



# Indian and South Asian restaurants

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:

- **Cut down on salt.** Slowly reduce the amount of salt you add to vegetables, rice, naan breads and curries during cooking. Customers won't notice if you reduce it gradually
- **Add vegetables to as many dishes as possible.** Try to ensure at least a 50:50 split between meat and vegetables in main course dishes
- **Reduce fatty meats.** Remove the fat from meats and the skin from chicken wherever possible
- **No freebies.** Don't serve poppadoms free of charge as these can add a lot of fat and calories to a meal
- **Use the tandoor.** If the tandoor is on, use it rather than a deep fat fryer which will use up oil. For example, tikkas, samosas and marinated paneer can be cooked in the tandoor with just a little unsaturated oil such as rapeseed or sunflower oil
- **Less Ghee.** In dishes like butter chicken and chicken korma use rapeseed or sunflower oil to cook the dish and, if essential, just use a small amount of butter or ghee at the end as these are high in saturated fat
- **Low fat first.** Use plain, low fat yoghurt in marinades, chutneys, chaat dishes and lassi
- **Get up to heat.** Get oil to at least 160-165°C if you have a high efficiency fryer, or 180°C if you have a traditional fryer, before you start frying
- **snacks like pakoras and onion bhajis.** They'll be crisper and absorb less fat
- **Simple starters.** Serve starters with a plain side salad without dressings high in fat, sugar and salt
- **Wholemeal options.** Offer wholemeal chapattis and brown rice as an option on your menu
- **Healthier chips.** Use thick, straight-cut chips, fry at 175°C, shake, bang, and drain off any excess fat
- **Fruity ideas.** Try offering fruit on your dessert menu for example mango with kulfi or fruit salads with orange, papaya, lychees, mango or pineapple

## 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 curry) and make small portions or children's portions available to everyone