

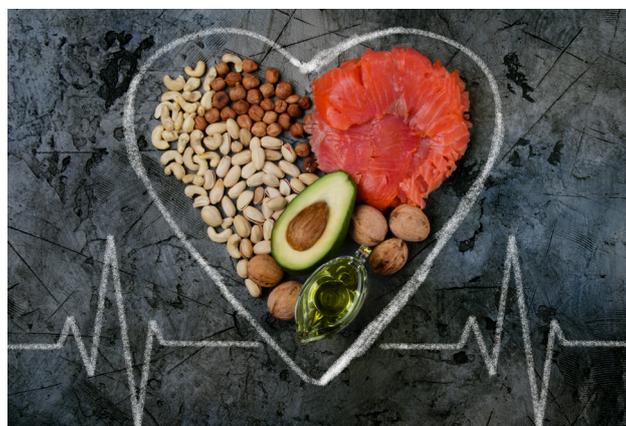
## A Guide for Food Outlets

### What is the Healthier Oils Program?

It's a program where businesses that provide food eaten outside of the home commit to using healthier cooking oils.

### Why Use Healthy Oils?

Replacing cooking oils that are high in saturated fat and trans fat with healthier oils is an important step helping to reduce heart disease risk. Heart disease is the single leading cause of death in Australia.



### Healthier Oils Program Criteria

#### Saturated fat

20g per 100ml of oil or less

#### Trans fat

1g per 100ml of oil or less

Check the nutrition information panel on the oil drum or the Product Specification Sheet from the supplier.

### What cooking oil should I choose?

It depends on what you are cooking. The types of fats in various oils determine how they react when heated. Oils also vary in their flavour and this can impact on the final dish.

For these dishes	Use these oils
Stir frying, barbecuing and shallow frying	Olive oil, canola, sunflower oil, soybean, corn, peanut and blended vegetable oils/vegetable oils that meet the Heart Foundation Healthier Oil criteria
Baking	Refined oils such as canola, sunflower or plain olive oil, peanut oil
Sauces	Olive oil and polyunsaturated oils such as sunflower, corn oil, soybean and peanut oil
Cold dishes such as salad dressings and dipping oil for breads	Extra virgin olive oil, olive oil and polyunsaturated oils such as sunflower, corn oil, soybean and peanut oil
Deep frying	High oleic oils such as high oleic canola oil and high oleic sunflower oil



Stop using the following fats and oils:  
Beef tallow, palm oil, duck fat, coconut oil, cottonseed oil, solid fat, lard, vegetable oils that do not meet the criteria

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### Healthier oil myths – busted

#### **MYTH: Aren't all vegetable oils healthy?**

Oils labelled 'vegetable oil' or 'blended vegetable oil' are not necessarily low in saturated fat. Check the nutrition information panel to see if it meets the Heart Foundation criteria. Coconut oil and palm oil are high in saturated fat and are not recommended.



#### **MYTH: Our oil is 'cholesterol free,' so its already healthier**

This is just a marketing claim as all vegetable oils are naturally cholesterol free. Check the nutrition information panel for the amount of saturated fat and trans fat in the oil.

#### **MYTH: Customers will notice a difference in taste**

Oils such as extra virgin olive oil and sesame oil have distinctive flavours that complement the foods being prepared. In other cases, such as deep frying, an oil that imparts little or no flavour to the dish is preferable. Choose oils according to the type of food being prepared. There have been no reports of customers noticing a difference in flavour or texture from healthier oils program participants.

#### **MYTH: Oils that fit the Heart Foundation recommendation are more expensive**

Many factors determine the cost of oils. High oleic oils tend to be more expensive than solid saturated fats but they have a longer fry life which helps make them cost competitive. Feedback from a number of our Healthier Oils Program participants have reported either no change or cost savings from switching to healthier oils.

### Other helpful tips

- ✓ offer salads as an alternative to chips
- ✓ make sure that water is freely available and customers can see it
- ✓ place sugar sweetened soft drinks at the back of the drinks cabinet
- ✓ let customers salt food themselves rather than automatically salting
- ✓ use fat chips rather than thin or crinkly chips (they absorb less oil or you'll use less oil)
- ✓ shake and bang frying baskets twice and hang to allow oil to drain back into the cooker
- ✓ offer grilled options

For more information visit [www.heartfoundation.org.au/healthieroils](http://www.heartfoundation.org.au/healthieroils), call the **Heart Foundation Helpline** on 13 11 12 or email [cvhns@heartfoundation.org.au](mailto:cvhns@heartfoundation.org.au)