

TAKEAWAYS

Occasionally we are all caught out with no time to prepare a healthy meal but the takeaway options all seem so bad for us! You may be surprised to find that there are some quick healthy options that don't cost the earth.

It is interesting to see how much fat is really in the takeaways that are often selected:

- Fried chicken and fries 15 teaspoons fat
- Burger and fries 11 teaspoons fat
- Fish and chips 13 teaspoons fat
- Meat pie 7 teaspoons fat
- Two slices (1/3) of pizza 4 teaspoons fat
- 1 cup of chow mein 6 teaspoons fat

The easiest way to avoid the items with the most fat is to choose bread based takeaways instead of those that are deep fried eg: burgers without fries, pizza, kebabs, meat and salad filled rolls without fatty dressings.

Quick, cheap meals can also be found in the supermarket and can be fun to put together for friends. For example:

- Ready roasted chicken with baked potatoes or bread and salad
- Burritos or tacos made by cooking mince and adding flavour sachet and chilli beans then salad, grated cheese and sour cream
- Home-made pizza using toppings such as Hawaiian – ham, cheese and pineapple and Chicken Satay- chicken, satay sauce, onions, mushrooms and cheese
- Hamburgers with wedges – buns and burger patties with pineapple, cheese and plenty of salad plus thick potato chunks roasted with a little oil and a sprinkling of Coat 'n' Cook
- Spaghetti Bolognese made with lean mince, some added vegetables and tomato-based sauce over noodles

Healthy Nibbles

Nutrition and Physical Activity Information for Teenagers
Date: August 2007
Code/Reference: NUT0023A
Authorised by: Nutrition and Physical Activity Team
For more information visit: www.cph.co.nz

Canterbury

District Health Board
Te Poari Hauora o Waitaha