

CREATE Healthy Eating

Centre for Health Promotion, Children, Youth and Women's Health Service, 72 King William Road, North Adelaide, 5006 Ph (08) 8161 7777

Eating on the run..

When you are busy, it can be difficult to find the time to prepare your own meals and snacks. When eating out or grabbing a take-away, it is important to look for healthier options.

Fresh and tasty food options to enjoy

Sandwiches, toasted sandwiches and foccacias

- Enjoy different types of breads for variety such as pita bread, wholegrain sliced bread, baguettes, lepinjas.
- Choose fillings with lots of fresh salad either on its own or with a small amount of tuna, skinless chicken, lean ham, lean roast meats, egg or cheese.
- Skip the salt and margarine or butter - try mustard, pickle, chutney, avocado, or cottage cheese instead.

Hot soup

- Choose thick vegetable soups.
- Ask for a fresh, crusty roll with no margarine or butter to have with your soup.

Pasta

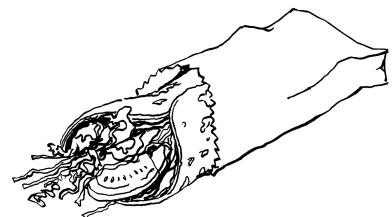
- Choose pasta with tomato style sauces and extra vegetables.
- Limit cream-based sauces, and pasta dishes with a lot of added cheese or fatty meats such as salami, bacon.

Hamburgers

- Enjoy a hamburger with lots of salad rather than "the lot".
- Try to choose burgers made with lean meat patties, skinless chicken or vegetable patties.

Yiros

- Choose yiros with lean meat or skinless chicken.
- Ask for plenty of salad.
- Enjoy a yoghurt-style garlic sauce.



Baked potatoes

- Ask for plenty of salad or try chilli beans or baked beans.
- Skip the sour cream and butter - try yoghurt or cottage cheese toppings instead.
- Ask for small amounts of cheese.

Pizza

- Choose a thin base.
- Enjoy vegetarian, chicken and vegetable or seafood and vegetable toppings rather than 'meat lovers' or 'supreme'.
- Ask for smaller amounts of cheese.

Asian

- Enjoy stir-fried dishes with plenty of vegetables, rather than dishes with only meat.
- Choose steamed rice or noodles.
- Limit curry dishes with coconut milk or cream.

Barbeque chicken

- Enjoy BBQ chicken without the skin and include a side serve of salad.
- Try chicken and salad in a bread roll.

Fish

- Ask for grilled fish.
- Enjoy grilled fish and salad in a bread roll.

Fruit

- Enjoy delicious, fresh fruit or fruit salad as a quick snack or with your meal.
- Look for fruit smoothies made with low fat milk and yoghurt.

Drinks

- Enjoy cool fresh water anytime.
- Choose low fat flavoured milks, 100% fruit juices, or artificially sweetened soft drinks.

Tips for choosing fast options

- Look for a choice with plenty of bread, pasta, rice, noodles, salad, vegetables and/or fruit.
- Look for alternatives to high fat pastries and deep fried foods - try some of the menu ideas in this pamphlet.
- Choose lean meats or skinless chicken and ask for less cheese on foods such as baked potatoes.
- Ask for less added fats such as dressing, mayonnaise, margarine, butter and sour cream.
- Ask for no salt to be added.



For further information please contact:

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