

Takeaway Choices

Making better choices when eating take away foods



Takeaway Foods

Takeaway food can be easy and tasty. However, while takeaways might be tasty and quick, they can also be damaging to your health if eaten too often, as they can contain excessive calories, fat and salt.

It is advisable to plan and eat home cooked, balanced meals most of the time and then enjoy a takeaway as an occasional treat. There are also better takeaway choices which are less fatty and salty as shown in this guide; try and keep the following tips in mind when eating takeaways:

- Keep takeaway food as a **treat** that means limiting to around once a fortnight.
- **Add extra vegetables**, for example have the salad with a kebab, add extra vegetable toppings to a pizza or have peas with your fish and chips.
- **Avoid extra sauces** which can add extra fat, sugar and salt to your meal e.g. excess tomato sauce, curry sauce with chips.
- **Say 'No' to offered extras** such as "Would you like extra fries with that?" Decide what you would like to order beforehand and stick to it.
- **Share**, rather than have a 10" pizza all to yourself, half it with a friend, along with a big mixed salad to fill up on. Likewise share a curry and order some extra, lower calorie, vegetable sides to fill up with.
- **Don't 'supersize'**. It may seem like a good deal but the larger meals come with extra calories. The smaller the portion the better it will be for your health.
- If you're at home, why not **walk** to your local takeaway that way you get some exercise and it could save on the delivery charges.
- If you're getting a drink with your meal **choose water or diet pop**.
- Most men are recommended to have no more than, 2500Kcals per day and women 2000kcal per day (all food and drink). The pictorial guide at the end of this document shows that one takeaway can provide over half your daily requirement for calories, **so take care**.

Kebabs

- Doner Kebabs can contain more fat and salt than your recommend daily amount, therefore try to avoid these and choose a shish or chicken kebab instead. A grilled chicken kebab with salad is one of the healthiest takeaway options you can choose.
- Always have the salad, this will fill you up and you will be getting some of your 'five a day'.
- Avoid extra chips with a kebab; the bread around the kebab gives you all the carbohydrate or energy you need.



Pizza

- Pick your base carefully - a thin base is the best choice. Avoid very thick deep pan bases and stuffed crusts (these contain a lot of extra fat).
- Vegetable toppings will count towards your 'five a day', as well as adding flavour. Vegetables also help to fill you up and are the lowest calorie choices. Chose all vegetable or meat or fish toppings combined with vegetables where possible. Meat such as salami and pepperoni are high in fat and saturated fats so options such as 'meat feast' are very greasy and the worst choice. If you like hot and spicy pizzas ask for chilli flakes or chopped chillies to be added to your vegetable based pizza.

Indian

- Watch how many carbohydrate portions you have with an Indian meal - try to select just the one option such as rice, bread or chips. Think about sharing a chapatti and rice as another option, so you get half of each.
- Avoid creamy (and therefore high fat) curry sauces such as korma or passanda, and opt for tomato based such as madras or dopazia instead.
- Opt for boiled rice rather than pilau, to cut down on fat.
- Avoid breads such as paratha which are particularly high in fat.

Chinese

- Be careful which rice you choose, avoid the fried rice dishes and opt for boiled rice or dry noodles.
- Avoid battered pork and chicken dishes especially those served with sticky sauces such as barbeque or sweet and sour.
- Be careful of very high fat side dishes such as sesame toasts, wantons, spring rolls and prawn crackers, which can be eaten quickly as extras but have been deep fried so are very high in fat.
- For main dishes try to choose something, based around stir-fried veg such as Chow Mein or prawn and meat dishes which have been stir fried with veg. Steamed fish is also a good choice along with stir fried vegetables.

Burger Bar

- Try go for plain burgers to avoid the additional fat, salt and sugar often found in extra's such as cheese, bacon, sauces and mayonnaise.
- If you're having a salad, look at the menu to help choose the healthiest choice, as some burger places will have the calories on display. Be aware that some salads with thick and cheese based dressings can contain more fat than a regular grilled burger.
- Watch your desserts: Try to avoid the high calorie ice cream dishes with added chocolate pieces and sauces.








Fish and Chip Shop

- Choose smaller portions and consider sharing a small bag of chips.
- Have a portion of peas to add one of your five a day.
- Don't have batter scrapings.



Takeaway Choices

Kebabs

<p>Chicken Kebab and chilli sauce</p>  <p>Better Choice</p>	<p>Chicken Kebab with chilli sauce</p> <table border="1"> <tr> <td>Energy 2844kJ 673kcal</td> <td>Fat 15g</td> <td>Saturates 1g</td> <td>Sugars 25g</td> <td>Salt 11.2g</td> </tr> <tr> <td>34%</td> <td>22%</td> <td>5%</td> <td>28%</td> <td>187%</td> </tr> </table> <p>of an adult's Reference Intake. Typical values per 100g: Energy 512kJ/121kcal</p>	Energy 2844kJ 673kcal	Fat 15g	Saturates 1g	Sugars 25g	Salt 11.2g	34%	22%	5%	28%	187%
Energy 2844kJ 673kcal	Fat 15g	Saturates 1g	Sugars 25g	Salt 11.2g							
34%	22%	5%	28%	187%							
<p>Shish Kebab and chilli sauce</p> 	<p>Shish Kebab and chilli sauce</p> <table border="1"> <tr> <td>Energy 3175kJ 755kcal</td> <td>Fat 26g</td> <td>Saturates 5.7g</td> <td>Sugars 25g</td> <td>Salt 12.8g</td> </tr> <tr> <td>38%</td> <td>38%</td> <td>28%</td> <td>28%</td> <td>213%</td> </tr> </table> <p>of an adult's Reference Intake. Typical values per 100g: Energy 572kJ/136kcal</p>	Energy 3175kJ 755kcal	Fat 26g	Saturates 5.7g	Sugars 25g	Salt 12.8g	38%	38%	28%	28%	213%
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<p>Large doner kebab and chilli sauce</p> 	<p>large donner with chilli sauce</p> <table border="1"> <tr> <td>Energy 3996kJ 956kcal</td> <td>Fat 53g</td> <td>Saturates 20g</td> <td>Sugars 25g</td> <td>Salt 13.8g</td> </tr> <tr> <td>48%</td> <td>76%</td> <td>100%</td> <td>28%</td> <td>230%</td> </tr> </table> <p>of an adult's Reference Intake. Typical values per 100g: Energy 733kJ/175kcal</p>	Energy 3996kJ 956kcal	Fat 53g	Saturates 20g	Sugars 25g	Salt 13.8g	48%	76%	100%	28%	230%
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<p>Large doner kebab with chilli sauce and chips</p>  <p>Worst choice</p>	<p>Large Doner with chilli sauce and chips</p> <table border="1"> <tr> <td>Energy 6099kJ 1458kcal</td> <td>Fat 79g</td> <td>Saturates 22g</td> <td>Sugars 29g</td> <td>Salt 14g</td> </tr> <tr> <td>73%</td> <td>113%</td> <td>112%</td> <td>32%</td> <td>233%</td> </tr> </table> <p>of an adult's Reference Intake. Typical values per 100g: Energy 808kJ/193kcal</p>	Energy 6099kJ 1458kcal	Fat 79g	Saturates 22g	Sugars 29g	Salt 14g	73%	113%	112%	32%	233%
Energy 6099kJ 1458kcal	Fat 79g	Saturates 22g	Sugars 29g	Salt 14g							
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<p>Chilli Sauce</p> 	<p>Chilli sauce</p> <table border="1"> <tr> <td>Energy 302kJ 71kcal</td> <td>Fat 0.7g</td> <td>Saturates <0.1g</td> <td>Sugars 16g</td> <td>Salt 5.9g</td> </tr> <tr> <td>4%</td> <td>1%</td> <td><1%</td> <td>17%</td> <td>98%</td> </tr> </table> <p>of an adult's Reference Intake. Typical values per 100g: Energy 335kJ/79kcal</p>	Energy 302kJ 71kcal	Fat 0.7g	Saturates <0.1g	Sugars 16g	Salt 5.9g	4%	1%	<1%	17%	98%
Energy 302kJ 71kcal	Fat 0.7g	Saturates <0.1g	Sugars 16g	Salt 5.9g							
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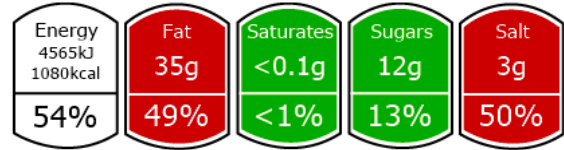
Pizza

10" Takeaway vegetarian pizza



Better Choice

Vegetarian Pizza



of an adult's Reference Intake.
Typical values per 100g: Energy 913kJ/216kcal

10" Takeaway cheese and tomato pizza



10" Cheese and Tomato Pizza Takeaway



of an adult's Reference Intake.
Typical values per 100g: Energy 1109kJ/263kcal

10" Takeaway tuna topped pizza



Tuna Pizza



of an adult's Reference Intake.
Typical values per 100g: Energy 952kJ/226kcal

10" Takeaway meat topped pizza



Worst choice

Meat topped pizza

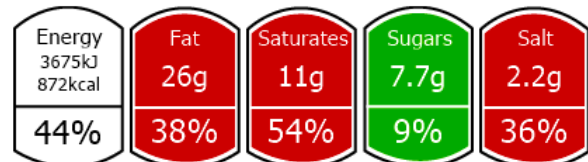


of an adult's Reference Intake.
Typical values per 100g: Energy 1075kJ/255kcal

Deep pan frozen cheese and tomato pizza



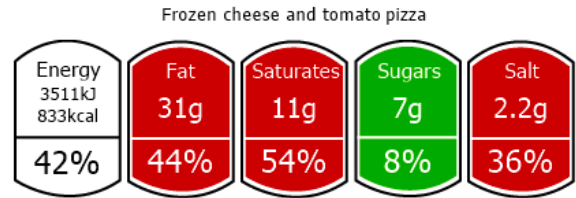
Deeppan frozen cheese and tomato pizza



of an adult's Reference Intake.
Typical values per 100g: Energy 1050kJ/249kcal



Frozen cheese and tomato pizza



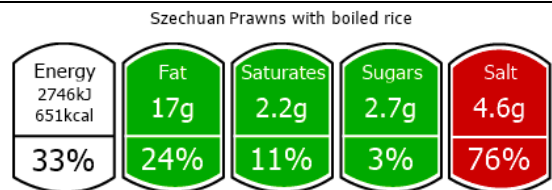
of an adult's Reference Intake.
Typical values per 100g: Energy 1003kJ/238kcal

Chinese Food

Szechuan Prawn with vegetables and boiled rice

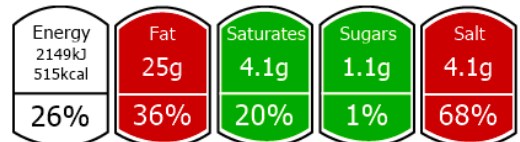


Better
Choice



of an adult's Reference Intake.
Typical values per 100g: Energy 429kJ/102kcal

Chicken chow Mein



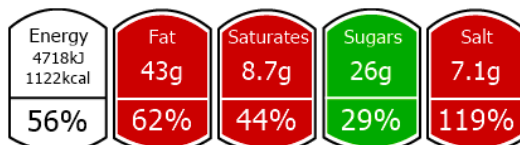
of an adult's Reference Intake.
Typical values per 100g: Energy 614kJ/147kcal

Szechuan Prawn with vegetables and egg fried rice



of an adult's Reference Intake.
Typical values per 100g: Energy 429kJ/102kcal

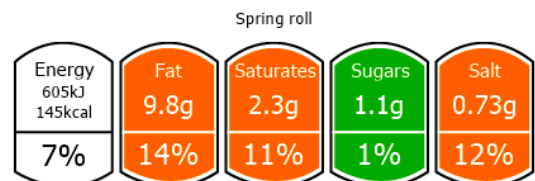
Sweet and sour pork with egg fried rice



of an adult's Reference Intake.
Typical values per 100g: Energy 761kJ/181kcal

Worst
choice

Spring roll



of an adult's Reference Intake.
Typical values per 100g: Energy 1009kJ/242kcal



Prawn Crackers



Prawn Crackers



of an adult's Reference Intake.
Typical values per 100g: Energy 2379kJ/570kcal

Sweet and sour sauce



Sweet and sour sauce



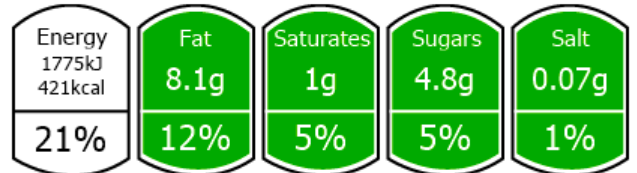
of an adult's Reference Intake.
Typical values per 100g: Energy 666kJ/157kcal

Indian Food

Lentil and vegetable curry with boiled rice



Vegetable and lentil curry



of an adult's Reference Intake.
Typical values per 100g: Energy 493kJ/117kcal

Chicken vindaloo with boiled rice



Chicken vindaloo with boiled rice

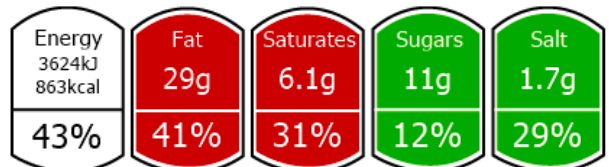


of an adult's Reference Intake.
Typical values per 100g: Energy 705kJ/169kcal

Chicken korma with boiled rice and a chapatti



Chicken korma with boiled rice and chapatti



of an adult's Reference Intake.
Typical values per 100g: Energy 614kJ/146kcal

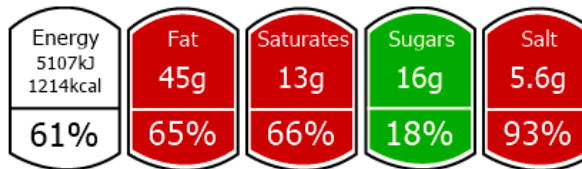


Chicken korma with mushroom pilau rice, naan bread and one papadum



Worst choice

Chicken korma, mushroom pilau, naan bread and one papadum



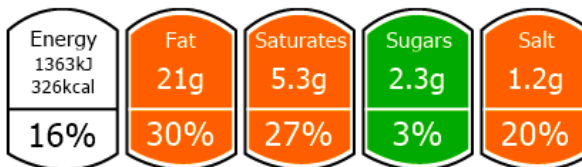
of an adult's Reference Intake.

Typical values per 100g: Energy 726kJ/173kcal

Meat samosa



Meat samosa



of an adult's Reference Intake.

Typical values per 100g: Energy 1136kJ/272kcal

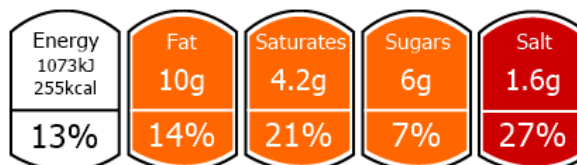
Burgers and Chicken

Regular burger



Better choice

Burger in a bun



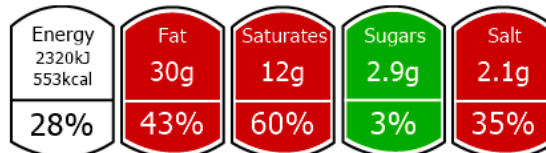
of an adult's Reference Intake.

Typical values per 100g: Energy 1022kJ/243kcal

Regular cheeseburger and regular fries







Regular cheese burger with regular fries




of an adult's Reference Intake.

Typical values per 100g: Energy 1184kJ/282kcal



<p>Quarter pounder with regular fries and diet cola</p> 	<p>Quarter pounder, regular fries and diet cola</p> <table border="1"> <tr> <td>Energy 2802kJ 669kcal</td> <td>Fat 39g</td> <td>Saturates 16g</td> <td>Sugars 2.3g</td> <td>Salt 2.1g</td> </tr> <tr> <td>33%</td> <td>56%</td> <td>79%</td> <td>3%</td> <td>35%</td> </tr> </table> <p>of an adult's Reference Intake. Typical values per 100g: Energy 1229kJ/294kcal</p>	Energy 2802kJ 669kcal	Fat 39g	Saturates 16g	Sugars 2.3g	Salt 2.1g	33%	56%	79%	3%	35%
Energy 2802kJ 669kcal	Fat 39g	Saturates 16g	Sugars 2.3g	Salt 2.1g							
33%	56%	79%	3%	35%							
<p>Quarter pounder with cheese, large fries and medium cola</p>  <p>Worst choice</p>	<p>Quarter pounder with cheese, large fries and large cola</p> <table border="1"> <tr> <td>Energy 4023kJ 959kcal</td> <td>Fat 46g</td> <td>Saturates 19g</td> <td>Sugars 47g</td> <td>Salt 2.9g</td> </tr> <tr> <td>48%</td> <td>66%</td> <td>94%</td> <td>52%</td> <td>48%</td> </tr> </table> <p>of an adult's Reference Intake. Typical values per 100g: Energy 596kJ/142kcal</p>	Energy 4023kJ 959kcal	Fat 46g	Saturates 19g	Sugars 47g	Salt 2.9g	48%	66%	94%	52%	48%
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<p>Six chicken nuggets</p> 	<p>Six chicken nuggets</p> <table border="1"> <tr> <td>Energy 1222kJ 292kcal</td> <td>Fat 14g</td> <td>Saturates 3.6g</td> <td>Sugars 1.2g</td> <td>Salt 1.4g</td> </tr> <tr> <td>15%</td> <td>20%</td> <td>18%</td> <td>1%</td> <td>23%</td> </tr> </table> <p>of an adult's Reference Intake. Typical values per 100g: Energy 1111kJ/265kcal</p>	Energy 1222kJ 292kcal	Fat 14g	Saturates 3.6g	Sugars 1.2g	Salt 1.4g	15%	20%	18%	1%	23%
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<p>Large thick milkshake</p> 	<p>Thick milkshake</p> <table border="1"> <tr> <td>Energy 1122kJ 264kcal</td> <td>Fat 5.4g</td> <td>Saturates 3.6g</td> <td>Sugars 33g</td> <td>Salt 0.43g</td> </tr> <tr> <td>13%</td> <td>8%</td> <td>18%</td> <td>37%</td> <td>7%</td> </tr> </table> <p>of an adult's Reference Intake. Typical values per 100g: Energy 374kJ/88kcal</p>	Energy 1122kJ 264kcal	Fat 5.4g	Saturates 3.6g	Sugars 33g	Salt 0.43g	13%	8%	18%	37%	7%
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13%	8%	18%	37%	7%							

Fish and Chip Shop

<p>Small Fish and Chips</p>  <p>Better Choice</p>	<p>Fish and Chips</p> <table border="1"> <tr> <td>Energy 3855kJ 922kcal</td> <td>Fat 52g</td> <td>Saturates 5.4g</td> <td>Sugars 3.6g</td> <td>Salt 0.86g</td> </tr> <tr> <td>46%</td> <td>75%</td> <td>27%</td> <td>4%</td> <td>14%</td> </tr> </table> <p>of an adult's Reference Intake. Typical values per 100g: Energy 1014kJ/243kcal</p>	Energy 3855kJ 922kcal	Fat 52g	Saturates 5.4g	Sugars 3.6g	Salt 0.86g	46%	75%	27%	4%	14%
Energy 3855kJ 922kcal	Fat 52g	Saturates 5.4g	Sugars 3.6g	Salt 0.86g							
46%	75%	27%	4%	14%							



Sausage and chips



Sausage and chips



of an adult's Reference Intake.
Typical values per 100g: Energy 1470kJ/352kcal

Steak Pie and chips



Steak pie and Chips



of an adult's Reference Intake.
Typical values per 100g: Energy 1441kJ/344kcal

Doner kebab meat and chips with gravy



Donner kebab meat and Chips



of an adult's Reference Intake.
Typical values per 100g: Energy 1532kJ/367kcal

