

# Patient Information

## Top Tips for Eating Out and Take-Aways

- If you only eat out or have a take-away occasionally then it is fine to choose whatever you like. If it is something you do weekly, or more often, then the tips below can help you make healthier choices.
- Be aware that portions can be huge even for adults. Perhaps consider sharing dishes if you're getting a takeaway or sharing a starter or a pudding if you are eating out.
- Instead of having 3 courses perhaps consider choosing between a starter or a pudding.
- Bump up your '5 a Day' by ordering a vegetable dish like stir fry vegetables, saag aloo or a salad with the main meal.
- Save money on the bill and give extras like onion rings, poppadoms, naan bread and garlic bread a miss or order something to share between you.
- Keep ketchup, BBQ, brown sauce, mayonnaise and salad cream to 1-2 sachets.
- Choose tomato based sauces for pasta and curries rather than creamy sauces.
- Great drink choices include juices diluted with soda water, still or sparkling water or diet fizzy drinks.
- Ice cream, mousses and sorbets make the best child friendly puddings. If the others look too good to miss, share one between two.

	Healthier choices	Less healthy choices
<b>Burger bars</b>	<ul style="list-style-type: none"> <li>▪ Plain meat, chicken, vegetable, fish or bean burgers with salad.</li> <li>▪ Chicken nuggets with salad.</li> <li>▪ Small portion of fries.</li> <li>▪ Water, orange juice or diet fizzy drinks.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Double burgers, cheese burgers or quarter pounder burgers.</li> <li>▪ Mayonnaise, ketchup, BBQ or brown sauce.</li> <li>▪ Medium or large fries.</li> <li>▪ Fizzy drinks or milkshakes.</li> </ul>
<b>Pizza / Pasta</b>	<ul style="list-style-type: none"> <li>▪ Thin based pizzas, pizza platters or sharing a pizza with a green salad on the side.</li> <li>▪ Lower fat toppings like lean ham, pineapple, tuna, prawns or vegetables.</li> <li>▪ Side salad or salad bar (without the mayonnaise dressings).</li> <li>▪ Tomato or vegetable based pasta sauces.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Thick based and stuffed crust pizzas</li> <li>▪ Higher fat toppings like pepperoni, salami or extra cheese.</li> <li>▪ Garlic bread.</li> <li>▪ Mayonnaise based salads</li> <li>▪ Cream or cheese based pasta sauces.</li> </ul>

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<b>Fish and chips</b>	<ul style="list-style-type: none"> <li>▪ Grilled fish cakes.</li> <li>▪ Fish without batter.</li> <li>▪ Sharing a portion of chips.</li> <li>▪ Serving with frozen peas from home.</li> <li>▪ Kids / mini portions.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fish or sausage in batter.</li> <li>▪ Pies, pasties, sausage rolls.</li> <li>▪ Chips.</li> </ul>
<b>Chinese / Thai</b>	<ul style="list-style-type: none"> <li>▪ Chicken and sweet corn soup, steamed dim sum, steamed wanton.</li> <li>▪ Stir-fried chicken, prawn, beef, fish, vegetable and tofu dishes.</li> <li>▪ Chow mein.</li> <li>▪ Boiled rice and boiled noodles.</li> <li>▪ Jasmine rice.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Prawn crackers, spring rolls, deep fried wonton, spare ribs, satay sauce.</li> <li>▪ Fried/deep fried dishes e.g. pork balls in sweet and sour sauce.</li> <li>▪ Coconut milk dishes like thai green curry.</li> <li>▪ Fried rice and fried noodles.</li> </ul>
<b>Indian</b>	<ul style="list-style-type: none"> <li>▪ Madras, jalfrezi, balti, dopiazas made from lean meat, poultry, prawns, lentils, chickpeas or vegetables.</li> <li>▪ Chicken tikka/tandoori without the masala sauce.</li> <li>▪ Vegetable side dishes.</li> <li>▪ Chapatti.</li> <li>▪ Boiled rice.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Deep fried snacks like poppadoms, bhajis and samosas.</li> <li>▪ Mango chutney.</li> <li>▪ Creamy sauces like korma or masalas.</li> <li>▪ Naan bread, parathas.</li> <li>▪ Fried rice.</li> </ul>
<b>Pubs</b>	<ul style="list-style-type: none"> <li>▪ Soup.</li> <li>▪ Bread and olives.</li> <li>▪ Sunday roast with vegetables.</li> <li>▪ Grilled meat, chicken or fish with new potatoes or chunky chips and vegetables.</li> <li>▪ Jacket potato with baked beans, prawns without seafood sauce, vegetable chilli or vegetable curry.</li> <li>▪ Chunky chips rather than fries.</li> <li>▪ Pasta with tomato or vegetable sauce.</li> <li>▪ Side salad or salad bar (without the mayonnaise dressings).</li> <li>▪ Extra portion of vegetables.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Deep fried starters.</li> <li>▪ Burger and fries.</li> <li>▪ Sausage and chips.</li> <li>▪ Fries and roast potatoes.</li> <li>▪ Pasta with creamy sauces.</li> <li>▪ Mayonnaise based salads</li> <li>▪ Extras like onion rings or garlic bread.</li> </ul>