

August 2021



**Irish Heart  
Foundation**

# *Healthy Eating Award*

In partnership with the HSE



**CHECKLIST**

[www.irishheart.ie](http://www.irishheart.ie)

**Use this handy checklist to make sure you have everything in place before the Irish Heart Foundation dietitian visits your site.**

From July 2021 the award criteria have been updated to meet the HSE 'Nutrition Standards for food and beverage provision for staff and visitors in healthcare settings'. These changes are highlighted in **bold** below.

<b>OFFER LOW FAT CHOICES ESPECIALLY LOW IN SATURATED FAT AND TRANS FAT</b>
<b>Meat and meat products served must be reduced saturated fat when available.</b>
<b>SILVER AWARD:</b> At least half of all main course options for lunch and evening meal are not deep fried, batter-coated or bread crumb-coated, or include a creamy sauce or pastry.
Low fat milk and dairy products are available <b>every day at every meal.</b>  <i>Tip: If procurement data is available, as a guide, the following proportions of milk (procured by volume) should be low fat or skimmed:</i> Bronze – 30% Silver – 50% Gold – 75%
A wide range of salads are offered, of which only 50% are dressed. <b>All mayonnaise, salad dressings and salad creams (including those used in potato salads and coleslaws) are low fat, light or reduced calorie versions.</b> Salads are attractively presented and clearly labelled.  <i>Tip: Low fat natural yoghurt flavoured with lemon juice and rind, or orange juice and rind, or garlic juice squeezed from a garlic crusher can be offered as an alternative dressing with mayonnaise.</i>
<b>SILVER AWARD:</b> No more than 25% of salads are dressed.
<b>GOLD AWARD:</b> Less than 25% of salads are dressed.
<b>Pre-packed ready-meals, if used, include options that are low in saturated fat.</b>
<b>Traybakes, pastries and baked products, for example, brownies and caramel squares, do not exceed 200kcal per serving.</b>

**GOLD AWARD: At least 50 per cent of savoury snacks are reduced fat options.**

## **CHIPS AND HIGH FAT STARCHY FOODS**

**On days when chips and fried potatoes are served:**

- Chips are thick cut and served without salt.
  
- *Ideally*, oven-baked chips are used instead of deep-fried chips, but if not possible, there is evidence of efforts to make chip provision as healthy as possible, **for example:**
  - **There is a colour-coded warning regarding the energy and fat content per serving.**
  - **Half portions of chips are available and priced accordingly.**
  - **Standard serving tools and regular briefings on recommended portion sizes are used to ensure consistent portion sizes.**
  - **Oven baked chips are available at least one of the days when chips are served.**
  
- **There is an alternative starchy side option available that is not deep-fried or coated in oil or butter.**

**Roast potatoes, or other potato choices where oil is used, are cooked in only a small amount of vegetable oil. The oil is brushed onto the potatoes, rather than poured over, to use smaller amounts. They are oven baked on a perforated tray and drained on kitchen paper.**

*Tips:*

- *Instead offer popular main meal dishes rather than dishes that are often served with chips. Offer baked potatoes, rice or pasta as alternatives on the day/days chips have been removed.*
- *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). Other low fat potato ideas include:*
  - *Boulangère potatoes*
  - *Garlic potatoes - add garlic and parsley to mashed potatoes*
  - *Onion potatoes (add chopped scallions)*
  - *Colcannon (use low fat milk in preference to fat)*
  - *Baked potatoes filled with salad, vegetables and/or low fat toppings, e.g. beans*
  - *oven-baked wedges made from scratch, without oil.*

**SILVER AWARD: There must be at least one out of five days or two out of seven days each week when high fat starchy food such as chips, potato wedges, potato waffles, sausage rolls, garlic bread or roast potatoes are not served.**

**GOLD AWARD: There must be at least three out of five days or four out of seven days each week when high fat starchy food such as chips, potato**

wedges, potato waffles, sausage rolls, garlic bread or roast potatoes are not served.

### OFFER HIGH FIBRE CHOICES

Higher fibre starchy options are available at all mealtimes (for example, brown rice, wild rice, wholemeal pasta, potatoes with skins).

At least 50% of breads provided, including sandwiches, are higher fibre, such as wholegrain, brown, wholemeal, wheaten and granary options.

If scones are available, brown options are frequently offered and the serving size is no more than **60g per scone**.

**Toasted, baked, roasted or fried starchy foods should be a golden yellow colour to minimise the levels of acrylamide produced.**

*Tip: Acrylamide is a chemical that naturally forms in starchy foods when they are cooked at high temperatures. Studies carried out over the years on the effects of acrylamide in food have shown that acrylamide potentially increases the risk of developing cancer for consumers of all age groups.*

### OFFER MORE VEGETABLE, SALAD AND FRUIT CHOICES

All vegetarian meals contain a protein source, e.g. beans, lentils, chickpeas, nuts. Cheese-based vegetarian options are offered in total not more than twice each week (where lunch only is served) and a maximum of four times each week (where both lunch and evening meal are served).

A wide range of high-quality fruit is offered daily at breakfast, lunch and evening meal.

When offering fruit or vegetable juice the smallest available pack size is used.

*Tip: This is because only one 150ml serving of fruit or vegetable juice per day can be counted as a portion of 5-7 per day. Fruit juices should be 100% fruit juice with no added sugar.*

Dessert does not need to be offered every day. If desserts are offered, at least 50% of desserts contain a portion of fruit, which can be which can be fresh, tinned in fruit juice, dried or frozen. For example, offer whole fruit, open-topped fruit pies or crumbles, or add stewed fruit to ice cream or custard.

### OFFER SNACKS AND DRINKS CONTAINING LESS SUGAR

If there is a demand, artificial sweetener is offered as a choice with sugar **at the till/service area only (not on tables)**.

**Ideally, 100% of beverages are sugar-free, diet or no added sugar. If sugar sweetened beverages, e.g. full sugar cola, are available, ideally they should not be displayed but kept in a fridge on request. If on display, they should not be positioned in prime locations e.g. at eye level.**

*Tip: examples of beverages suitable beverages include: water; low fat milk; tea; coffee; herbal teas/decaffeinated coffee; small bottles of no-added-sugar smoothies; small bottles of no-added sugar fruit juice; diet/sugar-free flavoured waters or soft drinks.*

**Where yogurts are offered, there is some unsweetened / diet / reduced sugar types available.**

*Tip: If procurement data available, as a guide, the following proportions of yogurt (procured by volume) should be low fat (that is, containing less than 3g fat per 100g) AND contain less than 11g of sugar per 100g:*

*Bronze – 30%*

*Silver – 50%*

*Gold – 75%*

**If non-dairy milk alternatives are offered they are unsweetened and fortified.**

## **SANDWICHES**

If relying on pre-pack sandwiches, a labelled, low fat filling **and a meat-free option** are available.

**The standard spread offered is based on monounsaturated or polyunsaturated fat (not necessarily low fat spread, which may still be based on saturated / animal fats).**

## **PROCESSED MEATS (new section)**

**BRONZE AWARD:** There is at least one day each week when no processed meat or processed poultry or battered fish is offered at the evening meal service.

**SILVER AWARD:** There is at least one day each week when no processed meat or processed poultry or battered fish is offered at breakfast, lunch and evening meals. Note: Processed meats can be included in the salad / sandwich bar provided there are non-processed meat alternatives provided.

**GOLD AWARD:** There are at least two days each week when no processed meat or processed poultry or battered fish is offered at breakfast, lunch and dinner. Note: Processed meats can be included in the salad / sandwich bar provided there are non-processed meat alternatives provided.

At least half of breakfast cereals displayed are high in fibre and low sugar, for example, porridge, shredded wheat, wheat biscuits, or no added sugar muesli.

The availability of high fat options such as Danish pastries, croissants and muffins is limited. The portion size of muffins is limited to 80g per muffin.

**SILVER AWARD:** A full cooked breakfast containing processed meats like bacon, sausages or pudding is not offered at least one day a week. On days that processed meat is offered, try a healthier alternative, for example grilled bacon and tomato.

**GOLD AWARD:** A full cooked breakfast containing processed meats like bacon, sausages or pudding is not offered at least twice a week. On days that processed meat is offered, try a healthier alternative, for example, grilled bacon and tomato.

### PORTION SIZES

Confectionery, packet sweets / biscuit snacks are offered only in the smallest standard single serve portion size commercially available. This does not exceed 200kcal per serving.

### VENDING MACHINES

**BRONZE/SILVER AWARD:** Where snack and/or beverage vending machine services are provided, the facility is **making a clear effort to comply with the [HSE Vending Policy](#)**.

Sugar-sweetened beverages are not stocked. 50% of beverages are still water.

Only snacks containing 200 calories or less per packet will be stocked in vending machines, e.g. baked crisps or unsalted popcorn. The exception to this is for packets of dried fruits, plain / unsalted nuts or seeds.

**GOLD AWARD:** The facility fully complies with the [HSE Vending Policy](#).

- Machines that stock snack products must have a minimum of 3 facings at eye level that contain some or all of the following: packets of dried fruits, plain/unsalted nuts or seeds.
- A minimum of 60% of the snack products that are not dried fruits, plain / unsalted nuts or seeds are required to be 150 calories or lower, and 40% of snack products are required to be 200kcal or lower.
- All products are clearly labelled with the number of calories per product.

### MEETINGS

Fruit served at meetings should be **easy-peel** fruit.