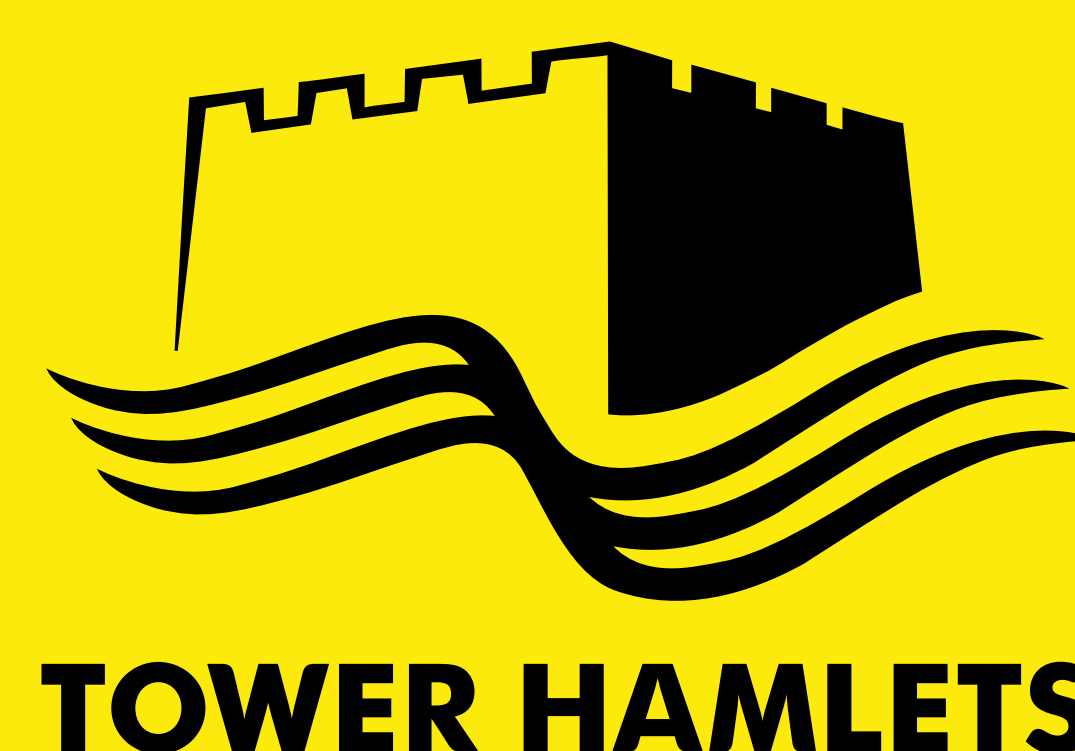


Tower Hamlets food4health Online Healthier Catering Course



Awards

Food businesses in Tower Hamlets are helping the community to eat healthier.

- The Food for Health Awards were launched in 2010.
- Since then, the Food for Health Awards team has engaged with hundreds of local restaurants, cafés and take-aways.
- Many of these businesses are making small changes to the food they cook or sell.
- These changes have made their food healthier gaining them a Food for Health Award.
- Those with an award display a sticker in their window which lets the community know that they have made a commitment to providing healthier options.

Are you a winner?

As a Food for Health award winner you get access to:

- Free food hygiene training.
- Advice and support to ensure your business is a 3 or above on the Food Hygiene Rating Scheme.
- Support from Tower Hamlets Public Health.
- Promotion of your success in the award scheme.

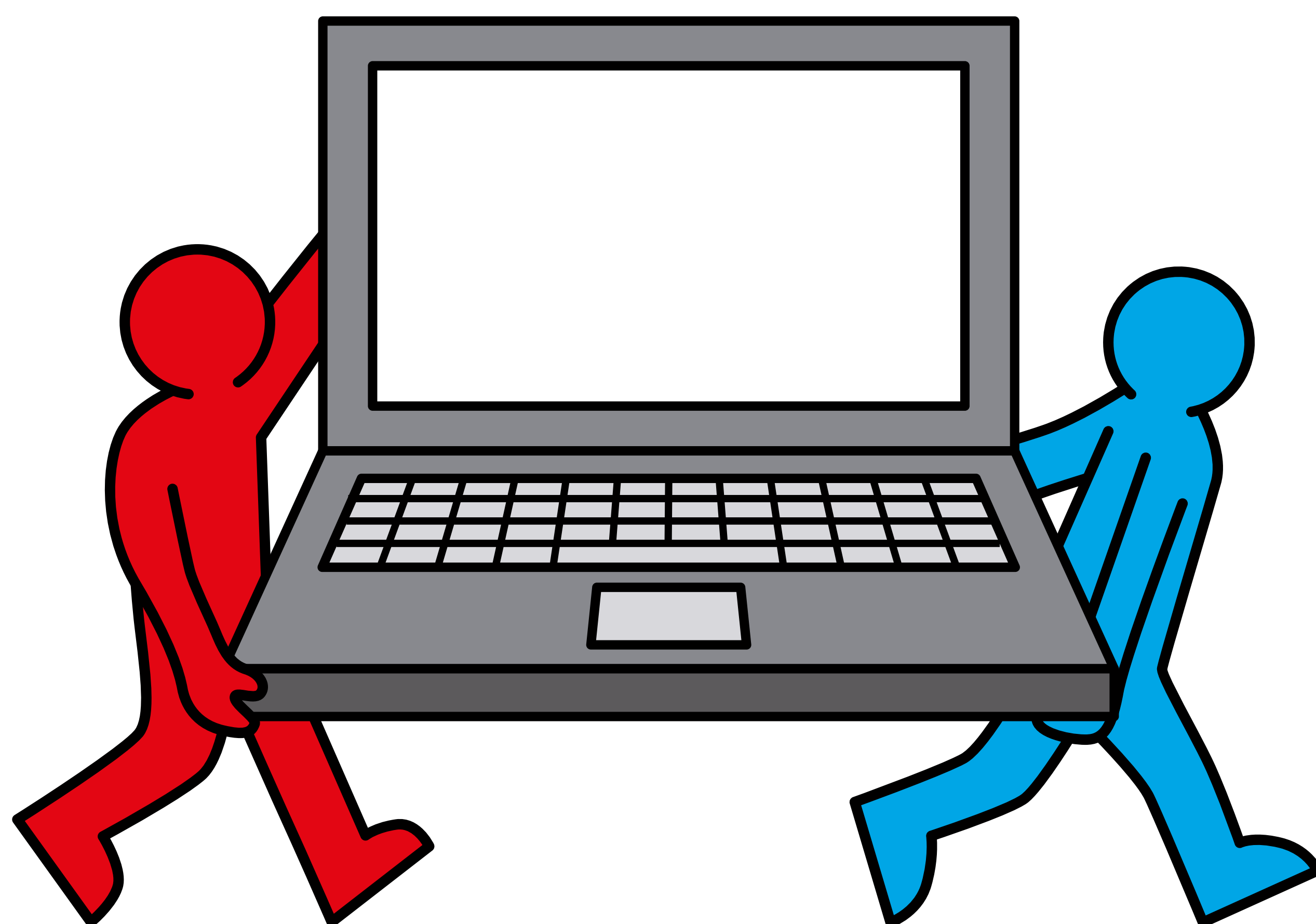


For more information, visit:
[www.towerhamlets.gov.uk/
healthycateringworkshop](http://www.towerhamlets.gov.uk/healthycateringworkshop)

Training

This short training course can be used as a tool to take a fresh look at the food you prepare. There are small changes you can make such as using healthier oils, using reduced fat mayo and changing portion sizes to offer healthier options for your customers.

Once you have finalised the training you will be considered for a Gold Food for Health Award.



Introduction

Large sections of the population rely on others to buy, prepare and serve food on their behalf eg restaurants, canteens and takeaways.

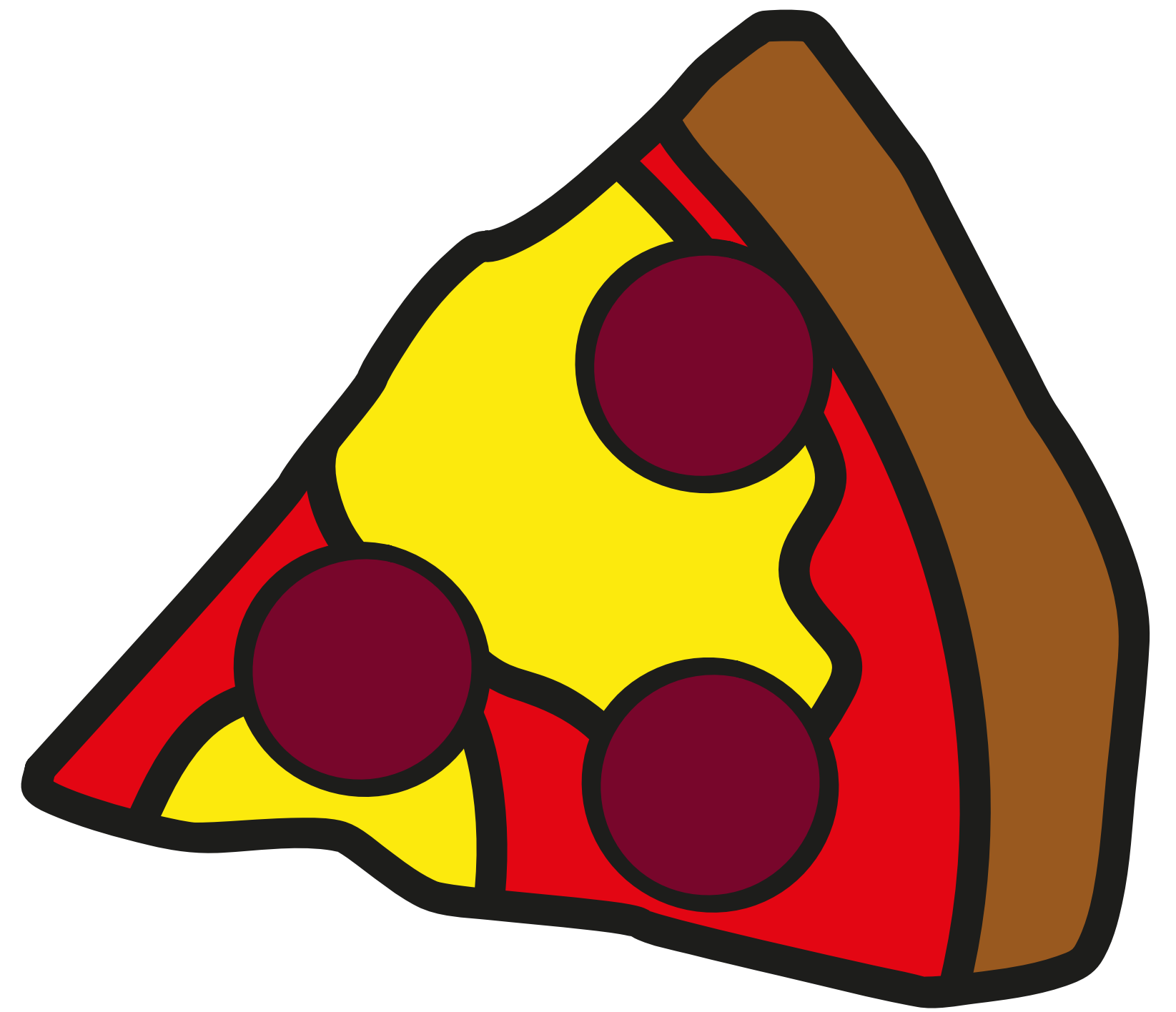


On average, the population consumes too much saturated fat, salt and sugar and eats too little fibre, fruit and vegetables and oily fish than recommended.

Eating out

In Tower Hamlets, a lot of people like to eat out.

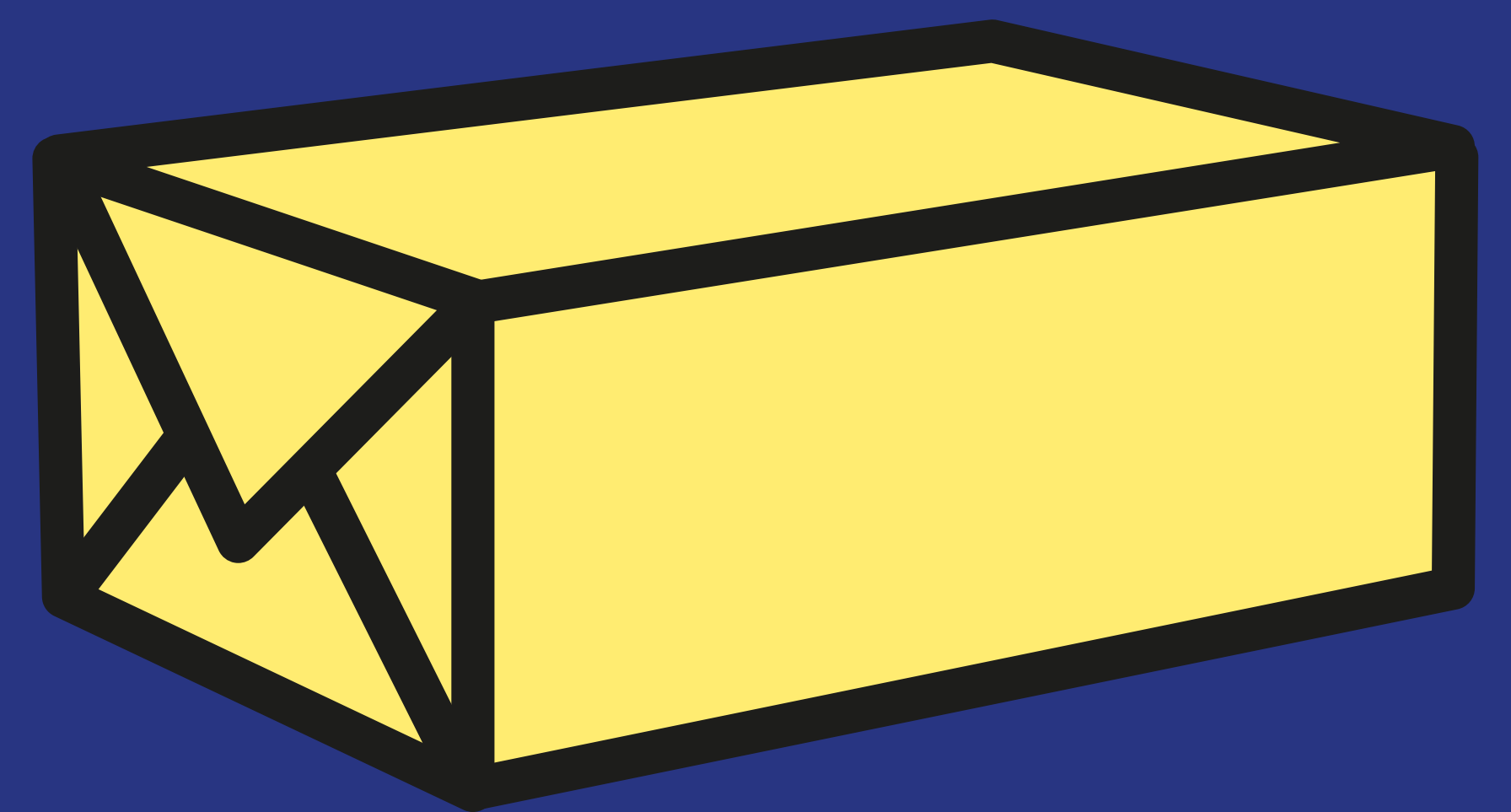
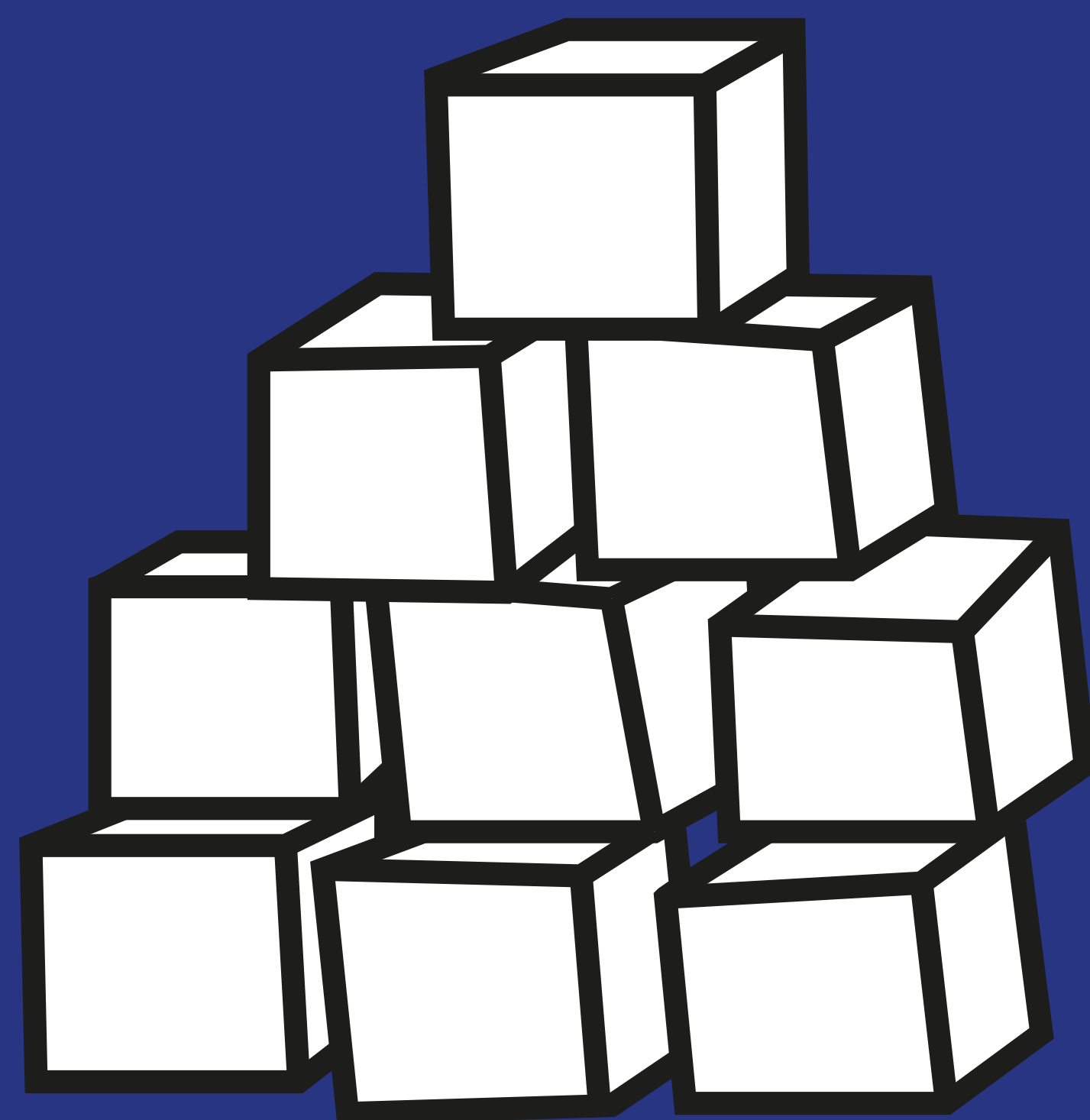
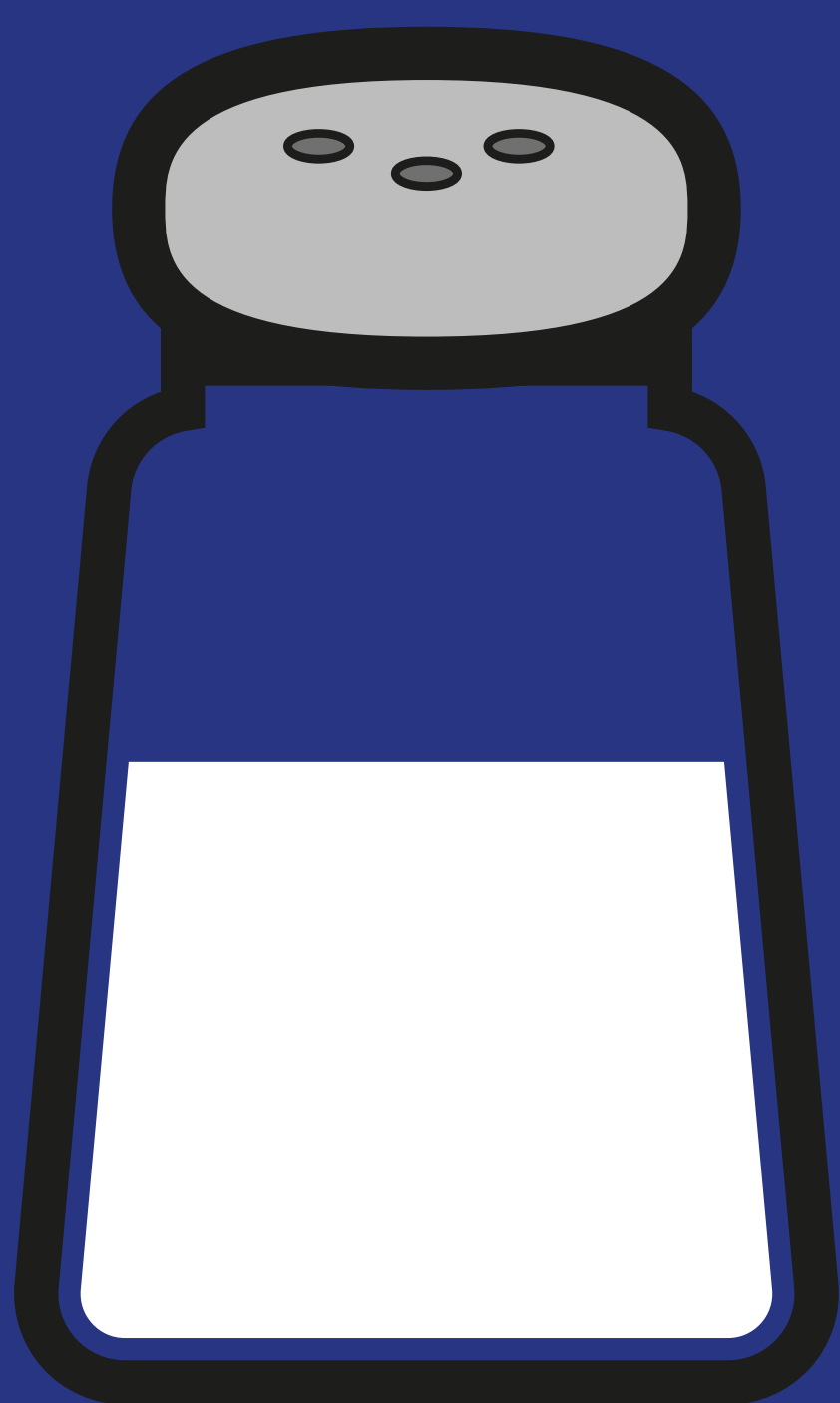
- 25,000 residents eat out every week.
- Most of our residents are within 10 minutes walking distance from a take-away.
- Many residents eat out at restaurants and take-aways three times a week or more.
- Food businesses can have a huge impact on their community's health.
- Some people told us they ate take-aways every day.



Salt, sugar, fat

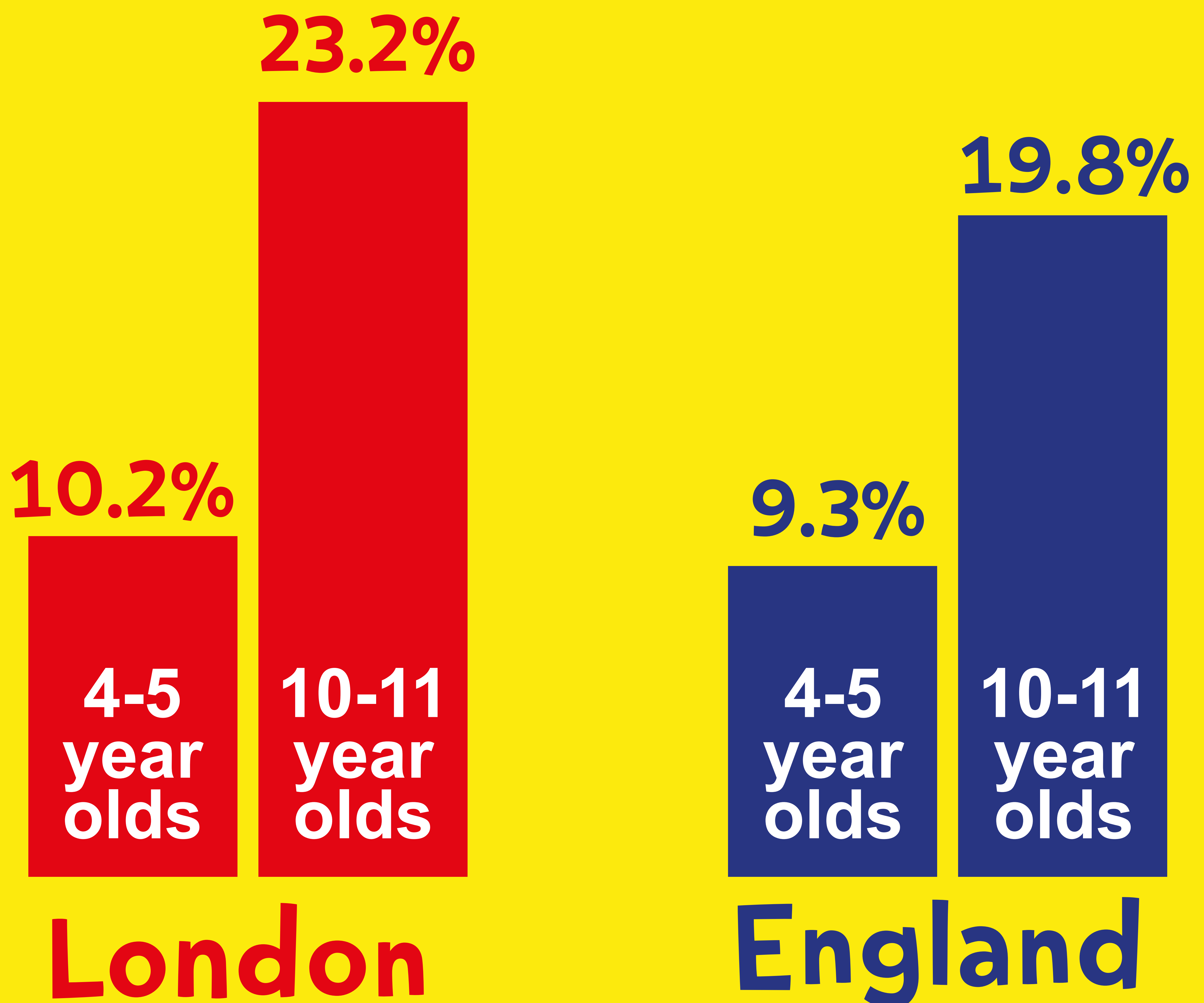
Using a lot of salt, sugar and fat in meals may help food to taste good, but this does not help people who:

- need to lose weight because of a medical condition (children and adults).
- are trying to be mindful in what they eat.
- eat out once or twice a day.



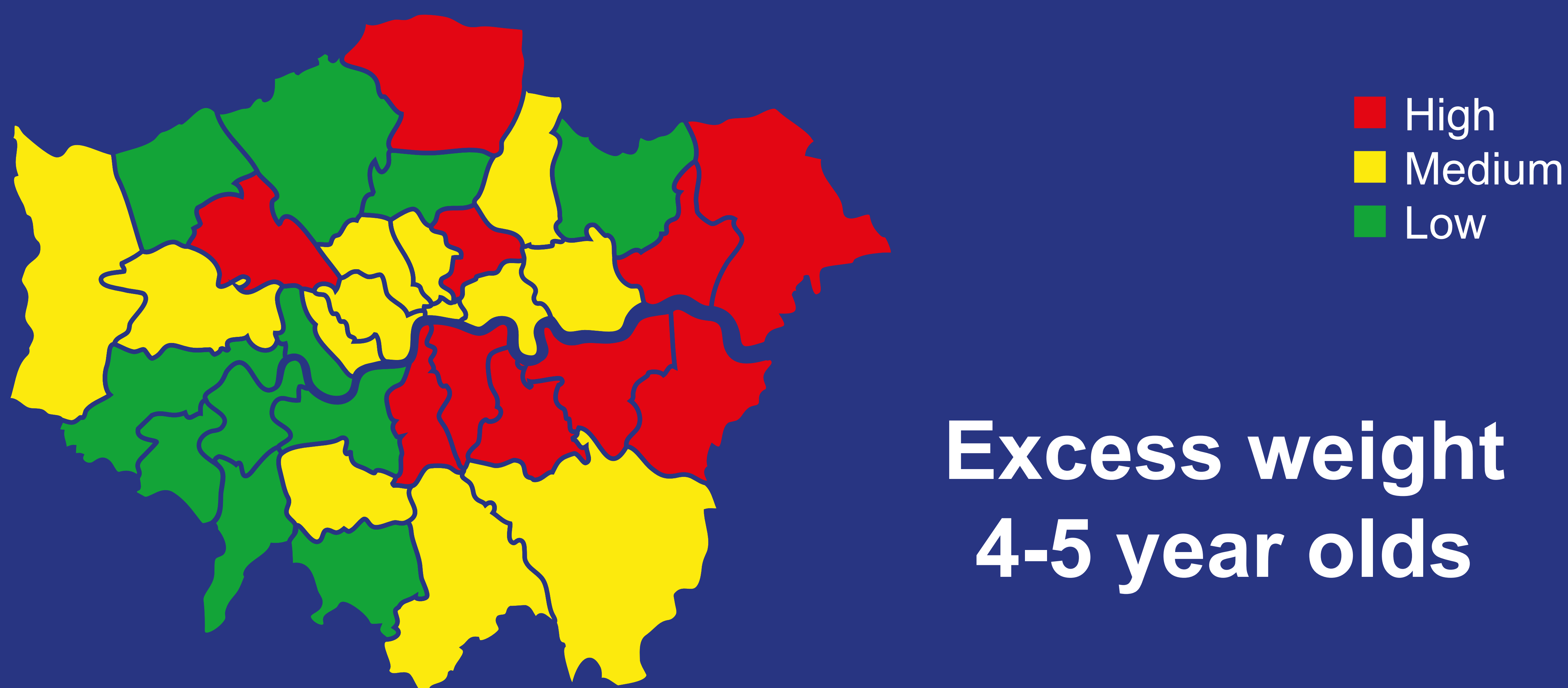
Child obesity

Rate of children that are overweight and childhood obesity are higher in London than in the rest of England.



Across London

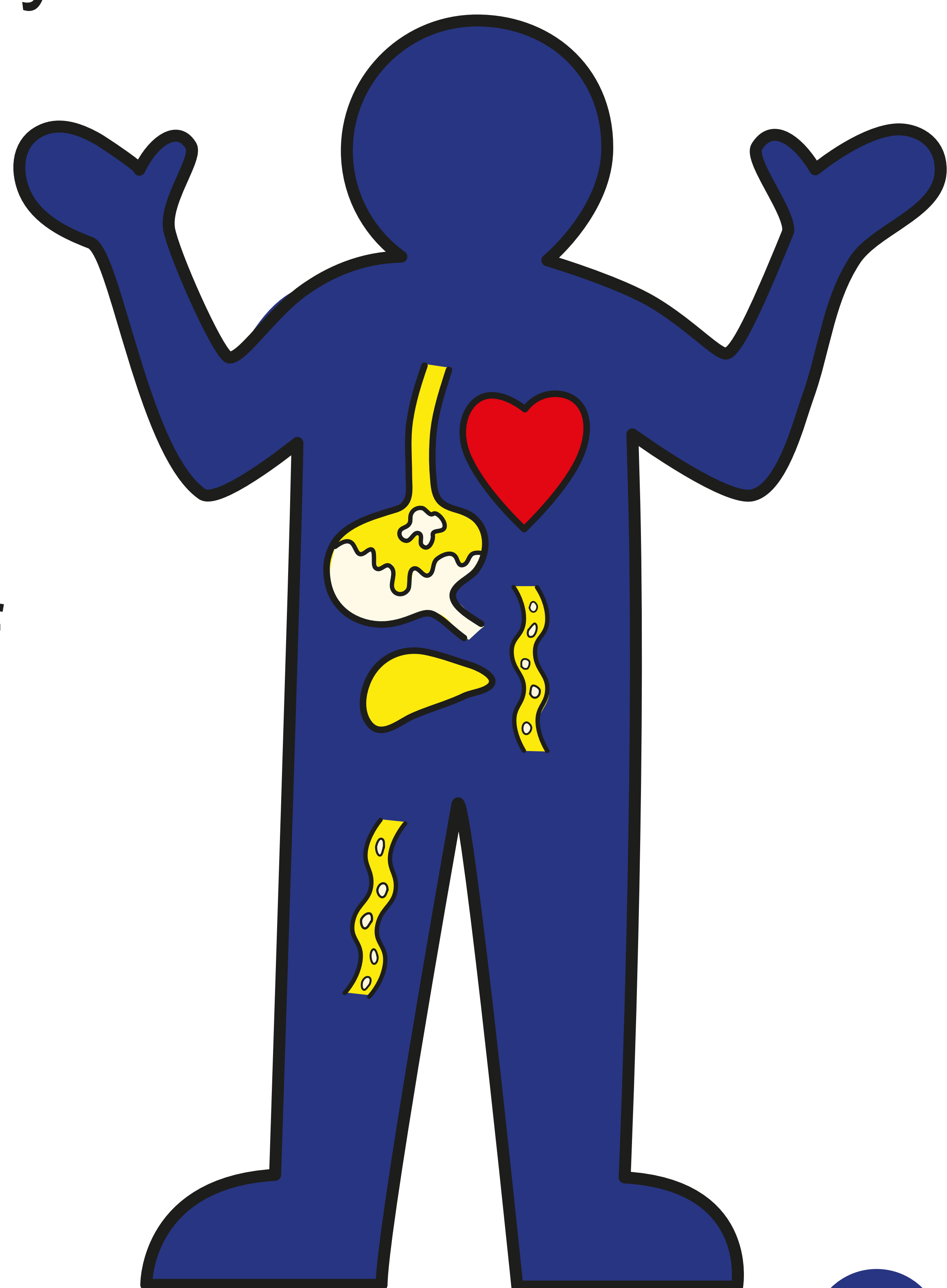
There is a wide variation across London in the number of children who are an unhealthy weight.



Adult health

People in Tower Hamlets tend to have more health problems than those living in other parts of London and England.

- We have higher rates of type 2 diabetes and cardiovascular disease.
- Type 2 diabetes is mainly caused by too much fat around the liver (abdominal or visceral fat).
- These conditions also increase the risk of stroke, heart attacks, blindness and kidney disease.



Dental health

Too much sugar in food and drinks can cause tooth decay.

- It is the most common reason for hospital admission for children aged 5-9 years.
- Major causes include drinking juice and sugary soft drinks and eating sweets and crisps.
- Chewing fruit, rather than drinking in liquid form, decreases the risk.
- 35.5% of 5 year olds have tooth decay.
- Tower Hamlets has the highest rate of tooth decay in London for 5-9 year olds.



Unhealthy foods

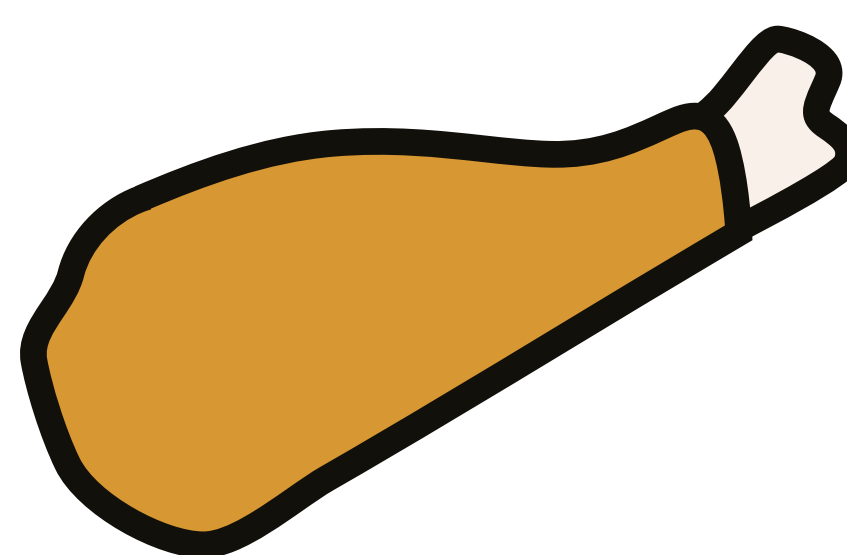
Foods high in fat, salt and sugar are easily available and hard to resist. For example:



High fat
desserts



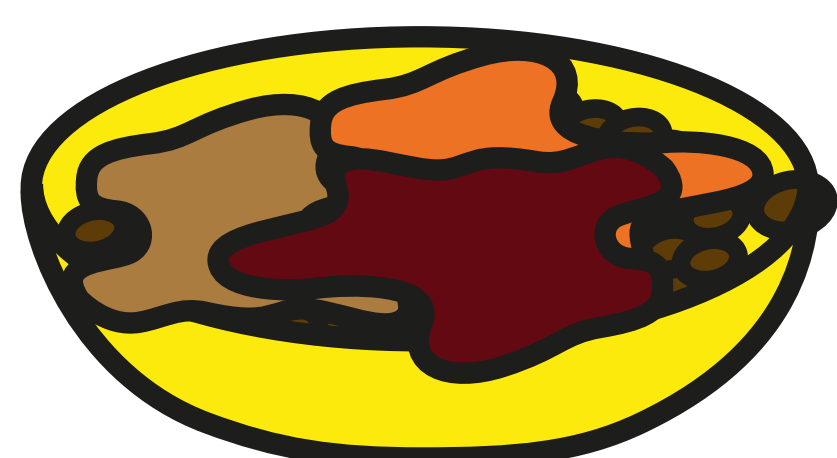
Sugary
drinks



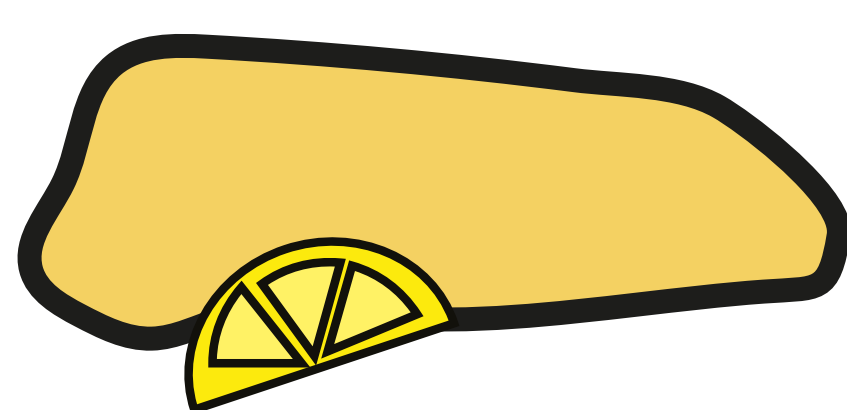
Deep fried
chicken



Snacks



Oily meat
curries



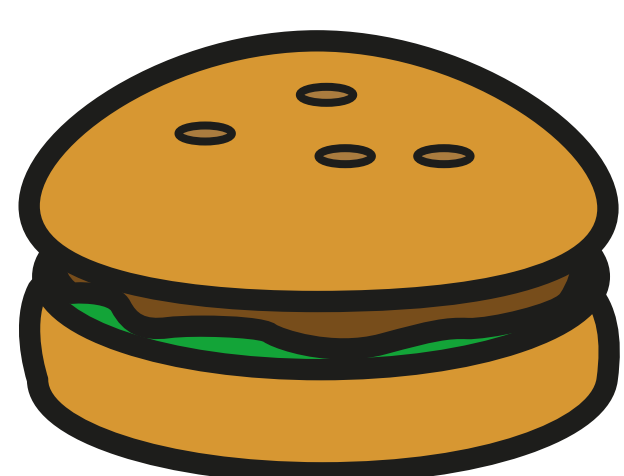
Deep fried
fish in batter



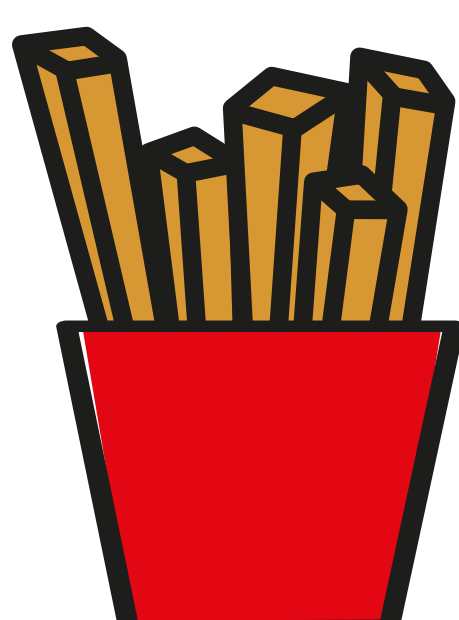
Doner kebabs



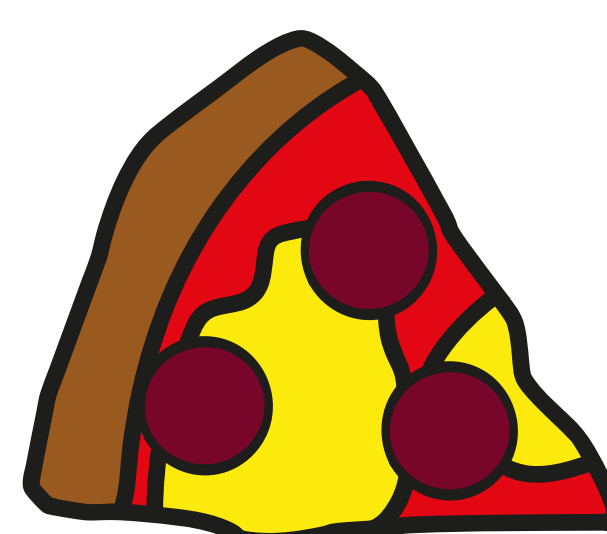
Fry ups



Burgers



Chips



Pizza

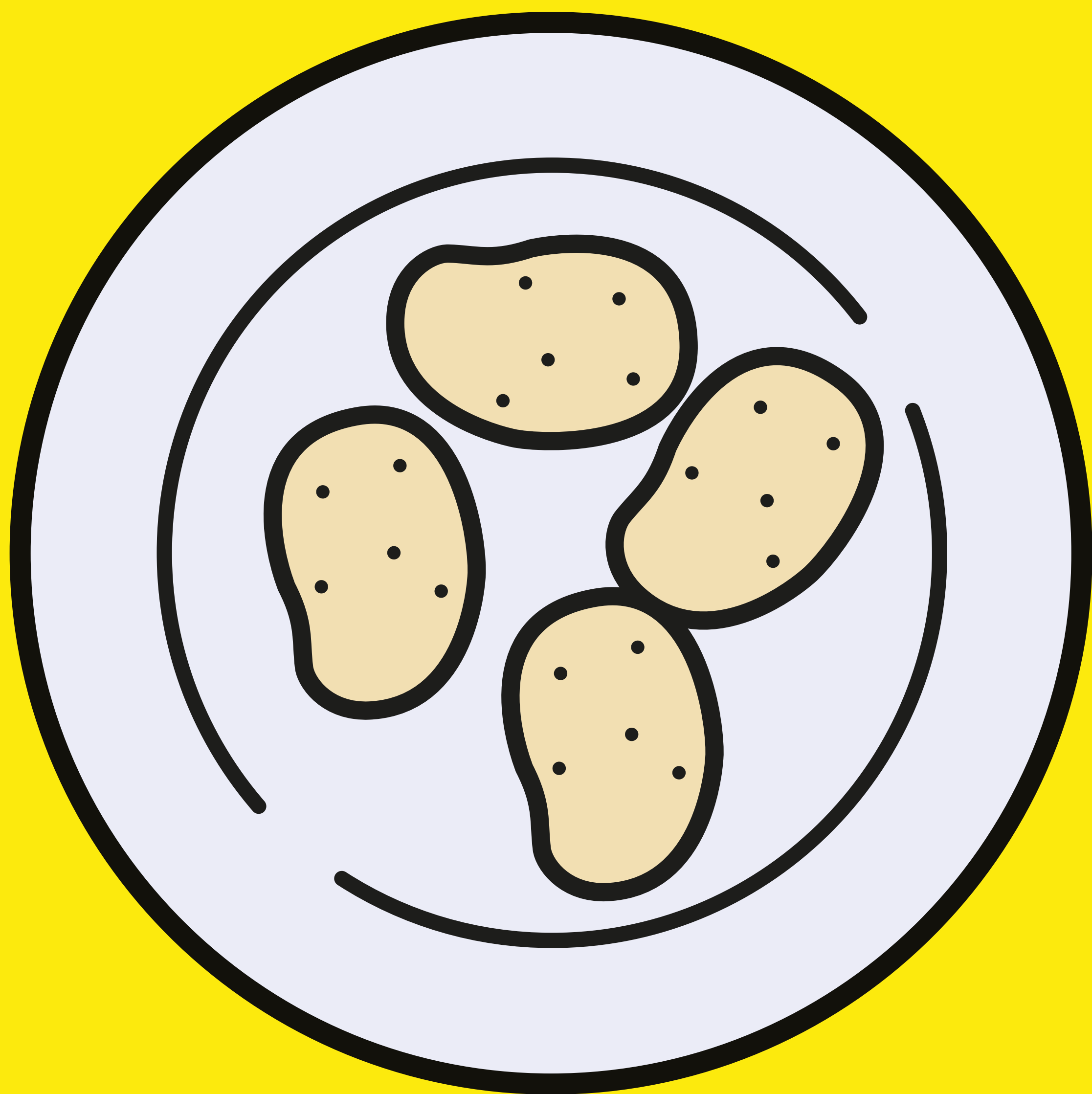


Mustard,
mayo,
ketchup

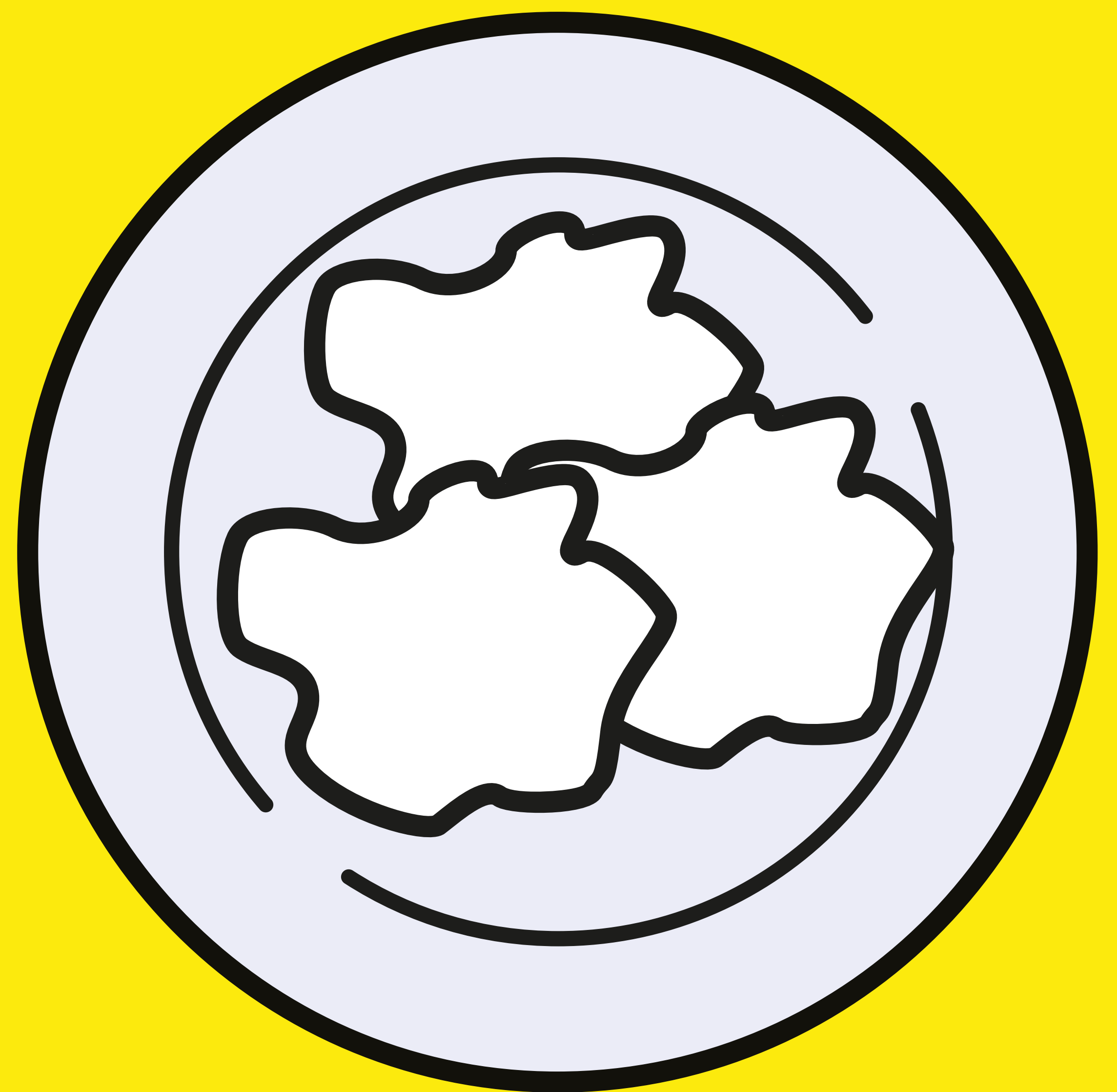
What can you do?

How can you, as a caterer, make your food healthier?

Making slight adjustments to how you prepare and cook your food makes a big difference. For example:



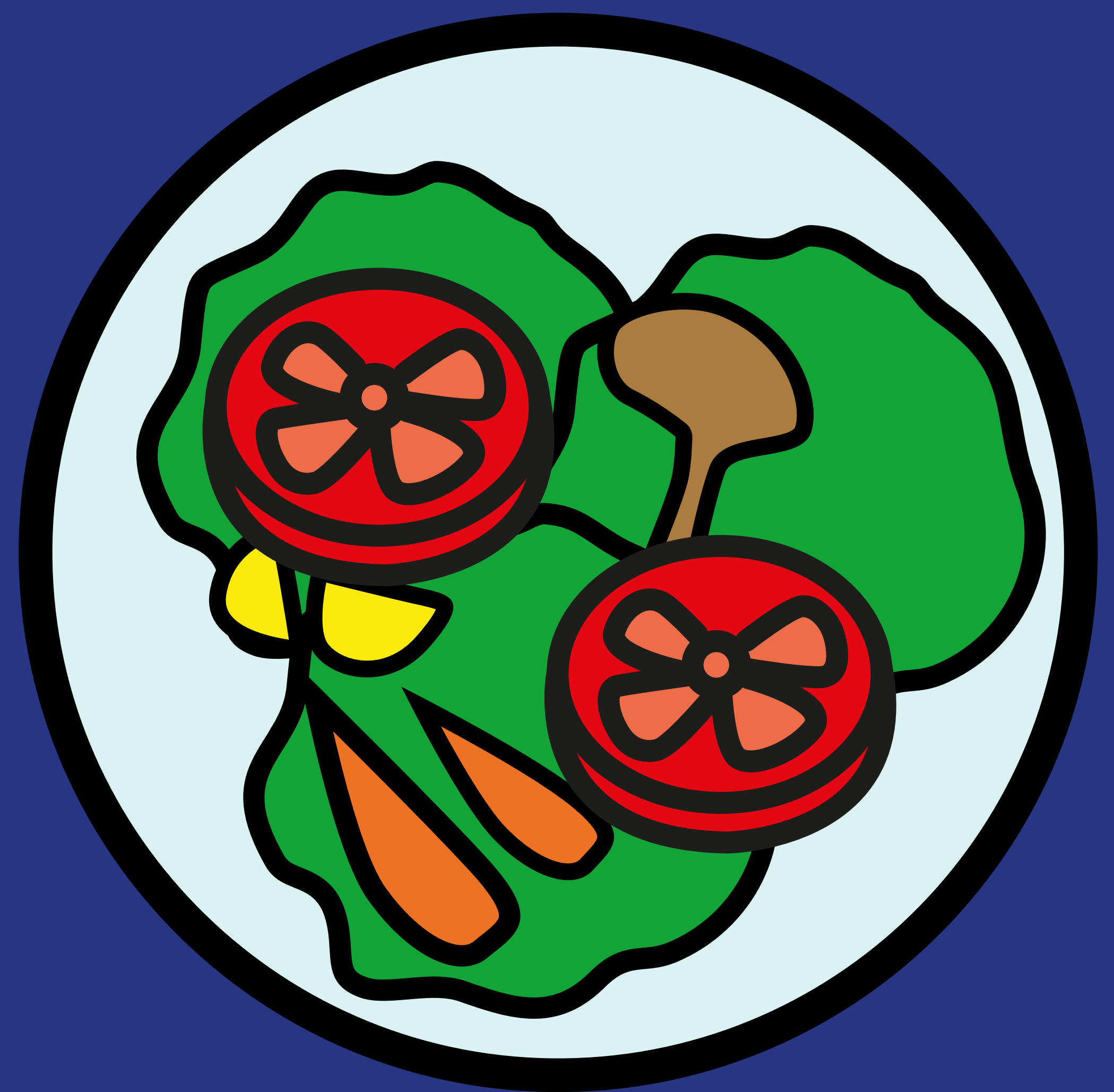
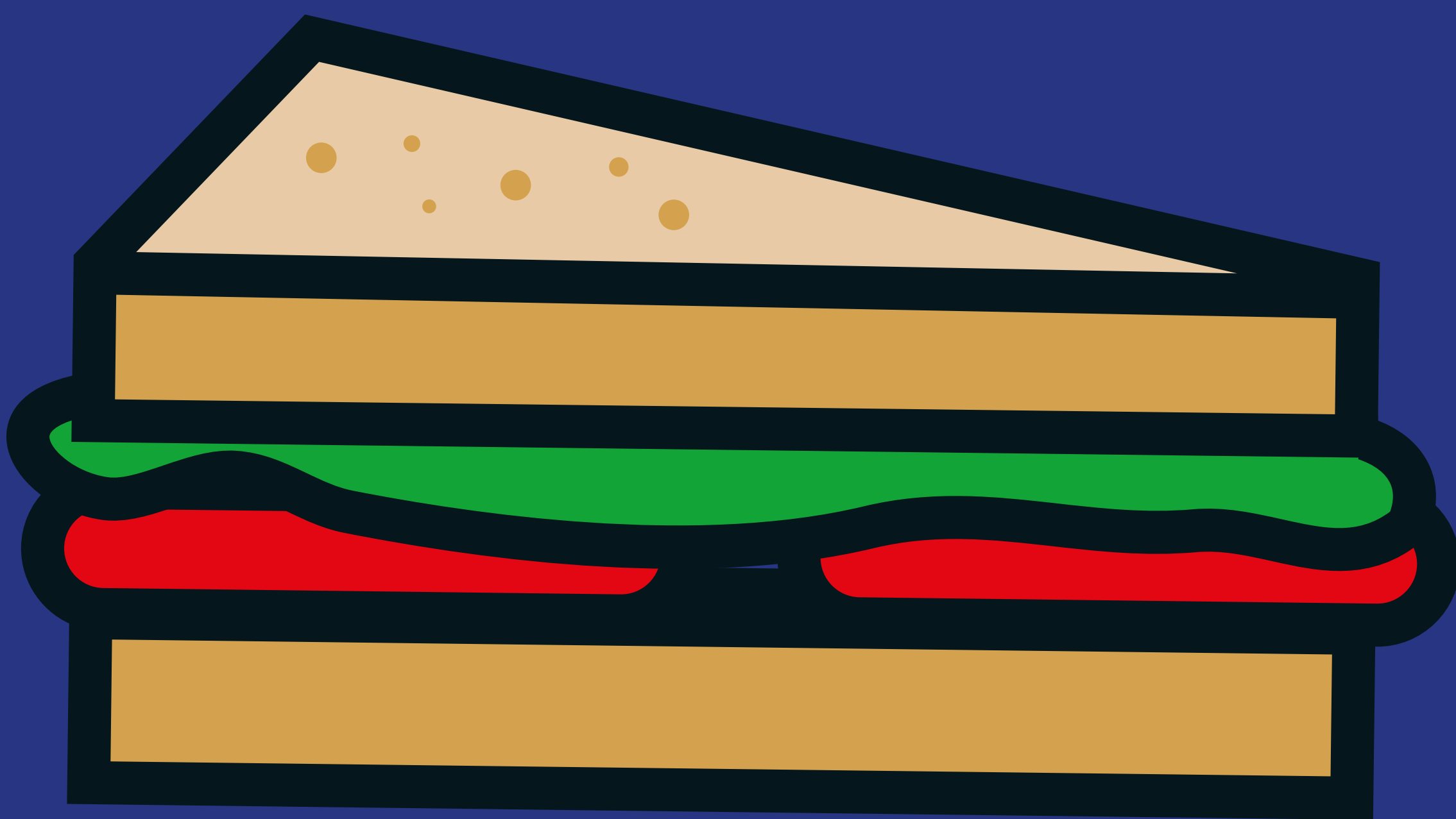
**Potatoes without
butter
135 calories**



**Mashed potato
with butter
and milk
305 calories**

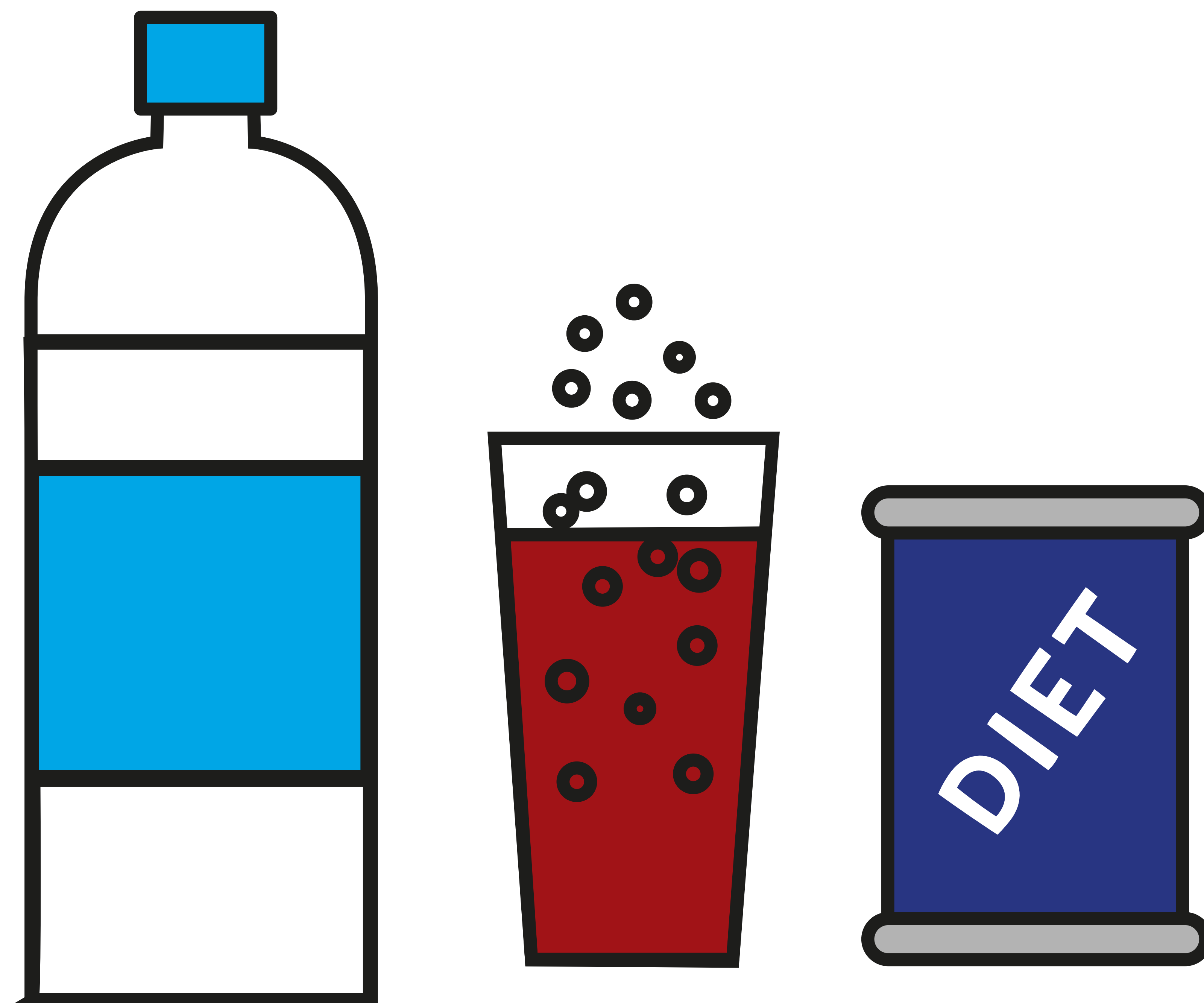
Dressings

- For salads and sandwiches, swap full fat mayonnaise and salad cream with reduced fat versions.
- This will reduce the amount of calories in your dishes.
- Or better yet, do not use them at all.



Fizzy drinks

- Provide water, diet and no added sugar varieties.
- Place diet versions or water at eye level in the drinks fridge.



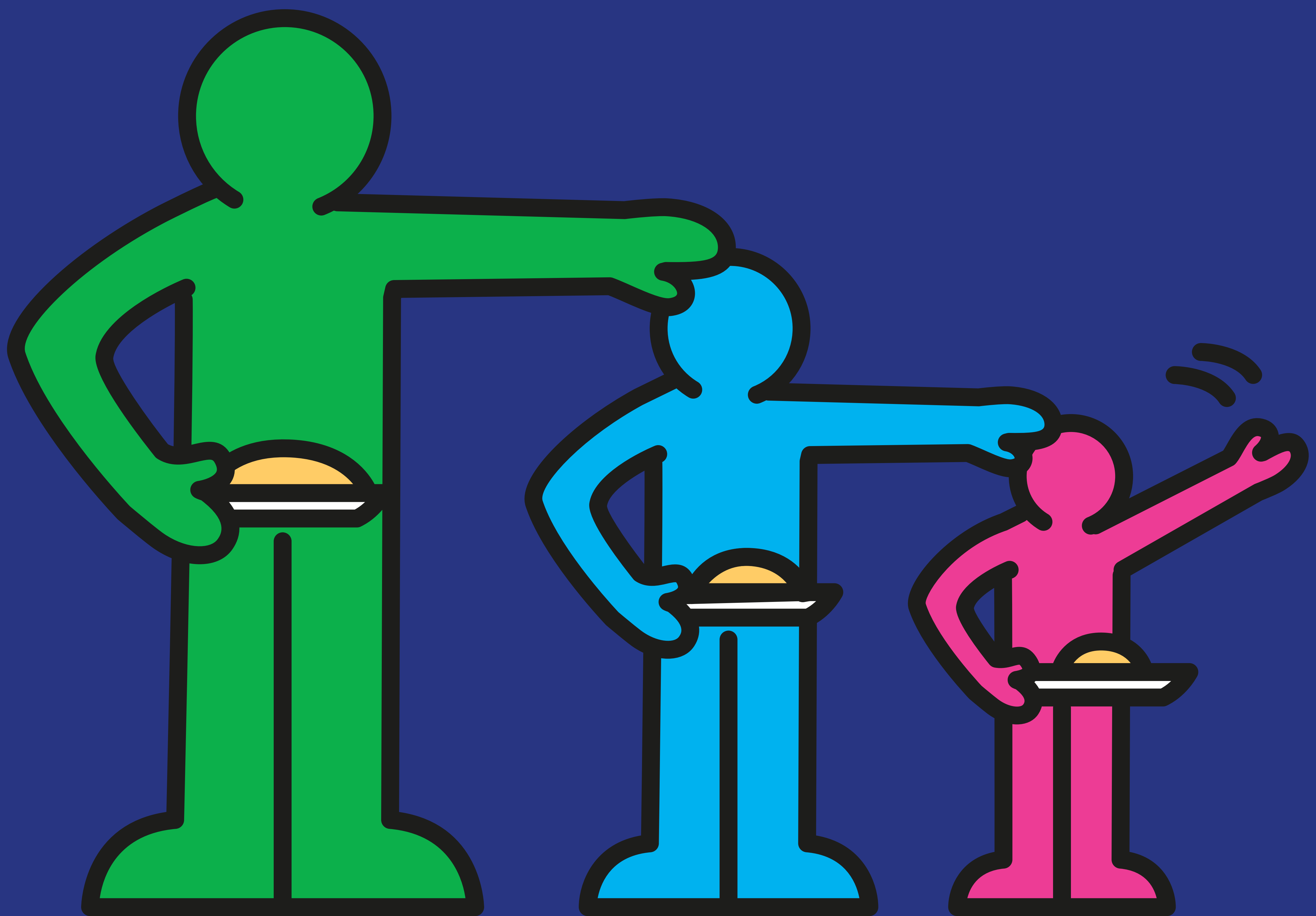
Displaying food

- The way in which you display your food can help customers to be tempted to choose a healthier option.
- Bright colours and variety helps.



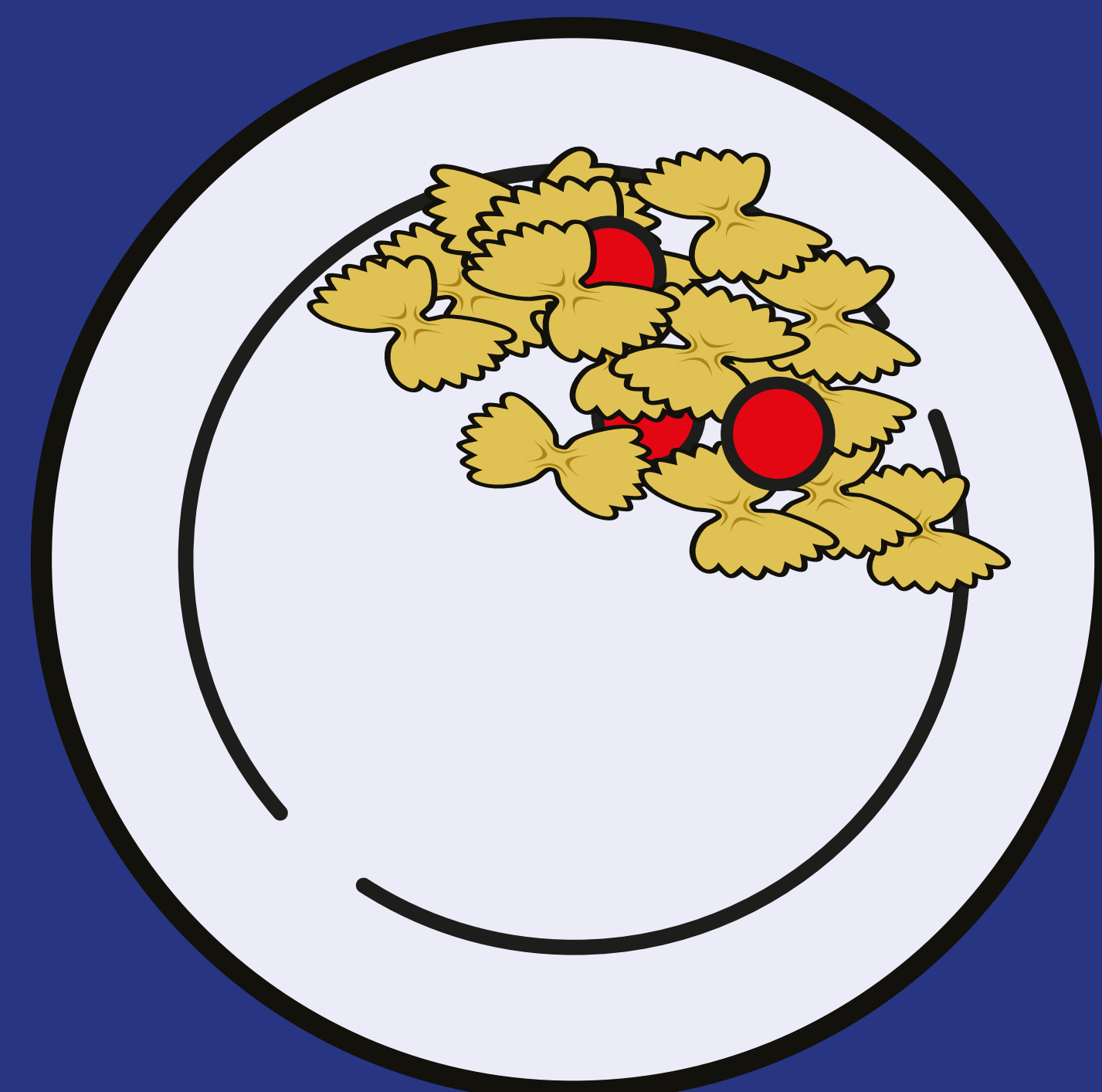
Portion size

- Portion sizes have been increasing over the years.
- People expect value for money.
- However, the average person is not aware of what a reasonable portion size should be.



Portion size

How much food is left on your customers' plates?



Reducing portion, plate and take away container sizes helps people to eat less whilst saving you money.

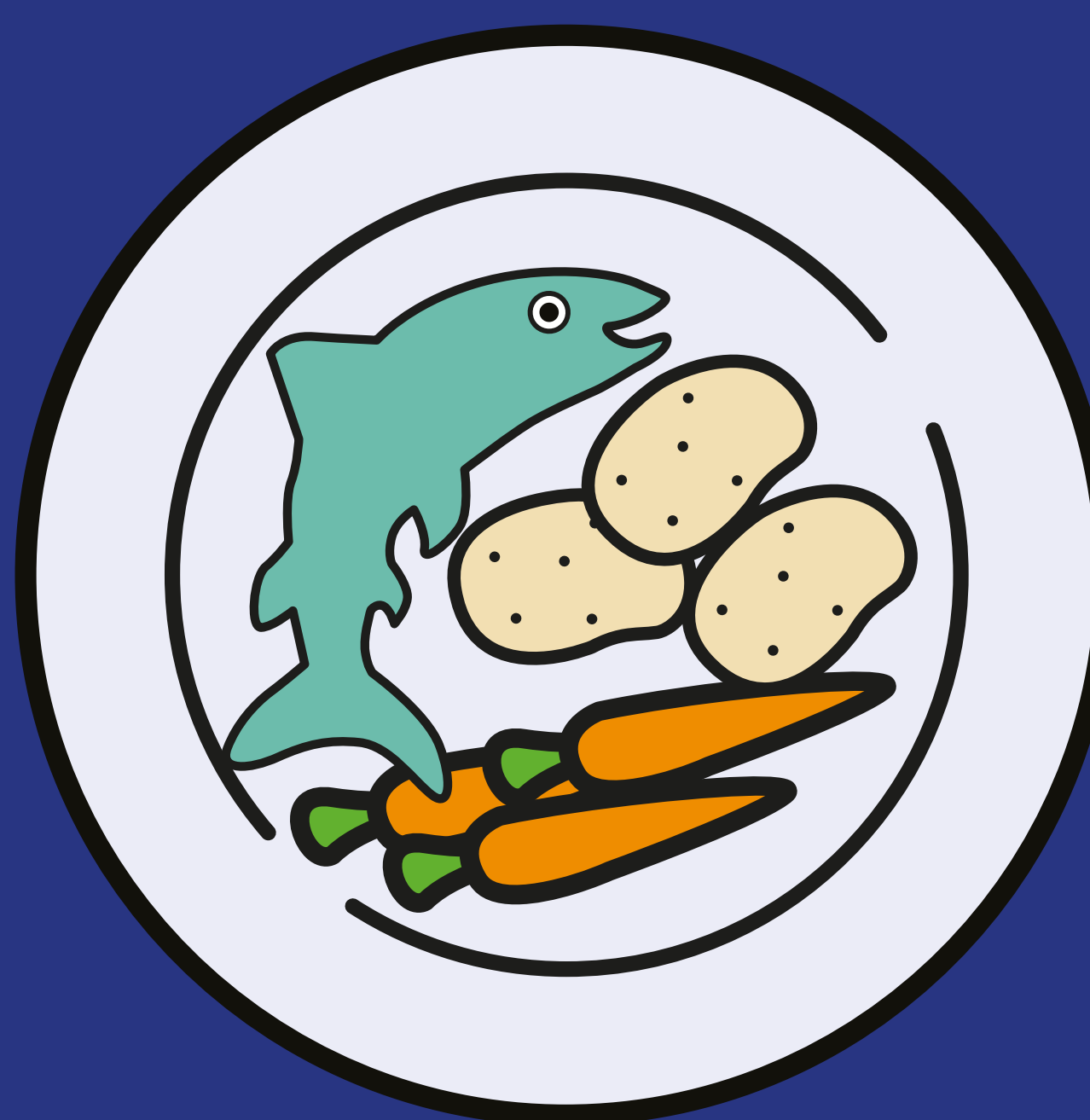
Plate sizes



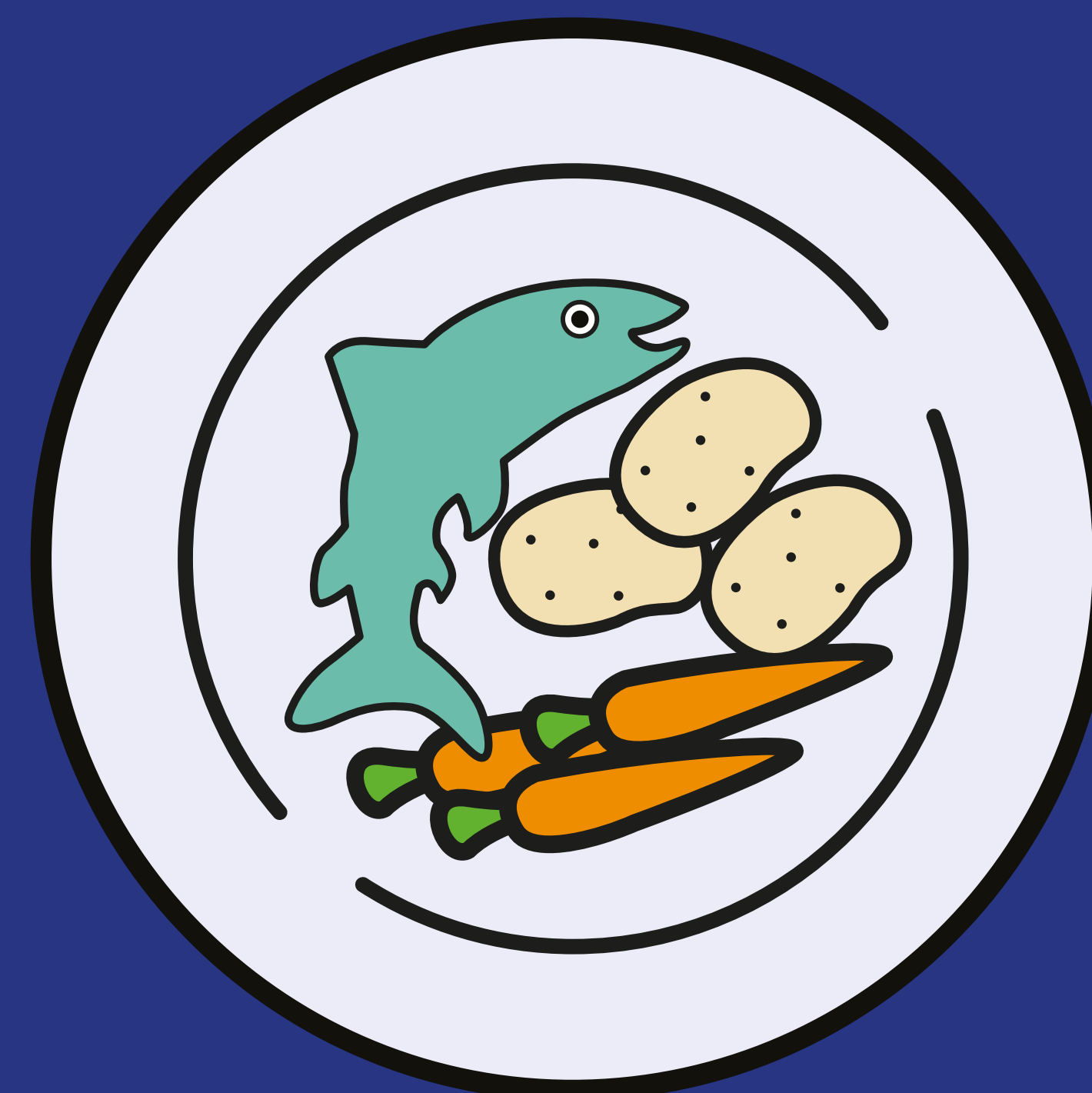
8.5
inches



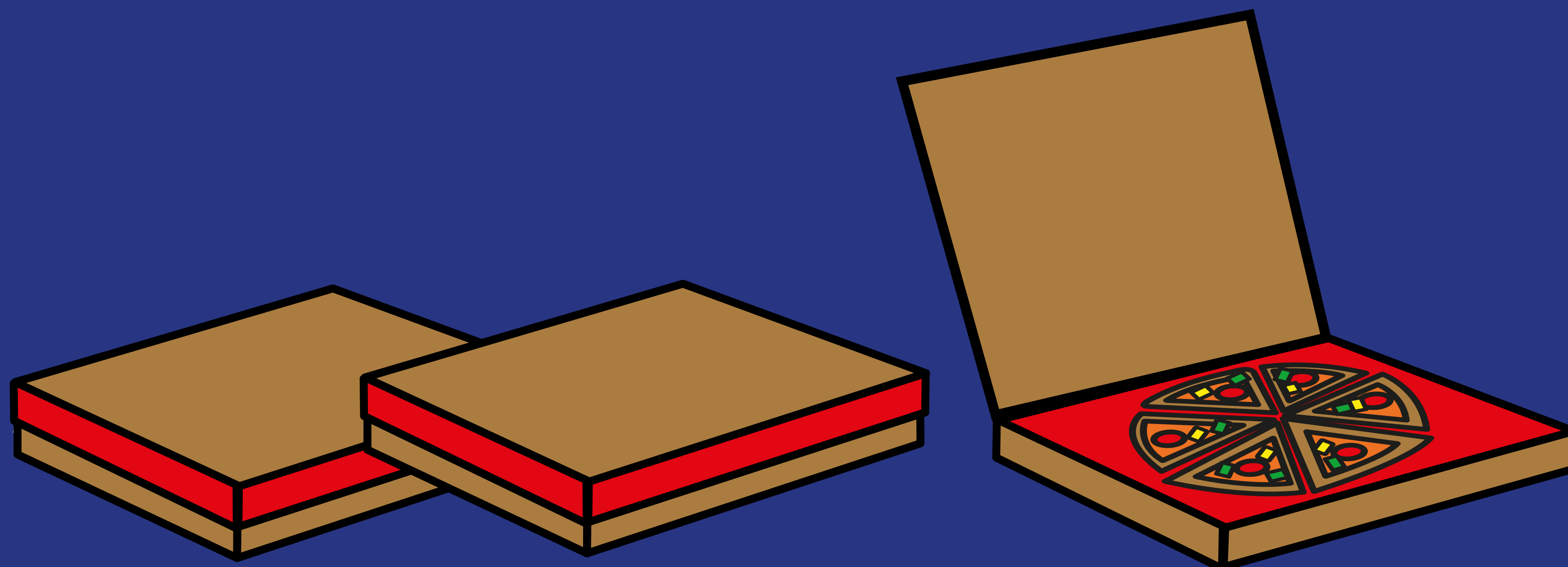
10
inches



11
inches

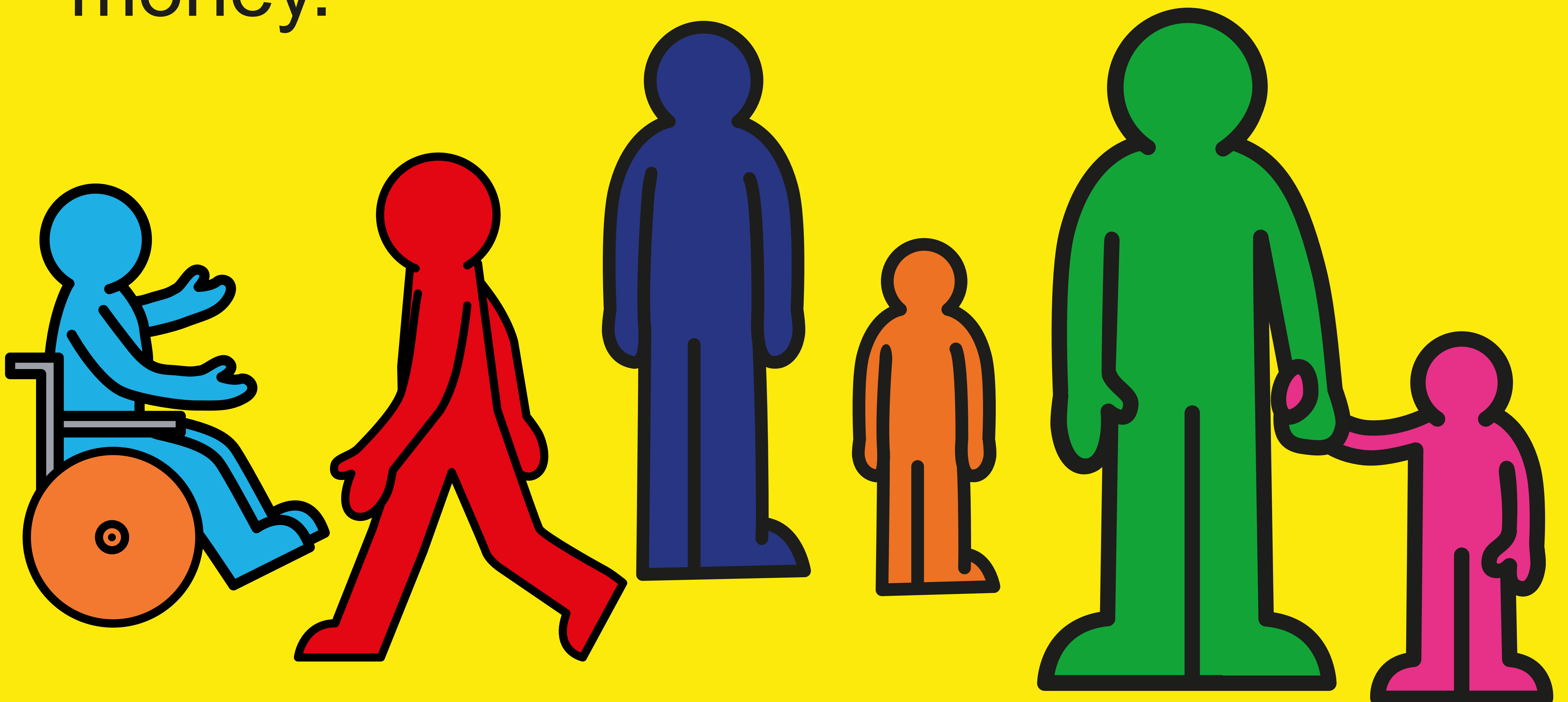


12
inches



How you can help

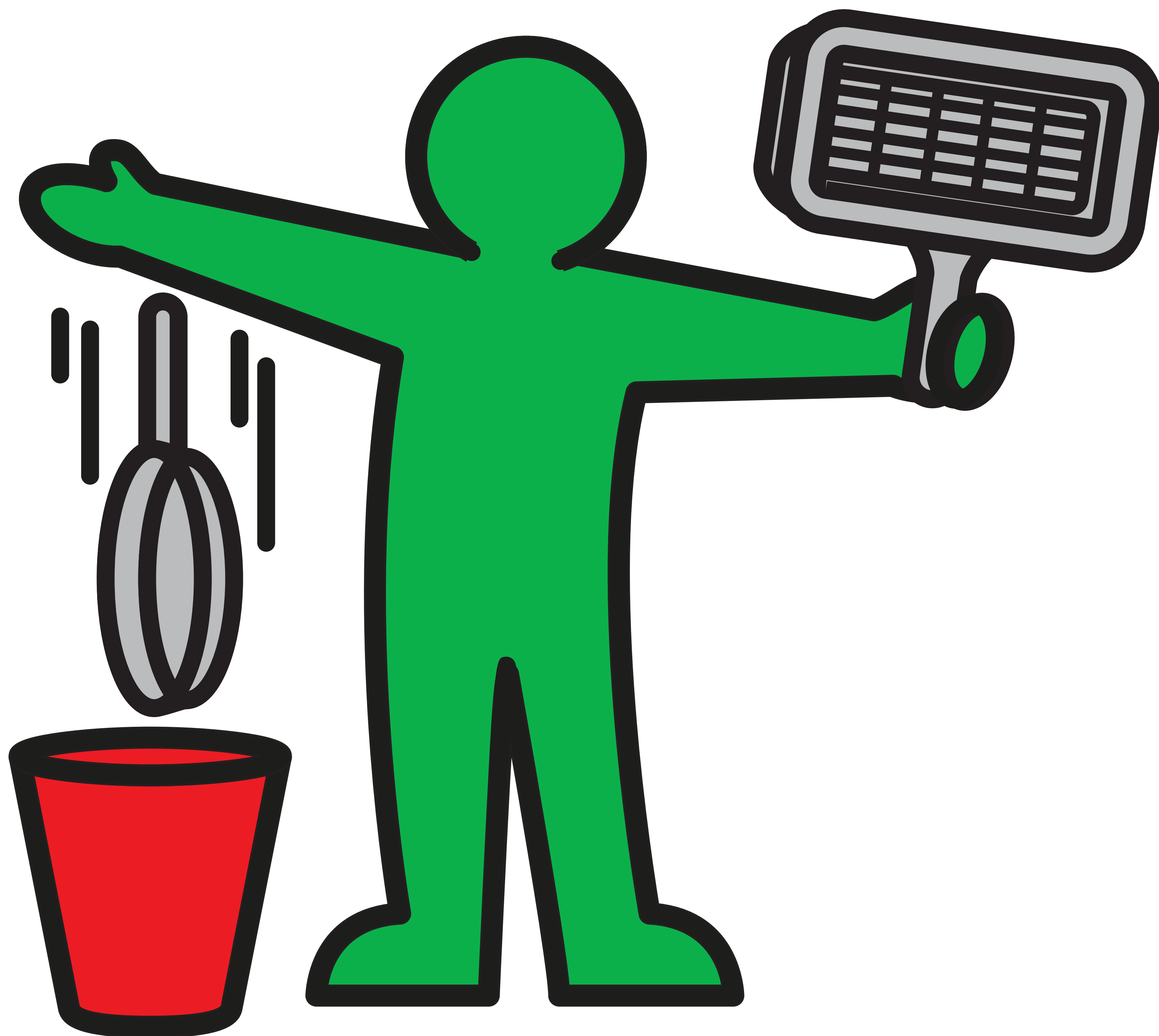
- Think about the number of people you serve in a day.
- Think about the number of children you serve in a day.
- Now think about how making these small changes could contribute to the health of your customers.
- And finally think about how some of our suggestions could actually save you money.



Making changes

There are changes you can make to how you prepare and cook your dishes which will benefit the health of all your customers.

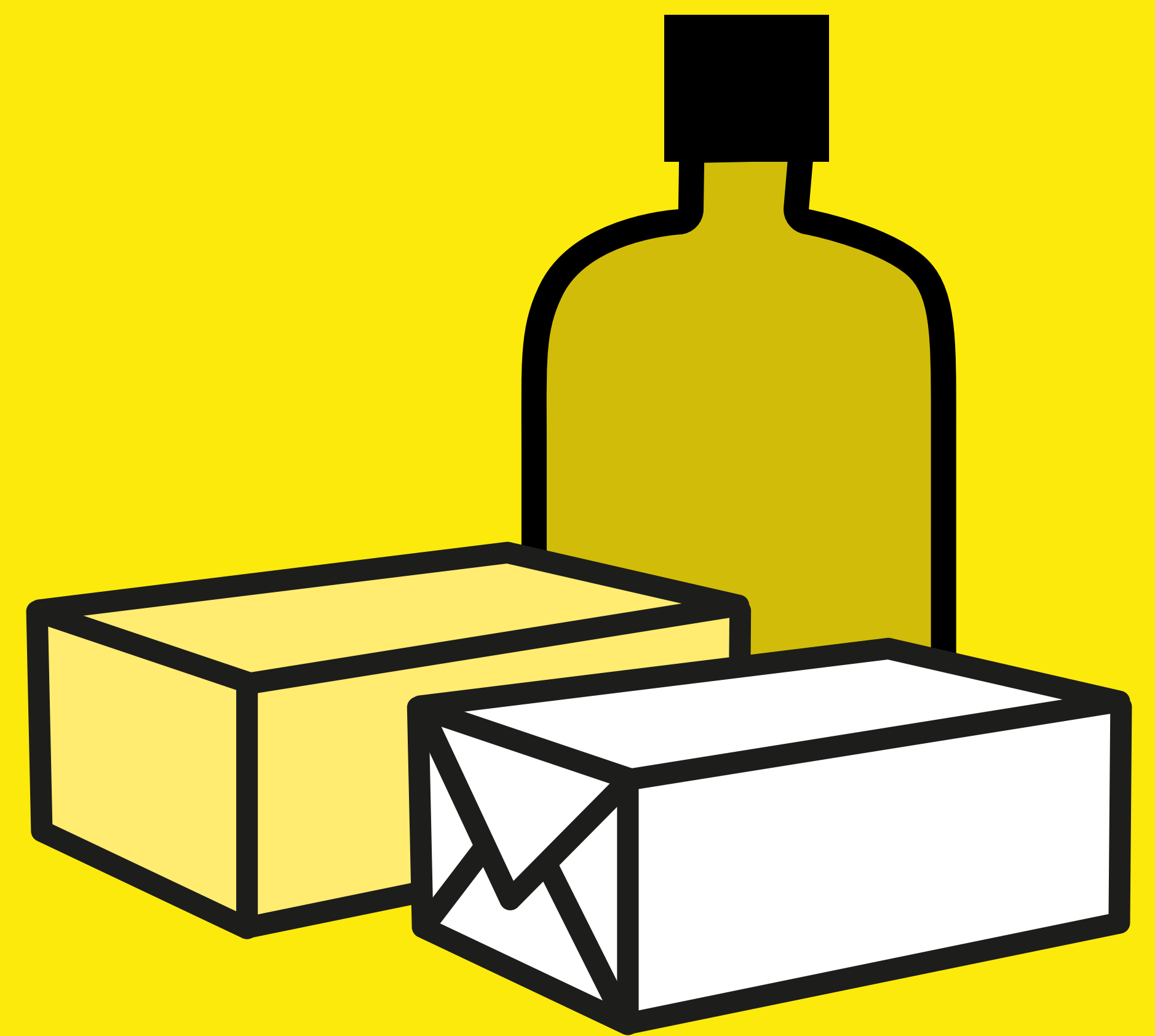
Firstly, let's talk about fat.



Fat vs carbohydrate and protein

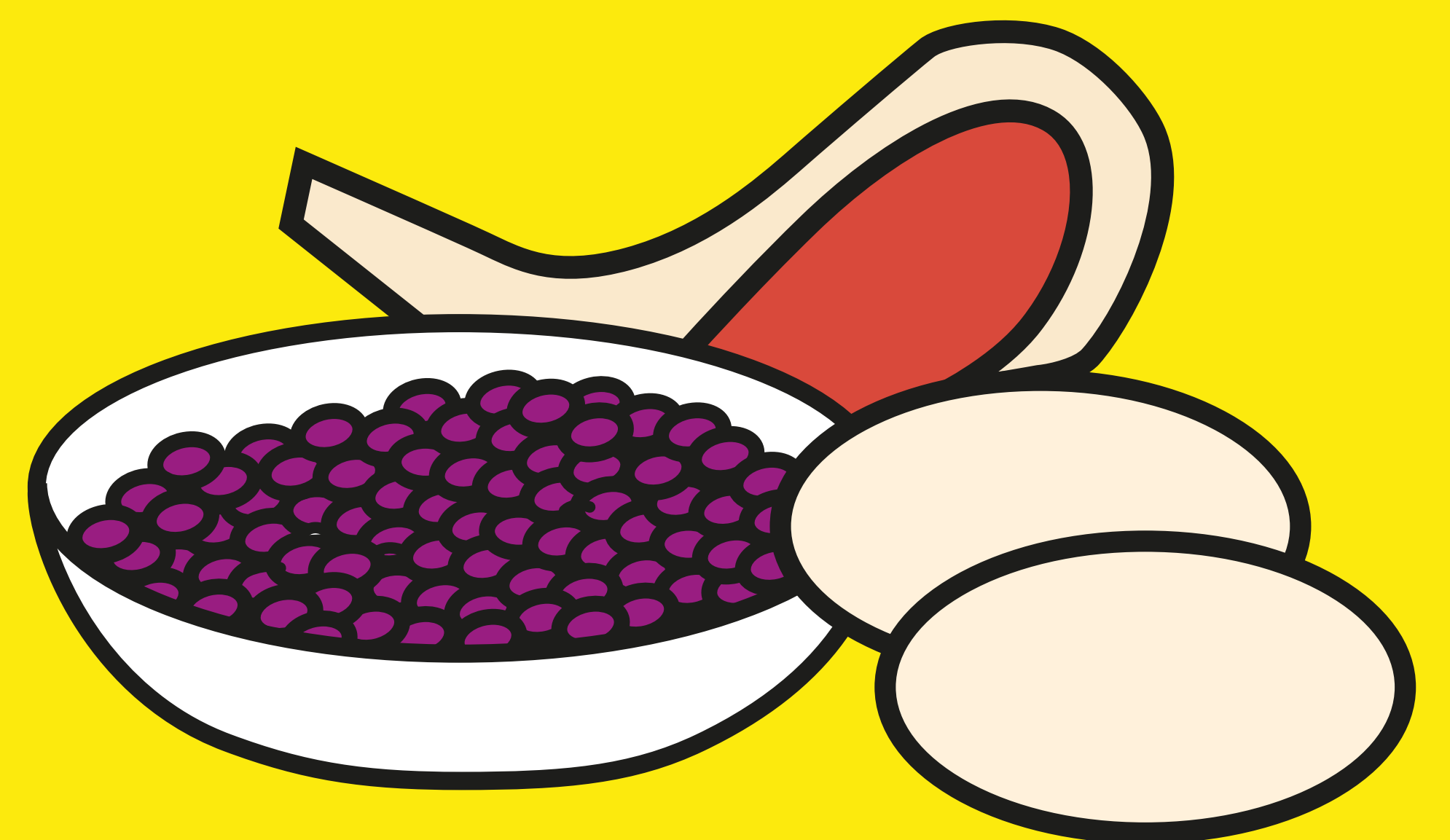
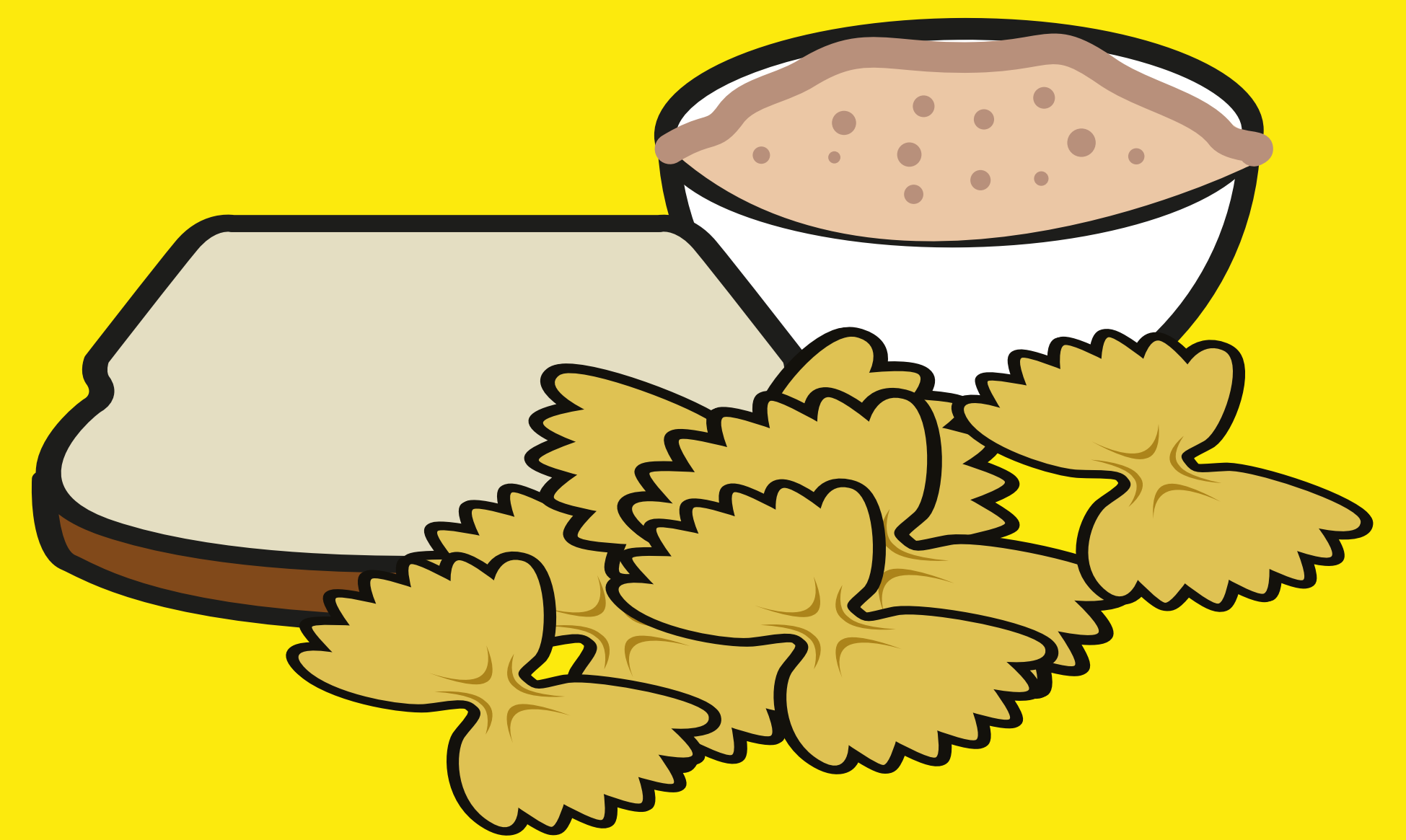
Fat

- All fats and oils (even the good ones) contain a lot of calories (energy).
- Fat contains 9 calories for every gram.



Carbohydrates and protein

- Carbohydrates contain 4 calories for every gram.
- Protein also contains 4 calories for every gram.
- Both carbohydrates and protein contain less than half the calories of fat.

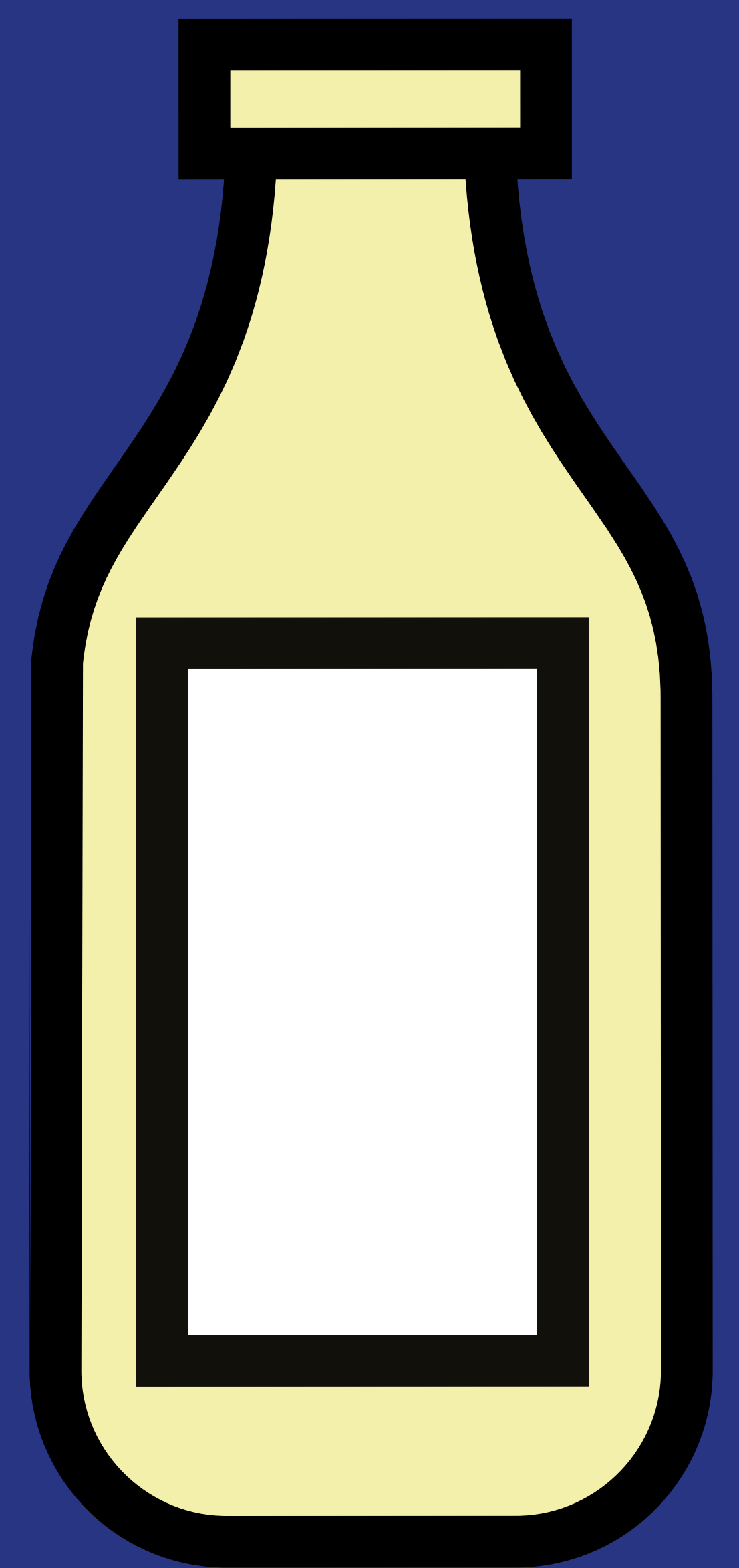


Use low fat options

Eating foods loaded with fat makes it difficult for people to maintain a healthy weight because even a small amount will contain a lot of calories (energy).

For example:

Mayonnaise contains a lot of fat and has a lot of calories (about **680** calories in 100g), however, low fat mayonnaise contains a lot less (about **150** calories in 100g).



Reducing fat

You can reduce the amount of fat in food:

- by using low fat products.
- by grilling rather than frying.
- by using a smaller portion of oil.
- by giving food a good shake as soon as it is removed from a deep fat fryer.

This will:

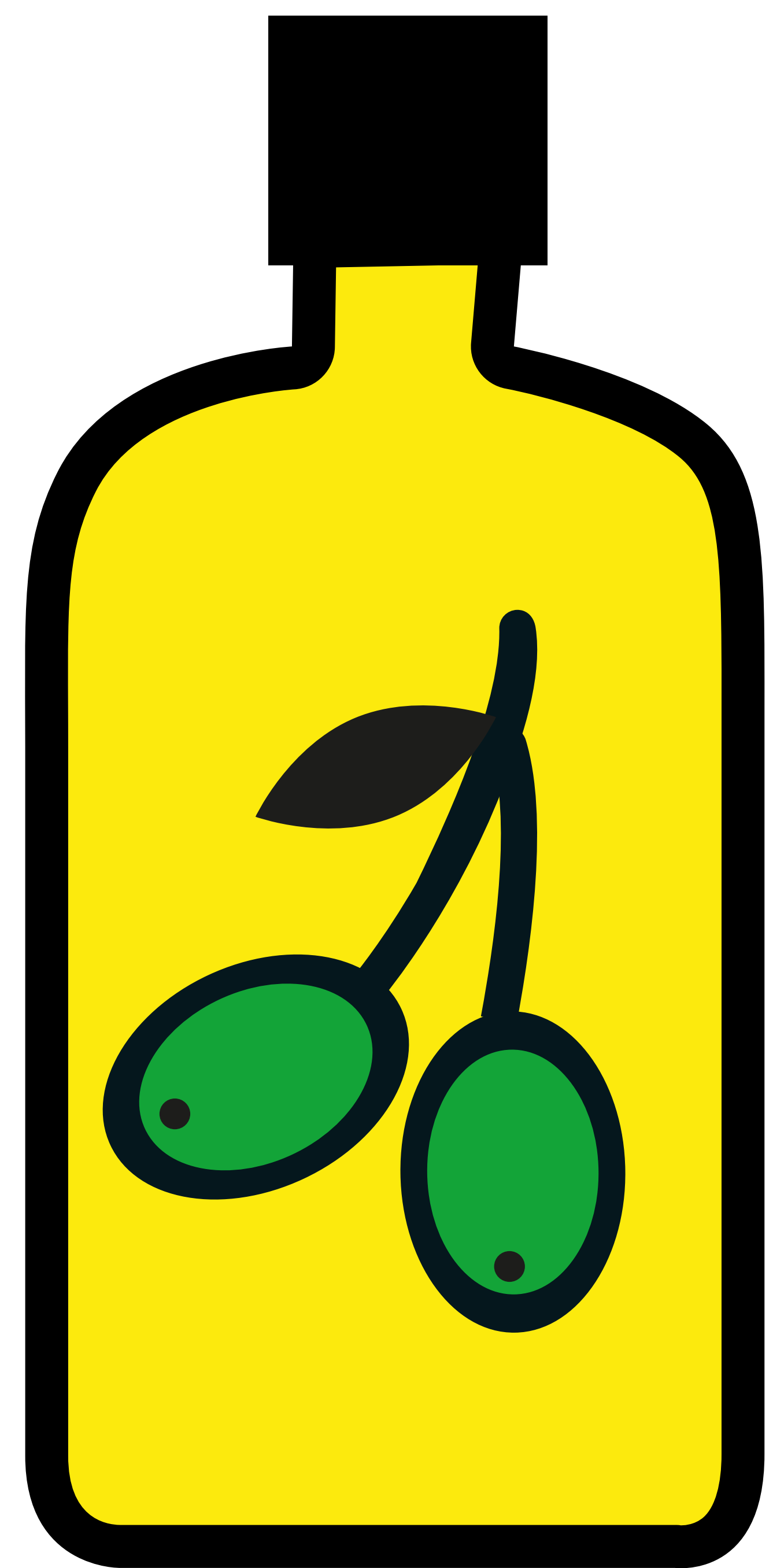
- reduce the fat content.
- reduce the calories.
- help customers to be healthier.



Healthier oils

If you are going to use oil use liquid oil.

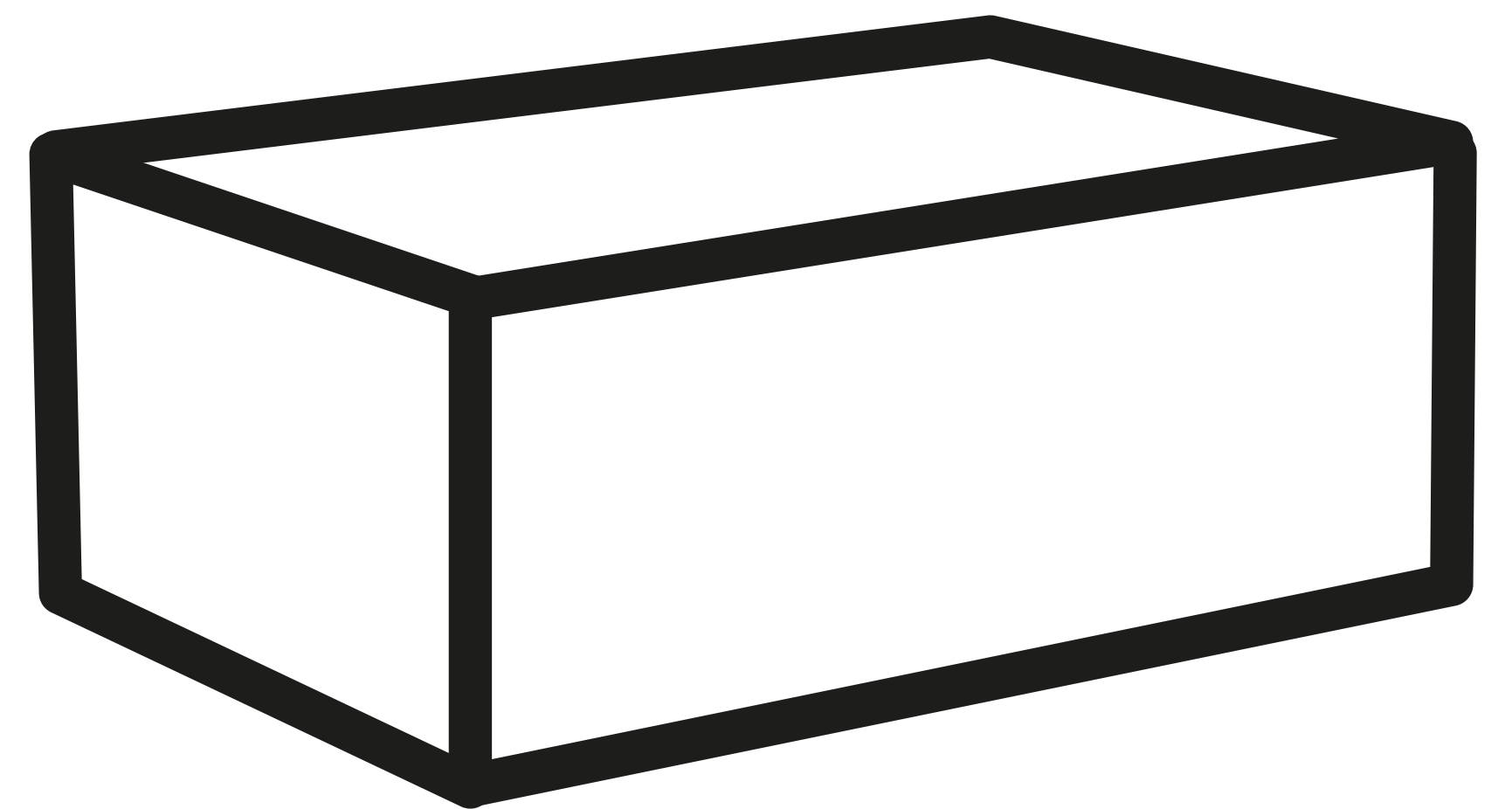
- We suggest you use sunflower oil, corn oil, vegetable oil, rapeseed oil or groundnut oil.
- These can all be used for frying although we think rapeseed oil is likely to be the healthiest option.
- Check the side of the tin for the saturated fat level – anything below 20g/100ml is ideal.
- For dressings, both olive oil and groundnut oil are healthier options.
- Use an oil dressing on salads every day.



Unhealthy oils

Some oils should never be used, such as:

- fats containing ‘partially hydrogenated vegetable oil’, and
- vegetable oils that have been turned into a solid block.



Below are examples of these types of oil , which are available from wholesalers.

However, always check the label for ‘partially hydrogenated vegetable oil’.



Our advice

Why are we advising against partially hydrogenated vegetable oil?

- It contains trans fats, a particularly harmful type of fat.
- It greatly increases the risk of a person having a stroke.
- It has been banned in many countries.
- The United States Food and Drug Administration has made a declaration that it no longer considers it 'safe for human consumption'.



Why no UK ban?

- Many products bought in supermarkets are now trans fat free.
- Manufacturers have removed this type of fat due to health concerns.
- The government, therefore, believes we are not eating a lot of it.
- However, the government is not aware that many small independent food outlets are still using trans fats for cooking.



Food business

Some businesses we have spoken to are reluctant to stop using hydrogenated vegetable oils.

We understand why

- We've been told the oil lasts longer.
- We've also been told it makes the food taste better.

But

- It is not the cheapest oil available.
- Customers still need to eat and regularly do eat at places that don't use it.
- It is harming your customers.
- It is also harming you (and your family), if you are eating this yourself.

Saving money

You can save money by looking after your oil.

- Ensure oil is maintained at the correct temperature for the food it is cooking.
- Keep the thermostat clean.
- Drop your oil through a filter every day.
- And don't forget to give the basket a good shake after removing it from the oil as this will not only reduce fat absorption in the food but will also prevent unneeded oil dropping back into the fryer.



Link

To confirm you have completed the training, please fill out the form at the following link to receive your free certificate:

**[www.towerhamlets.gov.uk/
healthycateringworkshop](http://www.towerhamlets.gov.uk/healthycateringworkshop)**

Food4health Awards

Good for sales

Good for your customers

Good for you

