



HEALTHIER TAKEAWAYS



Get it right, mate!

Look for these healthier takeaway options...



THE TAKEAWAY STORE

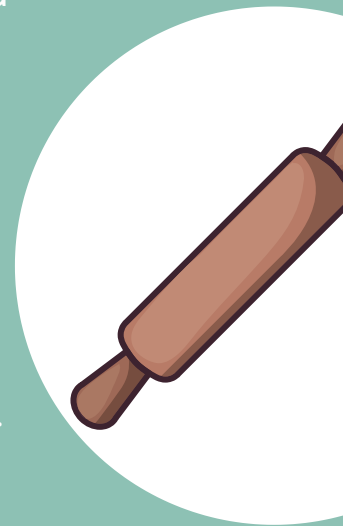
- steak sandwich served with salad
- grilled chicken burger served with salad
- lean beef burger served with salad
- BBQ chicken with the skin removed, served with salad
- grilled fish served with salad

TIP: Steer clear of battered or deep fried foods and limit use of gravy or creamy sauces.

THE BAKERY

- salad sandwich on wholegrain bread
- salad wrap
- toasted focaccia
- raisin bread or fruit scone

TIP: Bypass the pies, sausage rolls, pastries and sweet treats.



THE SERVICE STATION

- ready-made sandwich
- trail mix or nut mix
- fresh fruit
- yoghurt

TIP: Skip the temptation of multi-buy offers.

CORNER STORE & SUPERMARKET

- pre-packed salads
- add tinned tuna, salmon or cooked chicken breast
- frozen steam fresh veggies (if a microwave is accessible)
- carrots or celery with hummus dip
- sushi

