

# EATING OUT CHOICES

CUISINE	BEST CHOICES	HI FAT - AVOID
<b>Chinese/Thai</b>	Stir-fry meat/chicken/seafood & vege with steamed rice eg basil chicken, chicken with cashews, Mongolian beef, sesame chicken in broth, drunken chicken, Cantonese roasted duck (no skin) steamed dim sims, cold rolls, steamed dumplings/buns.	Coconut milk curries, noodles, battered dishes eg green curry, lemon chicken, pud Thai noodles, fried wontons, crispy skin duck, curried beef pastries, fried fish balls, pork sausage buns, sesame seed balls (sweet), marinated spare ribs.
<b>Mexican</b>	Mexican salads, chunky salsa, Fajitas (tortilla filled with meats and salads), Chile Con Carne (chilli mince with beans and rice), Taco filled with meat and salad fillings, Quesadillas (tortilla filled with meat and cheese), Cheese bread, Mexican tortilla soup.	Nachos, corn chips, guacamole, refried beans, cheese sauces and dips, sour cream, Enchiladas Chipotl (fried tortilla fill with meat and cheese, topped with a cream sauce), Chile Cheese Empanaditas (pastry filled with meat fillings), taco, tortilla dishes baked in cheese and creamy sc.
<b>Indian</b>	Tandoori chicken, oven baked dishes, kebabs, plain naan, steamed rice, salads, gravy based curries (beef vindaloo), Rogan Josh.	Coconut milk based dishes (butter chicken), cheese filled naan, coconut vegetables, samosa, sambal, fried or battered dishes.
<b>Italian</b>	Red sauce pasta dishes eg marinara, Napolitano, Bolognese, putanesca, thin based pizza (2 slices), cannelloni with spin ache & ricotta, veal with vegetables, salads.	Creamy based pasta sauces eg cabonara, rose', lasagne, garlic bread, parmigiana, thick style pizza, crumbed veal with cream sauce, fatty meats from antipasto eg salami, Ducka (red wine vinegar/oil).
<b>Japanese</b>	Sushami (raw seafood), sushi, Yikizakana (grill fish), Yakitori (grill chicken skewers), Nikujaga (grilled meat dishes), Domburi (rice with meat/chick/seafood), Nabe dishes (hot pots with vegetables, meat/seafood), Onigiri (rice in seaweed with fish fillings).	Fried rice, noodle dishes eg Soba, Udon, Ramen, Somen, Yakisoba (tend to be oily or fried), Gyoza (fried meat dumplings), Tonkatsu (deep fried pork cutlets with rice), fried spring rolls and dim sims, Tempura (battered and deep fried vegetables).
<b>Greek</b>	Dolmades, Tzasiki dip (yoghurt), Dolmas (stuffed grape leaves), Greek salad, meatballs, Souvlaki (BBQ meat/chicken with salads and bread), Klefiko (oven baked lamb), Briami (eggplant, tomatoes, zucchinis).	Dips eg Tahini, Taramasalata, Skordalia and eggplant, Moussaka, Fried mullet, Fried vegetables.
<b>Takeaway</b>	6 or 12 inch Subway™ (<6g fat), Wraps (turkey/ham), McD™ low fat menu eg salads, lean burgers & cheeseburger, BBQ chicken (no skin), Yiros, Plain steak sandwich, HJack™ grill chicken burger & Junior whopper, small baked potato (salad fillings, no butter or sour cream), plain hot dog (no butter), skinny dog Wendy's™.	KFC™, McDonalds™, Hungry Jacks™, Subway™ with extra cheese or meats, meatball fillings and cheese dressings, hot chips, battered and fried foods eg fish, chikko roll, pastry based food eg pie, pasty, sausage roll, Baked potato with the lot, steak sandwich with the lot.
<b>Allacarte</b>	Roast, Grilled meats/fish, Kebabas, Grilled chicken, Beef and reef, Kangeroo & plum sauce.	Fried, battered, meat in pastry, chicken stuffed with cheese, creamy sauces, crumbed, cesar salad..