

# Glasgow Food Pledge



## Healthier Caterer Advice - General

Healthier eating is becoming more important to consumers. There are a number of methods that you can use to provide healthier choices for the food you serve.

### 1 - Portion Size

- Reduce portion sizes for young people or alternatively offer reduced sizes for your customers to choose from. This will also help cut waste.
- Use set portion sizes e.g. don't overfill containers.
- Offer small or half portions and make them available to everyone.
- Ask your staff to stick to these portions as this provides consistency for your customers.
- Train staff

### 2 - Frying

- Use medium or thick cut chips (14mm wide).
- Dry hand cut chips thoroughly before frying.
- Use liquid vegetable oil (avoid hydrogenated).
- Heating oil to 175oC (350oF) before you start frying.
- Old oil from deep fat fryers should not be used for shallow frying as this oil is higher in saturated fat.
- Do not allow "cook from frozen" foods to thaw before frying e.g. frozen chips, as this will add water in the frying oil and lower its temperature. These foods will take longer to cook and will absorb more fat.
- Don't fill the frying basket by more than half as this will cause the temperature of the oil to drop, meaning food will take longer and absorb more fat.
- Keep frying oil topped up – the food must be immersed during cooking. Foods only partly covered will take longer to cook and will absorb more fat.
- When renewing your oil, clean and dry the fryer.
- If the fryer is used frequently, change your oil according to suppliers instructions.
- Shake the fryer basket a few times during cooking to ensure the oil circulates and the food is cooked properly.
- Shake, Bang, Hang. Shake and bang the basket vigorously twice and hang for at least 20 seconds to drain off excess fat.
- Remove extra oil from food by placing fried foods on absorbent kitchen paper.
- Don't re fry the food.
- Continually skim debris from oil after use, filter daily and change oil before it foams/smokes.



### 3 - Fat

- Substitute high fat ingredients e.g use lower fat dairy products in creamy sauces. Reduce the use of cream, butter and mayonnaise.
- Substitute high saturated fat ingredients with low saturated fat ingredients.
- Use fats /oils that are higher in mono and polyunsaturates.
- Trim off the fat from meat.
- Reduce the amount of oil in sauces produced in-house, use vegetable oil.
- Consider other cooking methods such as grilling, baking, steaming or boiling.

### 4 - Salt

- Provide salt only when requested by a customer.
- Use a salt shaker with fewer holes.
- Gradually reduce the amount of salt you add to your dishes/sauces.
- If using bought sauces use lower salt alternatives.

### 5 - Sugar

- If using bought sauces use lower sugar alternatives.
- Provide customers with fruit as a meal deal instead of a cake/confectionary.
- Offer sugar free drinks/water.

### 6 - Promotions

- Offer water, milk or sugar free drinks as part of deals/promotions.
- Include fruit in all promotions, or locate at the till area/checkout.

### 7 - Healthier Options

- Provide customers with healthier choices such as fruit, vegetables, salad, beans, pulses wholegrains and fish. Cut down fat (especially saturated fat), salt and sugar.
- Purchase ingredients with lower salt, sugar and fats – check the nutrition labelling.
- Consider sandwiches, baguettes and wraps. Consider high fibre breads, include vegetables as fillings.
- Highlight on menu that customers can ask for food to be baked, steamed, boiled, grilled instead of fried.
- Encourage the use of wholegrain carbohydrates (wholemeal bread, wholewheat pasta and brown rice). To improve dietary fibre.



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# Glasgow Food Pledge

## Healthier Caterer Advice - Specific Dishes



### Healthier Cooking Techniques for Specific Dishes

#### Chips and other Fried Foods

- Use thick cut chips (14mm)
- Dry hand cut chips thoroughly before frying.
- Use liquid vegetable oil
- Heat oil to 175oC (350oF) before you start frying
- Do not allow cook from frozen foods to thaw before frying e.g. frozen chips, as this will add water in the frying oil and lower its temperature. These foods will take longer to cook and will absorb more fat.
- Never fill the frying basket by more than half as this will cause the temperature of the oil to drop, meaning food will take longer and absorb more fat.
- Keep frying oil topped up – the food must be immersed during cooking.
- Shake the fryer basket a few times during cooking to ensure the oil circulates and the food is cooked properly.
- Foods only partly covered will take longer to cook and will absorb more fat.
- Shake, Bang, Hang Shake and bang the basket vigorously twice and hang for at least 20 seconds to drain off excess fat.
- Remove extra oil from food by placing fried foods on absorbent kitchen paper.
- Don't refry the food
- Continually skim debris from oil after use, filter daily and change oil before it foams/smokes.
- If the fryer is used frequently, change your oil according to the suppliers instructions.
- Maintain oil quality When renewing your oil, clean and dry the fryer.

#### Bacon/Meat

- Trim off the fat before cooking.
- Alternative means of cooking (microwave).
- Use liquid vegetable oil



### Sauces Reformulation

- Substitute cream in curry sauces with low fat yoghurt. Swap to reduced fat options such as low fat yoghurt in marinades and accompaniments.
- Reduce the amount of salt/oil used in sauces e.g. curry sauce.
- Use vegetable oil.
- Skim off fat/oil floating on top of curries.
- Try using less or alternatives to ghee.

### Pies/Sausages/Burgers

- Check the labels and choose those with the least fat content. A higher meat content of greater than 65% means less fat.

### Rice/Noodles

- Offer boiled/steamed rice and noodles as an alternative to fried (pilau). To make boiled rice more appealing offer variations with added vegetables.

### Sandwiches/Rolls

- Reduce the use of cream, butter and mayonnaise.
- Use lower fat cheeses.
- Use higher fibre bread.
- Do not use salt.
- Include vegetables in the filling



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