



foodwise

Healthier Takeaway

When you're hanging out on the weekend or after school, finding healthy takeaway options can be a challenge.

It's OK to eat at the food court or local takeaway from time to time. By making a few simple changes to the foods you choose you can make sure your body is getting the nutrition and fuel it needs.

The take-away do's

1. Base your choices on the Five Food Groups (vegetables, fruit, wholegrain breads and cereals, lean meat and meat alternatives and reduced fat dairy foods)
2. Choose small serves – avoid upsizing
3. Choose water or a small size of your favourite drink.



Healthier take-away

Next time you're getting some takeaway consider these healthier options

FOOD OUTLET	BETTER CHOICES
Local take-away	<ul style="list-style-type: none"> • Salad sandwiches or rolls with lean meat or chicken • Grilled fish and salad (limit the chips) • Plain hamburger or steak sandwich • Kebab or falafel rolls with salad • Toasted sandwich
Fast food chains	<ul style="list-style-type: none"> • Plain hamburger (avoid double meat and bacon) • Choose small servings, e.g. chips, drink • Skip the sour cream in burritos
Asian food	<ul style="list-style-type: none"> • Sushi rolls (avoid fried or tempura fillings) • Miso soup • Steamed dim sims • Steamed, braised or BBQ skinless chicken, seafood, meat, tofu & vegetables • Steamed rice or boiled noodles

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FOOD OUTLET	BETTER CHOICES
Sandwiches/ rolls/wraps	<ul style="list-style-type: none"> • Salad sandwiches, rolls or wraps with lean meat, chicken, tuna, salmon or egg • Add chutney, mustard or pickles to taste • Choose small serve sizes, e.g. 6 inch Sub
Pizza	<ul style="list-style-type: none"> • Choose thin crust and a small size • Select options with lots of vegetables • Add lean meat, chicken or seafood
Salad bar	<ul style="list-style-type: none"> • Choose leafy green salads with light or vinegar based dressings • Select options with lean meat, skinless chicken, tuna, salmon or boiled egg



Where can I find out more information?

HERE ARE 3 WAYS:

1. **TALK** to your GP
2. **MAKE A FREE APPOINTMENT** with an ACT Health Community Dietitian by phoning **6207 9977**
3. **CHECK OUT** more Foodwise factsheets at www.health.act.gov.au

