

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](#).

This healthier catering guidance support food businesses in providing healthier options to customers,

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](#)

The healthier catering guides support food businesses in providing healthier options to customers.

This guidance also compliments the FSA's Making Food Better programme which supports small and medium sized businesses to reduce sugar, calories, saturated fat and salt in the food they produce, sell or serve and reflects the [UK Government's sugar reduction and wider reformulation programme](#).