



# Dining Out & Takeaways





## Dining Out

Going out for a meal? Don't panic. Our tips will help you enjoy the occasion without breaking the calorie bank.

### Read the menu online

If you know which restaurant you're going to, look up their menu online to work out the lower-calorie options and figure out your expected calorie intake. Planning ahead like this will help you make better choices and avoid temptation.

### Don't skip a meal

Don't skip breakfast or lunch to build calorie credits for your evening out. Stick to your daily meal routine to keep your appetite under control throughout the day. If you go over your calories simply reduce the calories the following days or do a bit more exercise.

### Stick to one course

It's perfectly acceptable to have just a main course. Don't feel the need to finish the plate. Try to stop eating before you feel overly full. If you can't resist having a dessert, find someone to share it with.

### Avoid deep-fried

Avoid food that is deep or shallow fried, battered, pan-fried, marked as 'crispy' or with pastry. These are high in fat. Instead, look out for grilled, roasted, poached, steamed or baked dishes.

### You say tomato

Avoid cheese, cream or butter-based sauces, which are high in fat and pack a calorie punch. Instead, go for tomato or other vegetable-based sauces.

### Beware of high calorie salad

Watch out for high calorie toppings such as croutons, cheese, bacon and nuts. Ask for salad dressing on the side and add only as much as you need.

### Downsize your portions

To avoid eating too much, order a starter dish as your main course instead of one of the larger mains on the menu.

## Healthier side dishes

Fill up on veggie sides. If cooked, go for steamed or boiled. A portion is 80g for your 5 A Day.

- Broccoli
- Mixed Leaf salad
- Carrots
- Beans
- Mushrooms
- Kale
- Spinach
- Cabbage



Did you know the average Parmo **contains 2600 calories & 150g of fat!!**

## Restaurant Tips

- Banish the buffet: it's hard to control your portion size at an all-you-can-eat buffet. It's a real test of willpower and the food tends to be less healthy. The solution? Try to avoid completely.
- Order less: there's no need to cry off takeaways when trying to lose weight, but portion control is key. Try ordering less than you need.
- Plain and simple: steer clear of creamy sauces and meals with lots of cheese.





# Take-away Calories

## How to eat in without pigging out

You know what it's like. You've had an exhausting day at the office. You're starving but the idea of cooking a meal is too much to bear. It's time to reach for a take-away menu. But what if you're trying to watch your calorie intake? Is all that take-away food pumped full of fat, sugars and other dieting no-no's? Not necessarily. Some take-away meals are better than others and a few dishes are positively saintly. Want to know more? Here's your at-a-glance guide to eating in without pigging out.

## CHINESE

Chinese is the most popular take-away in the UK and with a little know-how you can find healthy, low fat options on the menu.

### *Slim Jim*

- Boiled or steamed rice rather than egg fried rice, which is higher in fat.
- Steamed vegetables and fish are a good choice as are stir-fries, which only use a little bit of oil.
- Dishes that have a high proportion of vegetables, such as Beef with broccoli

### *Fat Piggy*

- Deep fried dishes, such as Crispy Duck, Kung Pao Chicken and Mu Shu Pork. A portion of crispy duck, for instance, has around 31g of fat.
- Deep fried starters such as dim sum, prawn crackers, spring rolls, prawn sesame toast.
- Anything cooked in batter, such as sweet and sour pork (a portion of battered sweet and sour with egg fried rice contains a heart stopping 60g of fat and 44g of sugar)





## INDIAN

Authentic Indian cooking is quite low in fat but western influences have created more dishes that include high calorie creams and oils, including the nations favourite curry, chicken tikka masala.

### *Slim Jim*

Tomato based curries

- Chicken and prawn dishes tend to be less fatty than other meals
- Vegetable dishes
- Chapati (150 calories and 1g of fat)
- Drier dishes such as tikka and tandoori (Tandoori chicken has around 350 calories and 15g of fat per portion)
- Madras, Dupiaza, Balti and Jalfrezi are also reasonably low in fat.
- Plain boiled rice
- Raita (cucumber, onion and yoghurt dip that can also be used as a low calorie sauce).

### *Fat Piggy*

Creamy curries such as korma and masala (chicken Tikka Masala, for example, has 700 calories and 30g of fat per portion)

- Deep fried extras like bhajis and samosas
- Nann (300 calories and 16g of fat per bread)
- Pilau rice



## AMERICAN

Burger bars are especially popular with kids and it can be difficult to find anything healthy on a fast food menu. However, some burger chains are beginning to sell lower fat options.

### *Slim Jim*

- Reduced calorie Mayo
- Side salads (no dressing)
- Grilled burger
- Grilled chicken breast
- Water, Skimmed milk
- Mustard or ketchup
- Any low fat burger option

### *Fat Piggy*

- Going large or supersize
- Bacon or cheese
- Milk shakes (a burger king whopper, french fries and a chocolate shake contains 149g fat or 1360 calories!)
- Fries
- Mayo and Caesar salad dressings
- Fish burgers and chicken burgers as they're often deep fried.





## ITALIAN

Italian food is very healthy on the whole, but you need to keep an eye out for pasta dishes with rich creamy sauces and food cooked with large amounts of cheese.

### *Slim Jim*

- Pasta with tomato sauce (pasta with arrabiata sauce has only 12g of fat and 6g of sugar for example)
- Vegetable based sauces, cooked in olive oil rather than butter
- Minestrone/bean soup
- Salads with a low calorie dressing such as balsamic vinegar
- Grilled vegetables
- Traditional pizza with low fat topping such as seafood or extra vegetables

### *Fat piggy*

- Garlic bread
- Meat feast pizzas or extra cheese
- Lasagne contains around 45g of fat



## THAI

Traditionally thought of as the dietaries favourite take-away, Thai food is usually very healthy as most dishes are based around steamed rice and vegetables. Just watch out for dishes containing high-fat coconut milk.

### *Slim Jim*

- Stir fried dishes (stir fired chicken with plain steamed rice Phad Khing Hai has only 13g of fat)
- Steamed jasmine rice
- Vegetables
- Thai salads
- Pad Thai made with out the egg

### *Fat Piggy*

- Thai green curry (contains 29g of fat mostly due to the coconut cream)
- Fried Rice
- Peanut sauces and dressings.





## What to order to keep off the pounds!

### American

#### *To pile on the pounds*

Double whopper with cheese – 1010 kcals 67g fat

King size fries -590kcal 30g fat

Small strawberry milkshake -360kcal 9g fat

Apple pie – 300kcal 15g fat

**Total: 2260Kcal 121g fat, 7.6g salt**

#### *To compromise*

Hamburger 270kcal 9g fat

Small fries 210kcal 10g fat

Chocolate chip cookie 170kcal 10g fat

**Total: 650kcal 29g fat, 2.1g salt**

#### *To be truly virtuous*

Chunky chicken salad 142kcal 4g fat

Vanilla reduced fat ice cream 150kcal 4.5g

**Total: 292 kcal 8.5g fat, 1.2g salt**

### Italian

#### *To pile on the pounds*

Two slices of pepperoni stuffed crust medium pizza

**Total : 1050kcal 32g fat, 4.4g salt**

#### *To eat healthily*

Two slices chicken veggie medium pizza

**Total 240kcal 6g fat, 1.5g salt**





## Chinese Meals

**Don't opt for convenience food because the calories soon mount up...**

Item	Energy (Kcal)	Fat (g)
Sharwoods Ready to Eat Prawn crackers (30g)	155	9.1
Sweet & Sour Chicken (5 pieces – 130g)	346	18.0
Sharwoods Egg Fried Rice (250g)	450	5.0
<b>Total</b>	<b>951</b>	<b>32.1</b>

**Instead, cook your own Chinese meal from scratch...**

### Sweet & Sour Chicken and Veg

<http://www.bbcgoodfood.com/recipes/1162660/sweet-and-sour-chicken-and-veg>

**Servings: 4**

#### Ingredients:

- 425g can pineapple chunks, drained, juice reserved
- 2 tbsp each tomato ketchup, malt vinegar and cornflour
- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 red chili, deseeded and sliced
- 1 red and green pepper, chopped
- 2 carrots, sliced on the diagonal
- 2 skinless chicken breasts, thinly sliced
- 125g pack baby corn, sliced lengthways
- 2 tomatoes, quartered
- Cooked rice, to serve

#### Method:

1. Make the sweet & sour sauce by whisking together the pineapple juice, tomato ketchup, malt vinegar and cornflour. There should be 300ml - add water or stock if you're short.
2. Heat the oil in a frying pan or wok over a high heat. Add the onion, chilli, peppers, carrots and chicken and stir-fry for 3-5 mins until the vegetables are starting to soften and the chicken is almost cooked.
3. Add the corn and sauce. Bubble for 2 mins, add tomatoes and cook for 2 mins until the sauce thickens, the chicken is cooked and the vegetables are tender.
4. Serve with rice.



Item	Energy (kcal)	Protein (g)	Carbohydrate (g)	Of which Sugars (g)	Fat (g)	Sat Fat (g)	Fibre (g)	Salt (g)
Sweet & Sour Chicken & Veg	230	20.0	30.0	24.0	4.0	1.0	4.0	0.26
Tesco Long Grain Rice (75g)	270	6.0	57.8	Trace	1.1	0.2	0.8	Trace
<b>Total</b>	<b>500</b>	<b>26.0</b>	<b>87.8</b>	<b>24.0</b>	<b>5.1</b>	<b>1.2</b>	<b>4.8</b>	<b>0.26</b>

Track your daily food diary with [www.myfitnesspal.com](http://www.myfitnesspal.com)





## Indian Meals

**Don't opt for convenience food because the calories soon mount up...**

Item	Energy (kcal)	Protein (g)	Carbohydrate (g)	Of which Sugars (g)	Fat (g)	Sat Fat (g)	Fibre (g)	Salt (g)
Tesco Counter Mini Lamb Samosa (1)	65	2.1	5.7	0.5	3.7	0.6	0.5	0.2
Tesco Chicken Korma (350g)	610	43.8	20.7	13.3	38.2	14.0	2.4	2.3
Tesco Pilau Rice (270g)	415	8.5	76.5	0.8	8.1	0.8	2.4	1.3
<b>Total</b>	<b>1090</b>	<b>54.4</b>	<b>102.9</b>	<b>14.6</b>	<b>50.0</b>	<b>15.4</b>	<b>5.3</b>	<b>3.8</b>

**Instead, cook your own Indian meal from scratch...**

### Prawn Curry in a Hurry

<http://www.bbcgoodfood.com/recipes/4402/prawn-curry-in-a-hurry>

**Servings: 2**

#### Ingredients:

- 2tbsp curry paste
- 1 onion finely sliced
- 200g large raw or cooked prawns, defrosted if frozen
- 400g can of chopped tomatoes and garlic
- Large bunch coriander leaves and stalks chopped



#### Method:

1. Drizzle some oil from the curry paste jar into a wok or large frying pan, gently heat, then add the onion.
2. Sizzle over a low heat for 4 mins until the onion softens, then stir in the paste and cook for a few mins longer.
3. Stir in the prawns and tomatoes, and then bring to a simmer. If using raw prawns, simmer until they have changed colour and are cooked through.
4. Add the coriander just before serving

Item	Energy (kcal)	Protein (g)	Carbohydrate (g)	Of which Sugars (g)	Fat (g)	Sat Fat (g)	Fibre (g)	Salt (g)
Prawn Curry in a Hurry	166	22.0	11.0	8.0	4.0	1.0	3.0	1.08
Tesco Basmati Rice (75g)	270	6.4	58.1	0.2	0.8	0.2	1.4	Trace
<b>Total</b>	<b>436</b>	<b>28.4</b>	<b>69.1</b>	<b>8.2</b>	<b>4.8</b>	<b>1.2</b>	<b>4.4</b>	<b>1.08</b>

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## Nutrition Breakdown of Take-aways

	Cal/Kcal	Fat
<b>McDonalds</b>		
Big Breakfast	591	36.3g
Big Mac	490	24g
Cheeseburger	295	12g
Chicken McNuggets (6)	250	14g
French Fries (Medium)	330	16g
Hamburger	250	8g
Milkshake (Medium Vanilla)	390	7g
<b>Pizza Hut</b>		
Garlic Bread, Portion	386	19.6g
Garlic Bread with Cheese	618	35.3g
Lasagne, Portion	669	29.2g
Margherita Medium Pan, per slice	238	10g
Meat Feast Medium Pan, per slice	324	16.2g
Supreme Medium Pan, per slice	291	1.3g
<b>Fish &amp; Chip Shop</b>		
Bag of Chips	239	12.4g
Fish & Chips	838	48.3g
Doner Kebab	745	49g
<b>Chinese Take-aways</b>		
Sweet & Sour Pork with fried rice	516	38.6g
Chicken Chow Mein	536	31g
1x small Spring Rolls	100	7g
Lemon Chicken	512	32g
Chicken Chop Suey (450g)	362	21g
<b>Indian Take-aways</b>		
Lamb Curry	512	33g
Onion Bhaji	355	24g
Chicken Madras	431	25g
Vegetable Samosa x 1 piece	252	13.2g
Chicken Tikka Masala with Pilau rice	1064	59.9g
Chicken Korma	669	51g
<b>KFC</b>		
Chicken Fillet meal	761	30.4g
Original Twister meal	888	46.2g
Zinger Tower meal	888	38.4g





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