



## Tweed Sun

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# Make a takeaway part of dieting plan

SOMETIMES we feel the need to treat ourselves by letting someone else do the cooking and bringing home a takeaway meal for the family.

According to Kingscliff dietician Amanda Clark takeaway food can still be enjoyed as part of a healthy diet as long as we stay conscious of exactly how much we eat and what our bodies can handle.

"For weight maintenance women can enjoy a battered fish fillet and six to eight chips (450 calories) while men can have up to 15 chips (550 calories)," she said.

"Always consider soft drinks as separate from your meals calorie intake and choose the right size drink."

"An appropriate sized soft drink to go with a meal is a 200ml can rather than the

450ml or 600ml bottles. Takeaway meals should be planned for a special time of the week when you can sit down, relax and really enjoy it.

"You should also think about the choice of takeaway outlet and look for the availability of vegetables or salad.

"By paying attention to the presentation, variety, aromas, texture, temperature and flavours you will make it last and savour every mouthful which will enhance the satisfaction you experience.

"With each bite you should consider whether you have had enough and as soon as you reach this point you can wrap it up and throw it away."

For more information about practical nutrition, special diet and weight management resources visit [www.greatideas.net](http://www.greatideas.net).