



# Food swaps



## Takeaways:

- Pizza
- Chinese
- Indian
- Fish & chips
- Fast food



# Pizza



Try to avoid large deep pan or stuffed crust. A thin and crispy base is a better choice



Choose toppings such as vegetables, chicken, ham or prawns instead of pepperoni, ground beef, sausage or adding extra cheese



Instead of garlic bread, which is high in fat due to the amount of butter, order bruschetta which tends to be brushed with olive oil



Be careful of dips! The dips that come with pizzas can be full of hidden calories, fat and sugar so it's best to avoid them



To reduce the amount of fat and calories, ask for a lower fat cheese or ask for a reduced amount to be used



Don't order a large pizza, and limit side dishes. The more that you have, the more you will be tempted to eat



# Chinese



Anything described as crispy or battered means it is deep-fried. A better choice is anything that is steamed or stir-fried



Stir-fry's, chop suey and Szechuan prawns are generally a good choice as they are usually lower in fat and include vegetables



Instead of fried rice, order boiled rice. If you're cutting carbs, ask for a portion of stir fried veg or egg foo young instead of rice



Be wary of some of the starters, things like spring rolls, prawn toast, or crispy wontons will usually be deep fried



Steamed dumplings are a better choice for a starter, or for low carb options try clear thin soups or chicken satay skewers



Prawn crackers are deep fried in oil so it's best to avoid them, or limit how many you eat



# Indian



Avoid sauces that are cream or butter-based such as korma, pasanda, masala or butter chicken



Curries that are made with tomato-based sauces such as jalfrezi or madras are a healthier option



Tandoori-cooked chicken is a good choice as it's a much healthier method of cooking and chicken is a lean protein



Choose boiled rice rather than pilau or for a low carb option, choose a vegetable side dish such as saag paneer instead



Starters such as bhajis, poppadum's and pakora are traditionally coated in flour or batter and then deep fried so try to avoid them



There are lots of vegetarian options if you want a meat-free meal. Try a spinach & paneer curry or a lentil based dish such as a dal



# Fish & chips



Don't eat all the batter on your fish or if available order fish in breadcrumbs



To compensate for less chips, order a portion of mushy peas or baked beans



Try to avoid other processed foods that are high in fat such as sausages or pies



Have a smaller portion of chips or share with someone. Thicker chips are better than thin ones as they absorb less fat



Ask for your meal with no salt, you can then add your own at home if you need it so you can control how much is used



Crisp batter has been cooked at the right temperature & absorbs less fat. If it's soggy then don't eat/or limit the amount you eat



## Fast food



To reduce the calories and carbs, don't eat the bun and have a lettuce wrap



Instead of having chips with your meal, opt for a salad instead



Avoid full sugar drinks with your meal, instead choose diet options or water



McDonalds do a range of wrap meals that come with fresh fruit and water which keeps your meal under 600 kcal



Grilled chicken burgers are a good alternative to a cheeseburger or crispy chicken which tends to be fried



Most places have a salad option. Ask for sauce on the side so you can control how much you use. Add in some lean protein such as grilled chicken