



# Italian restaurants and takeaways

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:

- **Cut down on salt.** Reduce the amount of salt in your dishes over time including starters, soups, sauces, meats, risotto and avoiding adding salt to pasta water. If you make your own pizza dough and tomato sauce, gradually cut down the amount of salt you use
- **Thinner bases.** Make your standard pizza base thinner or add a thin base option to your menu. Using less dough will save calories and taste authentic
- **Don't grease.** Place your pizza base directly onto the tray without greasing it or use a little flour to stop it sticking. If you do need to oil the tray, try a little rapeseed or sunflower oil instead of butter
- **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
- **Use less cheese.** Try either using less cheese in dishes or swap to an appropriate reduced-fat hard cheese or a cheese naturally lower in fat like mozzarella
- **Cut down on butter.** If you make your own garlic bread, try using a little less butter or brush with olive oil instead
- **Make serving sizes clear.** On your menu make it clear how many people a pizza will serve e.g. large serves 3-4 people
- **Simple starters.** Serve starters with a plain side salad either without dressings high in fat, sugar and salt
- **Wholemeal options.** Offer wholemeal pasta and pizza bases 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.** Offer fruit salad or a platter of fruits on your dessert menu or fruits like melon or figs as part of a starter. The fruit can be fresh, canned in fruit juice, dried or frozen

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

- Offer water, sugar free drinks or fruit juice options.
- Offer smaller portions. For example you could offer smaller pizzas and make small portions or children's portions available to everyone