

Together We Can

Homemade
V
Takeaway

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Homemade V Takeaway

Often the debate of many evenings and weekends...
cook your own meal or get a takeaway ordered in...

The takeaway can often win on a number of fronts,
especially these:

1. Takeaways are faster
2. Eating healthy is more expensive

But is this really the case? We explore a few
options in more detail to help you make the best
choices when craving that takeaway!

Takeaways can be enjoyed in moderation as part
of a healthy balanced diet, but reducing our salt,
sugar, fat and calorie intakes can help with our
weight, energy and reducing our risk of disease!

Read on to find out more

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Average Indian Takeaway (curry dish with rice, naan and poppadoms):
Calories: Approx 1,500 Kcals for one serving (86g fat)
Cost: Approx £10.00 for one serving



Homemade healthy curry (Tomato, Squash and spinach curry with brown rice, homemade naan bread)

Indian meal, per serving	Approx. Calories	Fat	Cost	Time
Homemade recipe	151 Kcals	4.1g	95p	30 mins
Saving with Homemade version Vs. Takeaway	SAVING 1,349 Kcals	SAVING 81.9g	SAVING £9.10	SAVING 15 mins

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Average Chinese Takeaway (½ portion of Peking duck, crispy shredded beef, ½ bag of prawn crackers):

Calories: Approx 1,925 Kcals for serving (and 86g fat)

Cost: Approx £10.00 for one serving



Homemade healthy Chinese (with brown rice)

Chinese meal, per serving	Approx. Calories	Fat	Cost	Time
Homemade recipe	260 Kcals	4g	£1.60	30 mins
Saving with Homemade version Vs. Takeaway	SAVING 1,665 Kcals	SAVING 82g	SAVING £8.40	SAVING 15 mins

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Average Fish and Chips Takeaway (Large portion of battered cod and chips):
Calories: Approx 1,385 Kcals for serving (and 77g fat)
Cost: Approx £5.50 for one serving



Homemade healthy fish and chips with tartare sauce

Fish and Chips, per serving	Approx. Calories	Fat	Cost	Time
Homemade recipe	283 Kcals	3g	£2.10	40-45 mins
Saving with Homemade version Vs. Takeaway	SAVING 1,102 Kcals	SAVING 74g	SAVING £3.40	Cooked in same time to drive to shop, order, wait, drive home

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Average Pizza Takeaway (Dominos Pepperoni Passion, large 13.5” pizza):
Calories: 3,510 Kcals per pizza (and 150g fat, 13g salt!)
Cost: £15.99 for pizza



Homemade Superhealthy pizza

Pizza, per serving	Approx. Calories	Fat	Cost	Time
Homemade recipe, ¼ pizza	190 Kcals	3g	67p	30 mins
Saving with Homemade version Vs. Takeaway	SAVING 3,320 Kcals	SAVING 147g	SAVING £15.32	SAVING 15 mins

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Average Burger Takeaway (Big Mac meal with large fries and chocolate shake):
Calories: Approx 1,480 Kcals for serving (and 62g fat, 74g sugar, 4g salt)
Cost: Approx £4.89 for one serving



Homemade lemon and thyme turkey burgers

Burger, per serving	Approx. Calories	Fat	Cost	Time
Homemade recipe	190 Kcals	5g	65p	30 mins
Saving with Homemade version Vs. Takeaway	SAVING 1,290 Kcals	SAVING 57g	SAVING £4.24	SAVING 15 mins

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**If you would like to try the healthy tasty options
shown in this then click the Healthy Takeaway
Recipes link within Eat Balanced**

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