



Step 10 Ditch the takeaways. Be healthy in a hurry!

Takeaway meals are not helpful for weight loss.

They are mostly

- High in fat and kilojoules
 - eating just one takeaway meal can deliver all the fat and kilojoules you need for a day!
- Low in fibre, vitamins, minerals and antioxidants
- Bigger portions than you need
- Poor value for money

Next time you think of having takeaways try making them:

Fish and chips

Frozen crumbed baked fish with baked potato or oven baked wedges and salad.

Hamburgers

Hamburger patties, bread rolls, salad or coleslaw, pineapple rings, and oven-bake wedges.

Chicken and Chips

Ready to go roast chicken, frozen oven baked wedges, and ready to go salad or coleslaw.

Chinese

Stir fry made from lean meat cut into strips (for example chicken, pork or beef) with frozen stir-fry vegetables, a stir fry sauce, and rice.

Homemade pizzas

Pizza bases, tomato paste, shaved lean meat, a can of pineapple pieces, a red onion, and grated edam cheese.

Recipe: Hamburgers

See www.appetiteforlife.org.nz/recipes for more tasty and healthy food ideas.

Serves 4-6

Ingredients

500g lean minced beef
1 ½ cups soft breadcrumbs
½ cup rolled oats
2 tablespoons cold water
1 teaspoon minced garlic
¼ cup chopped parsley
1 teaspoon dried basil
or 2 tablespoons fresh basil
1/2 cup grated carrot
1 onion, finely chopped
1 egg
1 teaspoon garlic salt
1 teaspoon curry powder

Method

Mix all ingredients together in a bowl. Shape into hamburger patties (Makes 8 large).

Cook on barbeque or in non-stick frypan. Serve in toasted hamburger buns with lettuce, grated carrot, finely sliced red onion, pineapple ring and sliced tomato.





Alternatively... use the supermarket as your takeaway shop!

Delicious meals can be quickly assembled from common grocery items

Baked potato with chilli beans



Grocery List

Potatoes, Canned chilli beans, Light sour cream, Spring onions

Pasta and salad



Grocery List

Pasta, Lean mince, Jar of pasta sauce, Grated parmesan, Ready to go salad or coleslaw

Chilli chicken burito



Grocery List

Chicken breast, Canned chilli beans, Tortillas / burritos, Tomatoes, Avocado, Lettuce, Light sour cream / yoghurt

Dhal and rice



Grocery List

Red lentils, Onion, Can of Indian flavoured tomatoes (or can chopped tomatoes + curry powder), Vegetables, Rice

If you do have takeaways or go out for a meal occasionally

- ✓ Choose a place you know has healthy options – some menus are available on the internet
- ✓ Don't be afraid to ask about ingredients and cooking methods - ask to have mayo served on the side
- ✓ Choose water or diet soft drink
- ✓ Make sure your meal includes vegetables or salad
- ✓ Watch portion size – choose the smallest size, share a meal or save left overs for your next meal
- ✓ Avoid anything battered or fried and creamy sauces

Tips for takeaways

Food	Best choice
Burgers	Burger with grilled meat patty and lots of salad Ask for no butter, margarine or mayo Avoid chips Have diet soft drink or water
Pizza	Choose vegetarian/ chicken/ seafood topping Ask for minimum cheese No more than 1-2 slices with salad Avoid chips and garlic bread
Fish	Have grilled or baked. Peel off batter and have a slice of bread in place of chips
Potatoes	Have baked potatoes rather than fries
Sandwiches or rolls	Choose wholemeal breads with lean meat, chicken, fish and salad fillings
Asian	Choose steamed rice or noodles, vegetable based dishes (chow mien/chop suey) with seafood or chicken, stir-fries, clear soups. Avoid fried and battered food
Indian	Tandoori, dry curries, vegetables, dahl, tomato based curries. Avoid cream and coconut cream based dishes
Bakery	Choose filled rolls, toasted sandwiches over pies and sausage rolls

Quick and easy meals that would work for me / my family