TAKEAWAYS

Many takeaway foods are high in fat and can be lacking in vegetables, so if you are trying to make healthier choices, choose dishes containing vegetables and those which haven’t been fried. The portion size served for takeaways is usually much larger than we would serve at home, which makes them suited to sharing.

- **Chicken Burger**: 44g Carbs, 168g Cals
- **Fried Chicken (battered)**: 12g Carbs, 594 Cals
- **French Fries**: 54g Carbs, 160g Cals
- **Chips**: 87g Carbs, 561 Cals
- **Fish**: 33g Carbs, 766 Cals
- **Margherita Pizza (large, deep pan)**: 47g Carbs, 432 Cals
- **Chicken Curry**: 10g Carbs, 551 Cals
- **Chicken Tikka Masala**: 18g Carbs, 577 Cals
- **Bombay Potatoes**: 41g Carbs, 354 Cals