Campus Facilities (CSERV)
Catering & Bars Services - Nutrition Policy

1. Introduction

Catering & Bars Services offers a range of healthy options but customers may not be aware of which products to select from the extensive range, therefore the purpose of the Nutrition Policy is to raise awareness and actively promote healthy eating.

2. Aims and Objectives

2.1 Catering & Bars Services will work with its suppliers to make gradual changes to dishes to make them healthier.

2.2 Catering & Bars Services will adopt healthy choice by maintaining Healthy Option Gold Awards in all four restaurants.

2.3 Catering outlets will actively market healthy choices.

2.4 Healthy choices will be incorporated into vending machines.

2.5 Catering & Bars staff will be trained to inform customers about healthy options available.

2.6 Catering & Bars Services will provide nutrition information to customers.

2.7 Healthy options will be presented as an option for incorporation into events and functions.

2.8 Catering & Bars Services will hold several promotional events throughout the year covering elements of the Corporate Health Standard.

3. General Information

RDA (recommended daily allowance)
Salt - Adults 6g – avoid eating food that is high in salt, over 1.25g per 100g
Sugar - 90g women, 120g men
Fibre - 18g per day
Five a Day (fruits and vegetables) - 1 portion should be 80g = 400g per day (made up of a variety of foods)
Liquids - Drink 1-2 litres of water / fluids per day

We all need energy from foods to live
Protein, fat and carbohydrates all provide energy (nutrients). Vitamins and minerals are also essential for life, but do not provide energy and are only needed in tiny amounts.

The energy providers:
1g Carbohydrates provides 16kj (3.75kcal)
1g Protein provides 17kj (4kcal)
1g Alcohol provides 29kj (7kcal)
1g of Fat provides 37kj (9kcal)

How to cut down on salt
- The best and simplest thing to do is to cut out the salt that you use at the table or add in cooking. If you like a salty taste then think about using a low-sodium alternative to satisfy your taste buds – LoSalt contains only one third of the amount of sodium in common salt, yet it has all the flavour as well as looking, cooking and tasting the same!
- If you are eating in a restaurant or café make some smart choices. So, when you order pizza, choose vegetable or chicken as an alternative topping to pepperoni, bacon or extra cheese and at the sandwich bar choose chicken salad or egg as an alternative to ham or cheese & pickle, which generally have a higher salt content.
- If you are having Chinese or Indian meals go for plain rice which is lower in salt than egg fried rice or pilau rice.
- When you have a salad, ask for the dressing to be served on the side so that you only eat as much as you need – some dressings can be high in salt and fat.
What to include in your diet

Fruit and vegetables
- The vitamins and minerals in fruit and vegetables help the brain work and your body recover from the excess of modern life – they are essential for growth.
- Aim to eat 5 servings a day of different colours as each colour has a different benefit.
- Try smoothies, stir fries, raw vegetable batons and soup.

Lean meat
- Replenishes your body after exercise or partying and is vital for good brain function because of protein content.
- Eat chicken, turkey, lean (not reconstituted) ham and beef.

Eggs
- Full of vitamin B to boost mood and energy levels, plus plenty of protein to keep your brain functioning fully.
- Poach, scramble, boil or put in an omelette rather than fry.

Unrefined carbohydrates
- Supply a steady stream of energy without causing energy lows, they also aid digestion.
- Barley, oats, porridge oats, potato, brown rice, rye, soba noodles, sweet potato, wheat, whole meal pasta and bread.

Oily fish
- Eat anchovies, herrings, kippers, salmon, sardines, mackerel, trout and fresh tuna.
- Aim to eat these 2 or 3 times a week.
- Contains Omega 3 which boosts brain power, is good for your skin and joints and helps balance your hormones.

Note: Canned tuna does not contain Omega 3 because it is destroyed in the canning process.

Beans, lentils & pulses
- High in fibre which aids digestion. They release their energy slowly, filling you up but not making you fat!

Nuts & seeds
- Contain brain essential fats, Omega 3 and 6 to boost brain power and are rich in antioxidants which look after your body.
- Make great snacks or sprinkle on cereal or in a smoothie.
- Eat almonds, Brazil nuts, pecan nuts, pumpkin seeds and sunflower seeds.

What to avoid in your diet

Sugary foods & drinks
- Provide a short lived buzz by releasing sugar quickly into the blood stream followed by a dip – they have no lasting impact.
- Can cause weight gain, premature ageing and tooth decay.
- Read the label because sugar comes in many guises such as syrup, honey, glucose, malt dextrin, fructose and artificial sweeteners.

Refined carbohydrates
- Release their sugar very quickly raising blood sugar levels.
- Examples are white bread, white rice, white pasta and chips.

Hydrogenated fats
- Block brain function, clog the arteries and cause weight gain.
- They are added to some processed foods – make sure you read the label.
- Also found as "trans fat" in fried food.
- Are solid and therefore block the transmission of information via neurotransmitters.

Caffeine
- Affects blood sugar level which has an impact on energy, concentrations & weight gain.
Examples are tea, coffee and some cola drinks.

Alcohol
- Puts the liver under strain adversely affecting its ability to detoxify other substances & dehydrates your body.

Processed food
- Often contain preservatives & additives which can be linked to asthma & allergic reactions.
- They also contain saturated fat & sugar which can lead to weight gain & a lack of energy.

4. Monitoring and Evaluation

The Policy will be monitored and evaluated annually and reports produced containing:
- Sales mix analysis – vegetarian and healthy options as % of sales – evaluated quarterly from October 2013.
- Customer feedback from promotional events.
- Changes to menu content.
- Recommendations for improvements.

5. Review

The Policy will be reviewed annually by CSERV Catering & Bars Services and Senior Management Team.

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