






Restaurant and takeaway foods are often high in kilojoules, saturated fat, sugar and salt. Follow these tips to make a healthier choice when ordering off the menu

Top tips for making a healthier choice

- ✓ Listen to your hunger cues. Order an entrée sized portion or share a meal with a friend if you are not very hungry.
- ✓ Swap out chips for a side of vegetables or salad.
- ✓ Ask for sauces and dressings to be served on the side. Where possible, opt for an olive oil or vinegar-based dressing.
- ✓ Choose grilled or baked foods instead of deep-fried options (such as crumbed or battered items).
- ✓ Swap out greasy pastries with fresh sandwiches or wraps.
- ✓ Select lean cuts of meat such as skinless chicken, lean beef and fish instead of highly processed meats such as salami, sausages and bacon.
- ✓ When choosing a dessert, consider sharing with a friend or choosing a fruit-based option. Where possible, swap out cream or ice-cream for yoghurt.
- ✓ When choosing a drink, swap out alcoholic beverages and sugary drinks for still, sparkling or mineral water.



Cuisine	Recommendations
Sandwiches and burgers	<ul style="list-style-type: none"> ✓ Choose wholegrain or wholemeal bread when available. ✓ Load up on plenty of vegetables or salads. ✓ Choose hummus or avocado as an alternative to butter or margarine. ✗ <i>Limit use of mayonnaise and sauces.</i> 
Asian Food	<ul style="list-style-type: none"> ✓ Choose mixed vegetable dishes. ✓ Pick vegetable-based side dishes such as edamame. ✓ Order steamed rice instead of fried. ✓ Choose rice paper rolls, sushi and sashimi containing vegetables and lean meats. ✗ <i>Limit deep fried foods such as spring rolls, tempura fried foods, fried noodles and dishes containing coconut cream/milk.</i> ✗ <i>Avoid adding salty and/or sugary sauces such as soy, hoisin and sweet chilli.</i> 
Italian	<ul style="list-style-type: none"> ✓ Choose pasta dishes with tomato or vegetable-based sauces instead of creamy varieties. ✓ Choose thin pizza bases with a variety of vegetables. ✓ Best choices are vegetarian or chicken-based pizzas instead of classic pepperoni and meat-lovers style options. 
Mexican	<ul style="list-style-type: none"> ✓ Order a soft taco or burrito instead of hard-shell taco. ✓ Include plenty of salad in your soft taco/burrito. ✓ Choose refried beans as your main protein source and only a small portion of lean meat, chicken or fish. ✗ <i>Limit sour cream, creamy sauces and corn chips where possible.</i> 
Lebanese, Greek or Turkish	<ul style="list-style-type: none"> ✓ Purchase a small kebab loaded with plenty of vegetables. ✓ Include extras such as tabouli, hummus, tzatziki and salads. ✗ <i>Avoid deep-fried zucchini balls and falafels.</i> ✗ <i>Avoid large kebabs with lots of meat filling and cream-based sauces.</i> 
Seafood	<ul style="list-style-type: none"> ✓ Replace deep fried seafood options with grilled or steamed instead. ✓ Choose baked potato, salad or vegetables instead of chips/wedges. 