

Foods to Avoid and Healthier Options when Ordering your Favourite Takeaway



Fish and Chips

Avoid:

Thin-cut chips, pies such as cheese and onion or steak and kidney, and jumbo sausages.

Healthier options:

Fish coated in breadcrumbs, mushy peas, thicker-cut chips without salt.



Italian

Avoid:

Large deep-pan pizzas, pizzas with a cheese-stuffed crust, triple cheese with pepperoni pizzas, creamy pasta sauces, garlic bread.

Healthier options:

small or medium pizzas with a thin base and vegetable or lean meat topping, tomato-based pasta sauces, bruschetta.



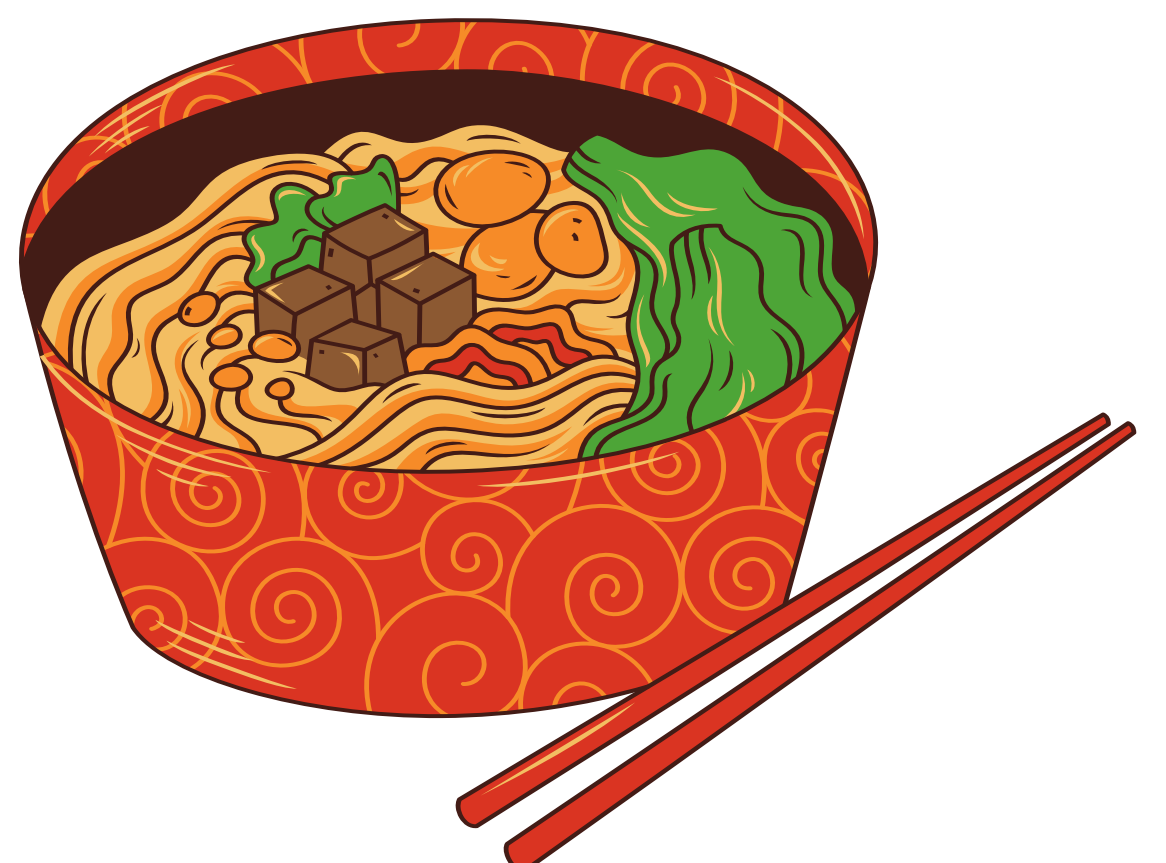
Chinese

Avoid:

Sweet and sour battered pork balls with special or egg-fried rice, prawn toast, spring rolls.

Healthier options:

Crab and corn soup, steamed dumplings, steamed vegetables and plain boiled rice, steamed fish, chicken chop suey, Szechuan prawns.



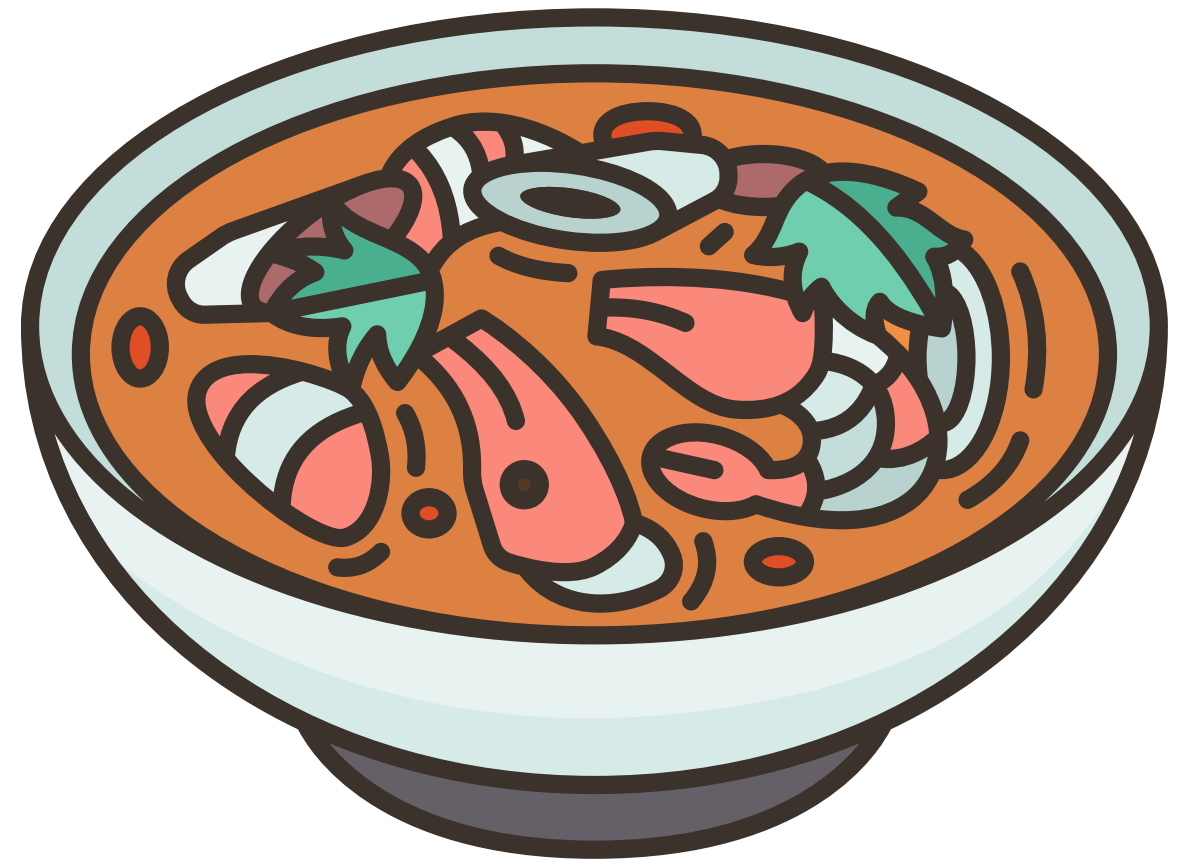
Thai

Avoid:

Fried rice, fishcakes, spring rolls, prawn crackers, satay skewers with peanut sauce, and sweet and sour dishes.

Healthier options:

Clear soups such as tom yum, salads, stir-fried meat, fish or vegetable dishes, and steamed seafood dishes, such as fish or mussels.



Indian

Avoid:

Any creamy curries, such as korma, passanda or masala with pilau rice, naan, bhajis, pakoras and poppadoms.

Healthier options:

Tandoori-cooked meat or jalfrezi or madras with chicken, prawns or vegetables, plain rice and chapatti.



Kebab and Burgers

Avoid:

Large doner kebab with mayonnaise and no salad, burgers with cheese and mayonnaise, thin-cut chips, chicken or fish patties deep-fried in batter.

Healthier options:

Shish kebab with pitta bread and salad, grilled burgers made from lean fish or meat (beef or whole chicken breast) and without cheese and mayonnaise.

