

## General advice for businesses



Fats and oils.

Ways of reducing fat content

- Replace high fat product with a lower fat one
- Reduce the quantity of an ingredient
- Remove fats and oils from recipes
- Use different cooking methods
- Use different equipment
- Use different flavours
- Adapt recipes.

Ideas include

Purchasing

- If you use oil, buy polyunsaturated or monounsaturated varieties , e.g. sunflower oil, olive oil, vegetable oil or rapeseed oil
- Buy skimmed or semi skimmed milk and other reduced fat dairy products, such as yoghurt or cheese, wherever possible.
- Buy lower fat or polyunsaturated spreads
- Buy lower fat versions of mayonnaise and sauces.
- Use thick cut chips or potato wedges, oven baked where possible.
- Avoid buying crinkle cut chips.
- When choosing pre-prepared products such as sausages/pies/burgers check the labels and choose those with least fat content. Healthier options have a higher, greater than 65%, meat content.
- Avoid buying products that contain hydrogenated fats

Catering/cooking

- If you must use oil, use only polyunsaturated or monounsaturated varieties , e.g. sunflower oil, olive oil, vegetable or rapeseed oil
- Use grilling, steaming or baking in preference to frying.
- If you must fry, shallow fry or stir fry rather than deep fry wherever possible.
- If you must deep fry heat oil to correct temperature, around 180 °C, change regularly and skim the oil regularly.
- Shake, bang and hang before serving
- As an alternative to chips, offer jacket, boiled or mashed potato.
- Remove skin before cooking poultry
- Trim meat before serving
- Prepare your own sauces with fresh ingredients an always have lower fat sauces on offer such as tomato based curry and pasta sauces as alternatives to those containing cream or cheese.
- Skim fat from gravy and sauces
- Boil onions instead of frying for sauces.
- Offer a range of meat free alternatives such as lentils, beans, tofu, Quorn and soya products. These are low in fat.
- Revise recipes to reduce the fat content, people rarely taste the difference.
- Make pies with a pastry top only.

- Offer mashed potato lids rather than pastry lids on pies.
- Reduce the amount of cheese used by using stronger flavoured cheeses.
- Make fruit smoothies with unsweetened fruit and no dairy produce.

#### Service

- Offer skimmed or semi skimmed milk for drinks and cereals
- Serve salads undressed
- Offer low fat salad dressings for customers to add themselves
- Serve potatoes, including baked, and vegetables with out fat.
- Offer low fat fillings for sandwiches and baked potatoes e.g. no added mayonnaise.
- Provide low fat or unsaturated spreads for customers to add themselves if they want.
- Ask before spreading if a customer wants spread in their sandwich.
- Have meat and fish dishes available that is not processed or fried.
- Offer an oily fish dish e.g. sardine/mackerel/salmon.
- Cut down on dishes that are battered or deep fried.
- Cut down on sauces based on cheese or cream
- Do not have no supersize options
- Offer reduced fat yoghurt as a dessert option.
- Offer sorbets an low fat frozen yoghurts as an alternative to ice cream
- Offer tap water as a drink.

## SALT

Ways to reduce salt content.

- Use less salt
- Use ingredients with different flavours
- Use lower salt products

Purchasing

- Buy low salt or no added salt versions.
- Buy canned vegetables and fish with no added salt.
- Buy low sodium alternatives to salt.

Catering /cooking

- Adapt recipes to exclude the use of salt.
- Do not add salt to dishes when preparing them
- Use herbs, spices and lemon juice to season dishes rather than salt.
- Do not add salt when cooking rice, pasta and vegetables.
- Use stock and bouillons sparingly and opt for low salt versions.
- If using products preserved in brine rinse thoroughly before using e.g. capers, vegetables, anchovies.
- Be aware that soy sauce and monosodium glutamate contain high levels of sodium so should be avoided.
- Offer fewer "salty" foods such as cured, kippered and smoked.
- Marinade meat or fish to give more flavour without adding salt.

Service.

- Let customers add their own salt
- Offer low sodium alternatives to salt
- Remove salt containers and ketchup containers from tables and keep on the side or at the counter instead.
- Use adapted salt shakers to reduce amount of salt used.
- Use small salt packets for portion control.
- Crisps and other savoury accompaniments should only be available in small (35g) packets.

## SUGAR

Ways to reduce sugar content

- Use less sugar
- Use alternative sweeteners
- Use products with no added sugar.

Purchasing

- Buy sugar free versions of items
- Buy unsweetened version e.g. unsweetened fruit juice
- Buy fruit canned in juice not in syrup.
- Consult labels and buy low sugar versions of sauces.

- Be aware that the following ingredients are sugar as well, sucrose, glucose, fructose, maltose, hydrolysed starch, invert sugar, syrup, corn syrup, treacle and honey.

#### Catering

- Use as little sugar as possible when preparing dishes.
- Adapt recipes to include more fruit and less sugar
- Bake cake, slices and pastries in small portion sizes.

#### Service

- Offer tap water as a drink
- If you serve soft drinks, offer sugar free or diet alternatives
- If you serve flavoured waters offer sugar free versions
- All sugar containing drinks should be a portion size 330ml or less.
- Offer unsweetened fruit juice.
- Offer fresh fruit as an alternative to pudding, a portion is around 80g.
- Offer fruit based desserts where a pudding must be offered
- Have healthier alternatives to cakes and biscuits e.g. malt loaf and fruit bread.
- Offer sugar free sweeteners as an alternative to sugar.
- Offer sachets of sugar to control portions
- Remove sugar and ketchup containers from the tables and keep sugar on a side table

## FRUIT and VEGETABLES

Ways to increase use of fruit and vegetables.

- Good preparation of fruit and vegetables
- Incorporate more fruit and vegetables into recipes.

### Purchasing

- Buy good quality fruit and vegetables
- Frozen fruit and vegetables are as good as fresh
- buy fruit tinned in juice not syrup

### Catering/cooking

- Cook dishes using as little water as possible and cook for the shortest time to preserve nutritional content.
- avoid adding salt to vegetables while cooking
- Avoid adding fat to vegetables when cooking.
- If fat is used use unsaturated fats and shallow fry or stir fry.
- Introduce vegetables into recipes e.g. curries, pasta, fish dishes, meat dishes.
- Offer a completely vegetable based main meal.

### Service

- Offer salad or vegetables as accompaniments to all plated meals and snacks
- Serve salad with out dressings.
- Provide low fat dressings for customers to add themselves if necessary.
- Provide at least two vegetable as side dishes to plated meals, not including potatoes
- Serve fresh fruit as an alternative to puddings
- Offer low fat fruit based puddings where puddings must be served.

## Starchy Carbohydrates

Ways to improve your use of starchy carbohydrates. These include potatoes, pasta and rice.

- Always provide healthy starchy alternatives
- Increasing fibre content of meals

### Purchasing

- Buy wholemeal, whole grain or granary bread
- Buy wholegrain rice and wholegrain pasta
- Buy higher fibre cereals.

### Catering/cooking

- Use brown or wholemeal flour in recipes.
- Use wholemeal grain options such as rice, pasta.
- Use potato topping rather than pastry toppings e.g. cottage pies.
- Add pulses (beans and lentils) to recipes.
- Replace some meat with pulses.

### Service

- Include starchy carbohydrates on your menu
- Offer healthier potato options such as boiled or baked potatoes, potato wedges, and mashed potatoes without added fat.
- Customers should be able to choose don't offer chips with everything
- Wholemeal or other high fibre breads should be available.
- Bread should be offered to accompany soup or salads

## Annex I

### Advice on reading food labels

What is meant by a little and what is meant by a lot can be confusing. This table shows how much of each counts as high, medium or low per 100g of food.

This table shows how much of each nutrient counts as high, medium or low per 100g of a food. <b>High/100g</b>		<b>Medium /100g</b>	<b>Low /100g</b>
Fat	20 g or more	3 to 20 g	3 g or less
Saturated fat	5 g or more	1.5 to 5 g	1.5 g or less
Sugars	15 g or more	5 to 15 g	5 g or less
Salt	1.5 g or more	0.3 to 1.5 g	0.3 g or less

NB Salt is also labelled as Sodium Chloride. Food Labels usually list the amount of Sodium in the information. Salt =2x Sodium.

Foods labelled as “reduced” must also meet specific criteria. Reduced fat products must have a 30% reduction of fat compared to the normal product. This also applies to foods labelled “lite” or “light”. Reduced salt products must contain a minimum of 25% salt compared to the normal product.

Similarly “free from” or “without” can cause the same confusion.

Free/Without	No more than
Fat Free	0.5 grams per 100g or 100millilitres
Saturate free	0.1 grams per 100g or 100millilitres
Sugar free	0.5 grams per 100g or 100millilitres
Salt/sodium free	5 grams of sodium per 100g or 100 millilitres

Reduced

## Annex II

### Advice on Fats.

This table gives information on how different types of fats contain varying levels of saturated fats.

<b>% Total fat</b>		<b>% Saturated fat</b>
Rapeseed oil	99.9	6.6
Vegetable oil	99.9	11.7
Sunflower oil	99.9	12.0
Olive oil	99.9	14.0
Corn oil	99.9	14.4
Soya oil	99.9	15.6
Groundnut oil	99.9	20.0
Lard	99.0	41.0
Palm oil*	99.9	47.8
Coconut oil*	99.9	86.5

\*Beware of coconut oil and palm oil; they are vegetable oil exceptions as they are rich in saturated fat.