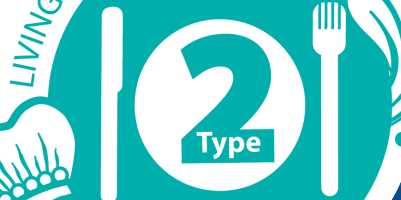


LIVING WELL WITH DIABETES



Bradford Teaching Hospitals
NHS Foundation Trust

Takeaways and Eating Out

Information for young people with diabetes

Takeaways and eating out are part of normal life and you don't need to miss out completely because you are watching your weight! However, these foods are higher in fat and less balanced than home-cooked meals. If you eat these foods less than once a month it's not such a problem, but if you have them more often you need to think carefully about what you choose. Below are some 'top tips' to help reduce the fat content of these meals and keep them more balanced:

Yes to:



Smaller portions – order a starter instead of a main meal or share a portion of chips with a friend.

Tomato-based or dry curries such as rogan josh, bhuna, jalfrezi or tandoori.

Thin-base pizzas with vegetable, fish or chicken toppings.

Grilled meat or chicken, sandwiches or salads.

Plain boiled rice, chapattis, jacket potatoes without added butter / cheese.

Extra salad and vegetables to fill up on.

Diet / zero fizzy drinks or water with ice and lemon.

Tea, filter coffee or small skinny latte / cappuccino.

Fruit or sorbet based puddings.

No to:



Large and 'supersize' portions.

Creamy sauces like korma, masala and pasanda curries.

Deep-pan, stuffed crust, extra cheese and fatty meat toppings like doner, pepperoni or salami.

Skin on chicken and batter on fish.

Limit fried foods such as chips, fries, pasties, pies, popadoms, bhajis, samosas, pakoras and paratha.

Oily dressings and mayonnaise - ask for them on the side so you can eat less. Choose lemon juice or chilli sauce instead.

Full-sugar fizzy drinks.

Large milky coffees, hot chocolate, mochas, frappuccinos, added cream and milkshakes.

Ice-creams, cakes and muffins.

Choose a takeaway outlet that has been awarded the 'Good Food Award'. This means they have attended training with a dietitian and may be more likely to offer low-fat, sugar and salt options on their menu. Ask your local takeaway to sign up to this if they haven't already! Your dietitian can give you more details.

More and more restaurants and fast-food outlets are displaying the nutritional content of their menus.

Have a look on their website before you go so that you can plan ahead and choose the healthier option.

Swap from this... To this... Saving...



Chicken tikka masala,
½ portion pilau rice &
medium naan bread

Chicken bhuna, ½ portion
boiled rice & 1 chapatti

350kcal, 46g fat



Fried chicken &
medium fries

Grilled chicken salad wrap
& ½ portion of fries

600kcal, 44g fat

Quarter pounder
cheeseburger, medium fries
& milkshake

Chicken burger, small fries
& diet fizzy drink

550kcal, 22g fat



½ large stuffed crust pizza
with meat topping

½ large thin-base pizza with
tuna & sweetcorn topping

700kcal, 8.5g fat

Small doner kebab

Small shish kebab

150kcal, 18g fat

Fish & chips

Fish & ½ portion chips &
tub of mushy peas

200kcal, 16g fat

Foodie fact:

Half a large stuffed crust pizza with meat topping contains about 1600kcal. How many hours would you need to run for to burn this amount of calories off?

a) 1 hour b) 1 ½ hours c) 2 ¼ hours

Answer below.

All takeaways are high in calories and fat so try to limit them to no more than once a month. Get involved in preparing healthy, homecooked meals for the whole family. Use the Change 4 Life Smart Recipes app or GoodFood Healthy cookbook app or take a look at the BDA's teen weightwise website for healthy recipe ideas. Even better, why not attend a cookery course at the Ministry of Food! Ask your dietitian for a list of dates.

Food for Life - Bradford Dietitians

Bradford Nutrition & Dietetic Service is located within Bradford Teaching Hospitals NHS Foundation Trust

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If you need this information in another format or language, please ask a member of staff to arrange this for you.