

Healthy Cooking Techniques

In the UK we have high rates of heart disease and rising levels of obesity. As people cook less and less, their reliance on restaurant foods increases and it is more important than ever that low fat and low calorie choices are available. Some of these suggestions might even save you money.

Below are some ideas of how you can offer your customers healthy choices that will keep them coming back for more.

Let the customer decide how much extra to add when serving:

- Salad dressings
- Butter with bread, potatoes, peas or carrots
- Salt with fish, chips, eggs

Instead of ...	Offer a choice of and use in cooking ..
Saturated fat such as lard, palm oil, ghee or butter	Mono-unsaturated oils and margarines such as olive oil, rapeseed oil
Full fat milk or cream for drinks	Semi skimmed or skimmed milk
Frying foods	Grilled, steamed or baked foods
Fatty meats, skin on poultry, fried fish	Lean meat, skinless poultry, drain fat off meat after browning. Bake, grill, roast or poach meat or fish, serve with low fat sauces
Glazing vegetables	Serve freshly cooked vegetables without fat
Salads and raw vegetables with oil based dressings	Salad and raw vegetables with fat free dressings
Heavily salting food before service	Use herbs, spices and citrus juice to flavour food. Small quantities of salt in cooking and allow customers to add their own
Refined starchy foods such as white rice, pasta, peeled potato, white bread, sugary and refined breakfast cereals	Unrefined starchy foods such as wholegrain cereal, wholegrain, rye and granary breads, brown or wild rice, wholemeal pasta
Limiting fruit and vegetables used e.g. serving meals with a salad garnish or a tablespoon of overcooked peas	Offer 80g portions as a minimum. Offer a range of fruit and vegetables, add to composite dishes such as casseroles, pasta sauces
Fried potatoes (crinkle cut chips and thinly cut chips are the most fatty), potatoes cooked in cream or oil; or served with sour cream	Boiled or baked potatoes, potatoes mashed with milk rather than cream, potatoes cooked in stock
Custard made with full fat milk, cream, ice cream	Custard made with low fat milk, sorbet, yogurt, fromage frais,

Healthy sandwiches and snack meals

Less Healthy Options	Healthier Options
Thin cut white bread	Thicker slices, rolls, pitta, wraps, wholemeal, granary, rye breads
Thickly spread butter	Unsaturated fat – preferably one high in ‘Monos’
Mayonnaise, salad cream or French Dressing	Fillings or salads without mayonnaise etc. Use dressings containing less than 20g fat per 100g. Offer relish, chutney or mustard “on the side”
Salami, luncheon meat,	Lean beef, pork, ham, gammon, chicken, turkey, pastrami
streaky bacon, fried bacon (if heated in microwave grill first) Sausages, Donner kebab, Hot dogs, burgers or low fat sausages containing more than 15g fat 100g	back bacon – grilled, grilled chicken kebab Hot dogs, burgers or low fat sausages containing less than 15g fat 100g
Tuna or prawn in mayonnaise or Marie Rose dressing, fish in oil	Tuna in water or brine, plain prawns, salmon or fish sticks, sardines in tomato, smoked salmon or trout
Hard cheese e.g. cheddar, Lancashire; cream cheese	Cottage cheese – items less than 15g fat per 100g e.g. dairy lea, dunkers
Egg mayonnaise	Boiled egg
Peanut butter, Chocolate spread	Hummus, baked beans, banana
Coleslaw, potato salad and similar salads	Salad without dressing. Lettuce, cabbage, tomato, cucumber, etc. Sweetcorn, olives, pickled onion, mushy peas

Healthy snacks

Instead of just offering these ...	Offer a choice including these
Fried rice, chips, fried potato wedges, pasta with mayonnaise or creamy sauce	Plain Rice, pasta, couscous, 5% fat oven chips or wedges
Fruit salad in syrup, twistlers and other snacks made with concentrated fruit juice	Fresh fruit, salad in juice, dried fruit
Standard Crisps e.g Walkers, Monster Munch, McCoys	Low fat crisps, less than 5g fat per packet (20g per 100g) e.g. Pretzels, French Fries, Square crisps and 3D’s, Twiglets
Cheesy or mayonnaise dips	Tomato or low fat yoghurt based dips or salsa
Savoury Biscuits and other snacks such as peanuts	Look for those containing 5g fat per packet or less e.g. snack a jacks, Thai bites, air popped popcorn
Cereal Bars e.g. some breakfast bars, Nutrigrain, sesame snacks	Look for bars containing less than 5g fat per packet
American style Muffins, cake, flapjacks, brownies, rich and creamy yoghurts, Danish pastries, some low fat cakes	Teacakes, scones, fruit, low fat yogurts. These often have no nutritional information on them. If they do look for ones containing less than 5g fat per packet
Low fat biscuits and cakes are usually also	Teacakes, scones, English muffins, low fat

high in sugar. They are not be suitable for people with Diabetes or high blood fat levels, so it would be best practice to offer a choice of low sugar variety.	crisps, plain biscuits such as Digestives, Rich Tea, oat biscuits. Varieties less than 100 kcal per portion are a reasonable choice.
Pies, pastry and pasties, including fried filo, samosas	Baked filo (brushed with unsaturated fat), baked samosas