Fats in snacks and take-away foods

Many snacks and take-away foods are high in fat. They are often high in the fats that are bad for heart health, like saturated and trans fats. Eat takeaways and high fat snacks only occasionally. This is particularly important if you are overweight, have heart disease or diabetes.

Try these ideas instead:

1. **Choose these low fat snacking options**
   - Crunchy raw vegetables.
   - A cob of corn or tin of salt-reduced baked beans.
   - Fruit smoothie (blend low fat milk and fruit).
   - Fresh, tinned or dried fruit.
   - A tub of low fat yoghurt.
   - Fruit toast or crumpets.

2. **Choose these low fat take-away options**
   - Skinless BBQ chicken or grilled fish and rice/potato/bread (no chips) with salad (avoid dressing).
   - Sandwiches with lean meats, fish, chicken or reduced fat cheese with plenty of salad. Avoid butter.
   - Asian options such as sushi, clear soups, stir fried vegetable dishes and steamed rice.
   - Pasta dishes with tomato and vegetable based sauces. Avoid creamy sauces or dishes with fatty meats.
   - Choose pizza with plenty of vegetable toppings, but limit meat and cheese.
   - Deep fried dishes are never a good choice.

SOURCE: It Takes More Than An Apple A Day
REVIEWED: April 2012

Department of Health and Human Services
Community Nutrition Unit

Tasmania
Explore the possibilities