

Eat Out

CATERING GUIDELINES 2010

For a Happy Heart.....Think Small

Almost 60% of Irish men and women are overweight or obese, so smaller food portions can make a big difference.



For a low fat healthy dish, use all fats and oils sparingly.

All oils are 100% fat, even olive oil, so use a maximum of 10 tablespoons per 20 portions.



Offer more fruit and vegetables every day.

Fruit juice, fresh, tinned or cooked fruit, salad and cooked vegetables all count.



Serve sauce and dressings on the side.

Let the customer make the choice.



Think a pack of cards for meat and fish portion sizes.

The recommended serving size for cooked lean meat or poultry is 50g (2oz) and for fish is 75g (3oz) – about the size of a deck of playing cards. Eating out is often a treat so a main course portion of 4 – 6oz of meat and 6 – 8oz of fish is recommended.



Use herbs and spices rather than salt to flavour food.

Most people need to watch their salt intake. Too much salt can increase the risk of high blood pressure.

For more information, check the Food Pyramid on www.irishheart.ie



**IRISH HEART
FOUNDATION**



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

