

Healthy Takeaway Guide

Diabetes Counselling Online "Dine In For Diabetes" © Fact Sheet 4

In an ideal world, we would always cook our own healthy meals at home. But busy lifestyles and the social enjoyment around dining out have resulted in many of us opting for takeaway foods or eating away from home on a regular basis. The good news is that enjoying the occasional meal out or takeaway can be part of a healthy eating plan when you know what to order.

Here are a few tips to help you make healthier food choices when ordering your next meal from a fast food outlet or when dining out

General Tips

- Choose lean meat, chicken or fish that has been grilled, steamed, stir-fried or baked
- Avoid battered and deep fried foods and creamy sauces
- Ask for sauces and dressings on the side
- When choosing dishes like pasta and risotto, order an entrée size with a salad on the side
- Choose dishes with plenty of vegetables or order a side of vegetables or salad with your meal
- Choose salads with vinegar and oil based dressings instead of creamy dressings
- If you drink, alternate alcoholic drinks with plain mineral/soda water, or plain water with a slice of lemon
- For desserts, choose fresh fruit sorbets rather than cakes, puddings and pastries
- Ask for skim milk in tea, coffee and hot chocolate drinks

Chinese food

What to avoid:

- Anything that is deep fried or battered
- Crispy duck or chicken
- Fried rice or fried noodles

What to choose:

- Braised or stir-fried dishes with lean meat or chicken, seafood and lots of vegetables. For example Mongolian lamb.
- Clear Asian noodle soups
- Steamed rice rather than fried

Thai Food

What to avoid:

- Anything deep fried – such as spring rolls
- Coconut milk/cream based dishes as they are high in bad fats

- Satay sauce

What to choose:

- Look for stir-fries made with lemongrass, chilli, basil, lime and seafood, lean meat or chicken and plenty of vegetables.
- Thai salads

Indian Food

What to avoid:

- Cream based curries, such as korma or butter chicken
- Satay sauce,
- Deep-fried foods such as bahji, samosas, pappadums,

What to choose:

- Steamed basmati rice
- Dry curries – vindaloo and madras
- Tomato-based curries
- Vegetables curries or lentil dahl
- Tandoori lamb or chicken
- Roti bread instead of naan bread

Italian

What to avoid:

- Pizzas with thick bases and cheese crusts
- High fat pizza toppings such as salami, bacon, extra cheese
- Pasta with cream based sauces
- Garlic bread

What to choose:

- Pizza's with a thin and crispy base
- Vegetable or seafood toppings, ask for less cheese
- Pasta with tomato based sauces – Napolitano, bolognaise
- Minestrone soup
- Main meals with lean meat such as veal or seafood.

Mexican

What to avoid:

- Nachos, corn chips
- Sour cream and extra cheese,

What to choose:

- Tacos, burritos or enchiladas with lean meats, chicken or seafood and/or beans, lots of salad, guacamole and salsa

Burgers and rolls

What to avoid:

- Burger with the works – egg, bacon, cheese

- Salami, sausages, Frankfurts/hot dogs, processed meats
- Creamy dressings such as mayonnaise
- Avoid combos with soft drinks and chips and the desire to up size

What to choose:

- Grilled steak or chicken burgers with salad
- Sandwiches/rolls with ham or chicken or tuna and salad
- Ask for no butter, margarine or mayonnaise and use low fat spreads such as chutneys, pickles, mustards
- Choose wholemeal or wholegrain rolls
- Add plenty of salad – lettuce, tomato, beetroot and cucumber
make great choices

Remember that takeaway foods should be enjoyed occasionally. [Click here](#) to find out how you can enjoy your fast food favourites more often by simply making them at home!