



Chinese restaurants and takeaways

Serving healthier options to your customers is easier than you might think and it could save you money too. Here's some Public Health England top tips for making your food a little healthier:

- **Don't just fry.** Include steamed, boiled or grilled dishes among your range of dishes. The food will taste great, give customers more choice and you will save money by using less oil
- **Make options clear.** Highlight on your menus or train staff to tell customers that they can ask for food to be steamed, boiled or grilled instead of fried
- **Be aware of ingredients.** These products all contain salt (or sodium) MSG, Soy Sauce, Hoi Sin Sauce, Oyster Sauce, Stock, Ketchup
- **Cut down on salt.** Gradually reduce the amount of salt you add to vegetables, rice and noodles during cooking. Customers won't notice the difference
- **Add vegetables to as many dishes as possible.** Try to ensure at least a 50:50 split between meat and vegetables in main dishes
- **Whole-wheat and grains.** Offer whole-wheat noodles and brown rice as alternatives
- **Set menus.** Swap 1 or 2 items on your set menus for healthier options e.g. boiled rather than fried rice, vegetable soup instead of spring rolls
- **Help customers make healthy choices.** Add a section to your menu, or insert an extra page showing steamed, boiled or grilled, not fried options to help customers identify healthier meal choices
- **Reduce fatty meats.** Remove the fat from meats and the skin from chicken wherever possible
- **Change your oil.** When frying, use sunflower or rapeseed oil as a healthier option and change your oil regularly – food will be healthier and taste great too
- **Healthier chips.** Use thick, straight-cut chips, fry at 175°C, shake, bang, and drain off any excess fat. Your chips will absorb less fat and you will save money too

Plus here are some general tips for helping to offer healthy options:

- Offer water, sugar free drinks or fruit juice as beverage options
- Offer smaller portions. For example you could offer reduced size specials (a container with half rice and half meat) and make small portions or children's portions available to everyone