

# TAKEAWAYS

Not all created equal

High Fat Takeaways	Lower Fat Takeaways
 <p><b>KFC</b> 2 KFC chicken thighs and french fries</p> <p>18 teaspoons fat</p> 	 <p><b>BBQ Chicken</b> ¼ rotisserie chicken salad and two bread rolls</p> <p>3 teaspoons fat</p> 
 <p><b>Big Mac</b> One Big Mac and regular fries</p> <p>10 teaspoons fat</p> 	 <p><b>Hamburger</b> (from local shop or Fast Food outlet -with extra filling)</p> <p>6 teaspoons fat</p> 
 <p><b>Fish &amp; Chips</b> One piece of fried fish in batter and a scoop of chips</p> <p>11 teaspoons fat</p> 	 <p><b>Chinese</b> Combination - Chow Mein 1 cup Steamed Rice 1 cup</p> <p>5 teaspoons fat</p> 
 <p><b>Meat Pie</b> One meat pie</p> <p>8 teaspoons fat</p> 	 <p><b>Potato Top Pie</b> One potato top pie</p> <p>3 teaspoons fat</p> 
 <p><b>Pan Pizza</b> 2 slices family size</p> <p>7 teaspoons fat</p> 	 <p><b>Doner Kebab</b> Meat and salad in a pita bread pocket</p> <p>5 teaspoons fat</p> 

Eat Takeaways not more than once a week

1 teaspoon fat = 5 grams