# **TAKEAWAYS**

Not all created equal

# High Fat Takeaways

# Lower Fat Takeaways



#### KFC

2 KFC chicken thighs and french fries

18 teaspoons fat



## E

#### **BBQ** Chicken

¼ rotisserie chicken salad and two bread rolls

3 teaspoons fat





# Big Mac

One Big Mac and regular fries

10 teaspoons fat





# Hamburger

(from local shop or Fast Food outlet -with extra filling)

6 teaspoons fat





# Fish & Chips

One piece of fried fish in batter and a scoop of chips

11 teaspoons fat





#### Chinese

Combination Chow Mein 1 cup
Steamed Rice 1 cup

5 teaspoons fat





#### Meat Pie

One meat pie

8 teaspoons fat



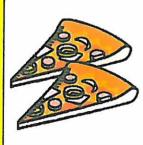


# Potato Top Pie

One potato top pie

3 teaspoons fat





#### Pan Pizza

2 slices family size

7 teaspoons fat





#### Doner Kebab

Meat and salad in a pita bread pocket

5 teaspoons fat



Eat Takeaways not more than once a week

1 teaspoon fat = 5 grams