

Advice for Chinese businesses on adapting menus for a healthier catering commitment



Fats

- If you use oil, try and use only polyunsaturated or monounsaturated varieties , e.g. sunflower oil, olive oil or rapeseed oil.
- Limit the amount of deep fried items on the menu e.g appetisers such as sesame prawn toast, seaweed and chilli salted squid. Try offering non-deep fried items such as steamed dumplings, clear soups or grilled skewers.
- If you must deep fry, heat oil to correct temperature and change regularly.
- Skim oil to remove debris.
- Dry wet food before frying.
- Drain deep fried food before serving **Shake, Bang, Hang**.
- Avoid products that contain hydrogenated fats.
- Grill or steam when possible.
- Prawn crackers are exceptionally high in fat. Drain them before serving and allow customers to request them rather than offering them automatically.
- Do not double fry food as it increase fat absorption.
- Offer boiled rice and noodles as an alternative to fried.
- If chips are on the menu, offer straight thick cut chips. Do not pre-salt for customers.

Salt

- Do not add salt to vegetables, noodles or rice while cooking.
- Remove salt containers from tables and keep on the side or at the counter instead.
- Use adapted salt shakers to reduce amount of salt used.
- Use small salt packets and condiment packets for portion control.
- Avoid adding MSG to foods as it contains high levels of sodium.
- Use other flavouring to enhance the taste of the food such as herbs and spices.
- Do not add salt if using soy sauce as this already has a high salt content.
- Make you own sauces to reduce salt and sugar content.

Sugar

- Offer reduced sugar or diet drinks (less than 5% sugar)
- Buy lower sugar versions of sauces.

Fruit and vegetables

- Have arrange of vegetables as menu options
- Add extra vegetables into soup, starters, mains and side dishes, rice and noodles.
- Try steaming or stir frying vegetables in a minimum amount of oil.
- Have non-fried vegetable dishes on the menu.

General

- Do not have supersize options
- Offer water as a drink.
- Have smaller portions available for children or people with smaller appetites (between ½ to 1/3 of normal portions)