

TAKEAWAY FOODS

By eating takeaway food we are:

Creating landfill



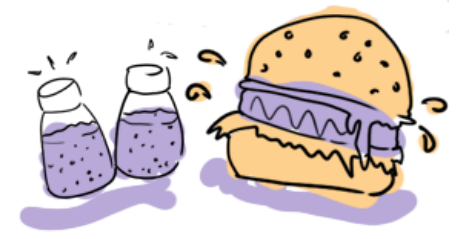
Disposable, single use containers, bags & cutlery

Spending extra money



Better spent on something else?

Eating saturated fat, salt & calories



Increases risk of heart disease & weight gain

Aim to reduce takeaway purchases by:



Cooking extra at dinner for lunch the next day



Meal planning & prepping with friends & swap

Lunch & snack ideas:

- multigrain sandwiches filled with salad & lean meat
- salad with lean meat (chicken or beef), tuna or lentils
 - dinner leftovers
 - plain popcorn
- veggie sticks & hummus
- low-fat yoghurt & fruit

When you do order takeaway, try to make healthier choices:



Always include salad or vegetables



Say "yes" to water



Avoid fried, crumbed & battered foods



Say "no" to up-size



Thin crust pizza with more vegetables & less cheese



Pasta with tomato sauce, not creamy



Steamed dumplings instead of fried



Sauce, dressings or gravy on the side



Sushi or rice paper rolls

Need advice that suits your life? Book an appointment with the Monash Nutrition Clinic



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