



Public Health  
England

Protecting and improving the nation's health

# **Healthier Catering Guidance for Different Types of Businesses**

Tips on providing and promoting  
healthier food and drink for  
children and families

## About Public Health England

Public Health England exists to protect and improve the nation's health and wellbeing, and reduce health inequalities. We do this through world-class science, knowledge and intelligence, advocacy, partnerships and the delivery of specialist public health services. We are an executive agency of the Department of Health, and are a distinct delivery organisation with operational autonomy to advise and support government, local authorities and the NHS in a professionally independent manner.

Public Health England  
Wellington House  
133-155 Waterloo Road  
London SE1 8UG  
Tel: 020 7654 8000  
[www.gov.uk/phe](http://www.gov.uk/phe)  
Twitter: [@PHE\\_uk](https://twitter.com/PHE_uk)  
Facebook: [www.facebook.com/PublicHealthEngland](https://www.facebook.com/PublicHealthEngland)

Prepared by: This document was prepared by: Jamie Blackshaw, Bethan Hamilton, Verity Hawkes, Samantha Montel, Melanie Farron Wilson, and staff at PHE, in collaboration with Patricia Mucavele at the Children's Food Trust.

For queries relating to this document, please contact: [phe.enquiries@phe.gov.uk](mailto:phe.enquiries@phe.gov.uk)

© Crown copyright 2017

You may re-use this information (excluding logos) free of charge in any format or medium, under the terms of the Open Government Licence v3.0. To view this licence, visit [OGL](https://www.ogil.io) or email [psi@nationalarchives.gsi.gov.uk](mailto:psi@nationalarchives.gsi.gov.uk). Where we have identified any third party copyright information you will need to obtain permission from the copyright holders concerned.

Published March 2017  
PHE publications  
gateway number: 2016705

PHE supports the UN  
Sustainable Development Goals



# Contents

About Public Health England	2
About this document	4
Chip outlet tips – for outlets that sell a lot of fried food	7
Healthier sandwich tips	10
Chinese restaurant and takeaway tips	14
Indian and South Asian restaurant and takeaway tips	17
Italian restaurant and takeaway tips	21
Pizza restaurant and takeaway tips	25
General restaurant and takeaway tips	28
Further information	31

## About this document

This healthier catering advice describes simple practical changes that different types of businesses can make when procuring, preparing, cooking, serving and promoting food. This guidance builds on previous work to support local businesses<sup>1</sup>, for example on salt reduction, and reflects recent government dietary recommendations for sugars<sup>2</sup>, the Eatwell Guide<sup>3</sup> and 5 A Day advice<sup>45</sup>.

Local authorities are encouraged to disseminate this information to local businesses, including independent food businesses and use these tips and the wider aspects of the Eatwell Guide and 5 A Day alongside the **Government Buying Standards for Food and Catering** as a basis for developing local guidance on healthy catering and frameworks for food award schemes. Local authorities should look to support and encourage businesses to undertake as many tips as possible in the advice relevant to their setting.

In the childhood obesity plan, government committed to driving the food industry – from retailers, pubs, family restaurants, food service, cafes, contract caterers and food manufacturers to reduce the sugar in nine categories of food products by 2020. These categories include; breakfast cereals, confectionary (sweets and chocolate), ice-cream, yoghurt and fromage frais, morning goods, spreads, biscuits, cakes and desserts. These are the nine categories of food that contribute the most sugar to children's intakes. The target for all of the food industry is a 20% sugar reduction by 2020; with a 5% reduction delivered by August 2017 and progress will be open, transparent and carefully monitored.

For more details see [www.gov.uk/government/publications/childhood-obesity-plan-phes-role-in-implementation/childhood-obesity-plan-phes-role-in-implementation](http://www.gov.uk/government/publications/childhood-obesity-plan-phes-role-in-implementation/childhood-obesity-plan-phes-role-in-implementation)  
As part of this process PHE has developed sugar reduction and calorie or portion size guidelines to support industry with this. More details can be found at [www.gov.uk/government/collections/sugar-reduction](http://www.gov.uk/government/collections/sugar-reduction)

---

<sup>1</sup> Department of Health and Public Health England (2013) Localising the Public Health Responsibility Deal: Toolkit for Local Authorities: Available at: <https://www.gov.uk/government/publications/localising-the-public-health-responsibility-deal-toolkit-for-local-authorities>

<sup>2</sup> Scientific Advisory Committee on Nutrition (SACN). Carbohydrates and Health. (2015). London. TSO

<sup>3</sup> Public Health England (2016) Eatwell Guide: Available at: <https://www.gov.uk/government/publications/the-eatwell-guide>

<sup>4</sup> NHS Change4Life (2016) 5 A DAY – tips for getting five portions of fruit and veg each day: Available at: <http://www.nhs.uk/Change4Life/Pages/five-a-day.aspx>

<sup>5</sup> NHS Choices (2016) 5 A DAY <http://www.nhs.uk/livewell/5aday/pages/5adayhome.aspx>

Guidance is available for different types of food businesses:

- chip shops or outlets that sell a lot of fried foods
- sandwich shops
- Chinese restaurants or takeaways
- Indian restaurants or takeaways
- Italian restaurants or takeaways
- pizza restaurants or takeaways
- restaurants or takeaways not covered by sector specific guidance eg cafes, pubs and Mexican restaurants

**The key guiding principles for all food and drinks supplied are:**

**REDUCE PORTION SIZE** – Eating too many calories can lead to obesity, which in turn increases the risk of diabetes, heart disease and some cancers. Even small portion size reductions at each meal can make a real difference.

**REDUCE FATS & FRYING PRACTICES** – High-fat foods contain lots of calories, which can lead to weight gain. This in turn can lead to diabetes, heart disease and some cancers. Reducing saturated fat intakes can lower blood cholesterol and reduce the risk of heart disease.

**REDUCE SALT** – It's important to reduce salt intakes as too much salt can lead to high blood pressure and an increased risk of stroke and heart disease.

**REDUCE SUGAR** – Eating too many foods and drinks high in sugar can contribute to excess calories and lead to weight gain, which in turn increases the risk of heart disease, type 2 diabetes, stroke and some cancers. It is also linked to tooth decay.

**INCREASE THE CONTENT OF FRUIT, VEGETABLES AND FIBRE (WHILE NOT ADDING MORE FAT; SUGAR OR SALT)**– Fruit and vegetables are typically low in calories and good sources of vitamins, minerals and dietary fibre; eating plenty of these and higher fibre foods will help to promote digestive health and can help prevent heart disease, stroke and some cancers.

**PROMOTE HEALTHIER OPTIONS** – It is important to improve the nutrient content of all offerings/foods on the menu and you can additionally develop promotions to give small businesses a unique selling point and encourage customers to pick a healthier meal or snack to eat.

**PROCURING HEALTHIER INGREDIENTS AND FOOD PRODUCTS FROM SUPPLIERS** – Businesses should check the labels of products they buy, or ask their supplier to assist them, to choose options with higher fibre and less salt, sugar and fats.

**PROVIDE CALORIE INFORMATION** – Help consumers check the calorie content of food and meals by providing calorie information that can easily be read, on menu's or at point of sale. Calories should be given per portion or per meal.

Effective staff training is essential to getting these key guiding principles right<sup>6</sup>.

By gradually making the simple changes covered in these tips, businesses can help their customers make healthier choices.

---

<sup>6</sup> A workforce competency framework in Nutrition for Health, Social Care and the Catering workforce has recently been developed by the Association for Nutrition. It provides a framework which benchmarks competences and underpins standards for upskilling the nutrition workforce, to ensure that workers are demonstrably competent and able to practise in accordance with defined standards of proficiency, conduct, ethics and training.

## Chip outlet tips – for outlets that sell a lot of fried food

Healthier eating is becoming more and more important to customers<sup>7</sup>. Here are some practical healthier catering suggestions for you to consider to help support your customers with a healthier lifestyle.

Following these tips when you're frying can help you:

- ✓ Use less oil
- ✓ Make your chips crispier and tastier
- ✓ Lower the amount of fat, saturated fat and salt in a portion

Try to achieve as many tips as possible.  Tick the box when you have achieved each tip and try to add a new tip every month. You may already be achieving several of these tips but be prepared to go further and make real changes to help your customers stay healthy.

---

**PORTION SIZE** - Eating too many calories can lead to obesity, which in turn increases the risk of diabetes, heart disease and some cancers. Even small reductions at each meal can make a real difference.

1. Make **small portions** or children's portions available, and marketed, to everyone.
  2. Consider reducing portion sizes across your menu and ask staff to keep to these portion sizes to provide consistency for your customers.
- 

**FATS AND FRYING** - High-fat foods contain lots of calories, which can lead to weight gain. This in turn can lead to diabetes, heart disease and some cancers. Reducing saturated fat intakes can lower blood cholesterol and reduce the risk of heart disease.

3. **Use plain, uncoated, medium or thick, straight-cut chips.** These absorb less fat, so you use less oil and it's healthier for your customers. Make your chips using a cutter with at least a 14mm (just over half an inch) cross-section.
  4. **Fry at 160-165°C (high efficiency fryer) or 180°C (traditional fryer)** 
    - getting oil to 160-165°C if you have a high efficiency fryer, or 180°C if you have a traditional fryer, before you start frying gives you crispier, more appealing chips that absorb less fat. That means you use less oil
    - each time you fry a new batch, let the oil come back up to the appropriate
- 

<sup>7</sup> See [www.bsa.natcen.ac.uk/media/39132/attitudes-to-obesity.pdf](http://www.bsa.natcen.ac.uk/media/39132/attitudes-to-obesity.pdf) and [www.gov.uk/government/news/new-change4life-campaign-encourages-parents-to-be-food-smart](http://www.gov.uk/government/news/new-change4life-campaign-encourages-parents-to-be-food-smart)

temperature before you start (160-165°C for efficiency fryers and 180°C for traditional fryers)

- overloading your fryer, or adding too much food when you're frying, makes the temperature of the oil drop. That makes the chips greasier and uses more oil. If you use baskets, they shouldn't look more than half full

5. **Check the temperature**

Make sure the temperature on your range is accurate. You can do this by heating the oil and testing the temperature in the middle of the oil with a catering thermometer. If you have a range with a thermostat, make sure the probe is clean when you drain the fryer. You should have the thermostat checked as part of a regular service of your equipment.

6. **Avoid water in the oil**

Don't allow cook-from-frozen foods to thaw before frying as this will add water to the frying oil and lower its temperature. Cooking will take longer and the food will absorb more fat. Dry hand-cut chips thoroughly before frying.

7. **Cook for 5-6 minutes**

The cooking time for chips will depend on the type of potato you use, but for thick-cut fresh potatoes cooked at 160-165°C in a high efficiency fryer, or 180°C in a traditional fryer, it's about 5-6 minutes, until the chips are a pale, golden colour. If you cook them straight through and take them out of the oil as soon as they are cooked, they will absorb less fat. And you will use less oil.

If you decide to blanch some chips to help with a busy service, then you should still use best practice when you blanch and fry at 160-165°C if you have a high efficiency fryer, or 180°C if you have a traditional fryer, allowing the oil to come back up to the appropriate temperature between batches. This will reduce the fat absorption and help prevent greasy chips.

Avoid, double or triple cooking and reheating foods in oil, as this will increase the fat content of the food.

8. **Bang, shake and drain chips**

By shaking the chips and banging the wire scoop several times, you can reduce fat absorption by 20% and make your chips crisper. This is because chips carry on absorbing fat after they come out of the fryer. If you bang and shake you'll use less oil, need to top up less often, and need to empty the drain in the chip box less often.

9. **Use a liquid oil**

The more saturated fat in your oil, the more saturated fat there will be in your chips. Liquid oils such as sunflower and rapeseed have about 10% saturated fat whereas solid oils such as palm oil or beef fat typically have about 50% saturated fat.

Whichever oil you choose, always make sure it is not hydrogenated. You can check this on the ingredients list.

---

**SALT** – It is important to reduce your salt intake as too much salt can lead to high blood pressure and an increased risk of stroke and heart disease.

10. Lots of people are trying to cut down on the amount of salt they eat. You can help your customers to do this by doing these things:
- only add salt if customers request it
  - use a salt shaker with fewer holes – maximum number of holes should be five
  - do not add salt to batter mix. If you buy batter mix, check the ingredients and try to choose one that doesn't contain salt
- 

**SUGAR** – Eating too many foods and drinks high in sugar can contribute to excess calories and can lead to weight gain, which in turn increases the risk of heart disease, type 2 diabetes, stroke and some cancers. It is also linked to tooth decay.

11. **Offer healthier drinks as the default option** – such as water, lower fat milks, low calorie or no added sugar drinks, or pure fruit juices (in a 150ml serving size or as close to this volume as possible) rather than sugary drinks.
- 

#### **PROCURING HEALTHIER INGREDIENTS AND FOOD PRODUCTS FROM SUPPLIERS**

12. **Check the nutrition information** about the foods and drinks you buy in and choose options with higher fibre and less salt, sugar and fats. Use the following link for advice on how to read food labels:
- <http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx>
- Your supplier may be able to assist you.
- To check against the sugar reduction and calorie or portion size guidelines see [www.gov.uk/government/collections/sugar-reduction](http://www.gov.uk/government/collections/sugar-reduction)
- 

**PROMOTE HEALTHIER OPTIONS**, although it is important to improve the nutrient content of all menu items you can additionally develop promotions to give a unique selling point and encourage customers to pick a healthier meal or snack to eat.

13. **Include healthier drinks and salad or vegetables and a piece of fruit with meal deals**, this could also give you the competitive edge.

## Healthier sandwich tips

Healthier eating is becoming more and more important to customers<sup>8</sup>. Here are some practical healthier catering suggestions for you to consider to help support your customers with a healthier lifestyle.

Following these tips will help you:

- ✓ make your sandwiches healthier
- ✓ offer more choice to your customers, helping you to compete in the market
- ✓ make more money from the sandwiches you already sell

Try to achieve as many tips as possible.  Tick the box when you have achieved each tip and try to add a new tip every month. You may already be achieving several of these tips but be prepared to go further and make real changes to help your customers stay healthy.

**PORTION SIZE** - Eating too many calories can lead to obesity, which in turn increases the risk of diabetes, heart disease and some cancers. Even small reductions at each meal can make a real difference.

**Think about the size of your portions** and if you're being too generous. Have a set portion for each filling (eg a certain size of scoop/spoon, or a fixed number of slices/pieces) and ask staff to keep to these portion sizes to provide consistency for your customers – this could help you save money.

**If you're mixing two fillings** (eg chicken and bacon) you don't have to use a full portion of each – **try using half a portion of each.**

### START WITH THE RIGHT BREAD

1. **Try using wholegrain, wholemeal, malted wholegrain or brown bread as standard**, unless customers ask for white. Offer 50:50 bread or white bread with added nutrients and fibre for customers who do not like brown or wholemeal bread.
2. **Choose lower salt bread** where possible. Look for breads with less than 0.9 mg salt per 100g (or less than 0.360g sodium per 100g).

---

<sup>8</sup> See [www.bsa.natcen.ac.uk/media/39132/attitudes-to-obesity.pdf](http://www.bsa.natcen.ac.uk/media/39132/attitudes-to-obesity.pdf) and [www.gov.uk/government/news/new-change4life-campaign-encourages-parents-to-be-food-smart](http://www.gov.uk/government/news/new-change4life-campaign-encourages-parents-to-be-food-smart)

## CHOOSE THE RIGHT SPREAD

3. **Use low or reduced fat spread**, ideally made from unsaturated vegetable oils such as those made from sunflower, rapeseed and olive oils. Compared with butter, these spread more easily and are lower in fat, especially saturated fat, and cost less.
  4. Choose a spread that has less than 1.06g salt per 100g (or less than 0.425g sodium per 100g).
  5. Try **making sandwiches without any spread**, especially if the filling is moist – or let your customers choose if they want spread. You will save time preparing your sandwiches and save money by using less spread.
  6. If a customer asks for spread, try to spread it thinly or consider putting it on one slice of bread only.
- 

**PICK THE RIGHT FILLINGS** – By checking the label when selecting ingredients, or making simple changes when making your sandwiches, it is easy to reduce the levels of salt and fat, especially saturated fat.

### How to make some common sandwich fillings healthier:

7. **Cheese** 
  - swap to **reduced-fat hard cheese or a cheese naturally lower in fat**, like Edam
  - swap to lower fat cream cheese
  - use thinly sliced cheese or grated cheese instead of sliced – this can mean you use less cheese and it will add volume to your sandwiches
8. **Mayonnaise , salad cream and salad dressings** 
  - **using less mayonnaise** in sandwiches is another way to reduce the amount of fat and saturated fat the sandwich contains and also saves you money
  - swap to **lower fat and salt mayonnaise or salad cream/dressing or use low-fat plain yoghurt** (most are similar in price and taste)
  - if you do not want to use a lower fat mayonnaise, try picking a standard mayonnaise with lower fat, saturated fat and salt levels – often these are from the 'basic' or 'value' ranges, so this may also save you money while satisfying your customers

9. **Pre-made fillings, pickles, sauces and condiments**   
**Check the label and choose products that are lower in salt, sugar, fat and saturated fat.** There can be a big difference between products. Use the following link for advice on how to read food labels:  
<http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx>
10. **Meat and fish** 
  - **offer leaner meats** like ham, beef, turkey and chicken without skin
  - where there is visible fat on a product try cutting it off – it looks nicer for the customer and is healthier too
  - **processed meats like bacon, ham, and other cured and smoked meat and fish can all be high in fat and salt**, so try to pick those with lower salt and fat levels and **try using less** in sandwiches
11. **Salad vegetables**   
**Low in calories and** good sources of vitamins, minerals and dietary fibre. Eating plenty of them will help to promote digestive health and can help prevent heart disease, stroke and some cancers.  
**Offer salad** (eg lettuce, tomatoes, cucumber, peppers, sweetcorn, radish, cress, rocket, courgette, carrot ribbons, onions or spinach and choose seasonal vegetables to increase variety), **in or with every sandwich**. It is a good way of making your sandwiches look bigger and more colourful.
- 

**SUGAR** – Eating too many foods and drinks high in sugar can contribute to excess calories and lead to weight gain, which in turn increases the risk of heart disease, type 2 diabetes, stroke and some cancers. It is also linked to tooth decay.

12. **Offer healthier drinks as the default option** – such as water, lower fat milks, low calorie or no added sugar drinks, or pure fruit juices (in a 150ml serving size or as close to this volume as possible) rather than sugary drinks.
13. **Remove confectionery, cakes, pastries, biscuits, morning goods and sugary drinks from till points, checkout aisles and areas around checkouts. If you do offer them** offer smaller portion sizes, and choose products that meet the **sugar reduction and calorie or portion size guidelines**.
- 

**PROMOTE HEALTHIER OPTIONS** although it is important to improve the nutrient content of all menu items you can additionally develop promotions to give a unique selling point and encourage customers to pick a healthier meal or snack to eat.

14. **Promote healthier sandwich options, snacks and drinks with meal deals;** this could also give you a unique selling point. 
  - **offer fresh fruit, plain unsalted nuts, plain low-fat yogurts.** Or choose low fat fruit yogurts that meet the **sugar reduction and calorie or portion size guidelines**

- try **offering a selection of baked or popped crisps and snacks** – they're not fried so have a lower fat content than standard crisps
  - **offer smaller-sized packets** of 30g or less of crisps, smallest standard single serve pack sizes of confectionery such as chocolate, containing no more than 250kcal per pack
  - if **biscuits, cakes and pastries** are sold offer those lower in fat and sugars, offer smaller portion sizes. Or choose ones that meet the **sugar reduction and calorie or portion size guidelines**.
  - if you offer meal deals try to include a starchy carbohydrate (eg potato, bread, rice or pasta), vegetables and one portion of fruit
15. **Attractive store and window displays** are a simple way to promote the range of healthier options that you offer. **Putting fruit and healthy snacks in prominent areas** or near where customers stand may boost their sales and your profits. **Try putting healthier drinks like water, lower fat milks, and no added sugar drinks at eye-level in fridges.**
16. Have **promotional sandwiches** (eg sandwich of the day/week) **that are also healthier**, such as lean meat, tuna, hard-boiled egg, and cheese such as Edam, mozzarella, and lower fat cream cheese, all including salad.
- 

#### PROCURING HEALTHIER INGREDIENTS AND FOOD PRODUCTS FROM SUPPLIERS

17. **Check the nutrition information** about the foods and drinks you buy in and choose options with higher fibre and less salt, sugar and fats. Use the following link for advice on how to read food labels: <http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx> Your supplier may be able to assist you.
- To check against the sugar reduction and calorie or portion size guidelines see [www.gov.uk/government/collections/sugar-reduction](http://www.gov.uk/government/collections/sugar-reduction).
-

## Chinese restaurant and takeaway tips

Healthier eating is becoming more and more important to customers<sup>9</sup>. Here are some practical healthier catering suggestions for you to consider to help support your customers with a healthier lifestyle.

Try to achieve as many tips as possible.  Tick the box when you have achieved each tip and try to add a new tip every month. You may already be achieving several of these tips but be prepared to go further and make real changes to help your customers stay healthy.

---

**PORTION SIZE** – Eating too many calories can lead to obesity, which in turn increases the risk of diabetes, heart disease and some cancers. Even small reductions at each meal can make a real difference.

1. Give customers who want smaller portions a choice, in addition to your standard portions try at least one of the following: 
  - **offer reduced-size specials** (a container with half the rice and half the meat of a standard portion size)
  - Make **small portions** or children's portions available and market these to everyone
2. **Try not to overfill or compress food into containers.** Or try **using a slightly smaller container** for takeaway dishes. Ask staff to keep to these portion sizes to provide consistency for your customers.

---

**FATS AND FRYING** - High-fat foods contain lots of calories, which can lead to weight gain. This in turn can lead to diabetes, heart disease and some cancers. Reducing saturated fat intakes can lower blood cholesterol and reduce the risk of heart disease.

3. Try to limit the number of fried foods on your menu- **offer steamed, boiled or grilled dishes** among your range of starters and main courses. The food will taste great, give customers more choice and you will save money by using less oil. 

Many restaurants offer starters like grilled dumplings and vegetable soups. Boiled chicken and steamed fish are also proving popular.

---

<sup>9</sup> See [www.bsa.natcen.ac.uk/media/39132/attitudes-to-obesity.pdf](http://www.bsa.natcen.ac.uk/media/39132/attitudes-to-obesity.pdf) and [www.gov.uk/government/news/new-change4life-campaign-encourages-parents-to-be-food-smart](http://www.gov.uk/government/news/new-change4life-campaign-encourages-parents-to-be-food-smart)

4. **Avoid frying food more than once** – par-frying, double or triple cooking and reheating food in oil increases the fat content of the food. If you need to pre-prepare, then try par-boiling meat and chicken first and flash-frying to finish it off.
  5. Use a healthier oil for frying like **rapeseed or sunflower oil** as these contain less saturated fat.
  6. **Remove the fat** from pork, beef and lamb and the skin from chicken wherever possible.
  7. For **healthier chips, use thick (at least a 14mm /just over ½ an inch), straight-cut chips and fry at 160-165°C if you have a high efficiency fryer, or 180°C if you have a traditional fryer.**  
**Bang, shake and drain chips**, this can reduce fat absorption by 20% and make them crispier.
  8. Some customers aren't afraid to ask for what they want, but most are too shy to ask for something that isn't on the menu. **Highlight on your menus and train staff to tell customers that they can ask for food to be steamed, boiled or grilled instead of fried.** Also consider having these cooking methods as the **default option**.
- 

**SALT** – It is important to reduce your salt intake as too much salt can lead to high blood pressure and an increased risk of stroke and heart disease.

9. **Reduce the amount of salt and salty ingredients such as salt, MSG, soy sauce, hoi sin sauce, oyster sauce, stock, ketchup** in your dishes over time. Customers won't notice if you do this gradually. Try adding a little less each week. Instead, use herbs and spices and other ingredients like garlic and ginger to add flavour. Be careful not to add sugar instead.
  10. Consider **removing salt and soy sauce from tables** and counters and provide it to customers only on request.
  11. **Avoid adding salt to vegetables, rice and noodles during cooking.** Customers won't notice if you do this gradually, try adding a little less each week until you can avoid adding it altogether.
- 

**SUGAR** – Eating too many foods and drinks high in sugar can contribute to excess calories and lead to weight gain, which in turn increases the risk of heart disease, type 2 diabetes, stroke and some cancers. It is also linked to tooth decay.

12. **Offer healthier drinks as the default option** - such as water, lower fat milks, low calorie or no added sugar drinks, or pure fruit juices (in a 150ml serving size or as close to this volume as possible), rather than sugary drinks. 
  - if you do offer desserts either offer fresh fruit without sugar or syrup, or desserts **and pastries** that are lower in fat and sugars. Offer smaller portion sizes, or choose desserts or pastries that meet the **sugar reduction and calorie or portion size guidelines**.

**FRUIT, VEGETABLES AND FIBRE** – These are low in calories and good sources of vitamins, minerals and dietary fibre. Eating plenty of them will help to promote digestive health and can help prevent heart disease, stroke and some cancers.

13. Look across your menu and think about **where you could add more vegetables and/or pulses to as many dishes as possible** (while not adding more fat, sugar or salt). They are usually cheaper than meat and fish so could save you money, and will increase the fibre content of dishes.
  14. Offer **brown rice as an option** on your menu.
  15. Try **adding steamed vegetables to boiled rice** to make it more colourful and promote this option in your restaurant.
  16. Try **offering fruit on your dessert menu**. You could even include this as part of a meal deal. The fruit can be fresh, canned in fruit juice, dried or frozen.
- 

**PROMOTE HEALTHIER OPTIONS** – Although it is important to improve the nutrient content of all menu items you can additionally develop promotions to give a unique selling point and encourage customers to pick a healthier meal or snack to eat.

If you offer **meal deals** or **set menus**, this is a great way to get your customers to try healthier dishes.

17. **Swap 1 or 2 items on your set menus for healthier options** eg boiled rather than fried rice, vegetable soup instead of spring rolls  
**Include healthier drinks, fruit and vegetable options in menus, all deals and promotions.**
  18. When a customer asks for a recommendation, **train staff to suggest and promote healthier options with higher fibre and less salt, saturated fat, sugar and calories.**
  19. Add a section to your menu, or insert an extra page titled: **“These options are steamed, boiled or grilled, not fried”** to help customers identify healthier options.
  20. Where desserts are offered offer those lower in fat and sugars, offer smaller portion sizes, or replace with fruit options. Try to choose those desserts that meet the **sugar reduction and calorie or portion size guidelines.**
- 

## PROCURING HEALTHIER INGREDIENTS AND FOOD PRODUCTS FROM SUPPLIERS

21. **Check the nutrition information** about the foods and drinks you buy in and choose options with higher fibre and less salt, sugar and fats. Use the following link for advice on how to read food labels: <http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx> Your supplier may be able to assist you.  
To check against the sugar reduction and calorie or portion size guidelines see [www.gov.uk/government/collections/sugar-reduction](http://www.gov.uk/government/collections/sugar-reduction).
-

## Indian and South Asian restaurant and takeaway tips

Healthier eating is becoming more and more important to customers. Here are some practical healthier catering suggestions for you to consider to help support your customers with a healthier lifestyle<sup>10</sup>.

Try to achieve as many tips as possible.  Tick the box when you have achieved each tip and try to add a new tip every month. You may already be achieving several of these tips but be prepared to go further and make real changes to help your customers stay healthy.

---

**PORTION SIZE** – Eating too many calories can lead to obesity, which in turn increases the risk of diabetes, heart disease and some cancers. Even small reductions at each meal can make a real difference.

1. Give customers wanting smaller portions a choice, in addition to your standard portions try at least one of the following: 
  - **offer reduced-size specials** (a container with half the rice and half the meat of a standard portion size)
  - make **small portions** or children's portions available and market these to everyone
2. **Try not to overfill or compress food into containers.** Or try **using a slightly smaller container** for takeaway dishes. Ask staff to keep to these portion sizes to provide consistency for your customers.
3. Consider **reducing portion sizes** across your menu to a level that is acceptable to customers. If customers are tending to leave food on their plates, this is a clear signal that portion sizes are too large and a smaller size would be acceptable. This could also help reduce the costs of removing waste.

---

**FATS AND FRYING** – High-fat foods contain lots of calories, which can lead to weight gain. This in turn can lead to diabetes, heart disease and some cancers. Reducing saturated fat intakes can lower blood cholesterol and reduce the risk of heart disease.

---

<sup>10</sup> See [www.bsa.natcen.ac.uk/media/39132/attitudes-to-obesity.pdf](http://www.bsa.natcen.ac.uk/media/39132/attitudes-to-obesity.pdf) and [www.gov.uk/government/news/new-change4life-campaign-encourages-parents-to-be-food-smart](http://www.gov.uk/government/news/new-change4life-campaign-encourages-parents-to-be-food-smart)

4. If the tandoor is on, **cook in the tandoor rather than using the deep fat fryer** which will use up oil. For example, tikkas, poppadoms, samosas and marinated paneer can be cooked in the tandoor with the addition of just a little unsaturated oil eg rapeseed or sunflower oil.
5. **Avoid frying food more than once-** par-frying, double or triple cooking and reheating food in oil increases the fat content of the food. Frying snacks like onion bhajis only once will use less oil.
6. Use a healthier oil for frying like **rapeseed or sunflower oil** as these contain less saturated fat.
7. If you make your own base curry sauces (gravy) **use less oil** and **drain off any excess fat**. You should aim to have no oily layer floating on the top at the end. This is healthier and more attractive for your customers.
8. In dishes like butter chicken and chicken korma **use rapeseed or sunflower oil** to cook the dish and, if essential, just **use a small amount of butter or ghee** at the end as these are high in saturated fat. You will get the flavour, gloss and aroma but with less saturated fat.
9. Use **plain, low fat yoghurt** in marinades, chutneys, chaat dishes and lassi. You can make yoghurt with semi-skimmed or 1% milk, or buy low fat yoghurt. They will not cost any more than full fat products and this is a simple way to cut saturated fat from the food you serve.
10. **Getting oil to at least 160-165°C if you have a high efficiency fryer, or 180°C if you have a traditional fryer**, before you start frying snacks like pakoras, onion bhajis or chips gives you crisper, more appealing food that absorbs less fat. That means you use less oil.

**Bang, shake and drain off any excess fat**, as this can reduce fat absorption by 20%.

---

**SALT** – It is important to reduce your salt intake as too much salt can lead to high blood pressure and an increased risk of stroke and heart disease.

11. **Reduce the amount of salt** and salty ingredients in your dishes over time when: 
  - frying your spice blend for the base dishes and flavoured rice
  - preparing your dishes for serving
  - making the dough for naan breads
  - cooking rice

Customers won't notice if you do this gradually. Try adding a little less salt each week until you can avoid adding it all together.

12. Consider **removing salt from tables** and counters and provide it to customers only on request.

**SUGAR** – Eating too many foods and drinks high in sugar can contribute to excess calories and lead to weight gain, which in turn increases the risk of heart disease, type 2 diabetes, stroke and some cancers. It is also linked to tooth decay.

13. **Offer healthier drinks as the default option** – Such as water, lower fat milks, low calorie or no added sugar drinks, or pure fruit juices (in a 150ml serving size or as close to this volume as possible), rather than sugary drinks.
- if you do offer desserts either offer fresh fruit without sugar or syrup, or desserts **and pastries** that are lower in fat and sugars, offer smaller portion sizes. Or choose desserts or pastries that meet the **sugar reduction and calorie or portion size guidelines**.
- 

**FRUIT, VEGETABLES AND FIBRE** – These are low in calories and good sources of vitamins, minerals and dietary fibre. Eating plenty of them will help to promote digestive health and can help prevent heart disease, stroke and some cancers.

14. Look across your menu and think about **where you could add more vegetables and/or pulses to as many dishes as possible** (while not adding more fat, sugar or salt). They are usually cheaper than meat and fish so could save you money, and will increase the fibre content of dishes. Try some of the following:
- experiment with adding more vegetables like peppers to meat dishes and peas or spinach to paneer dishes. This can add texture and colour making them more appealing
  - intersperse skewered meat with vegetables like peppers and onions
  - serve starters with a plain side salad either without dressings high in fat, sugar and salt or provide a very small portion of dressing. Choose dressings from the **sugar reduction and calorie or portion size guidelines**.
  - try adding steamed vegetables to boiled rice to make it more colourful, like peas, sweetcorn, peppers, carrots, green beans or mushrooms with no added salt or oil
  - offer half portions of meat dishes with half portions of vegetable dishes as a main meal option
  - add or increase the amount of lentils or beans in dishes like soups, stews and rice.
15. Offer **wholemeal chapatis and brown rice** as an option on your menu.
16. Try **offering fruit on your dessert menu** for example mango with kulfi or fruit salads with orange, papaya, lychees, mango or pineapple. You could even include this as part of a meal deal. The fruit can be fresh, canned in fruit juice, dried or frozen.

**PROMOTE HEALTHIER OPTIONS** – Although it is important to improve the nutrient content of all menu items you can additionally develop promotions to give a unique selling point and encourage customers to pick a healthier meal or snack to eat.

17. When a customer asks for a recommendation, **train staff to suggest and promote healthier options with higher fibre and less salt, saturated fat, sugar and calories.**

18 If you offer **meal deals** or **set menus**, this is a great way to get your customers to try healthier dishes.

- swap 1 or 2 items on your set menus for healthier options eg plain boiled rice rather than flavoured rice or tomato-based main dishes rather than creamy dishes
- for two people, you could try offering a main dish, dhal and a vegetable side with boiled rice, chapatti and a fruit salad dessert

**Include healthier drinks, fruit and vegetable options in menus, all deals and promotions.** If you offer desserts as part of the healthier option choose ones that meet the **sugar reduction and calorie or portion size guidelines**.

Where desserts are offered offer those lower in fat and sugars, offer smaller portion sizes, or replace with fruit options.

19. **Do not serve poppadoms free of charge** as these can add a lot of fat and calories to a meal.

---

## PROCURING HEALTHIER INGREDIENTS AND FOOD PRODUCTS FROM SUPPLIERS

20. **Check the nutrition information** about the foods and drinks you buy in and choose options with higher fibre and less salt, sugar and fats, for example any sauces or items like samosas, chutneys and pickles. Use the following link for advice on how to read food labels: <http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx> Your supplier may be able to assist you.

To check against the sugar reduction and calorie or portion size guidelines see [www.gov.uk/government/collections/sugar-reduction](http://www.gov.uk/government/collections/sugar-reduction).

---

## Italian restaurant and takeaway tips

Healthier eating is becoming more and more important to customers<sup>11</sup>. Here are some practical healthier catering suggestions for you to consider to help support your customers with a healthier lifestyle.

Try to achieve as many tips as possible.  Tick the box when you have achieved each tip and try to add a new tip every month. You may already be achieving several of these tips but be prepared to go further and make real changes to help your customers stay healthy.

**PORTION SIZE** – Eating too many calories can lead to obesity, which in turn increases the risk of diabetes, heart disease and some cancers. Even small reductions at each meal can make a real difference.

1. Consider **reducing portion sizes** across your menu to a level that is acceptable to customers. For example, consider gradually reducing your pizza width – you will use less dough and fewer toppings.

If customers are tending to leave food on their plates, this is a clear signal that portion sizes are too large and a smaller size would be acceptable. This could also help reduce the costs of removing waste.

2. Give customers who want smaller portions a choice, in addition to your standard portions try offering **smaller or half portions**. For example, try half portions of pizza or pasta with a side salad with a tea or coffee. You may attract more lunchtime customers.

---

**FATS AND FRYING** – High-fat foods contain lots of calories, which can lead to weight gain. This in turn can lead to diabetes, heart disease and some cancers. Reducing saturated fat intakes can lower blood cholesterol and reduce the risk of heart disease.

3. **Try using less cream** in main course sauces and in desserts or swap to half-fat crème fraiche, single cream or low fat plain yogurt instead.

---

<sup>11</sup> See [www.bsa.natcen.ac.uk/media/39132/attitudes-to-obesity.pdf](http://www.bsa.natcen.ac.uk/media/39132/attitudes-to-obesity.pdf) and [www.gov.uk/government/news/new-change4life-campaign-encourages-parents-to-be-food-smart](http://www.gov.uk/government/news/new-change4life-campaign-encourages-parents-to-be-food-smart)

4. A little butter or olive oil tastes great, but it is high in calories so **use very sparingly!** 
    - each tablespoon of butter adds around 102 calories
    - each tablespoon of olive oil adds around 100 calories
    - each tablespoon of double cream adds around 74 calories
    - each tablespoon of single cream adds around 29 calories
    - each tablespoon of half-fat crème fraiche adds around 25 calories
  5. **Try either using less cheese** in dishes or swap to an appropriate reduced-fat hard cheese or a cheese naturally lower in fat. like mozzarella.
  6. For salads, serve the **dressing on the side** to limit the default amount of dressing offered to customers. Choose dressings that meet the **sugar reduction and calorie or portion size guidelines**.
  7. If you make your own garlic bread, try using a little less butter or **brush with olive oil** instead.
  8. **Swap chilli oil** for chilli flakes or fresh chilli.
- 

**SALT** – It is important to reduce your salt intake as too much salt can lead to high blood pressure and an increased risk of stroke and heart disease.

9. **Reduce the amount of salt** and salty ingredients in your dishes over time by using **less salt** and **salty stock** to all your dishes including **starters, soups, sauces, meats, risotto** and avoiding adding salt to pasta water. Rock salt and sea salt are no healthier than regular table salt so make sure you use sparingly.
  10. If you make your own pizza dough and tomato sauce, gradually **cut down the amount of salt** you use. Customers won't notice if you do this gradually. Try adding a little less salt each week until you can avoid adding it altogether.
  11. In addition to your standard pizzas, **try promoting new combinations that offer less salty meat and cheese and more vegetables** – like a 'Hot pepperoni' made with rocket leaves, red pepper, chilli and less pepperoni or cheese.
  12. **Consider removing salt from tables** and counters and provide it to customers only on request. Many businesses are already doing this. People sometimes add salt out of habit without thinking or tasting the food.
- 

**SUGAR** – Eating too many foods and drinks high in sugar can contribute to excess calories and lead to weight gain, which in turn increases the risk of heart disease, type 2 diabetes, stroke and some cancers. It is also linked to tooth decay.

13. **Offer healthier drinks as the default option** - such as water, lower fat milks, low calorie or no added sugar drinks, or pure fruit juices (in a 150ml serving size or as close to this volume as possible), rather than sugary drinks. 
  - if you do offer dessert either offer fresh fruit without sugar or syrup, or desserts that are lower in fat and sugars, offer smaller portion sizes. Or choose desserts that meet the **sugar reduction and calorie or portion size guidelines**.

**FRUIT, VEGETABLES AND FIBRE** – These are low in calories and good sources of vitamins, minerals and dietary fibre. Eating plenty of them will help to promote digestive health and can help prevent heart disease, stroke and some cancers.

14. Look across your menu and think about **where you could add more vegetables and/or pulses to as many dishes as possible** (while not adding more fat, sugar or salt). This will allow you to use **less of other ingredients** (like pasta or cheese) and the plate will still look full.
  15. Make sure each main meat or fish dish includes **at least one portion (80g) of vegetables**.
  16. Offer **wholewheat pasta** as an option on your menu. You could offer it as an alternative to standard pasta for freshly cooked dishes, or have at least one specific wholewheat pasta dish.
  17. Offer **fruit salad** or a platter of fruits on your dessert menu or fruits like melon or figs as part of a starter. The fruit can be fresh, canned in fruit juice, dried or frozen.
- 

**PROMOTE HEALTHIER OPTIONS** although it is important to improve the nutrient content of all menu items you can additionally develop promotions to give a unique selling point and encourage customers to pick a healthier meal or snack to eat.

18. Make sure special **promotions**, meal deals, set menus, specials boards, menu inserts and children's menus **all include healthier options with less salt, saturated fat, sugar and calories**. For example: 
  - **starters:** soup or salad
  - **main:** tomato-based pasta dishes rather than creamy sauces; grilled fish with vegetables instead of fried options; or pizzas with vegetable toppings rather than salty meats
  - **desserts:** Where desserts are offered offer those lower in fat and sugars, offer smaller portion sizes, or replace with fruit options.eg fruit with low fat plain yogurt. Choose desserts that meet the **sugar reduction and calorie or portion size guidelines**.

Try to **include healthier drinks, fruit and vegetable options in all deals and promotions**.

19. When a customer asks for a recommendation, **train staff to suggest and promote healthier options with higher fibre and less salt, saturated fat, sugar and calories**.
-

## PROCURING HEALTHIER INGREDIENTS AND FOOD PRODUCTS FROM SUPPLIERS

- 20 **Check the nutrition information** about the foods and drinks you buy in and choose □
- . options with higher fibre and less salt, sugar and fats, for example dough, sauces, cheeses and meats. Use the following link for advice on how to read food labels: <http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx>. Your supplier may be able to assist you.
- To check against the sugar reduction and calorie or portion size guidelines see [www.gov.uk/government/collections/sugar-reduction](http://www.gov.uk/government/collections/sugar-reduction).
-

## Pizza restaurant and takeaway tips

Healthier eating is becoming more and more important to customers<sup>12</sup>. Here are some practical healthier catering suggestions for you to consider to help support your customers with a healthier lifestyle.

Try to achieve as many tips as possible.  Tick the box when you have achieved each tip and try to add a new tip every month. You may already be achieving several of these tips but be prepared to go further and make real changes to help your customers stay healthy.

---

**PORTION SIZE** – Eating too many calories can lead to obesity, which in turn increases the risk of diabetes, heart disease and some cancers. Even small reductions at each meal can make a real difference.

1. Consider **reducing portion sizes** across your menu to a level that is acceptable to customers. For example, consider **gradually reducing your pizza width** – you will use less dough and fewer toppings.
2. **Thinner bases** – Make your standard pizza base thinner or add a thin base option to your menu. Using less dough will save calories and taste authentic. Lots of businesses are already doing this as many people prefer thinner bases. Make sure you don't miss out on customers.
3. Give customers who want smaller portions a choice, in addition to your standard portions try offering **smaller portions** (like 6 inch pizzas).
4. Make it clear, on your menu, how **many people a pizza will serve** eg large serves 3-4 people.
5. **Creating more slices on a pizza** may encourage people not to eat so much. If you normally divide a pizza into 8 slices try dividing it into 10, and try dividing a 10 slice pizza into 12 slices.

---

**FATS AND FRYING** – High-fat foods contain lots of calories, which can lead to weight gain. This in turn can lead to diabetes, heart disease and some cancers. Reducing saturated fat intakes can lower blood cholesterol and reduce the risk of heart disease.

---

<sup>12</sup> See [www.bsa.natcen.ac.uk/media/39132/attitudes-to-obesity.pdf](http://www.bsa.natcen.ac.uk/media/39132/attitudes-to-obesity.pdf) and [www.gov.uk/government/news/new-change4life-campaign-encourages-parents-to-be-food-smart](http://www.gov.uk/government/news/new-change4life-campaign-encourages-parents-to-be-food-smart)

6. Cheese and processed meats can be high in fat and salt, so be sparing when adding these ingredients and **be generous with vegetable toppings**. Also avoid offering meat and cheese-stuffed crusts.
  7. If you make your own garlic bread, try using a **little less butter** or **brush** with olive oil instead.
  8. Place your pizza base **directly onto the tray without greasing** it or use a little flour to stop it sticking. If you do need to oil the tray, try just **a little rapeseed or sunflower oil** instead of butter (as butter is high in saturated fat).
  9. **Swap chilli oil** for chilli flakes or fresh chilli.
- 

**SALT** – It is important to reduce your salt intake as too much salt can lead to high blood pressure and an increased risk of stroke and heart disease.

10. If you make your own pizza dough and tomato sauce, gradually **cut down the amount of salt** you use. Customers won't notice if you do this gradually. Try adding a little less each week until you can avoid adding it altogether.
  11. In addition to your standard pizzas, try **promoting new combinations** that offer less salty meat and more exciting vegetables – like a 'Hot pepperoni' made with rocket leaves, chilli and **less pepperoni or cheese**.
- 

**SUGAR** – Eating too many foods and drinks high in sugar can contribute to excess calories and lead to weight gain, which in turn increases the risk of heart disease, type 2 diabetes, stroke and some cancers. It is also linked to tooth decay.

12. **Offer healthier drinks as the default option** – such as water, lower fat milks, low calorie or no added sugar drinks, or pure fruit juices (in a 150ml serving size or as close to this volume as possible), rather than sugary drinks. 
    - if you do offer dessert either offer fresh fruit without sugar or syrup, or desserts that are lower in fat and sugars, offer smaller portion sizes. Or choose desserts that meet the **sugar reduction and calorie or portion size guidelines**.
- 

**FRUIT, VEGETABLES AND FIBRE** - These are low in calories and good sources of vitamins, minerals and dietary fibre. Eating plenty of them will help to promote digestive health and can help prevent heart disease, stroke and some cancers.

13. Look across your menu and think about **where you could add more vegetables to as many dishes as possible** (while not adding more fat, sugar or salt). This will allow you to use **less of other ingredients** (like cheese).

14. Offer **fruit salad** or a platter of fruits on your dessert menu or fruits like melon or figs as part of a starter. The fruit can be fresh, canned in fruit juice, dried or frozen.
- 

**PROMOTE HEALTHIER OPTIONS** although it is important to improve the nutrient content of all menu items you can additionally develop promotions to give a unique selling point and encourage customers to pick a healthier meal or snack to eat.

15. If you offer **meal deals** this is a great way to get your customers to try healthier dishes. For example a small pizza with a vegetable topping served with **soup** or **salad and fruit for dessert** adds variety. Offer healthier drinks, and where desserts are offered offer those lower in fat and sugars; or those that meet the **sugar reduction and calorie or portion size guidelines**; offer smaller portion sizes; or replace with fruit options.
  16. Encourage customers to choose healthier toppings. You could try doing special **price promotions** or marketing of pizzas with **lower salt and fat toppings** like tuna, chicken and vegetables (peppers, mushrooms, onion, sweetcorn, garlic or rocket) instead of salty or fatty processed meats and cheeses.
  17. When a customer asks for a recommendation, **train staff to suggest and promote healthier options with higher fibre and less salt, saturated fat, sugar and calories.**
- 

#### **PROCURING HEALTHIER INGREDIENTS AND FOOD PRODUCTS FROM SUPPLIERS**

18. **Check the nutrition information** about the foods and drinks you buy in and choose options with higher fibre and less salt, sugar and fats, for example dough, sauces, cheeses and meats. Use the following link for advice on how to read food labels: <http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx>. Your supplier may be able to assist you.   
To check against the sugar reduction and calorie or portion size guidelines see [www.gov.uk/government/collections/sugar-reduction](http://www.gov.uk/government/collections/sugar-reduction)
-

## General restaurant and takeaway tips

For outlets not covered by sector specific advice eg cafes, pubs, Mexican restaurants

Healthier eating is becoming more and more important to customers<sup>13</sup>. Here are some practical healthier catering suggestions for you to consider to help support your customers with a healthier lifestyle.

Try to achieve as many tips as possible.  Tick the box when you have achieved each tip and try to add a new tip every month. You may already be achieving several of these tips but be prepared to go further and make real changes to help your customers stay healthy.

**PORTION SIZE** – Eating too many calories can lead to obesity, which in turn increases the risk of diabetes, heart disease and some cancers. Even small reductions at each meal can make a real difference.

1. Think about the size of your portions and if you're being too generous. **Have a set portion for each ingredient** (eg a certain size of scoop/spoon, or a fixed number of slices/pieces) and ask staff to keep to these portion sizes to provide consistency for your customers – this could help you save money.
2. Make **small portions** or children's portions available and market these to everyone.

---

**FATS AND FRYING** – High-fat foods contain lots of calories, which can lead to weight gain. This in turn can lead to diabetes, heart disease and some cancers. Reducing saturated fat intakes can lower blood cholesterol and reduce the risk of heart disease.

3. Use a **healthier oil for frying like rapeseed or sunflower oil** as these contain less saturated fat.
4. **Use lean mince** or drain off the fat, **trim excess fat from meat and remove skin from chicken** whenever possible.
5. **Offer to grill or bake food instead of frying** (eg grilled fish, bacon and sausages) and consider **making that the default** cooking option.   
Make this option clear on your menu and train your staff to offer this option. Some customers do prefer it and it's healthier!
6. Make sure you **use lower fat varieties or smaller amounts of these products:**

---

<sup>13</sup> See [www.bsa.natcen.ac.uk/media/39132/attitudes-to-obesity.pdf](http://www.bsa.natcen.ac.uk/media/39132/attitudes-to-obesity.pdf) and [www.gov.uk/government/news/new-change4life-campaign-encourages-parents-to-be-food-smart](http://www.gov.uk/government/news/new-change4life-campaign-encourages-parents-to-be-food-smart)

- **cheese** (swap to reduced-fat hard cheese or a cheese naturally lower in fat, like Edam) or use less hard cheese
- **cream** (try single instead of double cream, half-fat crème fraîche or better still, lower fat plain yoghurts)
- **milk** (use skimmed, 1% fat, or semi-skimmed as a default)
- **butter/spreads** (use low or reduced fat spreads or use far less butter)
- **yoghurt** (choose low fat or fat free natural yoghurts)
- **mayonnaise** (swap to light mayonnaise – it has up to 60% less fat!)
- **dressings** (choose light varieties or use less oil in homemade dressings)

*If you need to deep fat fry, for the best results:*

7. Ensure the oil is heated to the **correct temperature (160-165°C if you have a high efficiency fryer, or 180°C if you have a traditional fryer, for chips)**. Too low and it will absorb too much fat, too high and it will spoil your oil.
  8. **Avoid frying food more than once** – par-frying, double or triple cooking and reheating food in oil increases the increases the fat content of the food. **Bang, shake and drain off any excess fat**, this can reduce fat absorption by 20%.
- 

**SALT** – It is important to reduce your salt intake as too much salt can lead to high blood pressure and an increased risk of stroke and heart disease.

9. **Consider removing salt from tables** and counters and provide it to customers only on request. Many businesses are already doing this. People sometimes add salt out of habit without thinking or tasting the food.
  10. **Add less salt and salty ingredients to meals over time**. Ingredients like stock, ketchup, mustard, gravy, seasoning packets, and soy sauce can contain a lot of salt so be careful how much you use. Customers won't notice if you do this gradually. Try adding a little less each week until you can avoid adding it altogether. You could also try to procure reduced salt versions of these products (eg stock preparations below 0.6g salt/100ml). Careful not to add sugar instead.
  11. **Do not add salt when boiling rice, pasta, potatoes or vegetables**.
- 

**SUGAR** – Eating too many foods and drinks high in sugar can contribute to excess calories and lead to weight gain, which in turn increases the risk of heart disease, type 2 diabetes, stroke and some cancers. It is also linked to tooth decay.

12. **Offer healthier drinks as the default option** – such as water, lower fat milks, low calorie or no added sugar drinks, or pure fruit juices (in a 150ml serving size or as close to this volume as possible), rather than sugary drinks. Display these at eye level where appropriate.

If you do offer dessert either offer fresh fruit without sugar or syrup, or desserts that are lower in fat and sugars, offer smaller portion sizes. Or choose desserts that meet the **sugar reduction and calorie or portion size guidelines**.

---

**FRUIT, VEGETABLES AND FIBRE** – These are low in calories and good sources of vitamins, minerals and dietary fibre. Eating plenty of them will help to promote digestive health and can help prevent heart disease, stroke and some cancers.

13. Always **include at least one portion of vegetables (80g) as part of a meal.**
  14. If **you offer meal deals or special offers include a starchy carbohydrate (eg potatoes, bread, rice or pasta with no added fat), vegetables or salad, and one portion of fruit** (a piece of fruit or a fruit salad) instead of promoting less healthy snacks like crisps, chocolate, chips etc. The fruit can be fresh, canned in fruit juice, dried or frozen.
  15. Look across your menu and think about **where you could add more vegetables and/or pulses to as many dishes as possible** (while not adding more fat, sugar or salt), for example soups, stews and rice. They are usually cheaper than meat and fish so could save you money, and will increase the fibre content of dishes.
  16. Make sure wholegrain or higher fibre carbohydrates (eg **wholemeal bread, wholewheat pasta and brown rice**) are options on your menu and **promoted as the default option.**
  17. Offer **fruit salad** or fruit platter on your dessert menu or fruits like melon or figs as part of a starter. The fruit can be fresh, canned in fruit juice, dried or frozen.
- 

**PROMOTE HEALTHIER OPTIONS** although it is important to improve the nutrient content of all menu items you can additionally develop promotions to give a unique selling point and encourage customers to pick a healthier meal or snack to eat.

18. **Promote healthier options with more fruit and vegetables.** You do not necessarily have to advertise them as healthier but study your menu and make sure the healthier items stand out and are good value. Do not offer discounts and special deals for food or drinks that are low in fibre and high in fat, salt or sugar (eg deep fried foods, salty foods like bacon, and sugary desserts or snacks).
19. If you offer **meal deals** this is a great way to get your customers to try healthier dishes and options. Offer healthier drinks and include a starchy carbohydrate (eg potatoes, bread, rice or pasta with no added fat), vegetables or salad. Where desserts are offered offer those lower in fat and sugars, offer smaller portion sizes, or replace with fruit options. See the **sugar reduction and calorie or portion size guidelines**.

## PROCURING HEALTHIER INGREDIENTS AND FOOD PRODUCTS FROM SUPPLIERS

20. **Check the nutrition information** about the foods and drinks you buy in and choose options with higher fibre and less salt, sugar and fats, for example bread, bacon, sausages, cheese, ham, ready meals, desserts and drinks. Use the following link for advice on how to read food labels: <http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx> Your supplier may be able to assist you.
- To check against the sugar reduction and calorie or portion size guidelines see [www.gov.uk/government/collections/sugar-reduction](http://www.gov.uk/government/collections/sugar-reduction).
- 

## Further information

### Sugar reformulation

[www.gov.uk/government/collections/sugar-reduction](http://www.gov.uk/government/collections/sugar-reduction)

[www.leatherheadfood.com/files/2016/08/White-Paper-Top-10-Tips-for-Sugar-Reformulation.pdf](http://www.leatherheadfood.com/files/2016/08/White-Paper-Top-10-Tips-for-Sugar-Reformulation.pdf)

[www.fdf.org.uk/.../Reformulation-Guide-Sugars-Aug2016.pdf](http://www.fdf.org.uk/.../Reformulation-Guide-Sugars-Aug2016.pdf)

### Nutrition labelling

[www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/564048/Nutrition\\_Technical\\_Guidance.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/564048/Nutrition_Technical_Guidance.pdf)