







South Australian Sports Institute

# **HEALTHY TAKE AWAY & EATING OUT GUIDE**

Prepared  
by  
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Outlet or Style	Healthier Choice ✓	Try to Avoid ✗
	<p>Lean Beef Burger Seared Chicken Wrap Deli Choices on Multi-grain bread Tick Approved Meals Salads, Fruit and Pasta Raisin Toast/English Muffin + jam Hotcakes + syrup Yoghurt &amp; Muesli Cup</p>	<p>All other Burgers/McMuffins/Nuggets Fries Caesar, Creamy Ranch Dressing/Sauce Hash Browns Apple Pie, Cookies McFlurry, Sundaes with topping</p>
	<p>Grilled Chicken Burger or Baguette</p>	<p>All other Burgers and Fries</p>
	<p>1 piece of Original Recipe Fillet + regular potato + gravy + regular coleslaw</p>	<p>All other Chicken, Burgers, Fries</p>
	<p>Fresh Sub 97</p>	<p>All other Burgers</p>
	<p>Grilled chicken steak/tenderloins Chicken Breast (no skin) Chicken/Vegetable Burger/Pita/Wrap Rice/Cous Cous/Garden Salad/ Corn on Cob</p>	<p>Mayonnaise, salad dressings, chips</p>
	<p>Choose Perfecto or Thin'n Crisp base- Vegetarian, Classic Hawaiian lower energy choices</p>	<p>Deep Pan, Stuffed Crust Lots of Meat and Cheese toppings Garlic Bread, Chicken Wings, Ribs</p>
	<p>Subs or Salads 6 grams of fat or less choices</p>	<p>Classic Subs Bread- cheese, white Sauces/dressings- Southwest, Mayo, Ranch, Thousand island Cookies</p>

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	<p>Stir Fry, Veggie Box (with Tofu, Egg), Rice Box, Salad Box</p>	<p>Laksa Soup Box</p>
 <p><b>Asian</b></p>	<p>Vegetable based dishes (chow mein/chop suey) with seafood, chicken, beef, tofu Stir-fry/Wok toss Steamed rice Clear Asian noodle soup Sushi</p>	<p>Fried or battered items Crispy duck Fried rice/noodles Thai curries made with coconut milk Dishes with Satay sauce Coconut rice</p>
 <p><b>Indian</b></p>	<p>Dry curries (vindaloo or madras) Tandoori lamb or chicken Plain steamed rice Roti bread Vegetable/lentil dahl</p>	<p>Cream based curries Deep fried dishes- Bahji Satay sauce Fried pappadums</p>
 <p><b>Italian/Pizza</b></p>	<p>Pasta/Risotto with tomato based sauce Thin and Crispy base- chicken, vegetables, pineapple and seafood toppings</p>	<p>Thick base- meat, salami, bacon, ham, olive toppings Lasagna Pasta/risotto in cream/oil based sauces (e.g. Carbonara)</p>
 <p><b>Lebanese/Greek</b></p>	<p>Grilled meat/chicken Pita/Lebanese bread Tabouli, salad</p>	<p>Go easy on dips, cheeses, olives</p>
 <p><b>Burgers &amp; Rolls</b></p>	<p>Small grilled steak or chicken breast with salad Bagels Meat kebabs with lot minus cheese Ham/chicken/tuna/turkey/egg salad sandwiches/rolls with no margarine</p>	<p>Burger with lot- i.e. cheese, egg, bacon, mayo etc. Falafel kebabs Cheese and avocado toasted sandwiches Salami/pressed meats on sandwiches or rolls</p>

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 <p><b>Chicken</b></p>	<p>BBQ or rotisserie chicken, skin removed Served with salad or vegetables</p>	<p>Fried chicken, chicken with skin on Served with chips</p>
 <p><b>Fish</b></p>	<p>Grilled fish Served with salad or vegetables</p>	<p>Fried, battered or crumbed fish Served with chips</p>
 <p><b>Salads</b></p>	<p>Salad with lean meat/chicken breast/tuna/legumes with oil-free dressing Baked Potato with baked beans</p>	<p>Salad, pasta or potato salad with creamy dressings e.g. Caesar, mayonnaise Baked potato with butter, sour cream or meat</p>
 <p><b>Bakery</b></p>	<p>All bread Fruit/raisin bread or buns</p>	<p>Croissant Muffins Cheese/pizza bread Pies/Pasties/Sausage rolls Doughnuts/slices/cakes/cream buns</p>
 <p><b>Drinks</b></p>	<p>Water, Skim milk cappuccino/latte Skim milk milkshakes without cream or ice cream Skim milk fruit smoothie</p>	<p>Soft drink, large fruit juices Milkshake/thickshake with cream and ice cream Normal cappuccino, latte</p>