

# Slimming World Eating Out Cheat Sheet

Quick lower-Syn ideas for takeaways, fast food, pubs and restaurants

Updated June 2026 - quick reference companion to the full SWLADS Eating Out Guide

## Quick reminder

**Syn values, menus and portion sizes can change. Always double-check the official Slimming World app or database before ordering, especially for new menu items, limited editions and desserts.**

## Best quick choices at a glance

Place	Better lower-Syn choice	Watch out for
Nando's	Chicken breast, spicy rice, corn on the cob, measured peri-peri sauce	Chips, halloumi, burgers, pittas and wraps
Subway	Chicken breast salad without dressing, cheese or olives	Cookies, cheese, creamy dressings and larger subs
McDonald's	Hamburger, nuggets or smaller items instead of a large meal	Large fries, milkshakes, McFlurries and larger burgers
KFC	Beans, mini fillets, individual chicken pieces and smaller portions	Burgers, wraps, burritos, large fries and creamy dips
Greggs	Black coffee, fruit pots, lighter salads and smaller snacks	Bakes, pastries, baguettes, doughnuts and sweet drinks
Chinese	Boiled rice, black bean dishes, chop suey and non-battered mains	Battered sweet and sour, prawn toast, fried rice and sugary sauces
Indian	Tandoori chicken, plain rice, dhal and tomato-based dishes	Naan, bhaji, korma, creamy curries and chips
Pub food	Grilled meat or fish with vegetables and sauce on the side	Pastry, chips, creamy sauces, loaded burgers and desserts
Pizza	Smaller portions and thinner bases where available	Stuffed crust, dips, sides, desserts and extra cheese

## Simple rule for eating out

Build your meal around protein and vegetables or salad. Keep sauces and dips on the side, choose rice or potatoes carefully, and spend your Syns on the part of the meal you will enjoy most.

## Quick lower-Syn order ideas

Meal type	Quick order idea	Why it helps
Chicken restaurant	Grilled chicken with spicy rice or corn	Usually easier than wraps, burgers, chips and cheese-heavy sides
Fast food	Smaller burger or nuggets with a diet drink	Keeps the meal more controlled than a large meal deal
Sandwich shop	Chicken or turkey salad with no dressing	Avoids bread, cheese and creamy sauces if you want to keep Syns lower
Chinese takeaway	Boiled rice with chicken in black bean sauce	Usually better than battered, deep-fried or sweet sticky dishes
Indian takeaway	Tandoori chicken with plain rice or dhal	Usually better than naan, bhaji, korma and creamy sauces
Pub meal	Grilled steak, chicken or fish with veg	Can be easier than pies, battered fish, chips and creamy sauces

## What usually pushes Syns up?

Higher-Syn risk	Examples	Easy swap
Fried or battered food	Battered chicken, battered fish, fried sides, prawn toast	Choose grilled, roasted or non-battered options where possible
Creamy sauces	Korma, mayo, creamy pasta, peppercorn sauce, cheese sauces	Pick tomato-based sauces or ask for sauce on the side
Bread and pastry	Naan, wraps, pittas, pies, pasties, pastries	Go bunless, choose rice, or make the bread the part you count
Large portions	Large fries, big breakfasts, giant burgers, share boxes	Choose a smaller main and add salad or vegetables
Drinks and desserts	Milkshakes, cocktails, full-sugar drinks, brownies, cookies	Choose diet drinks, water, coffee, fruit pots or skip dessert

## Chain-by-chain quick notes

**McDonald's:** Smaller items are usually easier than large meals. Watch fries, milkshakes, McFlurrys and larger burgers.

**Nando's:** Flame-grilled chicken, spicy rice and corn are useful options. Chips, halloumi, pittas and wraps can add up quickly.

**Subway:** Salads without dressing, cheese or olives are usually the easiest choices. Cookies and creamy sauces are easy to underestimate.

**KFC:** Beans and smaller chicken portions are easier to manage than burgers, wraps, burritos, large fries and creamy dips.

**Greggs:** Coffee and fruit pots are easy wins. Bakes, pastries, baguettes, doughnuts and sweet drinks are usually higher.

**Wetherspoons:** Look for lighter mains, grilled options and sauces on the side. Breakfasts, burgers, chips and desserts can quickly rise.

**Domino's / Pizza:** Pizza Syns vary by crust, toppings and portion size. Be careful with stuffed crust, dips, sides and desserts.

## Before you order checklist

- Have I checked the current Syn value or chosen a safer lower-Syn option?
- Can I swap chips for salad, vegetables, rice or corn?
- Can I keep sauces, dips and dressings on the side?
- Am I spending Syns on the part of the meal I actually want most?
- Am I also counting drinks, desserts and extras?

## Need the full list?

For full restaurant Syn values and more examples, visit the full guide: [swlads.co.uk/slimming-world-eating-out/](https://swlads.co.uk/slimming-world-eating-out/)

For drink values, see: [swlads.co.uk/slimming-world-alcohol-syns/](https://swlads.co.uk/slimming-world-alcohol-syns/)

This is an unofficial SWLADS quick reference and is not affiliated with Slimming World. Syn values and menus can change, so always check the official Slimming World app or database before ordering.