

Takeaways



There are many takeaway options available, however, most are high in fat and salt which isn't good for our heart health and some takeaways come with a sugary drink which causes tooth decay. Most takeaways provide very little nutritional value for our bodies.

The below table shows how much fat is in some popular takeaways

Takeaway	Fat (grams)	Fat (tsp)
Carls Jnr Original Thickburger combo	71	14
KFC quarter pack	63	12.5
Wendys Baconator combo	58	11.5
Fish and chips	50	10
McDonalds Big Mac combo (medium)	47	9.5
Butter chicken (1cup)	35	7
3 slices of Pizza (Super Supreme deep pan)	30	6
McDonalds cheeseburger happy meal	27	5.5
Sweet and sour pork on rice	20	4
Lamb kebab	15	3
Cooked supermarket chicken, coleslaw or salad and rolls	12	2.5
Sushi (8 pieces)	5	1
Subway 6inch (roast chicken)	4	$\frac{3}{4}$

Takeaway foods should be kept for special occasions and when you do have takeaways, choose healthier options such as:

- Subway – choose from their 6grams of less menu, choose wholegrain breads, add lots of vegetables and keep sauces to a minimum
- Sushi – aim for brown rice and avoid any deep-fried options
- Hot cooked chicken, coleslaw and grainy bread rolls from the supermarket
- Kebabs – add lots of vegetables and keep the sauces to a minimum
- Non-fried Asian rice or noodle dishes with lots of vegetables
- Homemade pizza with more vegetables and smaller amounts of high fat meats e.g. salami, bacon
- Thick chunky chips or wedges instead of thin cut chips as thinner chips absorb more oil

Remember to watch your portion sizes, choose the smallest size available and add vegetables or swap items like chips for a side salad if possible.

Using the nutrition information panel information if available can also help you make a healthier choice (most fast food outlets have this information available in store or online).