

WHAT ARE THE TIPS ON CHIPS GUIDELINES



The *Heart Foundation's* Tips on Chips Guidelines

Hot chips are popular. In fact, they are the second most popular takeaway food purchased. The first is sandwiches.

However, hot chips are high in fat, usually saturated fat. Too much saturated fat can raise cholesterol levels and contribute to heart disease.

There is good news..... It is possible to produce lower fat chips, and more importantly, lower saturated fat chips that are crisp, golden and tasty. All by following the Heart Foundation's Tips on Chips Guidelines.

In addition, people prefer chips cooked in healthier monounsaturated oils rather than animal fats, according to consumer research.

The Heart Foundation recommends the food service market follow their Tips on Chips guidelines and use monounsaturated deep-frying oils that are low in saturated fats plus trans fatty acids (ie: oils which contain less than 20% of these two 'unhealthy' fats). In Australia, there are currently 4 commercial deep-frying oils that meet this criteria and carry the Heart Foundation 'Tick' of approval.

Chips cooked the healthier way are still relatively high in fat and kilojoules because they are fried in oil. Fat content is reduced from about 15% to 8% So, they should still be eaten occasionally only, in the context of a healthy diet.

The Tips On Chips

1. Temperature.

✓ Cook at 180-185 C.

- Cook for about 3 minutes
- Turn the thermostat to less than 140 C when not frying.
- Check your thermostat accuracy regularly.

2. Chips:

✓ Use thick, not thin.

✓ If frozen, do not thaw.

To absorb less oil:

- Use a thick cut chip- 12mm or bigger
- Straight cut and wedges are best- crinkle cut and straw cut absorb more oil
- Do not overload the chip basket
- Do not allow frozen chips to thaw before cooking

3. Oil

✓ Keep it clean

- Skim and filter the oil frequently
- Use a separate fryer for cooking chips
- Use a deep frying oil approved by the Heart Foundation

Questions and Answers on Tips on Chips



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Q. Why cook at 180-185 C?

A: Higher temperatures will not speed the cooking process. The food will simply be darker in colour and the oil will break down rapidly. Food added to oil below the required temperature will take longer to cook and will absorb a lot more oil.

Q. Why are frozen, thick chips recommended?

A: Thawed chips release more water into the oil. This reduces the temperature of the oil, allowing more oil to be absorbed by the chip. Frozen chips quickly form a crust, thereby minimising water loss and fat absorption.


Thick cut chips (>12mm) absorb less fat than skinny chips. Crinkle cut and straw cut chips absorb more fat than straight cut or wedged shape chips because they have a greater surface area.

Q. Why should the thermostat be turned down in quiet times?

A: Oil is damaged if held at high temperatures without frying foods. At high temperatures, the oil breaks down producing off flavours. By turning the thermostat down to 140 C in quiet times, the life of oils is extended.

Q. Why keep the oil clean?

A: Skimming involves removing particles from the oil's surface. Filtering daily helps to significantly lengthen the life of the oil, improves food appearance and, in some fryers, ensures maximum heating efficiency.



What is a healthier frying oil?

A: A healthier oil has lower levels of saturated fats and trans fatty acids. Eating too much saturated and trans fats increases LDL-cholesterol levels in the blood, which is a risk factor for heart disease. LDL-cholesterol is responsible for clogging the arteries.

In Australia, the most commonly used commercial deep frying fats are tallow and palm oil. Both are high in saturated fat, containing about 50% of this 'unhealthy' fat, and are therefore not recommended. Vegetable oils - used for deep-frying are often blended with animal fat and 'hardened' through hydrogenation. They are often promoted as 'cholesterol free' however, these processes result in a high saturated and trans fatty acid content.

The Heart Foundation recommends that takeaway shops use deep frying fats with a saturated plus trans fatty acid level equal or less than 20%.

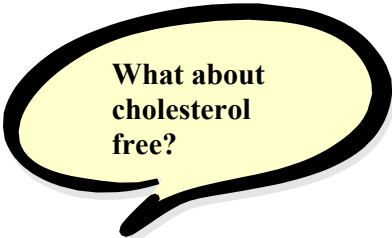
As well as being healthier, fats high in monounsaturated fatty acids are stable for frying.

Examples of deep frying oils available for commercial purposes that meet the Heart Foundation's guidelines and carry the 'Tick' of Approval are: Sunola® (GF Food Services), Liquid Gold™ (GF Food Services), Sunoil™ (FLORA foods) and Signature™ (Peerless Holdings).

A: Unfortunately, cholesterol-free oils often have high levels of saturated fat and trans fatty acids and so they aren't as healthy as many people think. These cholesterol-free oils are often hydrogenated and therefore high in saturated and trans fatty acids. The term cholesterol free only tells us the oil is of plant origin.

When choosing a deep frying oil:

- Look beyond the claim 'cholesterol free'.
- It is important to look for the word 'monounsaturated'.
- Avoid oils that have been hydrogenated.
- Avoid animal based fats
- Look for the Heart Foundation's 'Tick' of Approval.



What about cholesterol free?

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