

# Foodservice business owners in Muswellbrook Shire...

## Is it time for an oil change?

### Meet customer demand for healthier choices!

When shallow or deep-frying food:

1. Use healthier fats and oils such as canola, sunflower, safflower, soybean, olive, peanut or sesame oils, or any oil or fat with the Heart Foundation Tick\*.
2. Avoid using unhealthy fats and oils such as palm, palm kernel, coconut or cottonseed oils, hydrogenated or partially hydrogenated vegetable oils, tallow, lard, or butter.
3. Tell your customers that you've made an oil change and are now serving them a healthier alternative.

### Why your customers would prefer healthier fats and oils

Saturated and trans fats in unhealthy fats and oils increase the risk of heart disease and stroke by raising blood cholesterol levels.

Replacing them with healthier mono- and polyunsaturated fats and oils lowers this risk.

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**\*NOTE:** *If you are using any oils with the Heart Foundation Tick in your meals, you cannot reproduce the Tick or refer to it in your promotions.*

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For more information on healthier fats and oils and the Heart Foundation's *The 3 Step Guide on reducing saturated and trans-fats*, go to [www.heartfoundation.org.au/sites/healthyeating/healthiercatering](http://www.heartfoundation.org.au/sites/healthyeating/healthiercatering)