

Healthy eating out and take away guide

STYLE	PREFERRED CHOICE	NOT RECOMMENDED
Asian	<ul style="list-style-type: none"> vegetable based dishes (e.g. chow mien/chop suey) with seafood, chicken or tofu stir-fry (e.g. Mongolian lamb) steamed rice clear Asian noodle soup sushi (avoid fried fillings) 	<ul style="list-style-type: none"> fried or battered items, including tempura crispy duck fried noodles fried rice Thai curries made with coconut milk coconut rice
Indian	<ul style="list-style-type: none"> dry curries (e.g. vindaloo or madras) tandoori lamb or chicken plain steamed rice roti bread vegetable/lentil dahl 	<ul style="list-style-type: none"> cream or coconut cream/milk-based curries deep fried bhaji or other fried items satay sauce pappadums
Sandwich shops, Burger shops and Delis	<ul style="list-style-type: none"> small grilled steak or chicken burger with salad meat or falafel kebabs with lots of salad (limited cheese) - <i>ask for half the meat and double the salad</i> ham/chicken/tuna and salad sandwiches +/- avocado 'Healthy choice' options at popular fast food restaurants 	<ul style="list-style-type: none"> burger with the works, such as cheese, egg, bacon etc. cheese toasted sandwiches (ok occasionally) salami/luncheon on sandwiches soft drink
Pizza / Italian	<ul style="list-style-type: none"> thin and crispy base chicken, vegetables, pineapple and seafood topping. <i>Have 1 or 2 slices with salad</i> pasta with tomato-based sauce (e.g. Napolitano, bolognese) minestrone 	<ul style="list-style-type: none"> thick base, cheese crust meat, salami, bacon & ham toppings lasagne (meat & vegetarian) risotto pasta in cream-based sauces (e.g. Carbonara)
Chicken	<ul style="list-style-type: none"> BBQ or rotisserie chicken without skin served with salad or corn cobs, vegies 	<ul style="list-style-type: none"> fried chicken, chicken with the skin on served with chips and/or gravy
Fish	<ul style="list-style-type: none"> grilled fish served with salad or vegies 	<ul style="list-style-type: none"> fried, battered or crumbed fish chips
Salads	<ul style="list-style-type: none"> salad with oil-free dressing salad rolls with lean meat filling and no margarine/butter baked potato with baked beans 	<ul style="list-style-type: none"> salad with creamy dressing (e.g. Caesar) meat roll with gravy & margarine/butter baked potato with sour cream or butter or meat
Bakery	<ul style="list-style-type: none"> wholemeal or wholegrain bread types fruit/raisin bread or buns English muffins 	<ul style="list-style-type: none"> white bread croissants garlic bread or cheese bread muffins

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	<ul style="list-style-type: none"> • crumpets • Turkish bread • Lebanese or pita bread 	<ul style="list-style-type: none"> • pies or sausage rolls • doughnuts/slices • pizzas • quiches
Sweets	<ul style="list-style-type: none"> • low fat yoghurt, fresh fruit, fruit salad • gelato or low-fat ice cream in a cup 	<ul style="list-style-type: none"> • cakes, pastries, doughnuts • ice cream
Drinks	<ul style="list-style-type: none"> • water (best choice) • diet soft drink • skim milk milkshake (<i>without</i> cream or ice cream added) • skinny coffee (cappuccino, low fat milk) • tea/herbals tea 	<ul style="list-style-type: none"> • soft drink, large fruit juices • milkshake or thick shakes with cream and/or ice cream, flavoured milk • sports drinks, flavoured water • flavoured coffee (e.g. caramel latte), iced coffee • Flavoured/store-bought bottled tea