



Fish and chip shops

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

- **Use thick, straight-cut chips.** These absorb less fat, so you use less oil and it's healthier for your customers
- **Fry at 175°C** – Getting oil to 175°C (350°F) before you start frying gives you crispier, chips that absorb less fat. That means you use less oil
- **Don't overload your fryer.** It will make the temperature of the oil drop meaning the chips will be greasier and uses more oil
- **Cook for 5-6 minutes.** Thick-cut fresh potatoes cooked at 175°C will cook in about 5–6 minutes. If you cook them straight through and take them out of the oil as soon as they are cooked, they will absorb less fat
- **Always shake the fryer basket before serving.** Shaking and banging the basket helps reduce fat absorption by 20% and make your chips crisper
- **Use a liquid oil.** The more saturated fat in your oil, the more saturated fat there will be in your chips. Liquid oils such as sunflower and rapeseed have about 10% saturated fat
- **Cut down on the amount of salt in your food.** You can do this in several ways:
 - Use a salt shaker with fewer holes
 - Ask your customers if they want salt before adding it
 - Don't add salt to batter mix. If you buy batter mix, check the ingredients and try to choose one that doesn't contain added salt or sodium
 - Read the label on foods like sauces, sausages and pies and choose the one with less salt
- **Offer whole-wheat.** Give customers the choice of whole-wheat bread and offer no spread/butter, low fat spread or less butter
- **Keep it fresh.** Offer garden peas as an alternative to mushy peas or salad as an accompaniment

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 portion sizes. Offer small cones, for people with smaller appetites, as well as regular and large trays