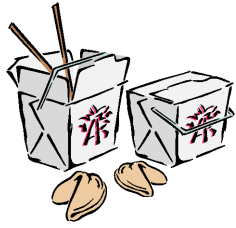


# BEAT THE TAKEAWAY!



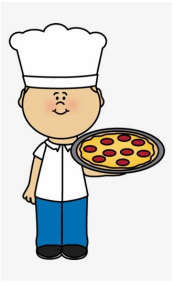
With everyone spending more time at home at the moment, it's easy to reach for a ready meal or the local takeaway menu.

Here are some top tips for making healthier choices with your meals.



## Top Tips:

- \* Say no to "going large" and keep an eye on the portion size.
- \* Pick a delicious main dish and ditch the stuffed crusts, dips and extra cheese.
- \* Curry in a hurry – creamy sauces can be high in fat so switch the korma for a madras or jalfrezi and swap the Thai green for a stir fry.
- \* Add some healthier toppings to your pizza like peppers, mushrooms or sweetcorn – they all count to your 5 a day!



Why not practice your Chef skills by checking out our fakeaway recipes which show you how to make a tasty, home-made version of your favourite takeaway.

You could even come up with a name for your fakeaway, who knows you may be the next big thing in healthy takeaways!

## Random Facts



The longest noodle measures 3,084 metres and was made by Xiangnian Food Company in China, on 28 October 2017.

The largest pizza has a total surface area of over 1,261 m<sup>2</sup> and was prepared in Rome, Italy, on 13 December 2012.

