

Trading Standards



Catering Tips for Healthier Foods



- Ask your suppliers about levels of salt, fat, saturated fat and sugars in their products – do their foods meet Food Standards Agency’s voluntary salt targets? They may be able to supply lower salt, fat or sugar products eg lower fat cheese, lower salt and sugar beans, lower fat mayonnaise, lower fat sausages, lower salt gravy granules and stock
- Try to cut down on the amount of fried foods offered, such as chips and reconstituted potato products or offer healthier alternatives eg jacket potatoes, mashed potatoes. Try to grill foods rather than frying
- Choose thick cut chips or potato wedges instead of thin cut chips to reduce the amount of oil absorbed – or use oven chips
- Make sure oil used for frying is at the right temperature as this reduces the amount of oil absorbed
- Drain/blot fried foods before serving
- Use more starchy foods eg pasta, rice, potato (but not fried potato products) in relation to the rest of the meal and offer colourful salads and vegetables with main meals

Examples: -

- Sausage and Mash - serve more mash with vegetables and one less sausage
- Macaroni Cheese - use less sauce and more pasta with a salad or vegetables
- Select tinned fish in spring water rather than oil
- Offer fruit as an alternative to a snack or dessert
- Give the customer the choice of adding butter/spread to sandwiches and jacket potatoes or dressings to salads
- Use spreads that are soft from the fridge so it is easier to spread thinly