



Purple Heart Promise

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Our promises to you

We will:

- ♥ provide SMART SWAP (healthier) options where possible.
- ♥ use lower fat spreads and lower sugar preserves.
- ♥ use leaner cuts of meat and trim visible fat on meat where possible.
- ♥ work with suppliers to source menu items that are lower in saturated fat.
- ♥ use light mayonnaise.
- ♥ wherever possible use healthier cooking techniques such as grilling, poaching and oven-baked.
- ♥ use herbs and spices to flavour rather than piling on the salt.
- ♥ use olive oil rather than butter in cooking.
- ♥ support customers and families by carefully designing meal options that contain contributions to their 5 A Day.
- ♥ provide healthy options full of flavour

This menu is inspired by Change 4 Life's guidance on calorie, fat, salt and sugar intake.

Visit www.nhs.uk/change4life

