Out & About?

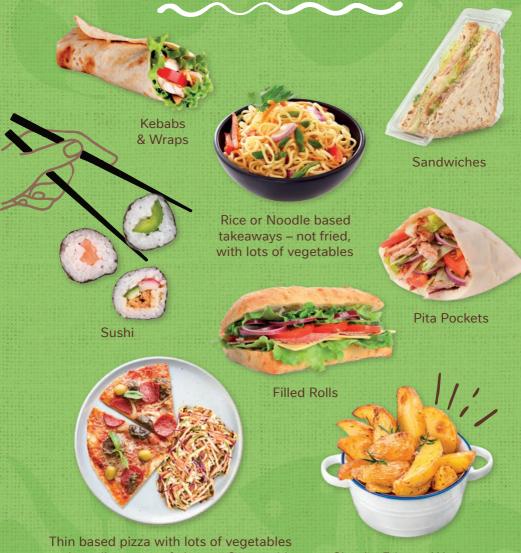
Many takeaway and bakery foods are high in fat, sugar and salt; they're **not good choices for every day eating**. Portion sizes can also often be large, so keep them for special occasions.

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.



Here are some good takeaway suggestions

Choose the smallest size available



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