

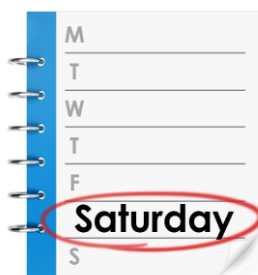


Healthy Eating

Takeaway and fast food information



**Why are fast food
and takeaways not
healthy?**



**How often should I
eat fast food or
takeaways?**



**Top tips for
choosing healthier
food at fast food
restaurants and
takeaways.**

Why are fast food and takeaways not healthy?



A lot of fast food and takeaways are high in

- calories
- fat
- salt
- and sugar.

Calories

Calories are the amount of energy in your food or drinks. You need calories to give your body energy.



You will put on weight if you eat more calories than you use up.



Fat

A small amount of fat is important for a healthy diet.



But eating too much fat can make your stomach hurt. You can have diarrhoea and put on weight.



Salt

Your body needs salt. But eating too much salt can make your blood pressure higher. This is bad for your heart.



Sugar

Eating too much sugar can make you put on weight and be bad for your teeth.



A lot of fast food and takeaways are low in

- **fruit**
- **and vegetables.**



Fruit and vegetables are important for our health. They give our bodies vitamins, minerals, and fibre.



We need vitamins and minerals for our bodies to grow, work properly and stay healthy.



We need fibre to help us poo. Without fibre our poo can be hard. It can be difficult or painful to go to the toilet. This is called being constipated.



A lot of fast food and takeaways give very big portions of food.

Small

big



A portion of food is the amount of food you are given to eat.



Eating big portions of food high in calories, fat, and sugar can make you put on weight.

How often should I eat fast food or takeaways?



Takeaways can be cheap, easy and tasty. But if we eat them too much they can be bad for our health.



If you are going to eat fast food or takeaways try to only eat it once a week.

Healthier choices



1. Cook a meal at home.

Home cooked food is normally healthier for you.



A takeaway curry with rice and naan bread has 100g of fat.



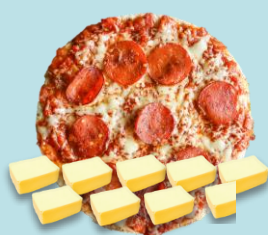
A homemade curry with rice and naan bread has 20g of fat.

It has much less fat than a takeaway



2. Choose a healthier ready meal from the supermarket.

You can use traffic light labels to help you find a healthier ready meal.



A takeaway medium pepperoni pizza has 85g of fat.



A supermarket medium pepperoni pizza has 15g of fat.



3. Follow our top tips for healthy eating at fast food restaurants and takeaways.

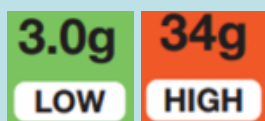
Traffic light labels

In the supermarket you will see that some foods have traffic light labels.

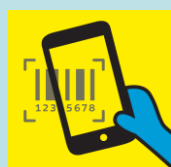
These can help you make a healthy choice.

Each serving (150g) contains					
Energy 1046kJ 250kcal	Fat 3.0g	Saturates 1.3g	Sugars 34g	Salt 0.9g	
	LOW	LOW	HIGH	MED	
13%	4%	7%	38%	15%	

The colours show you if food has a little or a lot of fat, sugar, or salt.



Foods with a lot of greens are a healthy choice. Foods with a lot of reds are not a healthy choice. **Try to choose foods that have more green and amber colours on the label.**



The Change4Life Food Scanner app can also help you choose healthy foods.



Top tips for eating more healthily at fast food restaurants and takeaways

Smaller portion sizes

If your takeaway gives you big portions you could



- share your food with a friend



- put a normal size portion onto your plate.
The rest can go into the fridge for the next day.



Order less

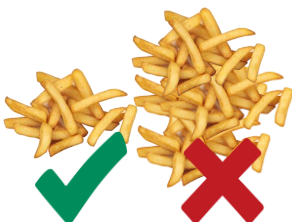
Starters, sides and desserts add extra calories, fat, salt and sugar to your meal.

Try to only order a main course. Try not to order a starter, side or dessert.



If you do order a side, starter or dessert then think about

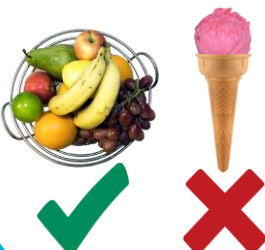
1. ordering a smaller portion



For example

Order a small or child's portion of chips.

2. ordering a healthier option



For example

Order fruit instead of ice cream or a side salad instead of chips.



Add Vegetables

Eat more vegetables by adding vegetables to your takeaway order.

For example

Add vegetable toppings to your pizza or order a vegetable curry.



Order healthy food

- Choose tomato or vegetable-based sauces instead of creamy sauces. Creamy sauces are high in fat and calories.



- Choose grilled or steamed food. Do not order battered, deep-fried or 'crispy' foods which are high in fat and calories.



- Choose diet or zero sugar drinks. These have less sugar and calories in them.



How many calories are there in your takeaway?

Calories are the amount of energy in your food or drinks.

- Men need about 2500 calories every day.
- Women need about 2000 calories every day.



Some takeaways and restaurants tell you how many calories there are in their meals. Look at

- their menus
- or search for 'nutrition information' on their website.

This can help you choose a healthy takeaway.

Indian Takeaway



Choose meals with vegetables or pulses. Pulses are peas, beans and lentils.

For example

Order Dahls, Muttar Paneer, Saag Aloo, Dansak and other vegetable curries.



Order steamed vegetables as a side dish instead of rice.



Order plain rice instead of fried or pilau rice.



Order dishes with tomato sauces instead of creamy sauces.

For example

Order Jalfrezi, Bhuna, Rogan Josh



Try not to order deep fried foods.

For example

Do not order Bhajis, pakoras and poppadoms.



Do not order too much bread.

Fish and Chips



Order mushy peas or beans with your meal. Try not to order side dishes that are high in fat.

For example

Do not order onion rings.



Share one portion of chips with a friend or family member.



Choose grilled fish or meat if possible. Try not to order foods fried in batter.

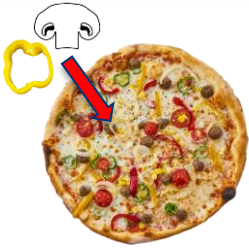
For example

Do not order battered sausage or fish.



Do not add salt to your meal.

Italian Takeaway



Add vegetables to your pizza.



Do not ask for extra cheese on pizza or pasta.



Order tomato or vegetable pasta sauces instead of creamy sauces.



Try not to order side dishes like chips, potato wedges, and garlic bread. They are high in fat.



Share a pizza with friends or family or save leftovers for another meal.



Order thin based pizzas instead of thicker deep-dish pizza.



Chinese



Try not to order fried, battered, or crispy foods.

For example

Do not order Spring rolls and prawn crackers.



Order stir-fries or steamed dishes.

For example

Order chicken stir-fry or steamed dumplings.



Order plain rice instead of egg-fried rice.

Burgers



Order grilled burgers instead of breaded or battered deep fried burgers.



Do not add extra cheese, mayonnaise, or bacon to burgers.



Order extra salad or vegetables on your burger.



Do not order more than one burger patty – this is the meat bit of the burger.



Order salad or vegetables as a side dish for your burger.

Do not order chips or onion rings.

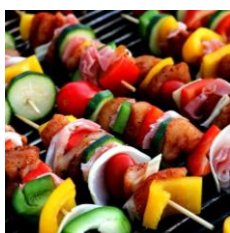
Kebabs



Order a shish kebab instead of a doner kebab.
They are grilled and lower in fat.



Try not to add lots of sauces like mayonnaise or melted cheese.



Order extra vegetables with your kebab.



Have your kebab with a piece of bread or salad,
and not chips. Chips are high in fat and calories.