

# Going out for *curry*?

Here are healthier options







HEALTHIER CHOICES

### Fish/Chicken Tikka:

Grilled, lean, and packed with protein

### Tandoori Kebabs:

Grilled, low-fat, and delicious



STARTERS TO AVOID

**Samosas:**

Deep-fried and fatty

**Pakorras:**

Fried and high in oil





HEALTHIER CHOICES

**Madras:**

Spicy, tomato-based,  
and lower in calories

**Bhuna:**

Dry, less sauce,  
fewer calories

**Rogan Josh:**

Tomato-based and mild





MAINS TO AVOID

**Chicken Tikka Masala:**  
Creamy and calorie-dense

**Butter Chicken:**  
Loaded with butter and cream

**Korma:**  
Super creamy and high-calorie





HEALTHIER CHOICES

Plain Basmati Rice:

High in fibre, healthy

Sag Aloo:

Veggie-packed goodness

Chana Dal:

Lentil-based, nutritious





SIDES TO AVOID

**Naan Bread:**  
Doughy and buttery

**Fried Rice:**  
High in oil and calories