

# Making better takeaway choices



Takeaway food can cost a lot and is often high in fat and salt and low in fibre and vitamins. Having takeaway food sometimes is okay, but try to buy healthier choices.

- Pizza – have more vegetable toppings e.g. pineapple, capsicum, mushroom and tomato.
- Sandwiches – choose salad sandwiches and rolls with ham, roast beef, chicken, egg or cheese. Try different types and shapes of breads e.g. wholemeal, grain, bread, rolled up mountain bread, bagels etc. and different type of salad fillings.
- Burgers – have burgers that include salad.
- Chicken – choose BBQ chicken and remove the skin. Have with bread and salad instead of chips.
- Fish – have grilled fish with rice or bread, and salad rather than chips. Try different types of seafood.
- Asian – try different dishes and those with new foods. Choose stir-fries, steamed or BBQ options, or dishes with lots of vegetables. Have them served with steamed rice or noodles. Avoid deep fried or battered dishes.
- Italian – choose tomato-based dishes. Try ones with different ingredients and a variety of vegetables.
- Lebanese – try souvlaki/kebabs with plenty of salad or pita bread with tabouleh.
- Hot potatoes – try vegetable toppings such as beans or salads. Limit sour cream, cheese, butter and bacon.

