

Smart fast food choices

You may think fast food or takeaway is the cheapest or easiest way to eat. But these foods are high in salt, fat and sugar, with little nutrition.

Which foods are fast foods?

- » hot chips and fries, potato scallops, potato gems, prawn crackers
- » burgers, fried chicken, nuggets
- » pizza, garlic bread
- » sausage rolls and pies
- » fish and chips
- » sundaes and thickshakes
- » fried spring rolls
- » kebabs
- » premade Indian and Asian hot meals, e.g. curry, noodles

What can you eat instead?

Making your own meals is even better than takeaway but sometimes you just want something quick and you want it now!

With a little thought, you can easily make some smarter fast food choices. See over the page for suggestions of healthier choices you can make at fast food shops.

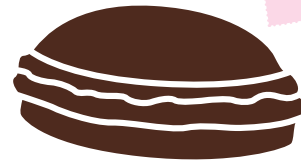
If you do buy fast food, remember:

- » avoid deep fried foods
- » don't supersize
- » add salad.

Not too cheesy please



grilled please



Fast food outlet

Better choices are..

Think twice before ordering..

PIZZA BARS

- » Thin pizza bases instead of thick or cheese filled crusts
- » Pizza with extra vegetables (e.g. mushroom, capsicum)
- » Toppings such as ham and pineapple, seafood or vegetarian

- » Double meat pizzas
- » Extra cheese on pizza
- » Cheese filled crusts
- » Pizza meal deals with soft drink or other extras you don't need
- » Salami, pepperoni or sausage pizzas

Subway and Sandwich Bars

- » Look for the Under 6 Subs at Subway
- » Choose ham or beef, skinless chicken or turkey and add lots of salad
- » Try different breads such as mountain bread, foccacia, sourdough and pita bread.

- » Butter and mayonnaise on sandwiches
- » Salami and schnitzel
- » Foot long subs

PLACES THAT SELL BURGERS AND CHIPS LIKE MCDONALDS, HUNGRY JACKS AND CHICKEN AND CHIP SHOPS

- » Things from the Healthy Choice Menu
- » Look for grilled meat, chicken or fish burgers
- » Ask for extra salad fillings e.g. lettuce tomato and beetroot.
- » Ask for tomato sauce instead of mayonnaise and creamy dressings.

- » Extras such as cheese, mayonnaise, fried egg and bacon
- » Fries—buy small rather than large size and thick cut fries over French fries.
- » Soft drink—buy water, plain mineral water or a diet (sugar free) soft drink.

Indian

- » Yoghurt or tomato based curries
- » Beef, chicken, seafood or vegetable curries with steamed rice
- » Plain chapatti or roti bread served without oil or margarine
- » Dhal and other legume or vegetable dishes

- » Curries made from coconut milk or cream e.g. butter chicken
- » Pappadams that are fried
- » Deep fried samosas

- » Clear noodle or wonton soup with vegetables
- » Steamed dim sims or prawn dumplings
- » Steamed rice
- » Steamed fish
- » Sushi

- » Fried dim sims, fried dumplings
- » Fried rice
- » Honey or lemon chicken (the pieces of meat have been battered and deep fried)
- » Prawn crackers (deep fried)
- » Deep fried spring rolls
- » Crispy fried noodles

Fast food outlet	Better choices are...	Think twice before ordering..
MEXICAN	<ul style="list-style-type: none"> » Tacos, burritos and tortillas with meat, plenty of salad and small amount of cheese » Bean based dishes » Plain toasted pita bread instead of corn chips » Avocado instead of sour cream 	<ul style="list-style-type: none"> » Dishes with lots of cheese or sour cream » Large serves of nachos
<i>Italian</i>	<ul style="list-style-type: none"> » Tomato, vegetable and seafood based sauces » Plain bread » Pizzas with meat/seafood and vegetable toppings 	<ul style="list-style-type: none"> » Pasta with creamy sauces » Herb and garlic bread
GREEK, MIDDLE EASTERN AND TURKISH FOOD	<ul style="list-style-type: none"> » Bean, vegetable and tomato soups » Plain pita bread » Tzatziki dip (yoghurt-based) or hummus dip (made from chick peas) » Yiros with salad and yoghurt based garlic sauce » Stuffed vine or cabbage leaves » Vegetable/legume casseroles » Souvlaki » Kebabs » Salads 	<ul style="list-style-type: none"> » Pastry and cheesy dishes » Fried foods » Bread with added oil, butter or margarine