

Cutting fat at the takeaway

Italian

Choose	Avoid
<input checked="" type="checkbox"/> Spicy marinara sauce	<input checked="" type="checkbox"/> Carbonara
<input checked="" type="checkbox"/> Primavera	<input checked="" type="checkbox"/> Creamy sauce
<input checked="" type="checkbox"/> Florentine	<input checked="" type="checkbox"/> Alfredo
<input checked="" type="checkbox"/> Red or white wine sauce	<input checked="" type="checkbox"/> Parmigiana
<input checked="" type="checkbox"/> Artichoke hearts	<input checked="" type="checkbox"/> Stuffed with cheese
<input checked="" type="checkbox"/> Lightly sautéed	<input checked="" type="checkbox"/> Prosciutto
<input checked="" type="checkbox"/> Vegetarian pizza	<input checked="" type="checkbox"/> Cannelloni
<input checked="" type="checkbox"/> Fresh plain bread role	<input checked="" type="checkbox"/> Pizza with the lot
<input checked="" type="checkbox"/> Pasta, without creamy sauce	<input checked="" type="checkbox"/> Garlic or herb bread
	<input checked="" type="checkbox"/> Fried eggplant

Mexican

Choose	Avoid
<input checked="" type="checkbox"/> Grilled	<input checked="" type="checkbox"/> Sour cream
<input checked="" type="checkbox"/> Soft corn tortillas	<input checked="" type="checkbox"/> Refried beans
<input checked="" type="checkbox"/> Salsa	<input checked="" type="checkbox"/> Guacamole
<input checked="" type="checkbox"/> Chilli	<input checked="" type="checkbox"/> Bacon, chorizo
<input checked="" type="checkbox"/> Black bean soup	<input checked="" type="checkbox"/> Cheese sauce
<input checked="" type="checkbox"/> Fajitas	<input checked="" type="checkbox"/> Tortilla shells

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Chinese

Choose	Avoid
<input checked="" type="checkbox"/> Simmered, steamed or roasted	<input checked="" type="checkbox"/> Deep fried
<input checked="" type="checkbox"/> Stir-fried	<input checked="" type="checkbox"/> Battered
<input checked="" type="checkbox"/> Green vegetables	<input checked="" type="checkbox"/> Fried rice
<input checked="" type="checkbox"/> Sizzling platter	<input checked="" type="checkbox"/> Crispy
<input checked="" type="checkbox"/> Boiled rice	<input checked="" type="checkbox"/> Hoisin sauce
<input checked="" type="checkbox"/> Fish, shrimp or scallops	<input checked="" type="checkbox"/> Crispy noodles
<input checked="" type="checkbox"/> Hot and spicy dishes	<input checked="" type="checkbox"/> Duck sauce

Indian

Choose	Avoid
<input checked="" type="checkbox"/> Dahl (lentils)	<input checked="" type="checkbox"/> Samosas
<input checked="" type="checkbox"/> Matta (peas)	<input checked="" type="checkbox"/> Korma (cream sauce)
<input checked="" type="checkbox"/> Masala (curry)	<input checked="" type="checkbox"/> Molee (coconut)
<input checked="" type="checkbox"/> Pullao (rice)	<input checked="" type="checkbox"/> Chickpea batter
<input checked="" type="checkbox"/> Raita (yoghurt and cucumber dip)	
<input checked="" type="checkbox"/> Chutney	

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Deli / Sandwich Bar

Choose	Avoid
<input checked="" type="checkbox"/> Salad	<input checked="" type="checkbox"/> Pastrami
<input checked="" type="checkbox"/> Whole grain bread rolls	<input checked="" type="checkbox"/> Liverwurst
<input checked="" type="checkbox"/> Chicken or turkey breast	<input checked="" type="checkbox"/> Sausage
<input checked="" type="checkbox"/> Tuna	<input checked="" type="checkbox"/> Salami
<input checked="" type="checkbox"/> Pickles	<input checked="" type="checkbox"/> Bacon
<input checked="" type="checkbox"/> Mustard	<input checked="" type="checkbox"/> Creamy pasta salad
<input checked="" type="checkbox"/> Fruit salad	

Restaurant

Choose	Avoid
<input checked="" type="checkbox"/> Steamed, boiled	<input checked="" type="checkbox"/> Battered
<input checked="" type="checkbox"/> Mixed vegetables	<input checked="" type="checkbox"/> Crumbed / Breaded
<input checked="" type="checkbox"/> Salad	<input checked="" type="checkbox"/> Buttery
<input checked="" type="checkbox"/> Char-broiled	<input checked="" type="checkbox"/> Pan fried
<input checked="" type="checkbox"/> Poached	<input checked="" type="checkbox"/> Deep fried
<input checked="" type="checkbox"/> Marinated	<input checked="" type="checkbox"/> Pastry
<input checked="" type="checkbox"/> Wine sauce	<input checked="" type="checkbox"/> Creamy mushroom sauce
<input checked="" type="checkbox"/> Vinaigrette	<input checked="" type="checkbox"/> Hollandaise
<input checked="" type="checkbox"/> Cajun spiced	<input checked="" type="checkbox"/> Au gratin
<input checked="" type="checkbox"/> Baked potato	<input checked="" type="checkbox"/> Schnitzel

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Other restaurant tips

- Ring ahead to check the restaurant can accommodate your needs
- Ask for a jug of water as soon as you are seated
- Be assertive and ask for what you want
- Ask if there is any oil or fat added to the menu items you're considering
- Ask how big the portion sizes are
- Order appetizer or entrée sizes as your main meal
- Choose a children's meal
- Drink mineral water in between courses
- Ask for meat cuts to be trimmed
- Ask for sauce, gravy, dressings on the side
- Check the vegetables are not cooked in oil
- Clean your pallet with fresh fruit salad for dessert
- If you have cake, enjoy sharing it
- Don't take a doggy bag home