

Lowdown on Takeaways

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Its so easy, just pick up the phone , make yourself understood and in about 30 minutes you will have a ready cooked meal at you front door.

The alternative is, get in the car, shout into a microphone, pick up your dinner, take it home and find that there is no straw for your drink.

The point is that it is so easy to eat in or out that perhaps we get a bit lazy about what we fuel ourselves with. Here's a bit of analysis on our take away foods- you can do this yourself by reading the leaflets that are discreetly hidden away in the corner from the major chains but we've done the hard work for you.

Fish and Chips

Well fish and potatoes are great for you but not when they have been soaked in fat. Our local chippie does a roaring trade and when we asked him about what the food value in his food was he told us to take a hike. A typical portion will give you 1000 calories and 60g fat.

Advice - remove the batter before you eat the fish - yeah right! Fish cakes are ok, 200 calories and about 13g fat. Chunky chips because they soak up less fat. Mushy peas- good for fiber and some vitamin B plus minerals like zinc and iron.

Burgers

if you were expecting really good news then I'm afraid you are going to be disappointed. Common sense really- Small burgers, no cheese-what's the point!!

Chicken burgers like the Royal King from Burger King actually contain more fat and calories then say a MacDonald's Quarter pounder with cheese. Big Mac and chips, sorry fries with milk shake, 1455 calories and 57g fat. Burger King Whopper. 599 calories and 34g fat.

Advice - Orange juice, some veggie burgers because of the fiber. Ok now and then but don't eat this stuff everyday like some people I know.

Indian

this one is easy, if it's got nuts or a creamy sauce try and avoid. The other obvious giveaway is a layer of fat on your curry.

Things like Nan breads are very fattening- typically 550 calories and 22g fat.

Advice - Chicken Tikka, Tandoori Chicken (350calories 10g fat), boiled rice, whole meal chapattis. Vegetarian dishes like Sag (spinach), Mattar Paneer (peas and cheese).

Chinese

I'm not a great fan of Chinese food because all the stuff that I've tried is always so greasy. Sweet and Sour pork ummmm- 715 calories 43g fat. Egg fried rice- 550 calories 15g fat.

Advice - Fishy stuff, stir fried noodles. Chicken noodle soup.

Pizza

Good choice as long as the toppings are healthy- avoid too much cheese and fatty meats like salami. My favorite is the Pepperoni feast. Bad news is that typically it contains 715 calories and 29g fat.

Advice - Choose a thin base, definitely not a stuffed crust. Choose a side salad with no dressing and just sprinkle some black pepper and add a little lemon juice or a little Olive oil. A regular 9" Margherita will be 520 calories with 20g fat.

Kebabs

you aren't gonna believe this but this can be the healthiest fast food choice. The old Donner Kebab is not so good: 745 calories with 49g fat

Advice - Shish kebabs, chunks of chicken or lamb grilled on skewers with whole meal pita and salad. Now then we are looking at 480 calories and 15g fat