

Which Fast Foods?

In a time of hurry, hurry, can't wait it is very hard to avoid fast food. All of the best advice in terms of eating the right foods can fall on deaf ears if it is not seen as an easily adoptable and realistic lifestyle.

So, if fast foods are going to be eaten anyway then let's look at the best ones to go for. How does that sound?

We want to still try to follow the go as natural as possible principle. Keep that in mind when choosing your meals. This is what I mean:

Pizza – go for a thin base, lots of vegetables, quality protein (fish, chicken, off the bone ham etc.) and half serve cheese (try to get fetta, cottage or cream cheese)



Souvlaki – Not kebab with processed meat. Go for the lean lamb or chicken grilled with lots of salad. Go for a hommus rather than a garlic sauce.



Grilled Fish – rather than deep fried. Go for a salmon or flathead as opposed top flake (flake has higher mercury and less omega 3). Eat with a salad and baked potatoes rather than chips.



Sushi & Sashimi – go for lots of fresh fish and avocado - avoid too much processed white rice. Beware of Californian/hand rolls with mayonnaise or sugary sauces.

Burgers – There are many places now that make a healthier burger. Go for a whole grain roll, lean grilled meat and lots of salad. Ask for avocado instead of margarine.



Salad Sandwiches – Get whole grain, rye bread or wraps. Include a lean protein source and lots of salad. Ask for avocado instead of margarine.

Salads – a lean protein source, beans, grains and lots of salads

Make the best choice you can – remember it is your health at stake, no-one else's

