

Let's Eat Out!

Choosing Healthier Fast Foods



Does your family eat fast food often? If so, try to be smart about fast food choices. Here's why.

- **Most fast food meals and snacks are high in fat, calories and sodium.**
However we need to limit these.
- **Low in fibre, calcium and other nutrients.**
However you need to get enough of these.
- **Short on Fruits and vegetables.**
However you may need more of these.

Super-size fast foods may not be a good deal!

Instead big portions may:

- Provide more than your family needs and encourage people to eat until they feel stuffed, not just satisfied.
- Set the stage for overeating and weight problems. With big portions, children lose their natural ability to follow hunger signals and their appetite.

Try to make takeaways treat foods and not an everyday food



Choose less fat

Try some of these takeaway ideas:

- Rice and noodle based takeaways
- Burgers and kebabs
- Crumbed or grilled fish instead of battered served with bread and coleslaw or salad
- Choose thick chunky chips instead of thin chips
- Order a vege pizza light on cheese
- How about a piece of fruit or a yoghurt to finish
- Have your takeaways at a park or the beach so your children can play or walk on the beach afterwards.

These easy mini pizzas are great for a quick family meal.

Try the following toppings grilled on pita bread, breakfast muffins, hamburger buns or crumpets.

- Spaghetti and a sprinkling of grated cheese – edam is a good choice as it is lower in fat.
- Baked beans, grated cheese and chopped spring onions.
- Tomato sauce with mushroom and tomato slices with cheese.
- Creamed corn, lean bacon and chopped parsley.
- Lean ham, a pineapple ring and cheese.