



# TAKEAWAY TOOLKIT

## OUR MISSION

We all have an important role to play in helping to tackle obesity. That includes the food sector as well as central and local government, consumers, parents and schools. The British Takeaway Campaign is committed to playing its part to support takeaway restaurants in taking simple steps to help customers make healthier choices.

## THE TOOLKIT

The takeaway sector is made up of small, independent restaurants that provide an incredibly diverse range of cuisines. The BTC is working with its members to encourage all takeaway restaurants to adopt four simple, practical steps, which, taken together, can have a significant overall impact, helping customers make the decisions which are right for them whether they are eating out or ordering in.

IF YOU NEED FURTHER SUPPORT OR GUIDANCE FROM THE BTC OR ANY OF OUR MEMBERS WHO REPRESENT SPECIFIC CUISINES THEN PLEASE CONTACT [BTC@NEWINGTONCOMMS.CO.UK](mailto:btc@newingtoncomms.co.uk)



# FOUR PRACTICAL STEPS TO HEALTHIER CHOICES

## OFFER SMALLER PORTION SIZES

Offering smaller portions, including for foods such as curries, kebabs, sushi and stir fries, will support customers to make choices which are right for them and their families – especially when they are made visible through menu listings and/or websites.



## MAKE SURE WATER AND LOW-SUGAR DRINKS ARE AVAILABLE

Offering water, low or zero-sugar drinks or no added sugar fruit juices, whilst also refilling reusable bottles with tap water, can support customers to choose low-sugar drink options.



## NO ADDED SALT AFTER COOKING

Not adding salt after cooking will reduce the level of salt in food served – a simple step that can make a positive difference for customers.



## USE HEALTHIER COOKING METHODS AND INGREDIENTS

Using alternative cooking methods such as air-frying, grilling and frying in the optimum conditions, whilst reviewing menus to ensure fruit, vegetables and wholemeal varieties are included, will help to promote healthy eating. Takeaway restaurants should use cooking oil that contains the least amount of saturated fat possible, with no artificial trans fats.



THE BRITISH TAKEAWAY CAMPAIGN TAKEAWAY TOOLKIT IS SUPPORTED BY:

**JUST EAT**



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