

TIPS FOR INDIAN RESTAURANTS

The following tips will help you provide healthier food by making a few small changes to the ingredients you use and the way you cook, serve and promote your existing dishes. And, where you see the symbol '££', these tips could help you save money too.

GET THE BALANCE RIGHT

The Eatwell Plate shows the type and balance of food in a healthy diet. Around a third of our diet should be fruit and vegetables and another third starchy foods like bread, rice, chapattis, potatoes. To help customers get the right balance:



- Encourage customers to have a vegetable side dish ££.
- Use a bit less meat in dishes and instead bulk out with extra vegetables (e.g. okra, onions or cauliflower), potatoes or pulses (e.g. lentils or chick peas) ££.
- Try changing the proportion of dishes, serving a bit more rice and a bit less curry ££.

The smallest part of the diet should be foods high in fat (especially unhealthy saturated fat) and sugar. Most people should eat less salt too. Help your customers by:

- Add healthier, non-fried options to your menu such as baked poppadoms, side salad (dressing served separately) or boiled rice with added fruit (e.g. pineapple or raisins).
- Think about portion size. If you are over generous you'll be serving up extra fat and salt and wasting your profits too. Encourage staff to stick to strict portion sizes ££.
- Offer smaller portions for children or customers with smaller appetites ££.

CHOOSE INGREDIENTS WISELY

Try to choose ingredients with the least amount of fat, salt and sugar.

	Sugars	Fat	Saturates	Salt
What is HIGH per100g	Over 15g	Over 20g	Over 5g	Over 1.5g
What is MEDIUM per100g	Between 5g and 15g	Between 3g and 20g	Between 1.5g and 5g	Between 0.3g and 1.5g
What is LOW per100g	5g and below	3g and below	1.5g and below	0.3g and below

Read the label

- Check food labels when buying supplies - use the guide to the left to try to choose products low in fat, salt and sugar. Where there's no label, ask your supplier for the information instead.

Food colourings and allergens

Some customers may have concerns about colourings or allergy-causing ingredients:

- Try using spices (e.g. paprika, turmeric) to colour foods. Some food colourings can only be used in small amounts – see the “strategies to sell appropriately” leaflet for further advice”.

- It's good practice to keep up-to-date records of recipes and ingredients, including ingredients in ready made products (e.g. sauces). See "adjusting your menu" leaflet for further advice.

KNOW YOUR FATS

- Cook with a smaller amount of a healthier oil (e.g. rapeseed, sunflower or soya oil), not ghee, butter or palm oil which are high in saturated fat (and usually more expensive too) **££**.
- Avoid high fat ingredients including cream, condensed milk, coconut oil/cream and full fat cheese (e.g. paneer). Replace with reduced-fat varieties of yoghurt or soured cream, 'light' condensed or coconut milk and lower fat cheese (e.g. cottage cheese).
- Cut off white fat from meat, or skin from poultry (e.g. chicken) before cooking.
- If you add a layer of oil to curries, skim it off before cooking – don't mix it in.



Lower fat cooking:

- Try cooking without adding fat by grilling, steaming, dry frying in natural juices (e.g. meat), baking in an oven or tandoor **££**.
- If you do fry, change the oil regularly, get oil to the right temperature each time you fry a new batch (check the packet/fryer instructions but usually around 180°C) and do not double or re-fry; food will absorb less fat, be crisper and you'll use less oil **££**.

USE LESS SALT

- Many chefs cook 'to sight' so some might use more salt than others. Try to agree a set amount of salt to use and make sure it's measured out precisely e.g. with teaspoons.
- Try to use less salt in each of the elements of a dish (e.g. curry gravy, curry sauce, rice, bread). If you gradually cut down your customers are unlikely to notice the change **££**.
- Encourage customers to add less salt at the table – use salt cellars with less holes.

Watch out for hidden salt

You might be surprised that some foods or ingredients contain added salt such as:

- Frozen chicken breast or pieces – go for fresh chicken with no added salt if you can.
 - Canned food (e.g. tomato paste, chick peas) – look for no-salt brands.
 - Some spice mixes (e.g. curry powder, garam masala, chilli powder) – check the ingredients or make your own mixes from individual spices.
 - Sauces, pickles, chutneys – compare labels to buy lower salt brands.



ENCOURAGE THE HEALTHIER OPTION

- Make sure staff can advise customers on healthier options at the point of ordering.
- Run price promotions such as meal deals (e.g. with a free vegetable dish included) **££**.
- Include healthier options on set menus.
- Put a note on your menu about changes you have been making (e.g. “we’ve kept our great taste and reduced our use of saturated fat and salt”).

