.

The guidelines below show you which are the 'best choices' and the choices to 'best avoid' (or restrict). Choices from the 'best choices' menu options are lower in kilojoules, sugar and fat than the choices from the 'best avoided' menu options. Many takeaways are also quite high in salt. If you can, mostly choose your meal from the 'best' choices' listed, particularly if you get takeaways often. You may sometimes, however, decide to have a choice from the 'best avoided' list if either, you want to 'indulge' or if you haven't got a choice, because of restricted menu choices available e.g. if you only have one option or someone else has ordered a high fat choice for you.

## General Eating Out Guidelines

When eating out, aim to apply the general principles of healthy eating i.e. aim to eat low fat, low kilojoule, high fibre, low sugar foods where possible. The following tips will assist you with selecting the best choice/s.

- Avoid, if possible, fried and fatty foods.
- Choose protein foods that have a lower fat content e.g. fish, chicken, veal, lean meat and trim any skin off the chicken and fat from meat.
- Ask for salads with dressing served separately. If this is not possible, then choose those salads which appear to have less dressings (especially restrict thick mayonnaise dressings).

- Preferably choose fruit for dessert most of the time.
- Take care with alcohol and choose low kilojoule (low-calorie or diet) drinks or water, in preference to fruit juice.

Avoid dishes with 'heavy' sauces (especially butter, cream or cheese

Sauces.

## Take-Away Foods or 'Fast' Foods

'Fast' foods are rapidly becoming a major part of our lifestyles as the pace of our life gets faster. We are also demanding a more casual lifestyle and 'convenience' which lead us to this trend towards resorting to fast food.

Fast food is often too high in fat, salt, cholesterol, sugar and kilojoules and too low in dietary fibre. There is little in the way of wholemeal or grain bread, vegetables, salads, fruit, lentils or dried beans – foods which contribute all important fibre and also help us not to overeat. A typical meal at a takeaway can supply over half the daily kilojoules for the average woman! Fast food rarely comes in small portions. Everything is sized 'super' or 'jumbo' with aim of giving customers value for money. Coupled to speedy service and quick sittings, it is easy to see why fast food promotes over consumption and under nutrition.

Some fast food also carries no labeling. Processed foods sold through supermarkets are required by law to provide a full list of ingredients, yet fast food may give customers virtually no information about its ingredients or nutritional value, although this is improving.

## Best and Worse Choices

The table below describes which Take away foods are the best and therefore the ones to choose most often and which are the worst, the ones to have less often.

If you have an 'extras' allowance and are on the Chooz to looz program, count a choice from the 'best choices list' as a main meal choice from your daily menu plan and a choice from the 'best restricted list' as a main meal choice and an 'extra.'

## Best Choices:

### General

- Plain Hamburgers or Steak Sandwiches with salad (not with ‘the lot’ including bacon, fried egg, cheese or double meat additions).
- Barbecued Chicken (skin removed)
- Some Chinese Takeaways including lots of vegetables and that are low in fat like chop suey, chow mien, beef or chicken in blackbean sauce with vegetables or chicken and cashew nuts. Have steamed rather than special fried rice to accompany your meal.
- Mexican Tacos, tostadas , burritos and Yiros.
- Lebanese doner kebabs.
- Japanese food (not tempura) e.g. Californian Rolls, Sushi lunch box (assorted)
- Pizza (limit to 2 slices)
- Satays.
- Hot baked potatoes with cheese, cottage cheese and salad, without butter and sour cream.
- Plain Hot Dog (add sauce or mustard if desired) (salad optional)
- Sandwiches, Wraps and Rolls – using whole meal/grain bread either fresh / toasted. Avoid/ Limit margarine and mayonnaise. Add plenty of salads. (Limit vegetables marinated in oil like tomatoes). Include lean protein food like chicken, tuna, roast beef or egg in your filling.
- Chicken Roll

### *Hungry Jacks®*

- Grilled Chicken Burger (ask for double salad and half the sauce)
- Whopper Junior ( ask for extra salad)
- Spicy Chicken Baguette
- Grilled Chicken Baguette
- Caesar salad (plain or chicken)

### *McDonalds®*

- Salads-Warm Crispy Cut Chicken, Herb Fusion or Mixed Garden (ask for Italian or Chili & Lime dressing)
- Lean Beef Burger ( add extra salad)
- Grilled chicken burger on a wheatgerm bun
  
- Deli Choice Rolls - Chicken Tandoori, Thai Chicken or Turkey and Cranberry (ask for multi-grain bread)

### ***Subway®***

- 6 inch Subway®, flatbread, or wrap, and choose the ‘ Light’ or ‘less than 6 grams of fat’ menu options. These include: chicken strips, chicken teriyaki, roast chicken, roast beef, ham, and turkey. Ask for many salads. Choose a small serve of dressing or select honey mustard or sweet onion which have the lowest kilojoules.

### ***Wok in a Box®***

- Skinny noodle varieties (small size)
- Seafood noodles
- Vegetarian noodles
- Tom Yum soup

### ***Noodle Box®***

- Salad Box varieties
- Satay Chicken
- Honey Soy and Ginger Tofu
- Teriyaki Beef with Lime

### ***Fasta Pasta®***

- Entrée sized pasta dish with red (tomato based) sauce (e.g. Bolognese /Napolitano /Marinara /Puttanesca) not a creamy sauce, and salad. Ask for no fat, margarine or oil to be added to the pan when they reheat the sauce.

### ***Red Rooster®***

- Skin-free Grilled Chicken range including burger, wrap, baguette and salad
- Baguette D'Lite
- Roast Chicken and Garden salads

### ***Red Rock Noodle Bar®***

- Slim Chicken Noodle
- Slim Seafood Noodle

### Best Avoided (or restricted):

- Soft drinks, milkshakes, thick shakes, flavoured milk.
- French fries, hot chips, potato scallops, fried spring rolls, fried seafood, schnitzel rolls, crumbed seafood.
- Battered sausages, chiko rolls.
- Pies, pasties, sausage rolls.
- Fried Chicken.
- Large Hamburgers with double meat and cheese additions with little salad.

For more written information and personalized advice on Takeaways, Eating out & choosing the best choices with 12 different restaurant cuisines including Thai, Indian, Italian and Greek, Managing alcohol, parties, dinner parties, people who tempt you, staying motivated and more, ask your dietitian at your next appointment.

