

Healthier Food, Healthier Business.



A recent Greater Manchester survey of takeaway food found alarming levels of fat, saturated fat and salt. It was found that eating a single takeaway meal could, easily exceed daily recommended amounts.

Why does this matter?

A diet lower in fat, salt and sugar and higher in fruit and vegetables can protect us against heart disease, high blood pressure, diabetes and from gaining weight. However we recognise that today we rely much more on convenience foods and meals from our local takeaways play a much bigger part in our diet.

The aim of this guidance is to provide you with:

- a simple checklist to help you make small changes which may have a big impact on your customer's health.
- the opportunity to make changes to your dishes that may potentially save you money and provide a positive marketing opportunity.



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Tips for healthier choices

	Simple changes you can make	What are you using now?	What have you changed to?
Reducing the amount of total fat	<ul style="list-style-type: none"> Use all types of oil, butter and margarine sparingly. When frying food, make sure the oil is at the right temperature, so that the food absorbs less of the fat. Cut thick chips instead of thin chips. Less oil is absorbed by thick chips. 		
Reducing the amount of saturated fat	<ul style="list-style-type: none"> Consider using healthier fats and oils, e.g. Rapeseed oil or corn oil, instead of Palm oil or Ghee. Change oil regularly 		
Reducing the amount of salt	<ul style="list-style-type: none"> Certain ingredients are naturally high in sodium such as Monosodium Glutamate (MSG) and it is often not necessary to add more salt. Use MSG sparingly. Use other herbs and spices to add flavour. Gravy, Soy Sauce and other pre-made sauces can be incredibly high in salt. Use a lower salt version, or serve smaller portions. Allow customers to add salt to their own taste. Use a salt shaker with a reduced number of holes. Do not use a lower salt alternative in your salt shakers as these may contain ingredients that are not suitable for some people. 		
Increasing the amount of fruit and vegetables	<ul style="list-style-type: none"> Try to promote the uptake of vegetables e.g. peas, baked beans, carrots or salad. Try to buy/make mushy peas and baked beans with lower salt/sodium content. If you sell burgers or kebabs make portions of the salad larger and use a wider range of vegetables not just lettuce and onion. 		
General Tips	<ul style="list-style-type: none"> Reduce portion sizes or promote smaller portion sizes as an alternative and market the portion at a correspondingly lower price. Promote healthier options such as steamed/boiled rice or chapattis instead of egg fried rice, pilau rice, naan or chips. These starchy foods are usually lower in cost. Bread and pasta are both low in fat. If serving pasta, make sauces from tomatoes or other vegetables and not from cream. 		
Meal deals	<ul style="list-style-type: none"> If you offer children's meals- introduce healthier options like offering salad portions, fruit, a bottle of water or pure fruit juice. If you offer meal deals- promote a healthier meal deal by offering steamed/boiled rice or chapattis instead of egg fried rice, pilau rice, naan or chips and a healthier drink such as water or pure fruit juice. 		

For further advice please contact your local environmental health or trading standards service. More information on eating well is available at www.eatwell.gov.uk

We acknowledge the FSA Safer Food Better Business Manual in relation to the design of this document.