

healthy takeaways



HEALTHY FOOD CHOICES WHEN EATING OUT It is often hard to decide what to eat when dining out, especially if you want to make some healthy choices. The following information and tips will assist you with making better choices.

► Ideas for Healthy Takeaways:

- > Wholemeal or wholegrain roll, with fillings such as mixed salad, egg, cottage cheese, char-grilled vegetables, canned tuna or salmon. Ask for avocado or hummus instead of butter or margarine as a spread. Try experimenting with a variety of breads, including sourdough, pita, Turkish and rye.
- > Grilled or toasted Turkish or foccacia bread sandwiches with marinated vegetables and low fat cheese.
- > Stir-fried vegetables with a serving of steamed rice.
- > Burritos with beans, lettuce, tomato and a little cheese (skip the sour cream!).
- > Tub of freshly prepared rice, bean or fruit salad.
- > An oven-baked potato topped with tomato-based sauce, mushroom, corn & some grated low fat cheese.
- > Order freshly squeezed juices or fruit smoothies as an alternative to soft drinks and thick shakes.
- > Try frozen yoghurt or low fat yoghurt mixed with fresh fruits.

► Restaurant Tips for Healthy Eating:

- > Look for dishes that are steamed, grilled, stir-fried or baked.
- > Eat wholegrain bread or rolls with either no butter or only a little butter or margarine. As a healthy alternative ask for olive oil instead of butter.
- > Select dishes based on rice or pasta and plenty of vegetables.
- > Choose dishes that are not fried or coated in batter and avoid dishes that are served with creamy sauces.
- > Order salads with vinegar based dressings or request that the dressing be served on the side.
- > For dessert, order fresh fruit without cream, or select fruit sorbets instead of ice cream.
- > If drinking alcohol, limit intake (e.g. no more than two glasses of wine for men and one glass for women) and ask for iced water or mineral water in preference to soft drinks.

► International Cuisine:

- > **CHINESE** – Avoid foods that have been deep-fried or cooked in batter. Select steamed rice instead of fried, as well as vegetable, noodle, tofu, seafood and braised meat dishes.
- > **GREEK** – Go easy on the olive oil when eating breads (olive oil is a good type of fat but it is high in kilojoules). Try Greek salads, stuffed vine or cabbage leaves, spinach dishes, stuffed vegetables, any seafood dishes and lamb.
- > **INDIAN** – Choose a variety of curries based on lentils, legumes, vegetables & seafood, instead of just ordering mainly meat dishes. Accompany the meal with rice & plain naan bread & skip the deep-fried entrees e.g. curry puffs.
- > **ITALIAN** – Choose pasta or risotto with tomato-based sauces and vegetables or seafoods. Avoid antipasto, if it is heavy in fatty cured meats and cheese. Include cream-based pasta and meat dishes only occasionally, as these often have a high fat content. Enjoy a variety of vegetables and salads on offer.
- > **JAPANESE** – Many Japanese dishes are suitable for the healthy eater as they are made up of rice, vegetables, fish & seafoods & lean meats (e.g. sushi). However, avoid tempura (foods such as vegetables dipped in batter and deep-fried) and other deep-fried foods as these will be higher in fat than many of the other menu items.
- > **THAI** – Many dishes such as sour soups, stir-fries, steamed dishes & various hotpots are examples of dishes that may be low in fat. Choose a dish with lots of vegetables such as beans, bamboo shoots & eggplant, served with steamed rice. It is important to limit selection of oily, deep-fried & coconut-based dishes, especially if you are frequently eating Thai food.

The information contained in this leaflet is correct at the time of publication with every effort made to ensure that it follows the latest nutrition guidelines. Please consult your Accredited Practising Dietitian (APD) or doctor for advice on your personal dietary requirements.

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