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Welsh Government

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# Supporting Healthy Food & Drink Choices for Staff and Visitors in Hospitals

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# Annex

These Fact Sheets provide advice for catering, procurement and retail outlet managers to choose, cook, serve and sell healthier food, in addition to information on food allergies and tips on implementing a healthier catering policy.

- Fact Sheet 1: Starchy foods
- Fact Sheet 2: Fruit and vegetables
- Fact Sheet 3: Milk and dairy foods
- Fact Sheet 4: Meat, fish, eggs, beans
- Fact Sheet 5: Fat, sugar and salt
- Fact Sheet 6: Drinks
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- Fact Sheet 8: Display, pricing and marketing

References: contacts and websites

## **Introduction**

This guidance is for staff and volunteers working in cafes, restaurants and retail outlets that provide food and drink to hospital staff and visitors. The information in this guidance offers practical advice on buying, cooking, serving and promoting healthier food and drink. The guidance will therefore be of interest to: catering managers, procurement managers, chefs and cooks, and owners of retail outlets within hospital settings.

## **Background**

A poor diet is one of the main causes of ill-health and premature death. Diets high in salt, saturated fat and added sugars (non-milk extrinsic sugars) but low in fruit, vegetables, fibre and fish may increase the risk of high blood pressure, heart disease, stroke, diabetes and some cancers. Circulatory diseases, such as heart disease and stroke, and cancer are the most common causes of death in Wales, circulatory diseases accounting for 26% of premature deaths (deaths in under 75s) and cancer accounting for 39% (eHealthshow, 2009 data). A high calorie diet can lead to weight gain and obesity which can also increase the risk of these health problems. Obesity is a major public health issue affecting all ages: in Wales 57% of adults are classified as overweight or obese, with 22% classified as obese and 36% of children are estimated to be overweight or obese, with 19% obese (Welsh Health Survey, 2010).

Changing our dietary habits for the better, alongside an increase in our activity levels will have a major positive impact in reducing the rates of the chronic diseases in Wales. The Welsh Government's Strategic Framework for Public Health 'Our Healthy Future' aims to achieve improved quality and length of life as well as fairer outcomes for all. In support of this aim, work is underway to improve the quality of food served through public sector settings across Wales and in particular in developing hospitals as an exemplar of best practice. Improving the quality of food and drink provided in hospitals is seen as a key way to promote healthy eating with the aim of improving general health and preventing future ill health linked to poor diet. The issuing of guidance to support healthy food & drink choices for staff and visitors in hospitals complements a number of national initiatives that have been put in place to improve food and drink provision in hospitals in Wales such as introduction of: the Health Promoting Hospital Vending Guidance, the All Wales Nutrition Care Pathway, food record charts, and revised daily and weekly fluid intake and output charts.

## **The concept of the health promoting hospital**

Hospitals understand 'health', and their role ranges from curing and caring for disease, to preventing disease, and to protecting and promoting positive health. Hospitals are visited by a broad cross-section of society and, as such, the whole hospital environment should reflect the importance of healthy lifestyles. Good all round nutrition is a key requirement in hospitals, both to help patients recover from illness, and to ensure a healthy diet for visitors and staff alike. The concept of a Health Promoting Hospital (HPH) has been

developed by the World Health Organization. The concept recognises that health promotion is a core quality dimension of hospital services along with patient safety and clinical effectiveness.

Hospitals provide food and drink items to all age groups, so any changes to food provision will benefit a wide proportion of the population. Time spent in hospitals varies between individuals but, whether a member of staff, an in- or out-patient or a visitor, it can easily be many hours. Through the thoughtful purchase of foods, menu planning, sensitive and flexible catering practice and marketing; caterers, cooks, as well as procurement and retail outlet managers can improve the nutritional quality of the food they provide thus having a positive impact on the dietary health of those who consume it.

### **Health promoting hospital vending**

In September 2008 the Welsh Government issued the Health Promoting Hospital Vending Directions and Guidance to the then NHS Trusts<sup>1</sup>. The Directions were amended and reissued in November 2011; and require that all food and drink supplied and/or sold from vending machines are the healthier option within their product range and are not damaging to dental health. To demonstrate this, all food and drinks sold via vending machines in hospital settings must comply with the nutritional criteria set out in the Guidance.

[www.nutritionandcatering.wales.nhs.uk](http://www.nutritionandcatering.wales.nhs.uk)

The values of health promoting vending should be reflected in the food and drink sold to hospital staff and visitors in cafes, restaurants and retail outlets. This guidance will support the changes necessary to move towards an inclusive Health Promoting Hospital food and drink provision.

### **Corporate Health Standard**

The Corporate Health Standard is the national mark of quality for health and well-being in the workplace. It includes criteria on nutrition for workplaces with and without catering facilities. The Local Health Boards of NHS Wales are working towards the Platinum Standard by 2013.

For more information see [www.healthyworkingwales.com](http://www.healthyworkingwales.com)

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<sup>1</sup> Since issuing the 2008 Guidance, NHS Wales has been reorganised to create single local health organisations. These changes came into effect on 1 October 2009 and Health Boards are now responsible for delivering all healthcare services within a geographical area, including hospital vending, rather than the Trust and Local Health Board system that existed previously.

## **A healthy diet**

The Welsh Government recommends that all individuals should consume a diet that contains:

- plenty of fruit and vegetables - at least 5 portions of a variety of fruit and vegetables per day
- plenty of bread, rice, potatoes, pasta or other starchy foods – base meals on starchy foods and choose wholegrain varieties when possible
- some milk and dairy foods
- some meat, fish, eggs, beans and non-dairy sources of protein, such as nuts and pulses
- just a small amount of foods and drinks high in fat and/or sugar
- foods low in salt - limit added salt and choose lower salt varieties of processed foods.

The eatwell plate is a visual representation of these recommendations (see Figure 1). It shows the variety and the correct proportions of food needed from each of the five different food groups that make up a balanced diet. The eatwell plate covers everything eaten during the day, including snacks. It is suitable for most of the population including people of all ethnic origins and people who are of a healthy weight or over weight. However, it does not apply to children under 2 years of age because they have different needs.

**Figure 1: The eatwell plate**



## **Benefits of a healthy diet**

Eating a wide variety of foods in line with the proportions of the eatwell plate has many benefits:

- can help achieve and maintain a healthy body weight
- will provide sufficient supplies of energy and essential nutrients
- may offer protection against chronic conditions such as high blood pressure, heart disease, stroke, diabetes and some cancers.

In addition:

- eating regular meals ensures energy levels are maintained throughout the day; breakfast is particularly important as it stops blood sugar levels from dipping during the morning which can result in overeating mid-morning or at lunch
- keeping hydrated helps to maintain the body's fluid levels, sustain concentration and prevent constipation, tiredness and headaches.

## **Applying the principles of a healthy diet**

Recent estimates of the average consumption of sugar, salt and saturated fat in Wales are far above Government recommendations: added sugar

consumption is 14.4% of total energy intake compared to the recommended 11% maximum; salt consumed is 8.1g compared to a recommended daily maximum of 6g; and saturated fat intake is 15% of total energy intake compared to the recommended 11% maximum (British Heart Foundation Cymru, 2009-10). In addition, almost two-thirds (65%) of Welsh adults consume less than the recommended five or more portions of fruit and vegetables per day (Welsh Health Survey 2010).

Through the simple adaptation of catering and marketing practices to reduce the saturated fat, added sugar and salt content of foods and increase the consumption of fruit and vegetables, catering, procurement and retail outlet managers in hospital settings can have a positive impact on the dietary health of staff and visitors who consume the food they serve and sell.

The following tips are the basics to achieving a healthier diet; more detailed information on: specific food groups; drinks; the pricing, display and marketing of healthier options; and how to get a healthier catering project started is provided in the Fact Sheets in the Annex.

- Base meals on starchy foods: plan meals around starchy foods such as bread, cereals, rice, pasta and potatoes. Starchy foods should make up about a third of the food we eat. Try to use wholegrain varieties as they contain more fibre and other nutrients than white or refined starchy foods. They are also digested more slowly so help make us feel fuller for longer. **See Fact Sheet 1.**
- Eat lots of fruit and vegetables: at least 5 portions of a variety every day. An 80g serving of fresh, frozen or canned fruit and vegetables all count, as does a 30g serving of dried fruit. A 125ml serving of juice or three heaped tablespoons of beans or other pulses count as one portion, but further servings don't count no matter how much you consume. **See Fact Sheet 2.**
- Eat more fish: most of us should be eating more, aiming for two portions per week. One portion should be oily fish such as fresh, frozen or canned mackerel, salmon, sardines, trout or fresh/frozen tuna. **See Fact Sheet 4.**
- Cut down on saturated fat: high intakes of saturated fat can raise blood cholesterol which increases the risk of heart disease and stroke. Use less of foods high in saturated fat such as butter, lard, cream and palm oil in food preparation and use foods rich in unsaturated fat such as vegetable oils, avocado, nuts and seeds and lower-fat versions of milk, cheese and spreads instead. Also use supplier information to choose products lower in saturated fat. (See Table 1 for more information.) **See Fact Sheet 5.**
- Cut down on added sugar – high intake of added sugars can cause tooth decay, especially if eaten between meals. Food and drinks containing added sugar can be high in calories and can therefore contribute to weight gain. Use supplier information to choose products lower in added sugar and consider the portion sizes of



confectionery, biscuits and sugary soft drinks offered. (See Table 1 for more information.) **See Fact Sheet 5.**

- Try to eat less salt - adults and children over 11 should aim for no more than 6g of salt per day and younger children even less. High intakes of salt can raise blood pressure which increases the risk of heart disease and stroke. Salt should be used sparingly in preparing meals and not on display at tables. 75% of the salt consumed is in pre-prepared foods so use supplier information to choose products lower in salt. (See Table 1 for more information.) **See Fact Sheet 5.**
- Drink plenty of water - about 6 to 8 glasses (1.2 litres) of water, or other fluids every day to prevent dehydration. More is needed in warm weather or at times of physical activity. Avoid drinking soft and fizzy drinks that are high in added sugar. Dehydration can result in tiredness, loss of concentration, constipation, nausea and headaches. **See Fact Sheet 6.**

### Using supplier information to choose healthier products

Detailed nutrient specifications for all products should be available and used by procurement, catering and retail outlet managers, cooks and chefs to choose, cook and supply food that is lower in fat, saturated fat, sugars and salt.

The nutrition panel usually includes information on energy (calories), protein, carbohydrate, and fat. They may also provide information on saturated fat, sugars, sodium, salt and fibre. This information is given per 100g of the product and additionally on a per portion basis.

When selecting food for sale or as ingredients look for foods that have the most 'lows' and are not 'high' for fat, saturated fat, sugar and salt using the information in Table 1 as a guide.

**Table 1 – Quick guide to healthier labels (per 100g of food)**

	<b>LOW</b>	<b>HIGH</b>
Fat	3g or less	More than 20g
Saturates	1.5g or less	More than 5g
Sugar	5g or less	More than 15g
Salt*	0.3g or less (0.1g sodium)	More than 1.5g (0.6g sodium)

**\* Salt is often listed on food labels as sodium. To calculate the amount of salt in a food multiply the amount of sodium by 2.5 (i.e. salt = sodium x 2.5).**

For further advice on selecting healthier snack foods see the Health Promoting Hospital Vending Guidance [www.nutritionandcatering.wales.nhs.uk](http://www.nutritionandcatering.wales.nhs.uk)

## **Front-of-pack nutrition labelling**

Many food manufacturers also display nutritional information on the front of food packaging too. This can be useful when you want to compare different food products at a glance. Front of pack labels usually give a quick guide to:

- calories
- fat
- saturated fat
- sugars
- salt.

Food manufacturers do this through the use of: the descriptors high, medium and low; red, amber and green (traffic light) colour coding; Guideline Daily Amounts (GDAs) or a combination of all three.

Guideline Daily Amounts (GDAs) are guidelines about the approximate amount of particular nutrients and calories required for a healthy diet. Information on GDAs, and the contribution a nutrient makes towards a GDA (expressed as a percentage) can usually be found on the back or side of packaging. The % GDA can also sometimes be repeated on the front of the pack.

The descriptors high, medium and low and/or red, amber and green (traffic light) colour coding show whether a product has high (red), medium (amber) or low (green) amounts of fat, saturated fat, sugars and salt. Most foods will have a mixture but when choosing between products, by picking those with more green/low and amber/mediums you'll be making a healthier choice.

For more information on nutrition labelling visit:

<http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx>.

## **Ingredient list**

Ingredient lists provide useful information about what's in a food and can therefore help to determine how healthy a product is too. All pre-packed food must, by law, include an ingredients list with the ingredients listed in descending order of weight, so the main ingredient in the packaged food always comes first. That means that if the first few ingredients are high fat, sugar and/or salt foods then the food in question will be high in that nutrient.

## **Sustainable Food Choices**

The Welsh Government is one of a small number of governments worldwide to have sustainable development as one of the core principles within its establishing statute. Our food comes to us at great cost to the environment, with our food and drink accounting for 20% of the Wales ecological footprint. In Wales, it is estimated that people throw away 330,000 tonnes of food per

year, worth £500m per year, or £420 per person. The way in which hospitals procure, serve and market food and drink to staff and visitors can contribute to reducing the environmental costs of the food system, in particular through reducing food waste and strengthening Welsh food supply chains. It can also add to Health Boards' and Velindre NHS Trust's work in implementing the NHS sustainable toolkit *Healthy Sustainable Wales: The NHS Contribution* - *A tool-kit to help you embed Sustainable Development into your NHS Organisation*.

By choosing sustainable foods and minimising wastage, hospitals in Wales can have a significant local and global environmental impact. Reduction of waste, particularly food waste, will become a key target for all public sector bodies in the near future. By choosing sustainable foods and minimising wastage we can have a positive impact on our local and global environment and our health. When ordering supplies or menu planning think about things such as the amount of water and energy required to make and transport the product and its ingredients, whether the ingredients are processed or altered, what the minimum quantity would be to meet demand while avoiding wastage from unsold items, capacity and type of storage required to prevent spoilage and how much packaging is used.

The Welsh Government encourages all public sector premises that provide catering to identify opportunities to support and promote sustainable healthier foods where possible. Simply by considering things such as the amount of water and energy required to make and transport the products ordered as well as its ingredients, whether the ingredients are processed or altered as well as how much packaging is used can make a difference.

The Shared Services Partnership Procurement Service (previously Welsh Health Supplies) can provide further guidance. <http://www.whs.wales.nhs.uk>

The Welsh Government's guidance 'Food for Thought' provides advice on local food sourcing through a series of best practice case studies. These case studies demonstrate how to consider local supply chains and how to write contract specifications, appraise suppliers, evaluate tenders and set conditions for contracts whilst keeping the aim of providing nutritious meals, using quality ingredients, looking after the environment and avoiding waste. [www.wales.nhs.uk/sites3/.../WPI%20Case%20Studies%20-%20Food3.pdf](http://www.wales.nhs.uk/sites3/.../WPI%20Case%20Studies%20-%20Food3.pdf)

## **Support for breastfeeding**

Breastfeeding provides babies with the very best start in life. Breastfeeding provides important health protections both to babies and to their mothers. Breastfed babies are less likely to suffer from infections and allergies, or to develop childhood diabetes or obesity. Mothers who breastfeed have a lower risk of breast or ovarian cancer.

The Breastfeeding Welcome Scheme was established by the Welsh Government to help identify places that understand and support the needs of breastfeeding mothers and their babies. All hospitals in Wales are

encouraged to join the scheme and by doing so, your hospital will be providing a safe and welcoming place for mothers and will be playing an active part in encouraging more mothers to breastfeed their babies.

Being a member of the Breastfeeding Welcome Scheme means:

- Breastfeeding should be acceptable in all areas that are open to the public
- A mother who is breastfeeding should not be asked to move or stop breastfeeding
- All staff should be aware of the scheme and be supportive of the needs of breastfeeding mothers.

For more information about the Welsh Government's Breastfeeding Welcome Scheme see [www.wales.gov.uk/breastfeeding](http://www.wales.gov.uk/breastfeeding).

### **Nutrition Training for Staff**

Community dietitians across Wales deliver Agored Cymru accredited courses aimed at cascading nutrition knowledge and skills to access a healthy balanced diet to community based workers to pass on to their local communities. Hospital caterers keen on learning more about supporting healthy food and drink choices for staff and visitors can access these courses.

For more information on Community Food and Nutrition Skills Training see the Physical Activity and Nutrition Network Wales website [www.physicalactivityandnutritionwales.org.uk](http://www.physicalactivityandnutritionwales.org.uk).

## An Action Plan for Change

Use the step by step approach below to help you to get started on increasing the offering and take-up of healthier foods in hospitals.

Set up a Healthy Eating in Hospitals Group	<p>Many hospitals already have food interest groups and are working towards adhering to this guidance.</p> <ul style="list-style-type: none"><li>• A healthy eating group should include members from catering, health professionals, retail outlets and any volunteering groups to ensure all opinions are considered.</li><li>• Agree on a terms of reference for the group including frequency of meetings and roles. The group should meet regularly to discuss progress and agree next steps.</li><li>• Assess current systems in place, what is currently offered, sales and the views of customers (questionnaires are a quick and easy way to get a general opinion). Use this assessment to agree aims and objectives for the group.</li><li>• Identify where changes can be made and agree a written plan; start with small changes/quick wins that are easy to implement and build in longer-term targets.</li></ul>
Be SMART	<p>Setting SMART objectives is a useful way to direct activity.</p> <p><b>S</b> – be Specific in your goal: it has a much greater chance of success <b>M</b> – establish Measurable criteria to track progress <b>A</b> – make sure your goal is Achievable otherwise it may be ignored <b>R</b> – be Relevant: a goal should represent something you are willing and able to work to <b>T</b> – ensure the goal is Timely by including a target completion date</p>

Quick win ideas	<p>Here are some examples of ‘quick wins’ that can be implemented easily:</p> <ul style="list-style-type: none"> <li>• Stop pre-salting chips</li> <li>• Reduce the number of pre-packed foods and drinks with high levels of fat, saturated fat, sugars and salt to a minimum</li> <li>• Swap confectionery at till points for healthier alternatives such as fruit, dried fruit/nut mixes etc</li> <li>• Switch to low-fat spread in sandwiches or serve without</li> <li>• Swap whole-milk as standard in hot drinks for semi-skimmed or 1% milk</li> <li>• Use reduced-fat mayonnaise in sandwich fillings</li> <li>• Serve salads undressed</li> <li>• Serve jacket potatoes, toast etc with butter or low-fat spread on side</li> </ul>
Longer term objectives	<p>Changes to menus and the foods on offer will take more time; here are some SMART ideas:</p> <ul style="list-style-type: none"> <li>• By <i>ddmmyy</i>, the restaurant will offer at least two main course options not high in fat, saturated fat, sugars or salt (see Table 1) at each meal occasion</li> <li>• By the end of Quarter 1, all meal-deal offers will include a choice of fruit portions as part of the deal</li> <li>• By Christmas, all oils used in food preparation in the hospital will be unsaturated (e.g. olive, vegetable or rapeseed oil)</li> <li>• Within the next 6 months identify all low-fat options (less than 3g fat per 100g) on menus and promote to staff and visitors through logos on menus/packaging, posters and leaflets.*</li> <li>• Within 12 months, all catering and retail staff will have attended a healthy eating awareness day</li> <li>• Within 18 months, 50% of snack foods and drinks on offer will meet the requirements of the Health Promoting Hospital Vending Guidelines</li> </ul>
Work streams to consider...	<ul style="list-style-type: none"> <li>• Product sourcing – many food suppliers are responding to customer demands for healthier products, so talk to them about your plans. Find out about local suppliers – you may get support from your Welsh Health Supplies.</li> </ul>

	<ul style="list-style-type: none"> <li>• Budget and pricing policy - it's important that the healthier options aren't perceived as more expensive than the traditional fare – consider how the pricing policy might be changed to encourage the uptake of healthier options, even on a temporary basis. See Fact Sheet 8 for ideas.</li> <li>• Overcoming barriers – staff training in nutrition and healthy catering practices is important to overcome staff concerns and improve knowledge and skills. Find out from your local Dietetic Department what courses or study days may be available locally aimed at catering staff; see further information for links and contacts.</li> <li>• Publicity – promote your changes to staff and visitors to encourage take up. See Fact Sheet 8 for ideas.</li> </ul>
Monitor, evaluate and review	<ul style="list-style-type: none"> <li>• Use sales records, focus groups, staff feedback and visitor questionnaires to periodically evaluate progress; ongoing monitoring is important to help track demand for healthier options.</li> <li>• Regularly review the plan and group objectives to ensure progress remains on track.</li> <li>• Be realistic in your progress; it can take time to move from a service that offered few healthy options to one where healthy eating is the norm.</li> </ul>

**\*Care must be taken when using logos on menus; see the advice on nutrition and health claims in Fact Sheet 8.**

## Fact Sheet 1

<b>Choosing and serving: bread, rice, potatoes, pasta and other starchy foods</b>	
Breads	<p>Offer a range of different breads including wholemeal, brown, multigrain and granary. Vary the breads on offer such as pitta, ciabatta or chapatti.</p> <p>Look for white bread with added nutrients and fibre if customers don't like brown or wholemeal bread.</p> <p>Choose lower salt bread with 1g salt /100g or less where possible using supplier information (See Table 1).</p> <p>Use thick-cut bread or rolls for sandwiches, using low fat spread or none at all. Offer sandwiches and sandwich fillings without mayonnaise.</p>
Potatoes	<p>Offer jacket, boiled or mashed potatoes as an alternative to chips.</p> <p>If frying, pre-blanch potatoes in steamers beforehand and ensure frying temperatures are correct as this will reduce the amount of oil absorbed. Use unsaturated oils such as sunflower or rapeseed oils, drain fat off chips and do not pre-salt.</p> <p>Avoid crinkle-cut chips, which absorb more fat, and try to cut large chips or serve wedges instead. Oven baked chips are a healthier alternative.</p> <p>If roasting potatoes, use large pieces and small amounts of vegetable oil. Brush the oil onto potatoes to use smaller amounts and drain well.</p> <p>Use skimmed, 1% or semi-skimmed milk rather than butter or margarine to mash potatoes.</p>
Breakfast Cereals	<p>Use supplier information to choose cereals lower in sugar and salt (see Table 1).</p> <p>Offer wholegrain cereals, such as whole wheat biscuits, porridge and bran flakes.</p> <p>Choose cereals fortified with vitamins and minerals which can help people meet their daily requirements.</p> <p>Offer skimmed, 1% fat or semi-skimmed milk or low-fat yoghurt to accompany cereal.</p>
Rice, Pasta and Other Starchy Foods	<p>Use minimal oil and salt in cooking and avoid dressing with fat (e.g. serve plain boiled/steamed rice instead of fried).</p> <p>Offer whole grain pasta and rice where possible, or use in combination with white varieties, and use to make composite meals such as spaghetti bolognese or rice salads.</p> <p>Be aware of the fat content of sauces and accompanying foods (e.g. serve sauces with a tomato base rather than cheese/cream as they are lower in fat).</p>



## Fact Sheet 2

Choosing and serving: fruit and vegetables	
Fruit	<p>Offer fresh fruit making sure it is attractively presented.</p> <p>Offer fruit based-desserts such as fruit cobbler, fruit salad, stewed seasonal fruit, summer pudding or fruit crumble.</p> <p>Avoid adding sugar or syrupy dressings.</p> <p>Offer low fat or reduced fat cream, custard, yoghurt and/or fromage frais to accompany fruit.</p> <p>If using canned fruit, use fruit in juice rather than syrup.</p> <p>Offer unsweetened fruit juices and fruit based smoothies.</p> <p>Incorporate fruit into other dishes such as lemon chicken, pork with apple sauce.</p> <p>Use fresh fruit as soon as possible to avoid vitamin loss or use frozen fruit instead.</p> <p>Leave skins on fruit whenever possible.</p> <p>Offer a variety of dried fruits to add to cereals and porridge.</p> <p>Add dried fruit to cakes and desserts.</p>
Vegetables	<p>Store fresh vegetables in a cool dark place to preserve nutrients and use as soon as possible; frozen vegetables are a good alternative.</p> <p>Avoid leaving cut vegetables exposed to air, light, heat or to soak in water before cooking; cover and chill instead.</p> <p>Cook vegetables as quickly as possible after cutting.</p> <p>Use minimal boiling water and cover tightly to keep in the steam; this speeds up the cooking and a shorter cooking time will help preserve nutrients. Large scale caterers should use batch steaming to maximise vitamin retention.</p> <p>Serve as soon as possible after cooking. Keeping vegetables warm destroys much of the vitamin C.</p> <p>Leave skins on vegetables whenever possible.</p> <p>Add vegetables and pulses to soups, stews, casseroles, curries or other dishes.</p> <p>Avoid dressing vegetables in butter, glazes or rich sauces; allow customers to add their own if offered.</p> <p>Include a side salad where appropriate and offer without dressing. If including dressings, offer low fat versions or those based on healthier fats (e.g. olive oil).</p> <p>Choose canned vegetables or pulses in water with no added salt or sugar.</p> <p>Offer reduced-fat mayonnaise and use when preparing salads such as coleslaw, potato salads etc.</p> <p>Include salad in sandwiches as standard.</p>

### Fact Sheet 3

Choosing and serving: milk and dairy foods	
Milk	<p>Offer skimmed, semi-skimmed or 1% fat milk with tea/coffee and cereal whenever possible.</p> <p>Replace cream in recipes with low fat yoghurt, fromage frais, reduced-fat crème fraîche or quark in recipes where possible.</p> <p>Make 1% fat or semi-skimmed milk the standard in lattes, hot chocolate and other milky drinks.</p> <p>Use skimmed, semi-skimmed or 1% fat milk for making custard, rice-pudding and other milky desserts and sauces.</p>
Cheese	<p>Use lower-fat cheese such as Edam, Brie, cottage cheese or reduced fat varieties.</p> <p>Use supplier information to choose lower salt and fat cheese.</p> <p>Use grated strong flavour cheese in cooking and for salads, sandwich fillings etc as you will use less.</p> <p>Use béchamel instead of cheese sauce for dishes such as lasagne.</p>
Yoghurt, ice-cream and other dairy foods	<p>Offer low fat yoghurts (fruit or plain) as desserts and frozen yoghurt as an alternative to ice cream.</p> <p>Serve desserts with plain low fat yoghurt or fromage frais instead of cream.</p> <p>Use supplier information to choose reduced/lower fat and sugar fruit yoghurts and ice-creams/frozen desserts</p>

## Fact Sheet 4

<b>Choosing and serving: meat, fish, eggs beans and other non-dairy sources of protein</b>	
Red meat and meat products	<p>Use lean minced meat and lean cuts of meat where possible and trim visible fat before cooking.</p> <p>Use supplier information to choose lower fat and salt sausages and burgers, and grill rather than fry.</p> <p>Reduce the use of tinned meats which can be high in salt.</p> <p>Poach, grill, microwave or bake with minimal added fat.</p> <p>Drain off excess fat once meat has roasted or browned.</p> <p>Use supplier information to choose meat products (e.g. sausages) with the highest meat content.</p> <p>Consider the proportion of meat in composite meals (e.g. lasagne) and serve with less meat, more pasta/rice/potatoes/vegetables and/or beans/pulses to improve the proportions in line with the eatwell plate, increase fibre and decrease calorie content (Figure 1).</p>
Poultry and eggs	<p>Remove the skin and trim off fat before cooking where possible.</p> <p>If roasting, drain off excess fat.</p> <p>Offer grilled, baked, poached or stir fried chicken dishes.</p> <p>Offer poached, scrambled or boiled eggs as an alternative to fried.</p> <p>Avoid adding fat or salt to scrambled eggs.</p>
Fish	<p>White fish is low in fat; offer a variety such as haddock, plaice or Pollock.</p> <p>Oily fish are rich in omega oils and vitamin D; offer a variety such as salmon, mackerel, fresh tuna*, sardines, trout or pilchards.</p> <p>Offer breaded fish as an alternative to battered and bake or grill instead of fry.</p> <p>Use fish canned in water or dry packed rather than brine or oil.</p> <p>Use reduced fat mayonnaise to make sandwich fillings e.g. tuna mayo.</p> <p>If frying fish, use unsaturated oils and drain well.</p>
Non-Dairy sources of protein	<p>Offer Quorn™, tofu, soya or textured vegetable protein (TVP), beans or pulses for vegetarian alternatives to meat in meals.</p> <p>Use beans and pulses as the base for vegetarian stews, casseroles, curries, soups etc or use to extend meat dishes such as chilli con carne.</p>

**\* The canning process of tuna reduces the fatty acids to levels similar to white fish and so canned tuna doesn't count as oily fish.**

## Fact Sheet 5

Choosing and serving: foods high in fat, sugar and/or salt	
Fat	<p>Use less fat in food preparation and cooking.</p> <p>Trim visible fat from meats and skin from poultry prior to cooking.</p> <p>Replace saturated fats such as butter, ghee, lard and palm oil with unsaturated fats such as rapeseed, groundnut or olive oils (mono-unsaturated) or sunflower, soya or corn oils (poly-unsaturated).</p> <p>Use unsalted low-fat spreads or polyunsaturated margarines.</p> <p>Use supplier information to choose foods lower in fat, particularly saturated fat.</p> <p>Avoid frying wherever possible or quick fry using minimal unsaturated oil. Change oil frequently as it becomes more saturated with use.</p> <p>Use less butter in pastries or dough; use a low fat alternative where possible.</p> <p>Serve pastry based dishes with a single crust. A lattice top uses less pastry so is more economical as well as healthier.</p> <p>Offer sandwiches, rolls and baguettes etc without any butter/spread. Use spreads that are soft from the fridge so easy to spread thinly.</p> <p>Avoid serving vegetables, potatoes or salad with fat or oils.</p> <p>Serve butter/spread separately or on the side for foods such as jacket potatoes, bread rolls or toast.</p> <p>Serve salad dressings and dessert toppings separately and offer lower fat alternatives such as reduced fat mayonnaise, reduced fat crème-fraiche, low fat ice cream or yoghurt.</p> <p>Use reduced fat mayonnaise and use sparingly and/or dilute with low fat yoghurt.</p> <p>Replace cream in sauces and recipes with lower fat alternatives such as reduced fat crème-fraiche, fromage frais or yoghurt where possible. Serve tomato and vegetable based sauces instead.</p>
Sugar	<p>Use less sugar in cooking and baking where possible.</p> <p>Use fresh or dried fruit in cakes or desserts to sweeten.</p> <p>Offer low fat unsweetened fruit yoghurts as desserts.</p> <p>Avoid using sugar as a garnish, icing or glaze.</p> <p>Offer sweetener as an alternative to sugar.</p> <p>Use fruit juice or canned fruit in juice as a base for fruit salad in</p>

	<p>stead of syrup.</p> <p>Avoid sugar-coated breakfast cereals and offer wholegrain varieties instead.</p> <p>Use supplier information to choose lower sugar cereal bars.</p>
Salt	<p>Use less salt in cooking.</p> <p>Use supplier information to choose lower salt ingredients such as stock cubes, soya sauce, breads, low fat spreads etc.</p> <p>If using pre-made sauces, soups etc, use supplier information to choose lower salt varieties.</p> <p>Use herbs, lemon juice, spices or vinegar to flavour rather than salt.</p> <p>Avoid salting chips before serving.</p> <p>Make salt less accessible to customers by placing salt cellars behind the counter or on a separate table.</p> <p>Choose tinned fish, vegetables, pulses or beans in water without added sugar or salt.</p> <p>Avoid the use of tinned meats; use supplier information to choose lower salt varieties of cold meats or roast in-house instead.</p>

## Fact Sheet 6

Choosing and serving: drinks	
Water	<p>Make drinking water freely available.</p> <p>Ensure water dispensers are easily accessible throughout the hospital; place near to where people work, consume or buy food and away from toilet facilities.</p> <p>Offer a range of still and sparkling mineral or spring waters in addition to fresh drinking water.</p> <p>Use supplier information to choose flavoured waters with no added sugar.</p>
Fruit juices, smoothies and milk-shakes	<p>Offer a range of pure fruit juice with no added sugar.</p> <p>Use supplier information to choose fruit based and fruit and milk/yoghurt based smoothies with no added sugar.</p> <p>Low fat flavoured milk and milk based drinks with no more than 5% added sugar.*</p> <p>Offer carbonated pure fruit juice and water mixes as an alternative to traditional carbonated drinks; those with a minimum of 50% juice are best.</p> <p>Use fresh, frozen or canned fruit with no added sugar in smoothies and milk shakes.</p> <p>Offer skimmed, semi-skimmed or 1% fat milk in milk-shakes.</p> <p>Use low fat yoghurt in smoothies and low fat ice-cream in shakes.</p>
Carbonated drinks, squashes and cordials	<p>Offer diet versions of carbonated drinks.</p> <p>Use sugar-free squash and cordials.</p>
Tea, coffee and other hot drinks	<p>Offer skimmed, semi-skimmed or 1% fat milk with tea and coffee.</p> <p>Make 1% fat or semi-skimmed milk the standard in lattes, hot chocolate and other milky drinks.</p> <p>Offer sweetener with tea and coffee.</p> <p>Use sugar-free syrups in flavoured coffees.</p>

**\* This level of sugar is acceptable, as it has been demonstrated that 5% sucrose in milk produces a small but non-significant increase in dental caries compared with plain milk.**

## Fact Sheet 7

Food Allergies	
<p>A food allergy is when the immune system generates an adverse reaction to specific proteins found in food. Any food can potentially cause an allergic reaction, but in fact just a handful of foods are to blame for 90% of allergic reactions to food in the UK. They are:</p> <ul style="list-style-type: none"><li>• celery</li><li>• cereals containing gluten (including wheat, rye, barley and oats)</li><li>• crustaceans (including crabs and prawns)</li><li>• eggs</li><li>• fish</li><li>• lupin</li><li>• milk</li><li>• molluscs (such as mussels and oysters)</li><li>• mustard</li><li>• nuts (including Brazil nuts, hazelnuts, almonds and walnuts)</li><li>• peanuts (groundnuts or monkey nuts)</li><li>• sesame seeds</li><li>• soya</li><li>• sulphur dioxide or sulphites</li></ul>	
Adults	In adults, most allergic reactions are to peanuts, nuts, fish, shellfish and wheat.
Children	In children, most allergic reactions are to eggs, milk, nuts, peanuts, soy and wheat.
Labelling of allergens	<p>Labelling rules mean that when any of these ingredients are intentionally added to pre-packed foods they must be listed on the label. People with food allergies will often turn to catering staff for guidance in terms of food choice. It is therefore essential that caterers and serving staff are aware whether any dishes offered, including composite dishes prepared in house, contain any of these allergens. It is good practice to mention any allergens in the name of the dish or the description on the menu, e.g. 'strawberry mousse with almond shortbread'. The Food Standards Agency provides guidance and posters to help caterers and food businesses provide information to customers who need to avoid certain ingredients because of an allergy.</p> <p><a href="http://food.gov.uk/safereating/allergyintol/guide/">http://food.gov.uk/safereating/allergyintol/guide/</a></p>

## Fact Sheet 8

Display, pricing and marketing	
Display	<p>Highlight e.g. low fat (less than 3g/100g), high fibre (more than 6g/100g or 3g/100kcal) options on menus and pre-packed foods such as sandwiches and salads. (<b>See Note below.</b>)</p> <p>Put fruit on display in a prominent position (e.g. by tills).</p> <p>Ensure fruit on display is unblemished and attractively presented</p> <p>Offer smaller portion sizes where available on high fat/sugar/salt items such as chocolate bars, carbonated sugary drinks and crisps.</p> <p>Ensure a wide range of alternatives to high fat/sugar/salt snack foods (sweets, chocolates, crisps, cakes etc) are available such as dried fruit, unsalted nuts, baked crisps, rice cakes, malt loaf etc; display these alternative items prominently and within easy reach.</p> <p>Keep confectionery to the rear of the display.</p>
Pricing	<p>Ensure healthier options are attractively priced compared to the rest of the menu/options available.</p> <p>Include a portion of vegetables in meals and salad in sandwiches in the cost of the item.</p> <p>Allow customers to swap e.g. chips for boiled potatoes, white bread for wholemeal/granary, a side of garlic bread for extra vegetables or salad for no extra charge.</p> <p>Include a portion of fruit or vegetables in 'meal deal' options.</p>
Marketing	<p>Promote the hospital's move towards healthier catering on blackboards or posters.</p> <p>Advertising changes to menus throughout the hospital using posters and any NHS intranet and internet sites.</p> <p>Avoid multi-buy promotions on high fat/sugar/salt foods (e.g. buy-one-get-one-free, two-for-£1 offers), particularly on family-size packs.</p> <p>Always include healthier options in promotions e.g. dish of the day, coffee plus snack deals, loyalty offers, 2-4-1 deals.</p> <p>Use seasonality to promote fruit and vegetables.</p> <p>Use local suppliers and use to promote food options.</p> <p>Have themed promotional days linked to the time of year, such as St David's Day, Fair Trade week, the World Cup or Olympics.</p> <p>Provide free healthy eating information or leaflets; ensure they are eye-catching to attract customers' attentions.</p>



Nutrition and Health Claims	<p><b>Note: care must be taken when using any nutrition or health claims to promote or market foods.</b> Nutrition and health claims are subject to the requirements of Regulation (EC) No. 1924/2006. Nutrition claims are only permitted if they are listed on the Annex of that Regulation and conform with the conditions of use. This applies to logos or similar wording that may construe the same meaning to the consumer. The European Union Register of Nutrition and Health Claims made on Food can be viewed at:</p> <p><a href="http://ec.europa.eu/food/food/labellingnutrition/claims/community_register/index_en.htm">http://ec.europa.eu/food/food/labellingnutrition/claims/community_register/index_en.htm</a>. If you are considering using one or more of these claims it is advisable to seek advice from your local food law enforcement officer.</p> <p><a href="http://food.gov.uk/enforcement/enforceessential/yourarea/">http://food.gov.uk/enforcement/enforceessential/yourarea/</a></p>
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## References

British Dietetic Association (2007) [Internet] Accessed at <http://www.bda.uk.com/foodfacts/fluid.pdf> (Accessed on 04/02/11)

British Heart Foundation Cymru, Coronary Heart Disease Statistics (2010) <http://www.bhf.org.uk/publications/view-publication.aspx?ps=1001546>

eHealthshow, 2009 data

Welsh Government, Welsh Health Survey (2010) <http://wales.gov.uk/topics/statistics/publications/healthsurvey2010/?lang=en>

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### **Useful Websites**

Welsh Government, [www.wales.gov.uk](http://www.wales.gov.uk)

NHS Wales, [www.wales.nhs.uk](http://www.wales.nhs.uk)

Change4Life Wales, [www.wales.gov.uk/change4life](http://www.wales.gov.uk/change4life)

Food Standards Agency, [www.food.gov.uk](http://www.food.gov.uk)

British Dietetic Association, [www.bda.uk.com](http://www.bda.uk.com)

NHS Choices, [www.nhs.uk/livewell](http://www.nhs.uk/livewell)