

Healthier catering guidance for different types of businesses

Guidance for food businesses on providing and promoting healthier food and drink.

About this guidance

This healthier catering advice describes simple practical changes that different types of businesses can make when procuring, preparing, cooking, serving and promoting food. This guidance builds on previous [work to support local businesses](#) for example, on salt reduction, and reflects [government dietary recommendations for sugars](#), the [Eatwell Guide](#) and [5 A Day advice](#).

Guidance is available for different types of food businesses:

- [Healthier catering tips for food businesses](#)
- [Healthier catering tips for Chinese restaurants and takeaways](#)
- [Healthier catering tips for chip shops](#)
- [Healthier catering tips for Indian and South Asian restaurants and takeaways](#)
- [Healthy catering tips for Italian restaurants and takeaways](#)
- [Healthier catering tips for pizza restaurants and takeaways](#)
- [Healthier catering tips for sandwich shops](#)

This guidance is also available in accessible PDF formats:

- [Healthier catering tips for food businesses](#)
- [Healthier catering tips for Chinese restaurants and takeaways](#)
- [Healthier catering tips for chip shops](#)
- [Healthier catering tips for Indian and South Asian restaurants and takeaways](#)
- [Healthy catering tips for Italian restaurants and takeaways](#)
- [Healthier catering tips for pizza restaurants and takeaways](#)
- [Healthier catering tips for sandwich shops](#)

By gradually making the simple changes covered in these tips, businesses can help their customers make healthier choices.

This guidance also compliments the FSA's [Eating Well, Choosing Better programme](#) which supports small and medium sized businesses to help consumers make healthy choices and reflects the [UK Government's sugar reduction and wider reformulation programme](#).