

Cutting Down on High-Fat Starchy Foods

High-fat starchy foods like chips, potato wedges, potato waffles, sausage rolls, garlic bread and roast potatoes are very high in calories and fat, especially saturated fat which increases cholesterol levels, and therefore the risk of heart disease and stroke. They should be limited as part of a heart-healthy diet.

When caterers write a menu they are deciding/limiting what the customers can eat on that particular day, so chips should not be available to staff on a daily basis.



How to meet the criteria for high-fat starchy foods?

- **Silver Award:** There must be at least **one** out of five days or two out of seven days each week when high-fat starchy foods are not served. Pastries like Danish pastries and croissants should not be offered at least **one** day a week.
- **Gold Award:** There must be at least **three** out of five days or four out of seven days each week when high-fat starchy foods are not served. Pastries like Danish pastries and croissants should not be offered at least **two** days a week.

Our experience tells us that many healthcare facilities are willing and able to implement this, and while some can be daunted at the prospect initially, we have found that through appropriate planning, ongoing engagement with staff and support from the Irish Heart Foundation, the criteria are achieved with surprisingly little negativity.

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Top Tips

1. **Offer baked potatoes, rice or pasta as alternatives** on the days that chips, roast potatoes, and potato wedges/waffles have been taken off.
2. On days when high-fat starchy foods such as oven-baked chips, roast potatoes, potato waffles/wedges, sausage rolls, garlic bread, or other high-fat starchy food are not served, instead **offer popular main meal dishes (for example, baked potatoes or a carvery if appropriate)** rather than dishes that are often served with chips or garlic bread like lasagne or breaded fish.
3. **Offer a variety of low-fat potato options** such as boiled, baked and mashed potatoes (un-creamed or with a small amount of low-fat milk). These can be varied with other low-fat potato choices like: **boulangère potatoes, garlic potatoes** (add garlic and parsley to mashed potatoes), **scallion mash, colcannon** (use low-fat milk in preference to butter/cream), **baked potatoes** filled with salad, vegetables and/or low-fat toppings like beans or **baked sweet potato**.

Remember...

- Roast potatoes, or other potato choices where oil is used, should be cooked in only a small amount of vegetable oil. Brush rather than pour the oil onto the potatoes, oven-bake on a perforated tray, and drain on kitchen paper.
- If a deep-fat fryer is in use, the oil should be based on polyunsaturated fat and/or monounsaturated fat and should contain less than 12% saturated fat, be non-hydrogenated and trans-fat free.
- The oil for the deep-fat fryer should be changed once a week.

Try These Smart Swaps

SWAP...	FOR...	SAVE...
Two sausage rolls with ketchup (466kcal)	Jacket potato with baked beans (234kcal)	232kcal
Two slices of garlic bread (350kcal)	Oven baked homemade wedges - oil free (205kcal)	145kcal
Plate of fried chips 230g	Medium jacket potato	428kcal
Oven chips	New baby potatoes	221kcal
Danish pastry (374kcal)	Plain scone with low-fat spread (247kcal)	127kcal