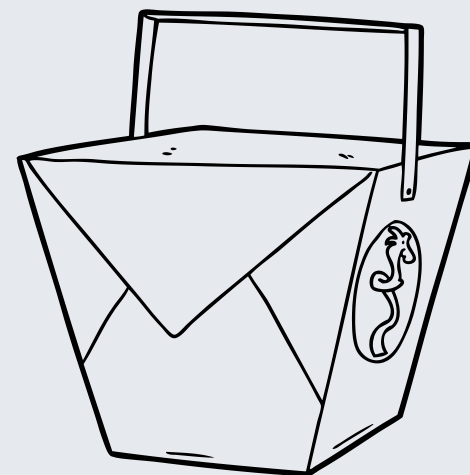


EASY FOOD

Tips n Tricks

5 Takeaway tips



1

Ask for salad instead of chips



Swap out



2

Order smaller portions



Swap out



3

Choose grilled & steamed foods



Swap out



4

Choose water over soft drinks



Swap out



5

Only eat takeaway occasionally



Swap out



EASY FOOD

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Health
Illawarra Shoalhaven
Local Health District

