



# Essential guide to Healthy Choice catering

We are all eating out more often. On average, people eat one in every six meals outside the home, and we are also becoming increasingly aware of the links between what we eat and our health. Eat well campaigns have had an impact and there is a growing customer demand for food prepared in a healthier way.

The Brighton & Hove SUGAR SMART debate in 2015 found high and recently increased levels of concern about sugar in food and drink, and over 80% respondents agreed we should take more action on sugar. Almost 90% felt that food outlets should make healthier options more available and more attractive. Find out more at [www.brighton-hove.gov.uk/sugarsmart](http://www.brighton-hove.gov.uk/sugarsmart)

Caterers are in a stronger position than ever to make the best of this increasing market. Read on to find out how small changes made to the way you prepare, serve or promote your food can make a big difference to your customers' health whilst maintaining quality and taste.



**Brighton & Hove  
City Council**

# Healthy Choice catering scheme

The Brighton & Hove Healthy Choice catering scheme supports and rewards food businesses providing safe, healthy and tasty food. The aim is to promote the use of healthier cooking methods and quality ingredients, and to increase opportunities for customers to make healthier choices if they wish.

Businesses make **Healthy Choice Commitments**, and businesses that make a range of commitments receive a **Healthy Choice Award**.

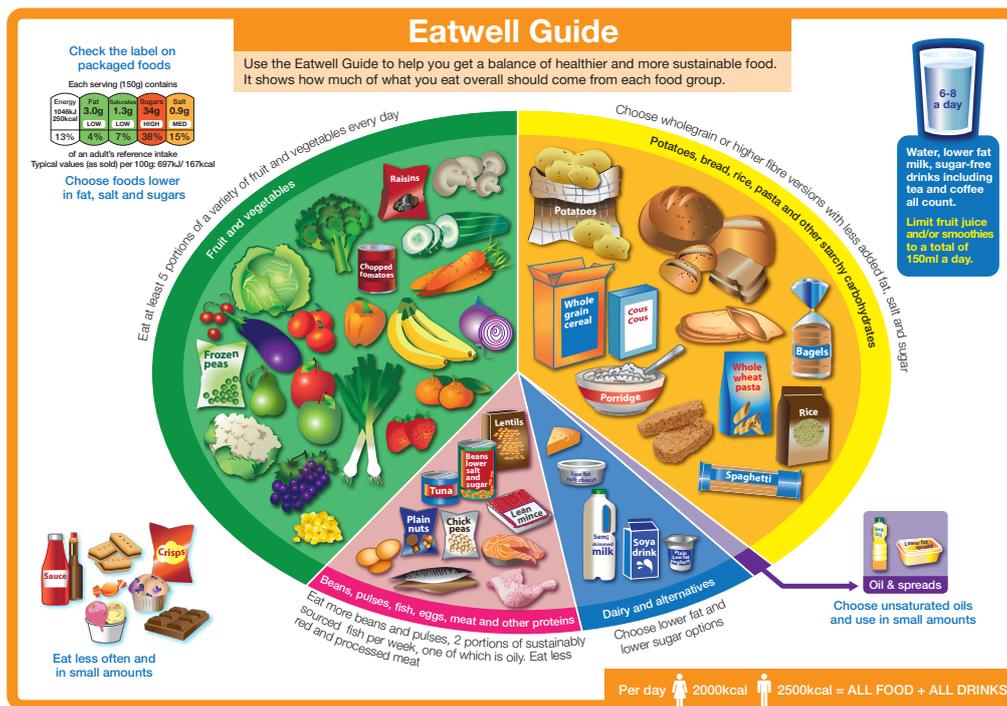
This Essential Guide aims to help your business work towards achieving the Award. The guide gives an introduction to the key nutrients and food groups before providing tips to improve the health impact of food in a catering environment.

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# Food Groups



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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The eatwell plate shows how much of what we eat should come from each food group.

Eating a healthy, balanced diet that is high in fruit, vegetables and fibre and low in saturated and trans fat, sugar and salt, alongside being more active, helps maintain a healthy weight.

## Starchy food and fibre

Bread, rice, potatoes, pasta and breakfast cereals are all types of starchy food; starch is the main form of carbohydrate in our diet. Starchy carbohydrates should make up about a third of the daily diet and are a good source of energy and a range of vitamins and minerals.

Wholegrain varieties also provide fibre, which is an essential part of the diet. Fibre is a type of plant material, which is found only in foods such as unrefined cereals (like wheat and brown rice), beans, peas, vegetables and fruit. Fibre is important for good intestinal health and can help reduce the risk of heart disease.

Gram for gram, starch contains less than half the calories of fat; however we need to be careful as it's easy to add fats when cooking and serving starchy food, for example adding creamy sauces to pasta, frying potatoes in oil or applying spread thickly onto bread or toast.

## Fruit and vegetables

Fruit and vegetables are a major source of fibre, vitamins including vitamins A and C, and minerals such as potassium. We should eat at least five portions a day, and these can include fresh, frozen and canned varieties (without added salt and sugar), dried fruit, pure fruit or vegetable juices and beans and pulses.

An adult portion is a glass (150ml) of juice, or 80g of fruit or vegetables. Fruit juice shouldn't make up more than one portion a day, and beans and pulses can only make up a maximum of one portion a day. Potatoes do not count towards the five a day as these count as a starchy food.



## **Meat, fish, eggs, beans and other non-dairy sources of protein**

Protein is essential for growth and repair. Protein rich foods are high in vitamin B12 and minerals such as iron and zinc.

Fish whether fresh, frozen or canned (including fish cakes and fish fingers) is an excellent source of protein and has a more favourable fat content than meat. White fish is very low in fat. Although oily fish like sardines, mackerel, pilchards, trout, and salmon have a higher fat content, the fat is unsaturated. In particular, oily fish is a very good source of polyunsaturated omega-3 fatty acids; these are recommended for protecting us against coronary heart disease as they help prevent blood from clotting. We should eat at least two portions of fish a week, and one of these should be oily fish.

Eggs are useful sources of protein, vitamins A and D, and riboflavin (vitamin B2). There are also alternatives including nuts, beans, pulses and tofu which can provide a source of protein for those on vegan or vegetarian diets.

## **Milk and dairy foods**

Milk and dairy products such as cheese and yoghurt are also good sources of protein and vitamins A, B12, and D. They are an important source of calcium, helping us maintain strong bones. The fat content of dairy products varies a lot and much of this is saturated fat. We should have two to three portions of milk and dairy foods a day, and a portion is 100-150ml of milk, 15-20g hard cheese, 20-25g soft cheese or a 60g pot of unsweetened yoghurt.

## Foods high in fat, sugar and salt

We should eat foods high in fat, salt and sugar less often and in small amounts.

### Fat

A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids such as omega-3 and helps the body absorb vitamins A, D and E. The fat you eat is broken down during digestion into smaller units of fat called fatty acids. Any fat not used by your body's cells or to create energy is converted into body fat.

Too much fat in your diet, especially saturated fats, can raise your cholesterol and this increases the risk of heart disease. Current UK government guidelines advise cutting down on all fats and replacing saturated fat with some unsaturated fat. Most people in the UK eat too much saturated fat; the population on average gets 12.6% of their energy (kJ/kcal) from saturated fats, above the 11% maximum recommended.

Trans fat is found naturally at low levels in some foods, such as those from animals, including meat and dairy products. Trans fat is also produced in some food manufacturing processes. Research has linked high levels of dietary trans fat with increased risk of heart disease as it increases levels of LDL (bad) cholesterol while also decreasing levels of HDL (good) cholesterol in the blood. It's recommended that trans fat should make up no more than 2% of the energy (kJ/kcal) we get from our diet. On average, we consume half the recommended maximum.

### Sugar

Brighton & Hove City Council, in partnership with the Food Partnership and the Jamie Oliver Food Foundation, launched SUGAR SMART to help residents reduce their sugar intake.

Find out more at [www.brighton-hove.gov.uk/sugarsmart](http://www.brighton-hove.gov.uk/sugarsmart)



There are many ways you can help your customers, from changing recipes to include less or no added sugar, buying ingredients that contain less or no added sugar or promoting food and drink products that are lower in sugar. Look out for the logo for some key ways you can help your customers.



The government recommends that “free sugars” – sugars added to food or drinks, or found naturally in honey, syrups and unsweetened fruit juices – shouldn’t make up more than 5% of our total energy intake . That’s a maximum of 30g of added sugar a day for adults, about seven sugar cubes. It is also recommended that we all restrict our consumption of sugar-sweetened drinks. Sugary drinks can provide excess energy resulting in weight gain, and recent evidence has shown a significant link with the development of type 2 diabetes. Most adults and children in the UK eat too much sugar; adults consume more than double the recommended amount, while teenagers consume three times the recommended amount. Sugars also occur naturally in foods such as fresh fruit and milk, but we don’t need to cut down on these types of sugars.

### **Salt**

Consuming too much salt can raise your blood pressure. People with high blood pressure are three times more likely to develop heart disease or have a stroke than people with normal blood pressure. Most people consume too much salt; the average estimated salt intake for adults in the UK is 8g per day, above the recommended daily intake of 6g. Children under the age of 12 should be having less.

### **Water**

We should all drink plenty of fluids. The government recommends we drink 6-8 cups/glasses a day. Water, lower-fat milks and lower-sugar or sugar-free drinks including tea and coffee all count.

Fruit juice and smoothies also count towards your fluid consumption but they contain free sugars that can damage teeth, so limit these drinks to a combined total of 150ml per day.



# Healthy Choice catering guidelines

## Fresh Preparation

### Healthy Choice Award criteria

#### Efforts made to freshly prepare dishes from unprocessed ingredients

Cooking from scratch with fresh ingredients makes it easier to monitor how healthy the end product is, without introducing preservatives and other unknown or processed items. You will be more aware of what's going into a dish and will be better able to control the quality of ingredients and minimise the amount of fat, salt and sugar that you're putting in.

#### Efforts made to reduce the amount of salt/MSG added during preparation of dishes

MSG, also known as monosodium glutamate or sodium glutamate, naturally occurs in tomatoes, Parmesan cheese, potatoes, mushrooms, and other vegetables and fruits. MSG is also commonly used in the catering industry as a flavour enhancer. Products containing MSG may include powdered stocks and seasonings, bouillon and ready-made sauces. MSG is a source of sodium and high consumption carries similar risks to high salt intake. Salt added during food preparation could also be reduced by using lower-salt ingredients such as sauces or stocks or by using other forms of seasoning such as herbs and spices.

#### Steps are taken to reduce the amount of sugar added during food preparation

See page 4 for information about the impact of sugar on health. You could reduce the amount of refined sugar used in baking or in the preparation of sauces and condiments by using fruit as a natural sweetener instead.



#### Steps are taken to ensure dishes are prepared consistently by all members of staff

Introducing standardised recipes will support efforts to ensure healthier catering practices are embedded across your organisation. You will be more confident that the nutritional content of dishes remains consistent and that the correct ingredients and cooking methods are used each time. Other benefits of standardisation for your business include:

- Consistent quality, increasing customer satisfaction
- Portion control; the planned number of servings will be produced each time
- Cost control and efficient purchasing procedures; the same ingredients and quantities will be used each time
- Meeting the Food Information Regulations (2014) which requires food businesses to provide allergy information on food sold unpackaged

## Additional commitments

### Steps are taken to reduce the amount of saturated fat added during food preparation

You may be able to reduce the amount of saturated fat during food preparation by trimming the fat from meat before cooking, removing the skin from chicken prior to cooking or skimming the fat when cooking mince. Dishes could also be bulked out with more vegetables or legumes to minimise the amount of fat in the finished dish from meat. You could also gradually reduce the amount of spread used in the preparation of sandwiches, burgers or jacket potatoes. Salad dressings could be based on oils lower in saturated fat such as rapeseed or olive oil.

# Purchasing

## Healthy Choice Award criteria

Steps are taken to choose ingredients or products containing no or less added salt/MSG where available

Steps are taken to choose ingredients or products containing no or less added sugar where available



You can use nutrition labels on pre-packed foods to purchase to minimum the salt, saturated fat and/or sugar in pre-packaged food. Labels include information on energy in kilojoules (kJ) and kilocalories (kcal), usually referred to as calories. They also include information on fat, saturates (saturated fat), carbohydrate, sugars, protein and salt. All nutrition information is provided per 100 grams and sometimes per portion of the food. Food manufacturers now highlight the energy, fat, saturated fat, sugars and salt content on the front of the packaging, alongside the reference intake for each of these.

There are guidelines to tell you if a food is high in fat, saturated fat, salt or sugar, or not:

- Total fat High: more than 17.5g per 100g / Low: 3g or less per 100g
- Saturated fat High: more than 5g per 100g / Low: 1.5g or less per 100g
- Sugars High: more than 22.5g per 100g / Low: 5g or less per 100g
- Salt High: more than 1.5g per 100g / Low: 0.3g or less per 100g

It may be appropriate to set a purchasing policy so that all staff involved in purchasing food and drink are aware of efforts to purchase items lower in salt, saturated fat and/or sugar.

## Additional commitments

### Efforts are made to source local, seasonal and more sustainable food products

The Brighton and Hove Food Partnership provides advice to small and large businesses that want source seasonally or who want to identify local suppliers. You can also find information about accreditation schemes like Fairtrade. <http://bhfood.org.uk/procurement-and-sustainable-sourcing>

### A policy is in place to purchase trans fat free snacks and baked goods

See information about the health impacts of trans fat on page 4.

Trans fat in the form of partially hydrogenated vegetable oil is useful for food manufacturers as it's low-cost, shelf stable and can withstand high temperatures during processing. Foods that are produced from or use hardened vegetable oils as an ingredient typically contain some trans fat (for example, biscuits, pies, cakes and fried foods). Fat spreads and margarines that have hydrogenated vegetable oil as an ingredient will usually contain some trans fat, though reformulation has led to significant reductions in recent years. Trans fat may also be produced when ordinary vegetable oils are heated to fry foods at very high temperatures and this is one reason why takeaway foods can sometimes be high in trans fat.

There are currently no legal requirements for food manufacturers to label trans fat. This means you need to check ingredients lists for hydrogenated fats or hydrogenated vegetable oils. A fully hydrogenated fat does not contain trans fat, only partially hydrogenated fats do. If a product contains partially hydrogenated fats or oils, it will almost certainly contain trans fat too, and the higher up the list the fat or oil appears, the more the product is likely to contain.

# Cooking Methods

## Healthy Choice Award criteria

Where frying or deep fat frying is necessary or unavoidable, all steps to improve frying practice, specified in the 'Essential Guide', are taken

Where deep fat frying is necessary or unavoidable, following these tips can help you not only improve the health impact of the final dish by reducing the amount of saturated fat that ends up in a portion, but could also reduce your oil use and save you money.

### Frying temperature and time

Make sure you fry foods at the correct temperature to ensure a crispy surface and reduce oil absorption; if the temperature is too low food will absorb too much fat, if it's too high your oil will degrade more quickly (and food may cook too quickly on the outside but remain undercooked on the inside).

The desired frying temperature depends on the type of food you're frying (see the 'Focus on Chips' factsheet for a temperature guide for frying chips), but make sure you:

- Let the oil come back up to the correct temperature before you fry a new batch
- Don't overload the fryer as this makes the temperature of the oil drop. If you use baskets, they shouldn't look more than half full
- Check manufacturer's guidance to confirm the correct amount of oil is in the pans. Excess oil means it will take longer to reach the desired temperature
- Make sure the temperature on your thermostat is accurate. You can do this by heating the oil and testing the temperature in the middle of the oil with a probe thermometer.

### Oil maintenance

Don't overuse oil; each heating forms undesirable by-products including trans fat. Try to change your oil before it foams, froths or smokes. It will also change colour and smell rancid when you heat it too often and will affect the flavour of foods cooked.

The following tips will help you keep your oil fresh for longer:

- Don't over-heat your oil
- Excess water degrades oil; dry fresh chips for as long as possible after soaking
- Keep your fryer topped up with oil and filter your oil often, ideally once a day
- Don't 'idle' a fryer at high temperatures, let it cool to 100°C and cover it
- Gently shake any food in breadcrumbs before you fry it to knock off any loose bits
- Sieve the oil every time you fry a batch and throw the scraps away

### Type of oil

The more saturated fat in your oil, the more saturated fat there will be in your food. Liquid oils such as sunflower and rapeseed have about 10% saturated fat. Solid oils such as palm oil or beef fat have about 50%. Care is needed when buying products simply labelled as 'vegetable' oil because this may in fact be palm oil or it may be produced from genetically modified (GM) soya. If you choose sunflower or rapeseed oil, you need to use a 'high oleic' version, as these are more stable, however they can be more expensive. Palm oil blended with high oleic oil could provide a compromise as it has a good frying life and an improved saturated fat profile. Always make sure oil is low in trans fat (less than 2%). Most vegetable oil produced in the UK is low in trans-fat, but imported oils may contain higher levels.



### **Bang, shake and drain**

By shaking and banging the wire scoop several times, you can reduce fat absorption and help your food stay crispy; foods carry on absorbing fat after coming out of the fryer. If you use this technique you'll use less oil and need to top up less often.

### **Healthier cooking methods (e.g. grilling and baking) are used where possible**

How you cook your food can make a huge difference to the nutrient and fat content of the final dish. Deep frying is the least healthy cooking method but is unavoidable in many kitchens which is why we advocate taking steps to reduce the oil absorbed by deep-fried products. However, it may be possible to switch from deep-frying to another method if the equipment is in place. Braising, steaming, roasting, baking, grilling and microwaving are the healthiest cooking methods. Stir-frying uses the minimum amount of oil and is more desirable than shallow frying which typically uses a little more oil.

# Choice

## Healthy Choice Award criteria

### Customers can choose whether high fat / salt / sugar toppings or sides are added to their meal and these are not always added as standard

Healthy catering is not about banning or restricting certain foods or ingredients, it's about offering your customers adequate opportunities to make informed choices. By providing customers with a range of options, they can make healthier choices should they wish to.

This could be as simple as chips being a side option, so customers can choose to have them with their meal rather than chips being served as standard. Other suggestions include:

- Bought-in processed meats can contain high levels of fat and salt; customers can choose pizzas or burgers without these
- Sandwiches, jacket potatoes and burger buns are offered without butter or spread
- Undressed salads are available for customers to choose
- If ice-cream or cream is a topping provided with dessert items, customers can choose to omit them.

### A range of appropriate portion sizes is available and suitably priced

However healthy a product is, if the portion size is very large the customer may consume a high amount of fat, salt and sugar. Consider purchasing smaller serving dishes, takeaway containers or serving equipment (for example scoops for chips). You should also avoid 'supersized' portions and refillable fizzy drinks as these encourage over consumption. Providing 'light bites' or small portions for children and adults with smaller appetites is recommended – these should be between ½ and 1/3 of the standard portion size.

Customers sometimes see larger portion sizes as better value for money, and some of these measures may work better for a business in areas where there aren't other outlets nearby offering larger portions. However, where measures are feasible, introducing smaller portion sizes could make good financial sense as you can then charge more for a larger portion.



The following suggested portion sizes are based on adults and unless specified, based on dried/raw weight of the item.

STARCHY FOOD	MILK AND DAIRY
Potatoes, boiled, mashed – 200g Jacket and baked potatoes – 400g Pasta – 80g Rice – 60g Potatoes cooked in oil (e.g. chips) – 120g Bread – 80g	Custard made with milk – 100g Yoghurt – 120g Cheese – 30g Milk – 200ml
MEAT AND FISH	FRUIT AND VEGETABLES
Roast meat – 90g Roast poultry – 120g Dishes containing meat or poultry (e.g. stew, curry, pie) – 90g Meat based soup (cooked) – 250ml White fish (cooked alone or in a dish e.g. fish pie) – 120g Oily fish – 110g Fish or shellfish (cooked, for a sandwich/jacket potato) – 100g Egg – 1 egg Meat alternatives (cooked, tofu or quorn etc.) – 100g Pulses and nuts – 40g Products made from meat (cooked, e.g. sausages or burgers) – 80-100g	Salad – 80g Vegetables (cooked) – 80g Baked beans (cooked) – 100g Pulses including lentils, kidney beans, chick peas – 30g Vegetable based soup (cooked) – 250ml Fresh fruit – 80-150g Dried fruit – 30g Fruit or vegetable juice – 150ml
PRE PACKAGED SNACKS	FOODS HIGH IN FAT, SALT AND SUGAR
Savoury snacks should be only available in packet sizes of 30g or less  Confectionary and packet sweet snacks should be served in the smallest standard single serve portion size within the market and not to exceed 250kcal	Cakes, tray bakes, muffins, scones, doughnuts – 50g Biscuits and flapjacks – 30g Ice cream – 100g Fruit pies and crumbles – 100g

## Where there is a children's menu, at least one meal option should be healthier and low in sugar



Encouraging children to eat healthily at a young age will help them develop healthy eating patterns for life. You can offer smaller portions for children across the menu, but if you have a specific children's menu you can follow this guidance:

- Meals should include at least one portion of vegetables and/or fruit. A portion can be fresh, frozen or canned.
- Minimise the amount of confectionery, biscuits, cakes and savoury snacks offered to children or included as part of a meal deal

- Minimise the availability of sugary drinks, especially included as part of a meal deal. Always offer free tap water. If drinks which are high in sugar are still available to purchase then leave them off children's menus. Limit fruit juice by reducing the volume offered or by offering diluted fruit juice for children.
- Minimise the amount of fried food that is on children's menus. Ensure non-fried options are available. Follow healthier frying guidance if frying is used.
- Avoid offering chips as a stand-alone item and instead offer an alternative, for example a portion of vegetables.
- Choose products which are lower in salt and fat and avoid adding salt to meals
- Consider adding oily fish dishes to children's menus
- Offer at least one healthier, fruit-based dessert option

## **Additional commitments**

### **Measures in place to reduce the amount of salt added after preparation and cooking**

Such as, customers add their own salt, salt shakers with fewer holes are available or salt shakers are on request rather than available on the counter or tables. Some of these methods will be more appropriate for different types of businesses, but the aim is the same – to encourage people to make more active decisions about the amount of salt they add to their food. This could have a financial benefit for your business as well as you may use, and therefore need to purchase, less salt. Similar measures could be in place for sauces and spreads too.

### **Sauces, spreads and toppings lower in saturated fat, salt or sugar are available**

You may have reduced fat milk, spreads, mayonnaise and dressings available, you may purchase sauces lower in salt and sugar and you may provide low-sodium salt. However, it is necessary to watch out for increased trans fat content, salt or sugar in products labelled as 'low-fat'. The alternative is to stock the full fat varieties but to use less and encourage your customers to use less too – see below.

### **Where high fat, salt and sugar toppings or sides are added, steps have been taken to reduce the amount added**

Where pizzas are served, using higher quality and more flavoursome sliced meats for toppings means you can add less, reducing the amount of saturated fat and salt on the finished product. You could also reduce the amount of cream or ice-cream served with a dessert, or minimise how much salt is added to chips prior to service.

## Drinks

### Healthy Choice Award criteria

Where sugar-sweetened drinks are sold, unsweetened, low and no sugar options are also available.



See page 4 for information about the health impact of high sugar intake, and page 7 provides information about how to work out the sugar content of food and drink products.

Sugar-sweetened drinks contribute significantly to our daily sugar intake; particularly young people aged 11-18 where they make up a third of the sugar intake. Making a range of drink choices available to your customers is important so they can make a healthier choice if they wish. Sugar-sweetened drinks include:

**Carbonated soft drinks:** 'Fizzy' drinks are high in sugar and provide no other nutrients

**Juice drinks:** Juice drinks are often high in sugar and contain little fruit

**Sports drinks:** Sports drinks are typically available in large serving sizes and therefore contain large amounts of sugar

**Energy drinks:** Energy drinks are not only high in sugar but high in caffeine

**Flavoured milks or waters:** Flavoured water usually contains less sugar than other sugar-sweetened beverages, but the content can still be high. Customers may not make this association so may feel like they are making a healthier choice than they actually are.

**Diet soft drinks:** these are often sweetened with artificial sweeteners. 'Zero' drinks provide a useful alternative to sugar-sweetened drinks, but tend to be acidic so can contribute to tooth decay.

**Fruit juice:** Fruit and vegetable juices and smoothies contain a variety of vitamins that are good for our health. A small glass of fruit juice counts as one of our recommended five daily portions of fruit and vegetables. But a glass of juice should only ever be one of our 5 A DAY because it doesn't contain the fibre found in whole fruits and vegetables. The government's current advice is to limit consumption of fruit/vegetable juices and smoothies to a combined total of 150ml a day.





Fruit juice also contains natural sugar. When fruit is juiced or blended, the sugars are released. Once released, these sugars can damage teeth, especially if drunk frequently. Even unsweetened fruit juice is sugary.



Consider serving fruit juice in a maximum of 150ml portion sizes, and diluting fruit juice with water for children to reduce the natural sugar content.

### **All sugar sweetened drinks are no more than 330ml portion sizes**

The Government Buying Standards for Food recommend that all sugar sweetened drinks should be no more than 330ml pack size and no more than 20% of drinks on sale (procured by volume) should be sugar sweetened. No less than 80% of drinks (procured by volume) should be low calorie/no added sugar beverages (including fruit juice and water).

### **Free tap water is available and promoted**

The Eatwell Guide says we should drink six to eight glasses of fluid a day. Water is the healthy and cheap choice for your customers. It has no calories and contains no sugars that can damage teeth.

It's important that you make customers aware that free tap water is an option. You could do this by making it visible – putting jugs of tap water on tables or on the counter for customers to serve themselves – or by putting up a poster or sticker letting customers know to ask if they'd like tap water



## Marketing and Promotion

### Healthy Choice Award criteria

Healthier food and drink options are given prominent positions in displays and/or menus and priced suitably

Product pricing and promotions are used to encourage healthier choices

It is important when you make changes to your food and drink offer, that your customers are aware of the options available. It may be appropriate to promote the benefits of the healthier options or food prepared or cooked in a healthier way so that your customers can make a more informed decision.

For items to sell, they should be reasonably priced, taste good and look attractive. The four 'Ps' of effective marketing and promotion are:

1. Provide a good quality **product**: Although people are becoming more interested in healthy eating, their main priority when eating out remains good value and great taste
2. Evidence indicates that food prices influence, to a certain degree, what and how much food people buy. The **price** should be competitive and appropriate: A pricing strategy, such as reducing the cost of the healthy option, could tempt customers. For example, you could try a special promotion such as 'dish of the day', two for the price of one, or a 'meal deal,' where a customer can buy a sandwich and get a piece of fruit or bottle of water for free. Where fizzy drinks are sold, bottled water should be available at a lower price to encourage people to choose it.
3. **Promote** foods by using displays, advertising and promotions: Offer a healthier or themed menu/meal option/sandwich. You could base this around topical events.
4. **Present** food attractively: Healthier options should be given a prominent position on your menu and in displays. For example, bottled water should be at eye level in your drinks fridge and where fresh fruit and salad are options, they should be clearly available to customers.

### Children's Health Fund

The Children's Health Fund was set up by Sustain with Jamie Oliver's help in August 2015. The aim is to get restaurants and cafes to put a voluntary 10p 'sugary drinks levy' on soft drinks on their menu that contain added sugar. The money raised by the self-imposed levy will be paid into the Children's Health Fund which allocates grants to programmes and schemes aimed at improving children's health and food education.

Visit [www.childrenshealthfund.org.uk](http://www.childrenshealthfund.org.uk) to find out more and to sign up to support the fund.

## Staff understand the principles of Healthy Choice catering and are encouraged to promote options available

It's important to gain buy-in from all staff including kitchen staff, anyone involved in taking orders and serving customers, and those responsible for purchasing food and drink items. The Healthy Choice scheme offers training and workshops to food businesses and staff; contact us for information about upcoming sessions. We can also arrange in-house workshops or can visit to talk about the scheme to support buy-in from all levels. It's also important to display your Healthy Choice certificate alongside information about the steps you have taken and aspects you're working towards, as well as making all staff aware of the various options available to customers.

## Information about the sugar content of soft drinks and/or pre-packaged snacks is on display for customers



Respondents to the SUGAR SMART debate called for more practical help to spot the sugar in food and drink products and some expressed frustration at the variety, and often complex nature, of methods used by food and drink manufacturers to display nutrition information on products. We are developing teaspoon labelling resources for food and drink products. These can be downloaded from [www.brighton-hove.gov.uk/sugarsmart](http://www.brighton-hove.gov.uk/sugarsmart) and can be used to help your customers make more informed food and drink choices.



# Focus on chips

## Use thick, straight chips

Thick-cut chips absorb less fat. If you cut your chips in-house use a cutter with at least a 14mm (just over ½ an inch) cross section. If you buy chips from a supplier, it is better to buy ones that are described as 'thick cut', '9/16th', beefsteak chips or wedges. French fries, julienne, 'shoestring' style and crinkle-cut chips absorb the most fat because they have a larger surface area to volume.

## Store potatoes at the correct temperature (or make sure your suppliers do!)

Store potatoes somewhere dark, cool and dry, and not in the fridge. Storing potatoes at a very low temperature can increase the amount of sugar they hold, which causes caramelisation on frying meaning chips go brown quickly when frying at high temperatures. Increased sugar could also lead to higher levels of acrylamide in chips when they are cooked. Some studies have suggested that acrylamide could be harmful to health.

## Cook your chips at the correct temperature

Heat your oil to 175°C (350°F) before you start frying to produce crispier, more appealing chips that absorb less fat. Each time you fry a new batch, let the oil come back up to 175°C before you start.

## Cook chips for the correct amount of time

The cooking time for chips will depend on the type of potato you use, but for thick-cut fresh potatoes cooked at 175°C the cooking time will be about 5-6 minutes until the chips are a pale, golden colour. Frozen chips may take less time; follow the manufacturer's instructions.

## Fry chips alone

Ensuring you have clean oil is essential to the taste and quality of chips. Where you can, fry fish and strong flavoured items in separate oil to your chips. Batter produces scraps which degrade the oil more quickly, so if possible it's better to keep a separate fryer for your chips in order to keep this oil fresher for longer.

If your oil is dark in colour, is emitting a strong odour or your chips are taking longer to colour and/or coming out covered with dark flecks then it is time to change your oil.

## Portion size

We recommend that a portion of chips should be between 100g and 150g. Offering different portion sizes makes good business sense too; offer small cones for adults and children with smaller appetites, as well as the regular trays. This will allow you to charge more for the bigger portions and it might also help your lunchtime trade when some people may only want a small amount to eat.

Make sure your staff are certain about your portion sizes or they could be giving away extra chips – and your profit.

## Cut down on salt

Many people are trying to cut down on the amount of salt they eat. You can help your customers to do this by:

- Use a salt shaker with fewer holes – ask your supplier if they provide five-hole tops
- Ask your customers if they want salt before adding it
- Don't add salt to batter mix. If you buy batter mix, check the ingredients and choose one that contains less or no added salt or sodium
- Read the label on other foods like sauces, sausages and pies and choose the one with less salt or sodium. Ask your supplier if you need more information about salt content of products.



## Going further

In July 2014, Brighton & Hove City Council adopted a new policy which means large catering contracts should adhere to certain sustainability and nutrition criteria, which are based on the Soil Association's Bronze Food for Life Catering Mark. If you have achieved the Healthy Choice Award and would like to go further, you could work towards this nationally recognised accreditation. See [www.sacert.org/catering/standards](http://www.sacert.org/catering/standards) for information.

If you'd like to complement your focus on health and nutrition by thinking about sustainable catering, you may want to explore the Sustainable Restaurant Association's online training course or accreditation. See <http://sratraining.myshopify.com/>. The Brighton and Hove Food Partnership can also provide advice and information about sustainable catering and reducing food waste [bhfood.org.uk](http://bhfood.org.uk)

## Food Safety and allergen advice

The Food Safety Team is responsible for ensuring that all food sold in Brighton & Hove is safe for the consumer to eat. Any premises which stores, prepares, produces, cooks or sells food must comply with strict hygiene standards. You can contact the Food Safety Team on **01273 294416** or email [ehl.food@brighton-hove.gov.uk](mailto:ehl.food@brighton-hove.gov.uk) for advice.

For guidance relating to the Food Information for Consumers Regulations requiring businesses identify allergens in dishes contact Trading Standards on 01273 292523.

# Useful resources

## Publications

PHE, 2014 Healthier and More Sustainable Catering: information for those involved in purchasing food and drink [www.bit.ly/purchasing-food-drink](http://www.bit.ly/purchasing-food-drink)

PHE, 2014 Healthier and More Sustainable Catering: Nutrition Principles  
[www.bit.ly/nutrition-principles](http://www.bit.ly/nutrition-principles)

PHE, 2014, Sugar: Responding to the Challenge [www.bit.ly/sugar-reduction](http://www.bit.ly/sugar-reduction)

PHE, 2014 A Quick Guide to the Government's Healthy Eating Recommendations  
[www.bit.ly/guide-healthy-eating](http://www.bit.ly/guide-healthy-eating)

PHE, 2015. Sugar Reduction: the evidence for action [www.bit.ly/evidence-for-action](http://www.bit.ly/evidence-for-action)

SACN, 2015. Carbohydrates and Health [www.bit.ly/carbohydrates-health](http://www.bit.ly/carbohydrates-health)

Brighton & Hove City Council, 2015. Sugar Smart City: report of the debate and action plan  
[www.brighton-hove.gov.uk/sugar-smart-report](http://www.brighton-hove.gov.uk/sugar-smart-report)

Brighton & Hove Food Partnership, 2015. Sugar Smart Booklet.  
[www.brighton-hove.gov.uk/sugar-smart-booklet](http://www.brighton-hove.gov.uk/sugar-smart-booklet)

## Websites

[www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx](http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx)

This website is consumer focused and provides advice on diet and health including reliable and practical advice about healthy eating and understanding food labels.

[www.brighton-hove.gov.uk/sugarsmart](http://www.brighton-hove.gov.uk/sugarsmart)

SUGAR SMART is a joint initiative from Brighton & Hove City Council, Food Partnership and the Jamie Oliver Food Foundation. Visit the website to find out how you can get involved, and to download a range of resources.

[www.childrenshealthfund.org.uk/](http://www.childrenshealthfund.org.uk/)

The Children's Health Fund was set up by Sustain with Jamie Oliver's help in August 2015. The aim is to get restaurants and cafes to put a voluntary 10p 'sugary drinks levy' on soft drinks on their menu that contain added sugar. The money raised by the self-imposed levy will be paid into the Children's Health Fund providing grants for programmes and schemes aimed at improving children's health and food education. Visit the website to support the fund.

[www.actiononsugar.org/](http://www.actiononsugar.org/)

Action on Sugar is a group of specialists concerned with sugar and its effects on health.

[www.actiononsalt.org.uk](http://www.actiononsalt.org.uk)

Consensus Action on Salt and Health is a group concerned with salt and its effects on health. This website aims to highlight the consequences of eating too much salt and offers advice on how to cut down on the consumption of salt.

[www.nutrition.org.uk](http://www.nutrition.org.uk)

The British Nutrition Foundation website provides healthy eating information, resources for schools, news items, recipes and details of the work we undertake around the UK/EU.

## Accredited training

### The Chartered Institute of Environmental Health (CIEH) offers:

- Level 1 Award in Nutrition
- Level 2 Award in Healthier Food and Special Diets

[www.cieh.org/training/level\\_2\\_healthier\\_food.html](http://www.cieh.org/training/level_2_healthier_food.html)

### The Royal Society for the Promotion of Health (RSPH) offers:

- Fundamentals of nutrition – level 2
- Level 1 award in healthier food and special diets
- Level 2 award in healthier food and special diets
- Level 3 award in nutrition for healthier food and special diets
- Level 4 Award in Nutrition
- Level 4 Certificate in Nutrition for Institutional Food Services
- Level 4 Certificate in Nutrition for Physical Activity and Sport

[www.rsph.org.uk/en/qualifications/qualifications.cfm?cat=nutrition](http://www.rsph.org.uk/en/qualifications/qualifications.cfm?cat=nutrition)

