



## Advice for fast food businesses including fish and chip shops, fried chicken shops and kebab shops.

Advice for all fast food businesses.

### Fats

- If you use oil, try and use only polyunsaturated or monounsaturated varieties , e.g. sunflower oil, olive oil or rapeseed oil
- If you deep fry, heat oil to correct temperature (177-191 degrees) and change regularly.
- Skim oil to remove debris.
- Dry wet food before frying.
- Drain deep fried food before serving **Shake, Bang, Hang.**
- Use thick cut chips or potato wedges to reduce fat absorption.
- When choosing pre-prepared products such as sausages/pies/burgers check the labels and choose those with least fat content. A higher meat content of greater than 65% means less fat.
- Avoid products that contain hydrogenated fats
- Fry to order rather than frying, holding and frying again to reheat.

### Salt

- Buy low sodium alternatives to salt.
- Let customers add their own salt
- Offer low sodium alternatives to salt
- Remove salt containers and ketchup 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.
- Let customers add their own mustards, chilli sauce etc.

### Sugar

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

### 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)

## **SPECIFIC ADVICE**

### **Fish and chip shops**

- Offer portions of mushy peas or baked beans as side orders
- Make chips thicker to absorb less fat
- Reduce your portion sizes.
- Serve fish coated in breadcrumbs as it absorbs less fat than batter.

### **Burger and Kebab shops**

- Offer chicken, fish and vegetable options.
- Let customers add dressings and sauces themselves.
- When choosing pre-prepared products such as burgers check the labels and choose those with least fat content.
- Grill burgers don't fry.
- Offer burger with out sauce or cheese but with salad.
- Make chips thicker to absorb less fat
- Reduce your portion sizes.
- Promote shish kebabs rather than Donners.
- Buy or make your own low salt and sugar chilli sauces.

### **Fried chicken shops.**

- Reduce portion sizes.
- Promote thicker chips or potato wedges
- Use less salt in the chicken batter.
- Offer a side dish of beans, corn or low fat coleslaw.