

Out & About?

Many takeaway and bakery foods are high in fat, sugar and salt; they're **not good choices for every day eating**. Portion sizes can also often be large, so keep them for special occasions.

Aim to **pack healthy food from home** – fruit and leftovers from the night before are great options. They are cheaper and much better for you.

Filled rolls or sandwiches with lean meat and lots of salad



Here are some good takeaway suggestions

Choose the smallest size available



Kebabs
& Wraps



Rice or Noodle based
takeaways – not fried,
with lots of vegetables



Sandwiches



Sushi



Pita Pockets



Filled Rolls



Thin based pizza with lots of vegetables
and small amount of cheese. Serve with
side of salad or coleslaw



Chunky Fries or Wedges
not French Fries