

More fat with your fries?

Fast food salad meals, lite dressings...our takeaways are getting healthier aren't they?

The recent edition of the Consumer magazine tested fries from most takeaway bars in an Auckland suburb. They measured the fat content looking at good and bad fats. The bad fats (saturated and trans) raise the amount of LDL cholesterol in your body. Trans fat decreases the levels of HDL (good) cholesterol levels. Saturated fat can also promote blood clotting, which may lead to a heart attack or stroke.

Beef fat, like all animal fats is high in saturated fat. But some vegetable oils are also high in bad fats e.g. palm oil.

What did they find?

Pizza Haven chips were the winner with a total fat content of under 5%. They were cooked in vegetable blend oil, which contained very little bad fat. However it wasn't all good as its portion size was huge compared to others so you may like to ask for a smaller portion or share!

In comparison **McDonalds served up the worst chips** containing 17% fat and nearly 10 times as much bad fat as Pizza Haven. The reason is McDonalds still uses beef fat in the factories, which make and pre cook the fries. They are then cooked in vegetable blend oil.

How can you have a healthier serving of fries?

- **Portion size**

Bigger isn't better! Try to avoid upsizing. Whatever brand of fries you eat they are still high in energy/calories.

- **Chip size and shape**

Thin, shoestring and crinkle cut fries are more likely to have a higher fat content. Thick straight chips or wedges are a better choice.

- **Sodium**

Ask for no or light salt. High sodium intake mainly from salt is associated with high blood pressure, a risk factor for cardiovascular disease and stroke.

Healthy Wedges

Potatoes in their skins

Kumara

Pumpkin

Egg white

Seasonings e.g. lemon pepper, season-all, onion or garlic salt

Method

Lightly oil a baking tray. Cut vegetables into chunky wedges. Put in a bowl or plastic bag with egg whites, add seasonings and mix well.

Place on baking tray and bake at 220C for approx. 20-30 minutes until cooked through and crisp and golden on the surface.

If you would like to read more refer to the January/February edition of the Consumer

Why not promote a no chip/crisps day in your school?

Healthy Nibbles Nutrition Updates for Primary Schools

For more information visit: www.cph.co.nz