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## Takeaways

There are two major types, Big Chain fast foods and Small Chain fast foods and cafés. Best option is to avoid the Big Chains: most traditional chains use poor quality oils in cooking and lots of added sugar, making it hard to find healthy choices. At Small Chains, whether they're in town at an airport or out-of-town, there are always good options to choose from. (See some local New Zealand examples below.)

**Big Chain fast food** (McDonalds; KFC; Burger King; Carl's Junior)

### **Small Chain fast food**

- Salad bars or sandwich food places (eg. Sumo salad/ Habitual fix/Subway/Select a sandwich/Pita Pit/Wishbone)
- Select your own salads: Vegetables, add protein (meat, fish, chicken, egg), add fat (avocado, cheese), pre-packaged Greek salad.
- Ready-made meals with chicken/fish/meat with vegetables.
- Fruit salad with natural unsweetened yoghurt.
- Scrambled eggs with veggies or salad.
- Gourmet Burgers (eg. Burger Fuel)
- Burgers with no bun (wrapped in lettuce) are called "oxygen" burgers at Burger Fuel!
- Japanese
- Sashimi (raw fish), seaweed salads, grilled chicken/beef with veggies (Donburi), miso soup.



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## Takeaway tips

**Choose:** Whole foods, vegetables, salad, fruit, meat, fish, chicken, eggs, nuts, seeds, water, tea or coffee.

**Avoid:** Croissants, muffins, pastry, pancakes, ready-made meals, fries, muesli, slices, sugary drinks.

### 24/7 Convenience Stores / service stations

Plain mixed nut packets, tins of tuna, fruit, water, tea or coffee

### Supermarkets

Fresh vegetables, fruit, raw mixed nuts, biltong / beef jerky, unsweetened natural yoghurt, cheese, olives in brine or olive oil, canned fish, cold meats.

### Juice-bars

Smoothies with natural unsweetened yoghurt, coconut cream, cream, fruit; vegetable juices.

*Tip: Careful with fruit only drinks as the natural sugar adds up.*

### Bakery

Quiche, fruit, tea or coffee

*Tip: Turn around, walk out and go and find some good quality food elsewhere.*



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