

Fast Food Guide

Most of us enjoy a takeaway now and again. They can be cheap and convenient but they can also be high in calories, salt and fat.

Eating high fat and salt foods on a regular basis can lead to a variety of health problems, such as heart disease and diabetes.

We can still enjoy takeaways or fast food as part of a balanced diet as long as we consume them in moderation

When ordering fast food there a number of sensible swaps we can try to help us make healthier choices!



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Burgers/Kebab

- Opt for small or regular sized meals rather than large
- Try grilled burgers, chicken or fish
- Opt for Shish or grilled chicken kebabs with pitta and salad
- Be mindful of sauces such as garlic, sweet chilli, ketchup, mayonnaise and BBQ as they can be high in sugar and/or fat
- Avoid adding high fat toppings such as cheese or bacon to burgers



Chinese

- Opt for steamed fish, chicken or prawn dishes
- Try out stir fry dishes as they can often contain more vegetables and have a lower fat content
- Opt for steamed or boiled rice rather than fried rice
- Be mindful of battered or fried foods as they can be high in saturated fat



Indian

- Chicken, fish or vegetable dishes can often be lower in fat than those with meats such as lamb
- Share a dish with others to help you be more mindful of portion sizes
- Opt for tandoori dishes as they are often lower in fat
- Be mindful of creamy curries such as Korma as they can be high in fat



Pizza

- Vegetables can offer a great low calorie topping on pizzas
- Opt for pizzas with a thin base
- Share a pizza with others to help you be more mindful of portion sizes
- Be mindful of stuffed crusts as they can be high in fat and calories

