

Takeaways

Guidelines: Fat, total - less than 20g per meal
 Fat, saturated - less than 6g per meal
 Sodium - low as possible
 Carbohydrate - keep within your carbohydrate allowance

High Fat

KFC

2 pieces Chicken
 Medium Fries



Fat 50g
 Carbohydrate 65g

Lower Fat

KFC

Chicken with no skin
 Mashed potato and gravy, small tub
 Coleslaw, small tub

Fat 9g
 Carbohydrate 40g

McDonald's

Big Mac and medium fries
 Fat 44g
 Carbohydrate 86g



Kiwi Big Breakfast
 Fat 40g
 Carbohydrate 46g

McDonald's

Plain hamburger and small chips
 Fat 20g Carbohydrate 61g

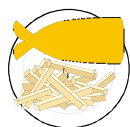
Bacon and Egg Muffin
 Fat 14g Carbohydrate 27g

DeliChoices
 Classic Chicken or Chicken Tandoori
 Fat 4g Carbohydrate 63g

Fish and Chips

1 piece of fish, fried in batter and 1 scoop chips

Fat 61g
 Carbohydrate 120g



Grilled Fish

Grilled fish – batter removed and add home cooked oven baked chips (24 chips)

Fat 5g
 Carbohydrate 50g



Meat Pie or Sausage Roll

One meat pie or sausage roll

Fat 32g
 Carbohydrate 30g

Wholegrain Sandwich/Bread Roll

Filled wholegrain bread roll
 Sandwich, 2 slices, no dressing

Fat 9g
 Carbohydrate 30g



Wendys

Big Bacon Classic
 Fat 30g
 Carbohydrate 46g



Baked Potato with chili and cheese

Fat 24g
 Carbohydrate 83g

Wendys

Grilled Chicken Burger
 Fat 8g
 Carbohydrate 35g

Grilled chicken salad plus French style dressing – add a plain bread roll

Fat 8g
 Carbohydrate 45g

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High Fat

Burger King

Whopper

Fat 39g

Carbohydrate 48g



BK Big Fish

Fat 26g

Carbohydrate 41g

Chinese

Fried Rice, 2 cups

Fat 28g

Carbohydrate 100g

Avoid

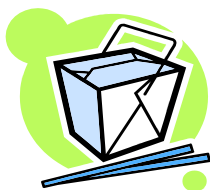
Spring rolls

Won Tons

Fried noodles

Battered fish and pork

Fried chicken wings



Indian

Buttered Chicken

Fat 36g

Carbohydrate 4g



Nandos

Chicken breast 1/4 with skin

Fat 14g

Carbohydrate 0g

Subways 6-inch

Meat Ball Marinara

Fat 24g

Carbohydrate 63g



Chicken and Bacon Ranch

Fat 25g

Carbohydrate 47g

Low Fat

Burger King

Junior Whopper

Fat 15g

Carbohydrate 25g



Tendergrill chicken salad, no dressing or croutons – add a plain bread roll

Fat 8g

Carbohydrate 36g

Chinese

Steamed rice, 1 cup **and**

Chicken/meat/fish plus lots of vegetables

Ask for less oil

Fat 14g Carbohydrate 50g

Chow Mein 1 cup

Fat 23g Carbohydrate 11g

Chop Suey, 1 cup

Fat 20g Carbohydrate 14g

Indian

Naan bread and 1 cup of steamed rice

Fat 9g Carbohydrate 50g

Plus meat or chicken dishes cooked in savoury sauce without butter/cream

Nandos

Chicken breast 1/4 without skin

Fat 7g

Carbohydrate 0g

Subways 6-inch

Roast Beef/roast chicken/turkey breast

Fat 5g

Carbohydrate 45g

Vegie (Fat free dressing)

Fat 3g

Carbohydrate 44g

General

Panini - lean meat and salad, no mayonnaise

Fat 6g Carbohydrate 45g

Sushi - 4 pieces

Fat 1g Carbohydrate 25g

Doner Kebab - lean meat/chicken, hummus and salad filling

Fat 12g Carbohydrate 50g

Remember

- All deep fried foods will be high in fat and the mayonnaise may have more fat in it than the takeaway.

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