

HEALTHIER MENU CHECKLIST

Food businesses can play an important role in supporting customers to make healthier food choices when dining out.

The checklist overleaf can be used by chefs, cooks and managers to compare the menu options, preparation and serving practices of your food business with some general healthier nutrition principles.

For each applicable question, place a tick in the box if you agree, and a cross in the box if it is something your food business is yet to do. This will help you to identify practices that may need improving.

This checklist may be used multiple times to help you to monitor your food business' progress towards healthier practices.



Healthier meal preparation

1. Is lean meat used in your menu? (e.g. meat trimmed of all fat, lean mince used in burgers, low fat sausages, skinless chicken)
2. Are chips cooked thick and straight (e.g. 12 mm or bigger instead of crinkle cut/fries)?
3. Are foods deep fried in polyunsaturated oils or oils with the Heart Foundation Tick?
4. Do you use poly/monounsaturated oils for all shallow frying and baking? (e.g. canola/olive/sunflower oils instead of palm/coconut oil or butter)?
5. Do you use spreads made from canola oil, sunflower oil, olive oil, or dairy blends with the Heart Foundation Tick instead of butter?
6. Do you use salad dressings and marinades made from poly/monounsaturated oils?
7. Have salt shakers been removed from tables and counters?
8. Do you use ingredients that are labelled 'no added salt', 'low salt' or 'salt reduced' or have the Heart Foundation Tick?
9. Is reduced, low or no fat dairy used? (e.g. skim milk, low fat cheeses)
10. Are all meal serve sizes controlled rather than self-serve or buffet style?
11. Are low salt condiments, or condiments with the Heart Foundation Tick used (e.g. low salt tomato sauce)?

Healthier meal options

12. Do you offer the choice of healthier cooking methods (e.g. grilling fish, steaming, baking or microwaving) instead of frying?
13. Are salad and/or vegetables included as part of all meals?
14. Do you provide wholemeal, multi-grain rolls or breads, or breads with added fibre?
15. Do you offer fish options on your menu?
16. Do you offer fresh fruit-based desserts without toppings or pastry?
17. Do you serve low fat sauces with the meals? (e.g. a tomato-based instead of a cream based sauce for pasta, steaks and fish)
18. Is self serve tap water easily accessible for patrons?
19. Is bottled water promoted as prominently as soft drinks, and priced competitively?

Scoring

The more ticks the better! The goal is to have every box ticked.

If your list is mostly ticks, you are well on your way to a healthier menu which can help support your customers to make healthier choices when eating out. Don't stop at mostly ticks though; continue to work towards having every box ticked!

If your list is mostly crosses, there are lots of opportunities for you to make meal preparation procedures and options at your food business healthier. For information on how to do this, please visit www.heartfoundation.org.au/catering for resources around healthier oils and ingredients or contact Councils Environmental Health Department on 8408 1111 for further questions.