

# FOOD MATTERS

WITH SUE RADD



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## THE PROBLEM WITH FAST FOODS

These days up to one-third of your family's food dollar can be spent on foods prepared outside the home. Are you making a healthy investment with your food choices?

Unfortunately, most fast foods are overloaded with fat, salt or sugar and lacking in protective components, such as dietary fibre. And, being heavily based on animal foods or refined plant ingredients, they also don't supply the range of phytochemicals available in less processed fruits, vegetables, wholegrains, nuts and beans. Various studies have shown that these natural components are vital for protection from disease.

If you have no choice but to eat a takeaway, look for dishes that include a fresh salad or vegetable ingredients. Avoid battered, fried and fatty foods and those covered with creamy sauces. If having meat, ask for some that has no visible fat. Meat-free dishes with a lot of egg, cream or cheese content should also be avoided.

If you're overweight, you should limit your daily fat intake to around 30-40 grams. A bad choice of fast food can blow your fat "budget" for a day!

Following are examples of fat content of common fast foods.

See *page 26* for some great "fast-food" alternatives, including the lentil Burger, pictured below.

Food line	Fat content (grams)
Chicken and chips	48
Hamburger and medium fries	47
Fish and chips (deep-fried)	35
Pizza, supreme, pan (2 slices)	30
Doner kebab	26
Meat pie	24
Pizza, vegetarian (2 slices)	18
Pasta with tomato-based sauce	13
Bean burrito	10
Vegetarian foccacia	9
Stir-fry vegies with steamed rice	4.5
Pita and salad roll (no butter)	2



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