

Celeb chefs “sexing up” Great British grub at cost of nation’s health

More calories and saturated fats contained in celeb chef versions of traditional meals

Celebrity chef versions of the nation’s favourite dishes are significantly higher in saturated fats and calories than the standard versions according to a new report by The Fat Panel, the UK’s leading independent board of experts on dietary fats.

The nation’s favourite main meals

Entitled *Making the Best Better*, the report includes new research identifying which are the nation’s favourite dishes (main meals and desserts)¹ then analyses both a traditional recipe² and versions published by 18 different celebrity chefs.

1.	Sunday Roast with all the trimmings	35.6%
2.	Steak and Chips	11.85%
3.	Lasagne	11.75%
4.	Fish & Chips	10.55%
5.	Chicken Tikka Masala	7.4%
6.	Spaghetti Bolognese	6.15%
7.	Shepherd’s/Cottage Pie	5.3%
8.	Sausages and Mash	4.8%
9.	Toad in the Hole	3.8%
10.	Steak and Kidney Pie	2.8%

The report found that in all bar one case, the versions from the celebrity chefs were much less healthy than the traditional typical

version, thanks to their prolific use of high saturated fat ingredients such as double cream, butter and whole milk.

Four celebrity recipes had, in a single portion, more than the recommended daily amount of saturated fat for men (30 grams a day), including Nigella Lawson’s Sunday Roast which weighed in at a hefty 36.9g of saturated fats and Marco Pierre White’s Steak and Chips which came in at a whopping 41.9g of saturated fats.

Furthermore, 11 of the 17 celebrity recipes contained more than an entire day’s recommended amount of saturated fat for women in a single meal (20 grams a day), such as Delia Smith’s Steak & Kidney Pie which contained 23.3g of saturated fat per portion.

Toni and Giorgio’s home-cooked Fish and Chips was the only celebrity recipe that trumped the typical version of our favourite dishes on health grounds, with less calories than a typical takeaway from a fish and chip shop, as well as having around half the total fat and less than one-third of the saturated fat.

Dr Sarah Schenker from the Fat Panel, says: “Celebrity chefs inspire people to cook by using a combination of exotic and indulgent ingredients but with so many devoted followers they are also in

¹ Survey of 1,000 adults nationwide.

² McCance & Widdowson, Composition of Foods

the unique position to reduce our increasing rates of ill health by helping people to look after themselves through eating more healthily. With some pretty small changes, such as swapping a few ingredients, such as double cream, whole milk, or butter, reducing the quantities used and changing the cooking method, the saturated fat in these recipes could be cut by over 50% in every case without having a drastic effect on flavour.

“For an occasional treat, eating dishes high in calories and saturated fat is fine but as this report has focussed on people’s favourite choices it is likely these dishes are being eaten on a regular basis and that can result in some shockingly high intakes of saturated fat, which is a known risk factor for a number of chronic diseases particularly heart disease.

Celeb chef meals...and how they could be improved

Jamie Oliver’s Chocolate Fudge Cake with Cream (34.7g of saturated fat)

- *Contains more than a whole day’s allowance of saturated fats for men. Yet by simply swapping the double cream for single cream and the butter for 60% polyunsaturated spread, the saturated fat content would be slashed by 56% and would make Jamie’s recipe even healthier than the standard version*

Tom Parker-Bowles Apple Crumble and Custard (20.8g of saturated fats)

- *Containing an entire day’s allowance of saturated fats for women, this amount could be slashed by 78%, from 20.8g to 4.6g by using single cream instead of double cream and 60% polyunsaturated spread instead of butter, which would be considerably less than the typical recipe (7.7g).*

John Burton Race’s Cottage Pie (40.4g of saturated fats)

- *Just one portion contains almost half of a woman’s recommended calorie intake (947 kcal) and twice a woman’s recommended daily intake of saturated fat (40.4g). By comparison, a more traditional cottage pie has just 7.5g of saturated fat per portion. However, by using semi-skimmed milk, 60% polyunsaturated spread and extra lean mince, the saturated fat content could be reduced by 69% to just 12.7g per portion.*

www.TheFatpanel.org.uk

-ends-

For more information, interviews with The Fat Panel or for a full copy of the report, *Making The Best Better*, please contact:

Caroline Lynch: 0207 052 8855 caroline.lynch@nexuspr.com