

Tips for healthier fast food



When fast food is the only food on offer, there are still ways to find the best of a bad bunch. Be assertive and ask for a healthier choice. Which of the options below will you choose?

Burger joint

- Ask for a burger without the bun. Yes, they'll think you're odd but your health and results are more important than what the shop assistant thinks
- Ask for extra salad e.g. lettuce, tomato and beetroot instead of the bun
- If available, choose a prepared salad with a tasty low-fat dressing.

Pizza shop

- Select a small low-carb or thin crust pizza with extra vegies
- Skip the garlic bread.

Kebab house

- Ask for felafel and lots of salad served on a plate instead of in the wrap.

Sandwich shop

- Most will have plastic take-away containers so you can order a salad with chicken or tuna.

Coffee shop


- Order the smallest plain coffee. Try a little plain cream instead of milk.

The club

- Choose an entrée sized plate
- Fill your plate with steamed vegetables and some meat
- Skip the bread rolls and dessert.

Service station

- Buy snacks such as yoghurt or fresh fruit
- Choose diet drinks or plain mineral water and save about 8 teaspoons of sugar per can.



"We don't walk. We overeat because we've made it easy to overeat. We have fast-food joints on every corner. By the way, the 'me' is all of us. It's not the government. It's all of us doing this together."

Mehmet Oz