





Fact Sheet



Central Adelaide Local Health Network
Diabetes Education Service

Healthy takeaways and eating out

Eating out and takeaways can be a part of a healthy diet. It is important to think about what you choose and the portion sizes

Takeaways

<p>Subway and Sandwich Bars</p> 	<ul style="list-style-type: none">> Choose multigrain or wholegrain breads, rolls or wraps.> Look for lean meat (beef, leg ham), chicken or turkey with no skin, tuna, salmon or plain eggs.> Include lots of salad e.g. lettuce, tomato, cucumber, carrot, beetroot, onion, alfalfa etc.> Limit butter, margarine, mayonnaise and cheese.> Choose spreads such as chutney, pickles, mustard and cranberry sauce.> If eating at Subway, select a 6 inch subs with “6 grams of fat or less”
<p>Baked Potatoes</p> 	<ul style="list-style-type: none">> Choose toppings carefully. Try lean meat (beef, leg ham), chicken or turkey with no skin, tuna, baked beans, sweet corn kernels, spinach, tabouli, beetroot, capsicum, coleslaw and pineapple.> Try low fat yoghurt or cottage cheese instead of sour cream or cheese.> Skip the butter
<p>Pizza</p> 	<ul style="list-style-type: none">> Limit pizza to a few slices. Try having a green salad with it.> Pizzas with a thin base are a better choice.> Ask for extra vegetables (e.g. mushrooms, onion, capsicum, spinach, tomato).> Try ricotta cheese instead of mozzarella. Ask for less cheese.> Look for toppings such as chicken breast, seafood, vegetarian, pineapple or lean leg ham. Limit fatty meats such as salami, bacon, pepperoni and meat lovers.
<p>Fish & Chicken Shops</p> 	<ul style="list-style-type: none">> Choose grilled fish fillets or grilled seafood on skewers (e.g. prawn, squid etc.) Avoid battered or crumbed fish. Avoid extras like potato cakes or hash browns.> Choose rotisserie or BBQ chicken but remember to remove the skin & don't eat the stuffing!> Avoid deep-fried chicken (e.g. KFC)> Select tomato or BBQ sauce rather than mayonnaise, tartare sauce or gravy.> Have a baked potato, wholegrain bread, peas, corn on a cob or a green salad with your meal.> Limit chips, roast or mashed potatoes, hash browns and creamy salads.> Choose a yiros filled with lots of salad and a yoghurt and garlic sauce.




<p>Burgers e.g. McDonalds & Hungry Jacks</p> 	<ul style="list-style-type: none"> > Most standard burgers are high in saturated fat and salt. > Some places now have healthier options. Look for grilled meat, chicken, fish or lentil burgers. > Avoid extras such as cheese, mayonnaise, aioli, fried egg and bacon. > Ask for lots of salad such as lettuce, tomato, beetroot and onion. > Ask for tomato sauce instead of mayonnaise and creamy sauces. > Avoid large serves of fries. Choose a small fries or a burger. > Choose water, diet soft drinks, plain soda water or mineral water instead of regular soft drinks and juice.
<p>Sushi and cold rolls</p> 	<ul style="list-style-type: none"> > Select fillings of vegetables, raw or cooked fish, prawn, egg, tofu or seaweed > Avoid fried or tempura coated meats, chicken, fish or vegetables (e.g. crispy chicken, tempura prawn)


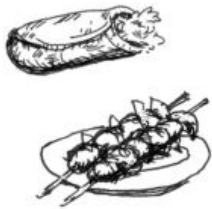

Eating out

General tips for eating out



- > Plan ahead by choosing places that have some healthy choices on the menu.
- > Ask about cooking methods before you order.
- > Choose grilled lean meat, poultry or fish.
- > Avoid deep or pan-fried or battered foods.
- > Avoid creamy sauces.
- > Think about sharing an entrée.
- > Soups and salads with little dressing are good entrée choices.
- > Ask for a jug of water for the table.
- > Ask for salads or vegetables to be served without a cream or oil based dressing. Choose lemon juice or vinegar. Ask for the dressing to be served on the side.
- > A dessert based on fruit is a better choice. Check you are hungry before you order.

<p>Indian Style</p> 	<ul style="list-style-type: none"> > Look for curries with yoghurt or tomato rather than coconut milk or cream. > Choose lean meat, chicken, seafood, vegetable or lentil curries (e.g. dhal) with steamed rice. > Have plain chapatti or roti breads with no oil or margarine. > Limit pappadams.
<p>Asian Style</p> 	<ul style="list-style-type: none"> > Choose clear noodle or vegetable soups. > Choose sushi with vegetable, seafood, egg or tofu fillings. > Choose steamed dim sims, prawn dumplings, chilli squid or octopus > Choose Vietnamese cold rolls. > Choose steamed rice instead of fried rice. > Look for stir-fried, steamed, braised or BBQ dishes. Avoid deep-fried or battered dishes. > Order vegetable dishes as the main part of the meal with small quantities of rice or noodles, stir-fried meat, chicken or fish.
<p>Mexican Style</p> 	<ul style="list-style-type: none"> > Many dishes do contain a lot of cheese, such as Nachos – try to choose dishes with only a small amount of cheese. > Choose tacos, burritos, enchiladas and tortillas with lean meat fillings, plenty of salad and only a small amount of cheese. > Choose char-grilled meat, chicken or seafood. > Choose bean or legume-based dishes. > Limit sour cream, avocado dips or guacamole. > Ask for a green side salad.

<p>Italian Style</p> 	<ul style="list-style-type: none"> > Choose minestrone or other vegetable soups. > Choose tomato, vegetable and seafood sauces for pasta. Avoid creamy sauces. > Order plain bread, rather than herb and garlic bread. > Limit bread with pasta or risotto dishes. Have an entrée serve of risotto or pasta. > Choose pizzas with lean meat, seafood and vegetable toppings. Ask for less cheese, more vegetables. Choose a thin base.
<p>Greek and Lebanese Style</p> 	<ul style="list-style-type: none"> > Choose bean, vegetable or tomato soups. > Ask for pita or plain bread. Limit oil, butter or margarine. > Look for tzatziki yoghurt dip or hummus dip. Choose yiros with a yoghurt and garlic sauce and plenty of salad. > Choose charcoal grilled meat, chicken or seafood dishes. Stuffed vine or cabbage leaves and vegetable, or legume (dried bean) dishes are also good choices. > Limit pastries and cheesy dishes.
<p>Salad Bars & Smorgasbords</p> 	<ul style="list-style-type: none"> > Be choosy about what you would like to eat. Choose one plate of food. Eat slowly and enjoy. Avoid trying everything or going back for more. > Choose vegetables or salads with little or no oil or dressings. > Eat smaller serves of very fatty foods e.g. cheese, fatty meats, chicken wings, hot chips & wedges, creamy dishes. > If soup is included, choose vegetable, tomato, noodle or legume soups. Avoid creamy varieties. > Choose pasta with a tomato or vegetable based sauce > Try a small serve of a fruit based dessert or fresh fruit.

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The information contained within this publication does not constitute medical advice, and is for general information only. Readers should always seek independent, professional advice where appropriate

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