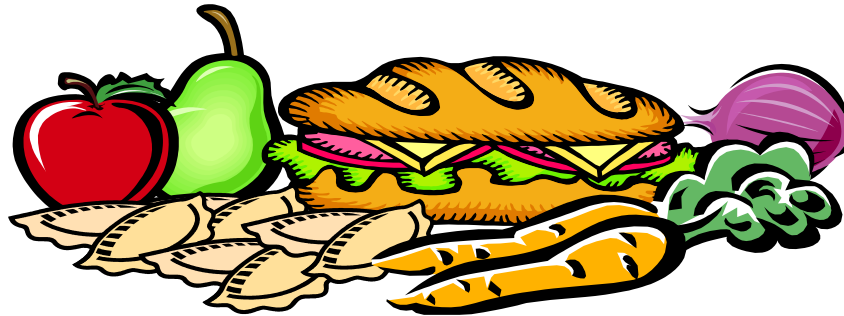


Healthier Catering Guidelines



The following helpful hints detail practical ways of implementing healthier catering practices.



Note: Food safety is a critical issue that needs to be addressed. To find out more about Food Safety contact the environmental health officer at your local government health department. Alternatively, contact your state health department or Food Standards Australia New Zealand (FSANZ) or visit their website at www.foodstandards.gov.au

TABLE OF CONTENTS

DISCLAIMER: The use of these guidelines does not imply Heart Foundation approval of menus.

FINGER FOODS	Cold suggestions (Hors d'oeuvres, Platters), Hot suggestions	Page 3
SANDWICHES	Breads, Fillings	Page 4
MEALS	Pasta and rice, Fish, Meat	Page 5
MEALS	Vegetarian dishes	Page 6
MEALS	Pastry, Pastry alternatives, Soups and sauces, Pizza	Page 7
MEALS	General hints (Gravy, Marinades, Fats and oils)	Page 8
VEGETABLES AND SALADS	General hints, Dressings	Page 9
SWEET THINGS	Sweet food ideas, Desserts	Page 10
BEVERAGES	Cold drinks, Hot drinks	Page 11
MORE INFORMATION		Page 11

FINGER FOODS

Cold suggestions

Hors d'oeuvres

- Use small serves of different bread varieties, crepes or pikelets, water crackers or crispbreads for the base. Top with a variety of garnishes such as:
 - Avocado, mushroom and cherry tomato;
 - Sliced hard-boiled egg, black caviar and parsley; or
 - Smoked salmon, cherry tomato and basil.
- Sushi or Californian rolls.
- Asparagus rolls prepared with mayonnaise made from oil such as canola, sunflower, soybean and olive oils.

Platters

- Dried fruit such as apricots, dates, prunes, sultanas, and plain, unsalted nuts such as almonds, peanuts, walnuts.
- Fresh fruit cut into slices, or fresh fruit kebabs (chunks of different fruit such as banana, strawberries, kiwi fruit, orange, on bamboo skewers).
- Vegetable crudites with dip such as guacamole, hommus or tzatziki.
- Cheese, particularly low or reduced fat cheeses such as cottage, ricotta, quark and a reduced fat tasty cheese. Only include small amounts of cheese such as Brie and Camembert. Serve with plenty of accompaniments such as water crackers or crispbreads, bread, fresh and dried fruit and plain, unsalted nuts.

Hot suggestions

- Lean meatballs with a dipping sauce such as tomato salsa, chilli and ginger sauce or, low or reduced fat yoghurt based sauces.
- Lean meat (pork, lamb, beef, chicken, fish) or vegetable kebabs with a dipping sauce such as tomato salsa, chilli and ginger sauce or, low or reduced fat yoghurt based sauces.
- Filo pastry parcels containing ricotta cheese and spinach, pumpkin or other vegetable fillings.
- Baked chicken pieces without the skin.
- Small baked potatoes with reduced fat toppings such as lean meats, seafood, salad vegetables and low or reduced fat dairy products.



SANDWICHES

Breads

- Offer a variety of breads such as wholegrain, white, rye, mountain bread (e.g. lavash, sorj), fruit and nut breads, foccacias and bagels.
- Use margarine spreads instead of butter or dairy blends.
- Try reduced fat cream cheese, ricotta or cottage cheese, pickles, mustard, chutney, avocado, or mayonnaise made from oil such as canola, sunflower, soybean and olive oils for a tasty change.



Fillings

Extend the range of fillings offered. Here are a few examples to get you started.

Cottage cheese or ricotta cheese with:

- Salad (e.g. lettuce, carrot, tomato, beetroot, cucumber, sprouts, onion);
- Grated carrot and sultanas; or
- Apple, celery and raisins.

Lean chicken or ham with:

- Salad (e.g. lettuce, carrot, tomato, beetroot, cucumber, sprouts, onion); or
- Coleslaw.

Tuna (if using canned, choose reduced salt varieties. Note also that fish canned in springwater or oil such as canola, sunflower or olive oil are all suitable) with:

- Diced celery and cucumber; or
- Pineapple, lettuce and onion.

Other

- Hommus, tomato and cucumber;
- Tomato, fresh basil or mint, and onion; or
- Roasted vegetables with salad greens.

MEALS

Pasta and rice

- Try wholemeal pastas – they are especially good in soups and casseroles.
- Try using different varieties of rice such as wild rice, basmati, brown and white.
- Use reduced saturated fat sauces, particularly those made with plenty of vegetables. Avoid the addition of high salt and/or saturated fat ingredients such as salami, bacon, butter and cream.
- Use freshly chopped herbs for flavour.
- Try filling ravioli or cannelloni with vegetables such as spinach and legumes and low or reduced fat dairy products such as ricotta cheese.

Fish

- Brush or spray with oil such as canola, sunflower, soybean, olive and peanut oils to prevent sticking to pan or grill.
- If using canned fish, choose reduced salt varieties. Fish canned in springwater or oil such as canola, sunflower or olive oil are all suitable.

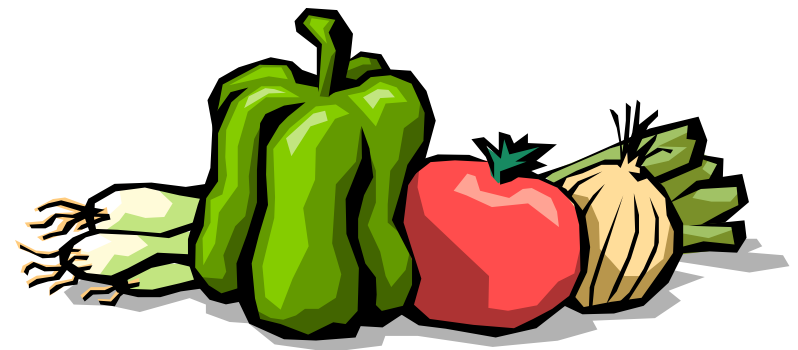
Meat

- Use lean meat (that is, all visible seldge fat removed and minimum fat marbling).
- Remove skin from chicken and other poultry, or use skinless pieces.
- Oven roast, grill or stir-fry meats.
- Cook with a moderate amount of oil such as canola, sunflower, soybean, olive and peanut oils.
- Extend meat with the addition of legumes (e.g. lentils, chickpeas, kidney beans), rolled oats, bread crumbs etc. in casseroles, stews, meat loaves. Canned or packaged pre-cooked legumes can be used for easy preparation.
- Try kebabs, casseroles or stir-fries with plenty of vegetables, noodles, rice or couscous.

MEALS (cont.)

Vegetarian dishes

- Add cooked, packaged pre-cooked or canned dried beans, peas or lentils to dishes.
- Try wholemeal pasta for a change.
- Substitute brown rice or wholemeal flour where appropriate – it adds texture and a nutty flavour.
- Where appropriate leave skins on vegetables. Wash or scrub well.
- Use moderate amounts of oil such as canola, sunflower, soybean, olive and peanut oils during cooking.
- Use low or reduced fat dairy or non-dairy (e.g. tofu, soy milk) products to replace regular full fat milk, cheeses and yoghurts.
- Base a variety of dishes on soy foods such as tofu and tempeh.
- Use plain, unsalted nuts in recipes.
- Include a variety of cereals and cereal products (preferably wholegrain) e.g. buckwheat, millet, barley, polenta, couscous, rice, pasta and noodles.



MEALS (cont.)

Pastry

- Try filo pastry instead of the high saturated fat pastries such as short crust or puff. Brush layers lightly with low or reduced fat yoghurt or milk, rather than butter, and use a little oil such as canola, sunflower, soybean, olive or peanut oil on the outer layer for crispness.
- Where appropriate, when using a higher saturated fat pastry, only use pastry on the top of a pie, rather than top and bottom.
- Choose a pastry made with oil such as canola, sunflower or olive oils.

Pastry alternatives

- Use crepes made with wholemeal flour (or a half wholemeal and half white mixture), and cooked with oil such as canola, sunflower, soybean, olive and peanut oils, as a casing for rolls and pies.
- Use mountain breads (e.g. lavash, sorj) or hollowed out breadsticks, rolls or buns in place of pastry.
- Use a layer of cooked couscous or rice under meat or vegetable pie fillings instead of pastry.
- Try vegetables such as baked potatoes, sweet potato, capsicum, baby pumpkins or cabbage leaves as interesting, nutritious casings.

Soups and sauces

- Cool stock and skim fat before using for soups and sauces.
- Oats, barley, bran and wholemeal flour are good thickeners for hearty soups.
- Use fruits and vegetables such as tomatoes, pumpkin, berries, mangoes etc. as a sauce base.
- Use low or reduced fat milks, yoghurt or evaporated reduced fat milk instead of cream.
- Prepare soups and sauces without the addition of cream or egg yolks.
- If making a roux, use margarine spreads instead of butter or dairy blends.

Pizza

- Try a wholemeal crust.
- Use lots of vegetable topping like tomatoes, spring onions, mushrooms, capsicums and herbs.
- Use small amounts of finely grated low or reduced fat cheeses or small amounts of stronger flavoured cheeses such as parmesan.
- Limit ingredients high in saturated fat such as salami and pepperoni.
- Use lean ham, lean chicken, lean beef or seafood.

MEALS (cont.)

General hints

Gravy

- Use fresh skimmed beef, chicken or vegetable stock flavoured with a bouquet garni (or dried mixed herbs).
- If using meat juices, make sure all the fat is drained from the pan.
- Gravy can be thickened using cornflour or dextrinised flour (that is, flour that has been browned slowly in the oven) instead of a roux.

Marinades

- Marinades add flavour as well as tenderise meat and poultry dishes. Use the marinade to baste grilled and baked meats, poultry and fish to keep moist during cooking.
- Use a moderate amount of oil such as canola, sunflower, soybean, olive and peanut oils.
- Use unsweetened fruit juice (e.g. pineapple, lime or lemon juice), low or reduced fat yoghurt or wine as the basic ingredients; and add balsamic vinegar, garlic, pepper, mustard or ginger, additional herbs and spices as flavouring.
- When using soy sauce, choose reduced salt varieties.

Fats and oils

- Choose either margarine spreads or oil such as canola, sunflower, soybean, olive and peanut oils and use in moderate amounts. Use these in place of highly saturated fats such as butter, lard, ghee, tallow, blended vegetable oil, palm oil or coconut oil.
- Oils that claim to be cholesterol free (e.g. coconut, palm) may still be high in saturated fats. Check the nutrition information panel on the label – if the majority of the fat is saturated fat then choose a different type of oil.
- If deep frying, use deep frying oils carrying the Heart Foundation's Tick of approval or oils with less than 28% saturated plus trans fats.



VEGETABLES AND SALADS

General hints

- Offer a variety of vegetables.
- Avoid boiling vegetables in large amounts of water. Oven roasting, steaming or stir frying retains flavour and minimises the need for salt.
- Flavour cooked vegetables with a little lemon or lime juice, balsamic vinegar, freshly chopped herbs or pepper.
- Where appropriate leave skins on vegetables and fruit. Wash or scrub well.
- Serve cooked vegetables slightly crunchy.
- When preparing vegetable dishes or salads, limit use of saturated oil or fats including cream and foods such as fatty bacon and fried croutons.
- For vegetable dishes where a topping is required, use low or reduced fat cheeses, such as ricotta, cottage or reduced fat cheddar. Bread crumbs, oatmeal and other cereals make a crunchy topping.

Dressings

- Try fruit or vegetable purees or juices as a base for dressings.
- Experiment with dressings made with lemon juice, vinegar, herbs and oil such as canola, sunflower, soybean, olive and peanut oils.
- Make dressings using low or reduced fat yoghurt.
- Look for commercial mayonnaise made from oil such as canola, sunflower, soybean, and olive oils.
- Serve dressings separately, so customers can choose to add them.



SWEET THINGS

Sweet food ideas

- Add fresh, poached or dried fruit to cake, muffins, slice and biscuit recipes where possible.
- Try a proportion of wholemeal flour to white flour where possible in baked goods (a ratio of 1:1 works well).
- When making cakes, muffins, slices and biscuits use margarine spreads or oil such as canola, sunflower, soybean, olive and peanut oils.
- Offer pikelets, scones, fruit buns and fruit muffins – wholemeal if possible.
- Offer plain sweet biscuits as an alternative to cream-filled, iced or chocolate-coated biscuits.
- Offer almond bread.
- Try plain, fruit or vegetable-based scones (without the cream); add ricotta cheese, jam or margarine spread.
- Offer fresh fruit - cut into pieces or served whole.

Desserts

- Use fruit purees as sauces.
- Offer fresh fruit platters and fresh fruit salads.
- Leave the skin on fruit where possible.
- Add fresh, canned or dried fruit to dessert recipes where possible.
- Use canned fruit in natural juice or with no added sugar.
- Try fruit-based desserts such as fruit mousses, fruit crumbles and baked fruit.
- Try fresh fruit gelati or sorbets.
- Limit the number of desserts that contain high saturated fat ingredients such as chocolate, cream and butter.
- If puddings or desserts are made with flour, use a proportion of wholemeal flour if possible.
- Use low or reduced fat dairy or non-dairy products (e.g. reduced fat dairy desserts, reduced fat cream cheese, tofu) to replace full fat milk, cream, cheese, yoghurt and cream cheese.
- Accompany desserts with low or reduced fat yoghurts, ice creams or gelati.
- Try whipping ricotta cheese with a little honey and vanilla to replace whipped cream.

BEVERAGES

Cold drinks

- Always have iced water (either plain or with lemon or mint) and diet drinks available.
- Offer low or reduced fat milk or 'added calcium' soy beverages.
- Serve a variety of alcohol-free beverages.
- Offer low-alcohol beverages if alcohol is served.
- Offer 100% fruit juice.
- Offer plain mineral water.

Hot drinks

- Offer a variety of coffee and teas including decaffeinated coffee and herbal teas.
- Offer low or reduced fat milk or 'added calcium' soy milk for tea and coffee rather than full fat milk.

MORE INFORMATION

The Important Tick

The Tick Program is the Heart Foundation's guide to help you make healthier food choices quickly and easily. Foods with the Tick are healthier choices among foods of their type. Tick foods are lower in fat, saturated fat and sodium (salt). Many are also higher in fibre and calcium, and have less sugar. All foods are independently tested and assessed against strict nutritional guidelines before getting the Tick of approval. Try foods with the Tick for a taste of healthier eating

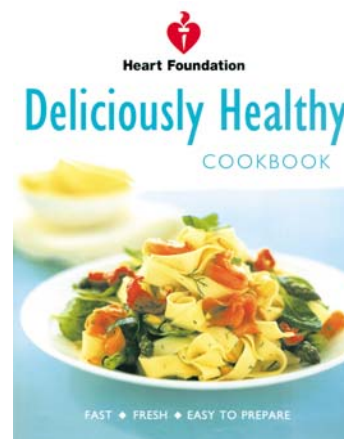
Heartline

Heartline is the Heart Foundation's national telephone information service. Call **1300 36 27 87** (local call cost) during business hours for information on heart health issues, physical activity and to inquire about walking groups in your local area.

Please note that Heartline is not an emergency, diagnostic or counselling service.

Heartsite

The Heart Foundation's website provides you with access to all our latest heart health and programs information, cookbooks, as well as policies and guidelines for health professionals. You'll also find details about local events and information about how you can support the Heart Foundation. Visit www.heartfoundation.com.au today.



The Heart Foundation's Deliciously Healthy Cookbook

Deliciously Healthy is packed with 100 contemporary and flavoursome recipes, which are simple to prepare and use fresh readily available ingredients

It contains beautiful photographs throughout, nutrition panels for each recipe and healthy heart tips.

Just \$24.95 (plus postage and handling) from Heartline or our website. (Recommended retail price is \$29.95).

Heartline 1300 36 27 87

Heartsite www.heartfoundation.co

© National Heart Foundation of Australia, September 2003. Adapted from Healthy Catering Guidelines, National Heart Foundation of Australia, 2000.