

Session 11 – Eating out and Take-Aways

Take-Aways

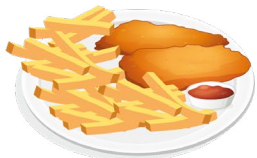
Some takeaways can be very high in calories, salt, fat and sugar, which can lead to a range of different health problems if eaten too often, such as heart disease and Type 2 diabetes.

Many of us are eating out more often, and this means that it's important to think about healthier choices. Here are some of our favourite takeaways and some tips on how to make them healthier.

Fill in below how you would make them healthier



Fish & Chips



Things to think about...

.....

.....

Indian



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.....

Chinese



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.....

Kebab



.....

.....

Italian



.....

.....

Next time I will order

.....

.....



TOP TIPS

Reduce portion sizes

HELP plate balance

5 a day fruit and vegetables

Avoid deep fried foods and fried rice (go for boiled rice instead)

Avoid Sweet, sugary and sticky sauces

Reduce fatty meats

Avoid extra cheese

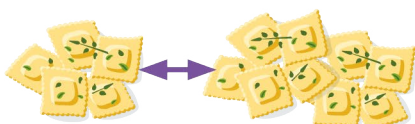
Choose tomato based sauces instead of creamy sauces

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Eating out

Here are some things to think about when you next eat out

Portions



HELP plate balance



Number of courses



Limit foods



Ingredients



More fresh fruit and vegetables



Calories, energy



Other people



Water



Drinks



Plan in advance



My usual order

.....

.....

My healthy order

.....

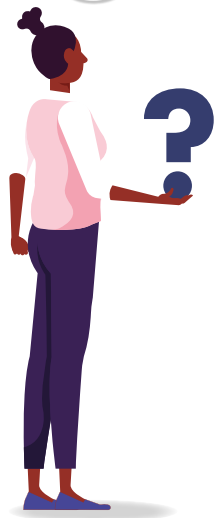
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'If-then' Plans

If-then Plans are a tool we use in this programme as they can help you remember what you need to do to stay on track. Think about 'if' something happens, 'then' you know what to do

Write some examples in the If and Then boxes below:



if...

then

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Behaviour change diary

	Nutrition goal	Physical activity goal	Did you do it? ✓ Yes ✗ No P = Partly	Comments What made it easy? What made it hard?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				