

Although takeaway meals seem like an easier option than preparing a meal at home, a major concern is their large serve sizes and poor nutrient value. These meals tend to be higher in fat, salt, calories and lower in fibre, vitamins and minerals. Our solution is therefore to whip up easy and healthier versions of your favourite fast foods at home!

Here are some tips for making healthier versions of some popular fast food meals at home. And remember to click the link for some great recipes

Pizza



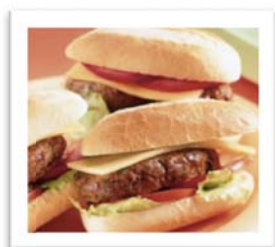
Pizza is a popular fast food choice for many families. But thick bases and processed meats make many takeaway pizzas a poor option for a dinner meal. Instead, try making your favourite pizza at home. Remember these tips:

- Use small amounts of cheese and choose a low fat variety
- Avoid adding high fat processed meats such as pepperoni or bacon
- Use seafood toppings and plenty of your favourite veggies
- Try making your own dough from home. It's easier than you think.
- If buying your own base, choose a wholemeal variety

[Check out this recipe for a delicious homemade Antipasto and Pesto Pizza](#)

Hamburgers

Hamburgers are often made with poor quality meat, high in saturated fat and salt. After you've added extra bacon, egg and sauce, the fat content of one burger can meet half your daily fat requirement. Here are some tips on how to create a healthier version at home:



- Choose extra lean mince and add parsley and onion for a great tasting patty
- If you want to add cheese, choose a low fat variety and stick to small amounts
 - Choose a wholemeal or wholegrain bread roll
 - Avoid the butter and mayo and instead use low fat spreads such as chutneys, pickles and mustards or healthier such as avocado
- Make sure you add plenty of your favourite salads – lettuce, beetroot, tomato, cucumber and onions are great options

[Here's a recipe for an easy beef burger that is low in fat but will leave you satisfied](#)

Fish and chips



Fish and chips have been an Australian favourite for many years. Cooked by deep-frying and presented in large servings, fish and chips are high in fat, salt and calories. Fish is an important part of a healthy diet so here are some tips on how to put a healthy spin on fish and chips

- Cook your favourite fish in foil parcels with lemon, ginger and shallots as an alternative to battered fish – it tastes just as good!
- Coat your favourite fish in wholegrain breadcrumbs and bake them for a crispy alternative
- Cut up carrot, potato and sweet potato into long strips, brush with olive oil and bake them for a healthy spin on ordinary chips
- Cut up tomato and carrot and add to mixed greens for a quick and easy side salad

[Click here for a delicious Baked Crispy Fish Pieces recipe](#)

Indian food



Most Indian curries are loaded with large amounts of cream and salt and often have minimal veggies. By making a quick and easy curry at home, you can still enjoy the full flavours without the high fat content. Here are some tips

- Dry curries without the cream or tomato based curries are a good alternative
- For creamier curries use low fat evaporated milk or yoghurt in cooking
- Add plenty of vegetables to your curry – broccoli, carrot, zucchini are great choices
- Marinate chicken in tandoori paste and yoghurt before cooking for perfect tandoori chicken
- Lentil dahl is a quick and healthy curry full of flavour

[Try our Tandoori Chicken Wrap recipe](#)

Thai



Thai favourites such as curries are made using coconut milk and cream which are very high in saturated fat. Here are some easy ways to recreate a healthier Thai cuisine at home:

- Cook your favourite curry using coconut flavoured evaporated milk or yoghurt. Simply combine it with your curry paste of choice and add lean meat or seafood and don't forget to add plenty of your favourite vegetables. It has the same great taste but only a proportion of the fat.
 - Cook stir fries with minimal oil and make sure to add plenty of your favourite vegetables.
- Add lemongrass, lime, fresh coriander and chilli to enhance the flavour of your stir fry instead of using salt
- Use lean meats when cooking – trim visible fat and remove all skin from chicken. Tofu makes a good vegetarian alternative

[Click here for a delicious Vegetarian Pad Thai recipe](#)

Chinese

Whether it be deep fried spring rolls or sweet and sour pork, Chinese takeaway is usually high in fat. Here are some ways to create your favourite Chinese dishes at home



- Cook stir fries with plenty of colourful vegetables with lean meats, chicken without the skin, seafood or tofu (bean curd)
- Create delicious side veggies by steaming Asian green such as bokchoy, Chinese broccoli (Gai Lan) or Choy Sum
- Make homestyle fried rice by adding frozen veggies, seafood, eggs and a splash of soy sauce to steamed rice
- Serve stir fries with pre-cooked microwaveable rice to save time

[Click here for our Healthy Fried Rice recipe](#)

Mexican

Mexican food is famous for its corn chips, sour cream and plenty of cheese. But you can cut down the fat by following these tips at home:



- Fill wholemeal tortillas with chicken, beans, guacamole and salsa for delicious fajitas
- Remember to go easy on the cheese and use reduced fat cheese if needed
- Add chopped tomatoes, lemon juice and onion to mashed avocado to make your own guacamole.
- Make your own tex-mex salad by adding canned beans, avocado, corn and chicken to leafy green vegetables.

[Click here for our healthy twist on tacos](#)