

**Salad bar sandwich or wrap**

Create your own culinary masterpiece with loads of salads, lean meat and avocado spread on wholemeal/grain bread.

**Japanese sushi rolls**

Choose rolls that contain salmon, fresh tuna, vegetables and avocado... and skip any with fried chicken and tempura.

**Kebabs**

Choose lean meats with lots of salads and tabouli, rolled in a pita bread with little or no dressing.

**Subway salads or low-fat 6-inch Subs**

Ask for extra salad, lean meat and wholemeal bread and go easy on the dressing.

**Home bakery**

Freshly made wholemeal/grain sandwiches: Home bakeries vary greatly but find a good one, and choose freshly made wholemeal/grain sandwiches with lean meat and plenty of salad – a great option especially with a tub of low-fat yoghurt and fresh fruit.

**Conclusion**

Despite some positive changes being made to many fast food outlets' menus, many takeaways are sadly still not as healthy as they could be. In an ideal world, eating out would be reserved for special occasions. A more realistic view would be to look at limiting takeaways (including buying lunch) to a few times a week.

Where possible, stick to salad, sandwich and sushi options.

Try to follow the 80/20 rule (80 per cent home-cooked/20 per cent takeaways). This way you can enjoy the best of both worlds

See more at: <http://www.healthyfood.co.nz/articles/2011/may/we-rate-takeaways-the-best-and-the-worse#sthash.mtcTgz5f.dpuf>

**Salad bar sandwich or wrap**

Create your own culinary masterpiece with loads of salads, lean meat and avocado spread on wholemeal/grain bread.

**Japanese sushi rolls**

Choose rolls that contain salmon, fresh tuna, vegetables and avocado... and skip any with fried chicken and tempura.

**Kebabs**

Choose lean meats with lots of salads and tabouli, rolled in a pita bread with little or no dressing.

**Subway salads or low-fat 6-inch Subs**

Ask for extra salad, lean meat and wholemeal bread and go easy on the dressing.

**Home bakery**

Freshly made wholemeal/grain sandwiches: Home bakeries vary greatly but find a good one, and choose freshly made wholemeal/grain sandwiches with lean meat and plenty of salad – a great option especially with a tub of low-fat yoghurt and fresh fruit.

**Conclusion**

Despite some positive changes being made to many fast food outlets' menus, many takeaways are sadly still not as healthy as they could be. In an ideal world, eating out would be reserved for special occasions. A more realistic view would be to look at limiting takeaways (including buying lunch) to a few times a week.

Where possible, stick to salad, sandwich and sushi options.

Try to follow the 80/20 rule (80 per cent home-cooked/20 per cent takeaways). This way you can enjoy the best of both worlds

See more at: <http://www.healthyfood.co.nz/articles/2011/may/we-rate-takeaways-the-best-and-the-worse#sthash.mtcTgz5f.dpuf>