

# Guidelines for Providing Healthier Cafeteria Food

Providing healthier food and drinks can be easy – and tasty! A few simple changes can make a big difference to your menu. Encourage your staff to be receptive to accommodating customers' requests for healthier options.

Ideally healthier foods should be well promoted, displayed in a prominent and attractive manner, and if possible, priced competitively. The following are guidelines for providing healthier food in your cafeteria.

Encourage consumption of more vegetables and fruit and limit foods and beverages that are high in salt, sugar and saturated fat such as pies, crisps, sweet baked products and deep-fried food. Where possible, try to swap white flour products with wholegrain products, or limit their size. Aim to provide beverages and vending products that meet the beverage and vending guidelines listed in Resources.



<b>Site Name</b>	
<b>Site Manager Signature</b>	Date dd/mm/yy
<b>Operation Manager Name</b>	Date dd/mm/yy

	Circle as appropriate <sup>1</sup>	Comment/Date to be completed by <sup>2</sup>
<b>Reduce salt/sodium</b>		
Use less salt in recipes	Yes / NA / No	
Do not use both salt and salty ingredients (eg olives, cheese, processed meats, Asian sauces) in a recipe	Yes / NA / No	
Where possible use low-sodium ingredients (eg those that are labelled 'low salt', 'no added salt' or 'salt reduced')	Yes / NA / No	
<b>A variety of vegetables</b>		
Provide vegetables and salads at all meals	Yes / NA / No	
Incorporate vegetables into other menu items (eg sandwich fillings, soups, quiches, omelettes, pasta, baked potatoes, meatballs)	Yes / NA / No	
<b>Lean meat, poultry, fish and alternatives</b>		
Use lean meat, remove skin from poultry	Yes / NA / No	
Have more than half of the meat dishes made without processed or deli meat (eg sausages, frankfurters, salami, ham, pate)	Yes / NA / No	
Have at least one fish dish (eg canned, fresh fish) or one legume dish (eg chickpea hummus, bean salad)	Yes / NA / No	
<b>A variety of breads and cereals, preferably wholegrain</b>		
Options include wholegrain, multigrain or wholemeal rolls/bread, wholemeal pita bread, wholegrain wraps	Yes / NA / No	

1 Record if food does/does not comply, or if guideline is not applicable to your food service

2 Record any comment and if improvement required, record date for compliance check



<b>Reduced-fat dairy products</b>		
Provide/use reduced-fat versions of dairy products (eg yoghurt, sour cream and cream cheese)	Yes / NA / No	
Use only small amounts of cheese (ie ~30g per portion cheddar, colby, Edam). Alternatively use a smaller amount of stronger-flavoured cheese (eg parmesan, blue vein, or tasty cheese)	Yes / NA / No	
Use only butter or cream in a dish, but not both	Yes / NA / No	
Use no more than 1 tsp butter per portion in cooking	Yes / NA / No	
Use no more than 2 tsp cream per portion in cooking	Yes / NA / No	
<b>Reduce dressings, table sauces</b>		
Where feasible, ask customers if they would like dressing or sauces, alternatively only lightly dress salads	Yes / NA / No	
<b>Reduce pastry</b>		
Limit the number of pastry items	Yes / NA / No	
Limit the size of pastry items (ie a maximum of 200g) or the amount of pastry on each item	Yes / NA / No	
<b>Reduce spreads</b>		
Rather than spreading table spread on baked goods, let customers spread their own	Yes / NA / No	
Use table spreads or alternatives instead of butter. Alternatives include avocado, hummus, peanut butter, reduced-fat spreadable cheeses (eg cottage cheese).	Yes / NA / No	
<b>Reduce cabinet slices and cakes</b>		
Offer smaller portions of sweet baked products (eg muffins, cakes, slices, maximum 70g)	Yes / NA / No	

<b>Healthier desserts</b>		
If offering desserts, offer a minimum of two fruit-based desserts	Yes / NA / No	
Ensure there is no more than 10g added sugar <sup>3</sup> per portion	Yes / NA / No	
Ensure all desserts also follow the guidelines stated above where appropriate	Yes / NA / No	
Limit the use of cream by serving no more than 2 tsp per portion; offer yoghurt as the default garnish	Yes / NA / No	
<b>A variety of fruit</b>		
Seasonal fruit should be offered (eg as fresh fruit and/or fresh fruit salad)	Yes / NA / No	
<b>Reduce confectionery</b>		
Limit availability of confectionery and provide healthier snack options	Yes / NA / No	
<b>Reduce deep-frying</b>		
Limit (frequency and/or quantity) of deep-fried food	Yes / NA / No	
If deep-frying, complete The Chip Group training (see Resources)	Yes / NA / No	
<b>Healthier beverages</b>		
Ensure tap water is freely available for customers	Yes / NA / No	
Use reduced-fat milk as the default milk	Yes / NA / No	
Serve whole fruit smoothies or slushies without any added sugars <sup>3</sup>	Yes / NA / No	
If providing bottled drinks, provide bottled water, some low-sugar drinks and/or some reduced-portion drinks (see Beverage Guidelines in Resources)	Yes / NA / No	

<sup>3</sup> Added sugars include: sugar (sucrose), golden syrup, treacle, honey, molasses, maple syrup, agave syrup, malt extract, corn syrup, rice bran syrup, invert syrup, fruit juice concentrates

## Resources

### 1. The Heart Foundation's Hospitality Hub

Information and resources for foodservice

[www.heartfoundation.org.nz/hospitality-hub](http://www.heartfoundation.org.nz/hospitality-hub)

### 2. Healthier ingredient alternatives

[www.heartfoundation.org.nz/healthy-food-tips](http://www.heartfoundation.org.nz/healthy-food-tips)

### 3. Recipe modification

[www.heartfoundation.org.nz/recipe-modification](http://www.heartfoundation.org.nz/recipe-modification)

### 4. Tick foods

Foods with the Heart Foundation Tick represent healthier choices within food categories

[www.heartfoundation.org.nz/tick-foods](http://www.heartfoundation.org.nz/tick-foods)

### 5. Fuelled4life

The fuelled4life buyers' guides for packaged food purchased by cafes/tuck shops.

[www.fuelled4life.org.nz/buyers-guide](http://www.fuelled4life.org.nz/buyers-guide).

### 6. Beverage Guidelines

Health Promotion Agency, Providing healthier beverage options in your workplace

[www.hpa.org.nz/sites/default/files/documents/Healthier%20beverages%20doc-Final.pdf](http://www.hpa.org.nz/sites/default/files/documents/Healthier%20beverages%20doc-Final.pdf)

### 7. Vending Guidelines

Waitemata District Health Board (2008), Better Vending for Health Guidelines

[www.arphs.govt.nz/Portals/0/Health%20Information/Promoting%20Health%20and%20Wellbeing/Workplace%20Health/Heartbeat/BVFH%20A4%20Booklet%20-%20FINAL%20-%20110108.pdf](http://www.arphs.govt.nz/Portals/0/Health%20Information/Promoting%20Health%20and%20Wellbeing/Workplace%20Health/Heartbeat/BVFH%20A4%20Booklet%20-%20FINAL%20-%20110108.pdf)

### 8. The Chip Group

Online training for deep-frying

[blog.thechipgroup.co.nz/online-training-1/](http://blog.thechipgroup.co.nz/online-training-1/)

