Cooking with Healthier Oils

When it comes to eating well, people who shop and eat out at Broadmeadows Shopping Centre would like to see takeaways, cafes and restaurants cooking with healthier oils. This is not a surprise, as 21.1% of customers felt that eating less fat was key to eating well.

Making the switch to cook with healthier oils will help cut back on the amount of saturated fat in your favourite foods. You will also be encouraged to switch out fried foods for healthier choices that include salad and vegetables, that are grilled, steamed or baked.

Cutting back on the amount of saturated fat in our diet is important. As eating too much can be bad for heart health, as it tends to raise (LDL) blood cholesterol levels which increase the risk of heart disease and stroke.

To help you avoid the saturated fat trap, and to eat well awarded takeaways, cafes and restaurants will:

- Make sure they are cooking with a healthier oil and if not make the switch (Bronze)
- Offer salad or vegetables as a side, in place of deep fried foods like chips.
- Offer a range of portion sizes for hot chips, which must include a small between 100 – 150 grams.
- Ensure deep frying oil for hot chips is heated to 175°C to cut back on how fatty hot chips are.
- Make sure that fried foods are not included in point-of-sale promotions.
- Make sure that snack and meal deal options do not include fried foods.

What is the Eat Out Eat Well Award Scheme about?

The Eat Out Eat Well 3047 Award encourages and rewards food outlets – takeaways, cafes and restaurants who make it easier for customers to find, choose and buy healthier food and drinks when eating out at Broadmeadows Shopping Centre.
Why are healthier food and drink choices important?

With our busy lifestyles leading more people to eat out more often, combined with our growing interest in health and wellness, customers are looking to takeaways, cafes and restaurants to offer healthier food and drink choices to help them to eat well when eating out.

Eating well plays an important role in supporting the health and wellbeing of our community. As people who eat well have more energy, are more able to maintain a healthy weight and are less likely to become sick.

How will the Eat Out Eat Well Award Scheme make it easier to choose healthier food and drinks?

When you are looking to find, choose and buy healthier food and drinks, keep an eye out for takeaways, cafes and restaurants who display the Eat Out Eat Well 3047 Award Scheme logo, or one of the Eat Out Eat Well Awards for Healthier Cold Drinks, Healthier Hot Drinks and Cooking with Healthier Oils.

Healthier Cold Drinks

With the growing interest in eating well, more people are choosing to rethink their sugary drink habit to cut down on the amount of added sugar in their diet. As the link between drinking lots of sugary drinks and health problems such as obesity, diabetes, heart disease and poor oral health continues to grow.

Consumers are looking to takeaways, cafes and restaurants to sell and promote healthier cold drink options that have less added sugar to quench their thirst and enable them to continue to enjoy eating out. This is true for people who shop and eat out at Broadmeadows Shopping Centre too - with 1 in 5 customers looking for choices with less sugar.

To help you avoid the hot drink trap, and to eat well awarded takeaways, cafes and restaurants will:

- Make it easier for you to spot healthier cold drink choices, by stocking the ‘Green’ or the best choices at the top of the fridge. (Bronze)
- Make sure that at least half of the cold drinks on offer are ‘Green’ or the best choice.(Silver)
- Not promote red drinks for sale at the front counter. (Gold)
- Not include red drinks in snack or meal deals. (Gold)
- Make sure all red drinks are not able to be seen in fridges or on top of counters by customers (Gold)

Healthier Hot Drinks

We like to catch up with friends, family and colleagues over a hot drink. So much that nearly half of the people we asked purchased a coffee, tea, hot chocolate or chai at Broadmeadows Shopping Centre regularly.

It is easy to forget that the extra sugar, fats and energy in our favourite drink adds up quickly when we enjoy anything more than a plain tea or coffee with milk such as a small flat white, cappuccino or latte, as these drinks are often consumed between meals – on a break, at a meeting or when socialising.

To help you avoid the hot drink trap, and to eat well awarded takeaways, cafes and restaurants will:

- Offer a range of milks including skinny or reduced fat milk and milk alternatives (Bronze)
- Offer a range of hot drink sizes, including a ‘Green’ choice that is no bigger than 250ml. (Silver)
- Only add or provide sugar on request, and offer artificial sweetener as an alternative.(Silver)
- Only include healthier hot drinks in point-of-sale promotions.
- Make sure that snack and meal deal options only include healthier hot drinks.