

Making the best better

December 2010

A report from The Fat Panel, looking at the saturated fat content of Britain's favourite foods and how to improve their health profiles



Foreword

By Sian Porter of The Fat Panel

**"I'll bet what motivated the British to colonize so much of the world is that they were just looking for a decent meal."
Martha Harrison, actress**

Historically, the British are hardly renowned for their haute cuisine and British food has long been the butt of jokes for its supposed poor dishes, lack of imagination, stodgy puddings and weak coffee.

In addition, when it comes to British dishes, many favourites have a reputation for being unhealthy. However, with ingredient insight and clever cooking, they can still be prepared to be tasty without letting the side down on health. We know what we like and we enjoy our food - and that's to be applauded.

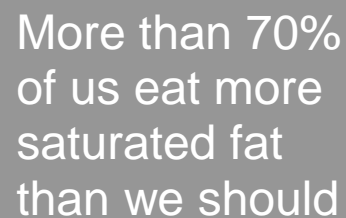
Our love of food and the reputation of British food has been boosted by the concept of celebrity chefs. Their growth in presence and influence over the British public in the last 10 years or so has made us more aware than ever of what we are eating and how to cook tasty meals from scratch. Celebrity chefs are now firmly part of our culture and their shows and books are enjoyed by thousands.

The Fat Panel believes that anything which encourages people to think about and enjoy what they eat and hopefully have a go themselves is to be encouraged. It is fantastic that many celebrity recipes will recommend using lean meat or include fruit and vegetables, but with respect to other aspects of nutrition, their recipes can often fall down. Energy dense dishes (high calorie), excessive use of salt and a high saturated fat content are common issues with many celebrity chef dishes. The first rule of healthy eating is to enjoy food, and some dishes are pure indulgence and should be left as such, to be enjoyed only occasionally in all their saturated fat, salt,

sugar and calorie-laden glory. However, with some fairly minor tweaks, many of these dishes can be substantially improved from a nutrition perspective so that the end result is healthier but tastes just as delicious, busting the myth that healthy food doesn't taste good.

In this report, we have looked at new consumer research revealing which main meals and desserts are the nation's favourites. We then analysed the fat and saturated fat content of each of the dishes and made recommendations on how to reduce the saturated fat content of each without jeopardising the flavour. Where possible, we have looked at traditional typical recipes as well as celebrity chefs' versions of the classics.

On average, we are each eating 16% too much saturated fat (NDNS 2010) and there is considerable evidence that eating too much saturated fat can increase levels of LDL (bad) cholesterol, which is a risk factor for coronary artery disease the UK's biggest killer. It is estimated that if our consumption of saturated fat were to be cut to the recommended guideline level (from 12.8% to 11% of food energy intake), approximately 3,500 deaths would be averted annually (The Cabinet Report, 2008). Minor changes to what we eat and how food is prepared can take us a long way toward this goal.



More than 70%
of us eat more
saturated fat
than we should

What's Britain's favourite dish?

Discussions often abound about what is Britain's favourite dish, so The Fat Panel decided to find out for itself by commissioning new research. A nationwide survey ran with 1,000 men and

women to discover their favourite main meal and dessert as well as probing into some of their attitudes to food and cooking.

The results of our new research shows that traditional British cuisine wins our hearts, with the good old Sunday Roast coming top as the nation's

The nation's favourite main meals

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%

favourite main course. It was a runaway victory with 36% of the votes. In second place, was the equally British (or French?), Steak and Chips (12%), with international influences creeping in at third place with Lasagne (12%). Further international dishes came in at no. 5 and no. 6 with Chicken Tikka Masala (7%) and Spaghetti Bolognese (6%).

The nation's favourite desserts

For desserts, we looked at traditional British dishes. The research shows that

Chocolate Fudge Cake with fresh cream steals our hearts and our taste buds with a whopping 35% of the votes. In second place was Apple Pie with ice cream (20%) and Apple Crumble with custard came in third (14%). Other favourites include British classics, such as Sherry Trifle, Rhubarb and Custard, Bread & Butter Pudding and Spotted Dick.

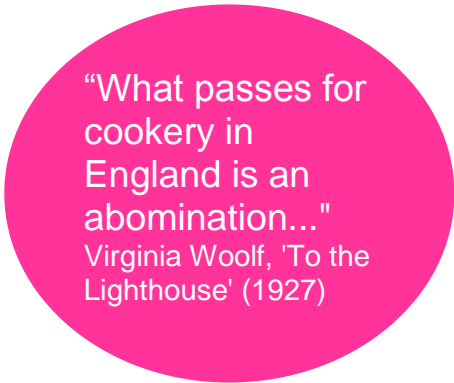
1.	Chocolate fudge cake with fresh cream	35.35%
2.	Apple pie and ice cream	19.80%
3.	Apple crumble with custard	13.75%
4.	Bread and Butter Pudding	11.45%
5.	Rhubarb and custard	8.05%
6.	Sherry trifle	7.15%
7.	Spotted Dick	4.45%

Attitudes to cooking

The research also probed people's attitudes to cooking, nutrition information and food in general.

It found that meals are only cooked from scratch twice a week or less for 40% of respondents. However, a laudable one in five (22.7%) claim to be cooking from scratch every day. One in ten does so once a month or less.

Celebrity chefs have an invaluable role in helping people to cook from scratch. We believe it is important that their position of influence is respected and reflected in their recipes.



"What passes for cookery in England is an abomination..."
Virginia Woolf, 'To the Lighthouse' (1927)

So, how healthy are the UK's choices?

The Fat Panel's resident dietitians looked at the nation's favourite main meals and desserts, then analysed both a traditional but basic version (Food Standards Agency (2002) McCance and Widdowson's The Composition of Foods, Sixth summary edition. Cambridge: The Royal Society of Chemistry) and versions published by 18 different celebrity chefs. It found that in all but one case, the versions from the celebrity chefs were less healthy than the traditional typical version. They had significantly more calories and were higher in fat, including – worryingly – saturated fat.

Rather than discouraging people from cooking from scratch and following their favourite chefs' recipes, The Fat Panel worked with a home economist, to see how the health profile could be improved without affecting the delicious taste and overall experience.

Together we have come up with some easy ways to cut the saturated fat content of each dish - and cut calories too. By following our simple changes to celebrity chef favourites, people can cut the amount of saturated fat by up to 80%. That makes these celebrity dishes into much healthier options, so that they can be enjoyed with less concern about their impact on family health.

The celebrity chefs obviously aim to produce very tasty versions of these popular dishes, but taste needn't – and shouldn't – be at the expense of health. When thinking about the nation's favourite foods, many are not occasional treats but everyday fodder, so we really need to make sure they are as healthy as possible. Even when they are saved for special occasions, surely it's better to have a healthier version if it tastes just as good?

Laudably, Toni and Giorgio's home-cooked Fish and Chips has 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. But this was the only celebrity recipe that trumped the typical version of our favourite dishes on these health grounds.

Four celebrity recipes have, in one portion, more than the recommended daily amount of saturated fat for men (30 grams a day):

- Jamie Oliver's Chocolate Fudge Cake with Cream (34.7g)

- Nigella Lawson's Sunday Roast with all the trimmings (36.9g)
- Marco Pierre White's Steak (40.1g) and Chips (an extra 1.8g)
- John Burton Race's Cottage Pie (40.4g).

As for the rest, 11 of the 17 celebrity recipes would give you more than the whole day's recommended amount of saturated fat for women in a single meal (20 grams a day). Others were high enough to virtually guarantee exceeding the Guideline Daily Amount (GDA) for saturated fat by the time other meals/snacks/drinks had been consumed during the day.

RECOMMENDED SATURATED FAT INTAKE		
Total daily energy intake in calories		Saturated fat Guideline Daily Amount (GDA)
Women	2,000 kcal	20g/day
Men	2,500 kcal	30g/day

Now it will come as no surprise to know that some of these dishes are a little naughty, but in Jamie Oliver's Chocolate Fudge Cake recipes, we found more than a man's whole daily allowance of saturated fat in just one portion (34.7g). By swapping the double cream for single cream and the butter for 60% polyunsaturated spread, the saturated fat content would be slashed by 56%. This would actually make Jamie's recipe healthier with respect to saturated fat than a typical recipe for chocolate fudge cake (15.2g saturated fat vs 23.5g).

Similar simple changes to Tom Parker-Bowles Apple Crumble and Custard reduce the saturated fat by 78%, from 20.8g to 4.6g, which again is less than the typical recipe (7.7g). And swapping butter for spread and using reduced fat ice cream transforms the Hairy Bikers' Apple Pie, our second favourite pudding, cutting the saturated fat by 77% to 5.8g, although this still has twice the saturated fat of a more traditional version (2.4g). By just using a pastry top rather than a pastry top and bottom, you would further slash the saturated fat content.

In fact, all of our favourite puddings can be made significantly more healthy, in terms of saturated fat, by swapping just a few key ingredients, such as butter, double cream, whole milk and full fat ice cream: these changes cut the level of saturated fat

by over 50% in every case. That's hardly surprising when you consider that, for example, a scoop of full fat ice cream typically has 113 calories and contains 7.6g fat, of which 4.7g is saturated fat, whereas low fat ice cream has 35 calories and 0.8g saturated fat.

Gordon Ramsay's Bread and Butter Pudding, despite being made with pain au chocolat, can be improved in this respect if you swap the butter for 60% polyunsaturated spread and substitute the whole milk and cream for semi-skimmed milk, reducing the saturated fat from 12.3g to 4g (vs a typical recipe at 7.3g). Similar positive changes can be made to Phil Vickery's Rhubarb and Custard and Brian Turner's Spotted Dick.

When it comes to savoury dishes, it is also possible to transform them health-wise without dramatically altering taste. Although Shepherd's Pie – or Cottage Pie, as the beef equivalent is sometimes better known – uses minced meat, and therefore contains some fat, it's not usually thought of as an unhealthy meal. On the plus side, Burton Race does include some vegetables in his recipe, yet one portion of his recipe 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 per portion. However, if you use semi-skimmed milk, 60% polyunsaturated fat and extra lean mince, you can reduce the saturated fat content of Burton Race's Cottage Pie by 69% to 12.7g per portion.

Similar changes reduce the saturated fat in Fearnley Whittingstall's Pasta with Bolognese Sauce by 54% and in Tana Ramsay's Lasagne by 64%, taking the level to slightly less than a typical recipe (25.9g versus 12.1g and 27.5g versus 10g respectively).

The saturated fat in these popular dishes can be reduced substantially by our simple changes. Sometimes, though, it's really difficult to make small tweaks to a celebrity recipe without substantially changing it. A portion of Nigella's Sunday Roast with all the trimmings – the nation's favourite savoury dish – has more than double the calories, double the fat and double the saturated fat of a typical version. The 36.9g of saturated fat is nearly twice the recommended daily amount for women and more than a man's recommended daily amount, so even if you unadvisedly ate very little for the rest of the day to keep your calorie intake under control, you would still be having excess saturated fat. Even our changes didn't substantially improve things -

the reduction in saturated fat is only 8.7% (total 33.7g). This compares to 14.1g in a typical Sunday Roast recipe, which is still high but within the recommended limit. Some dishes really are only for occasional treats!

What's clear from this analysis is that you can almost always make significant changes to the saturated fat content of tasty celebrity recipes to make them more healthy – without losing the flavour and unique twists which the chefs have given to boost our enjoyment of the nation's favourite meals and puddings. Even traditional recipes can be made more healthy by remembering a few simple guidelines. We'll leave the salt and sugar for another time/others!

Main courses

Celebrity chefs' recipes - analysis of saturated fat content

Ranking

1 Sunday Roast with all the trimmings

Chef

Nigella Lawson

Ingredients

3.8kg/8lb 6oz Scottish or Black Welsh beef fore rib (a four-rib joint)
 2 onions
 2 tbsp garlic oil, or vegetable oil
 1 tsp dried thyme
 ½ tsp cayenne pepper
 2 tbsp fatty juices from the roast beef tin, plus extra to finish
 1 tbsp plain flour
 125ml/4fl oz ruby port
 500ml/17fl oz beef stock
 125g/4oz Stilton cheese
 1 tsp redcurrant jelly
 Yorkshire puddings
 Carrots
 Peas

Make Yorkshire Puddings with skimmed milk
 Roast Potatoes in corn oil

	Energy (kcal)	Total fat per portion (g)	Sat fat per portion (g)	REDUCTION	
Typical Sunday Roast*	609	34.1	14.1		
Nigella Lawson Roast Beef with all the trimmings	1338	81.5	36.9		
FAT PANEL IMPROVED VERSION					
Nigella Lawson Roast Beef with all the trimmings - skimmed milk and corn oil	1325	80.2	33.7	3.2g	8.70%

An 8.7% reduction in saturated fat

*All 'typical' dishes are analysed using McCance and Widdowson

Ranking

2 Steak and Chips

Chef

Marco Pierre White

Ingredients

200g butter
30g parsley
15g shallots
10g garlic
Vegetable oil
250g rib eye steaks
Potatoes

Steak cooked in 60% polyunsaturated spread
Chips baked in oven with rapeseed oil

	Energy (kcal)	Total fat per portion (g)	Sat fat per portion (g)		
Typical steak, chips, peas and fried mushrooms	798	40.9	19.5		
Marco steak	920	81.2	40.1		
Marco steak 60% polyunsaturated spread	856	74.1	26.5		
Marco fat chips in vegetable oil (corn)	378	13.4	1.8		
FAT PANEL IMPROVED VERSION				REDUCTION	
Marco fat chips baked in oven as wedges with rapeseed oil	212	5	0.3	15.1	36%

A 36% reduction in saturated fat

Ranking

3 Lasagne

Chef

Tana Ramsay

Ingredients

- 140g pancetta
- 2 onions
- 1 clove of garlic
- 1 carrot
- 2 sticks of celery
- 1.5kg beef mince
- 1 tbsp soy sauce
- 2 tbsp Worcester sauce
- 375ml whole milk
- 165g butter
- 400ml beef stock
- 225ml red wine
- 400g tomato puree
- Fresh basil
- 8 fresh lasagne sheets
- 160g Parmesan
- 100g plain flour
- 2.25 pints hot milk

- Use semi skimmed milk
- Use extra lean mince
- Swap butter for 60% polyunsaturated spread

	Energy (kcal)	Total fat per portion (g)	Sat fat per portion (g)	REDUCTION	
Typical lasagne	439	24.8	10.3		
Tana Ramsay lasagne	799	53.0	27.5		
FAT PANEL IMPROVED VERSION					
Tana Ramsay lasagne (semi skimmed, 60% polyunsaturated spread, extra lean mince)	483	26.3	10.0	17.5g	64%

A 64% reduction in saturated fat

Ranking

4 Fish and Chips

Chef

Toni and Giorgio

Ingredients

Large potatoes
Vegetable oil
175g pieces of halibut or haddock fillet
Seasoned flour
25g butter
600g peas
200g self raising flour
250ml beer
Juice of 1/2 lemon
1 tsp malt vinegar

Oven bake potato wedges as an alternative to chips

	Energy (kcal)	Total fat per portion (g)	Sat fat per portion (g)	REDUCTION	
Typical fish and chips from fish shop	1034	59.5	22.8		
Toni and Giorgio fish, chips and mushy peas	932	29.7	6.4		
FAT PANEL IMPROVED VERSION					
Toni and Giorgio fish, chips and mushy peas (oven baked wedges)	766	21.3	4.9	1.5g	23.40%

A 23.4% reduction in saturated fat

Ranking

5 Chicken Tikka Masala

Chef

John Burton-Race

Ingredients

4 skinless chicken breasts
60ml olive oil
2 medium onions
2 garlic cloves
5cm piece fresh root ginger
2 tsp chilli powder
1 tsp ground turmeric
1 tsp ground coriander seeds
1 tsp ground cumin
4 tbsp tomato purée
2 tomatoes
100ml plain full-fat yoghurt
100ml double cream
½ tsp salt
Juice of ½ lime
Chicken stock (if necessary)
Basmati rice

Swap full-fat yoghurt and double cream for low fat yogurt

	Energy (kcal)	Total fat per portion (g)	Sat fat per portion (g)	
Typical chicken tikka masala	471	31.3	10.8	
John Burton-Race tikka masala	739	33.6	12.1	
FAT PANEL IMPROVED VERSION				REDUCTION
John Burton-Race tikka masala (low fat yogurt)	623	19.9	3.6	8.5g 70%

A 70% reduction in saturated fat

Ranking

6 Bolognaise

Ingredients

4 tbsp olive oil
250g diced, unsmoked streaky bacon
1kg coarsely minced beef
a glass of red wine
2 sliced cloves of garlic
500g finely chopped onions
400g tin of plum tomatoes
250ml passata (or sieved roasted tomatoes)
250ml beef or pork stock (optional)
a bundle of fresh herbs (bay leaves, parsley, thyme, marjoram, etc.)
salt and pepper
splash of cream or a knob of butter (optional)
spaghetti or linguine
lots of grated parmesan

Chef

Hugh Fearnley-Whittingstall

**Swap butter for 60% polyunsaturated spread
Use extra lean mince**

	Energy (kcal)	Total fat per portion (g)	Sat fat per portion (g)	REDUCTION	
Typical Bolognaise sauce with pasta	631	30.5	10.6		
Hugh Fearnley-Whittingstall Bolognaise sauce with pasta	875	48.7	25.9		
FAT PANEL IMPROVED VERSION					
Hugh Fearnley-Whittingstall Bolognaise sauce with pasta (extra lean mince, 60% polyunsaturated spread)	787	37.3	12.1	13.8g	54%

A 54% reduction in saturated fat

Ranking

7 Shepherd's/ Cottage Pie

Chef

John Burton Race

Ingredients

1 tbsp olive oil
75g minced beef
60g butter
1/3 carrot
1/3 celery stick
1/3 onion
1/6 leek
½ garlic clove
1 mushroom
Thyme
1/8 bay leaf
½ tsp tomato purée
100ml beef stock
1 large potato
4 tbsp milk

Use semi skimmed milk

Use extra lean mince

Swap butter for 60% polyunsaturated spread

	Energy (kcal)	Total fat per portion (g)	Sat fat per portion (g)	REDUCTION	
Typical cottage pie	378	20.4	7.5		
John Burton Race Cottage Pie	947	78.3	40.4		
FAT PANEL IMPROVED VERSION					
John Burton Race Cottage Pie extra lean mice, semi-skimmed milk, 60% polyunsaturated spread)	778	58.7	12.7	27.7g	69%

A 69% reduction in saturated fat

Ranking

8 Sausages and Mash

Chef

Rick Stein

Ingredients

Pork sausages
700g onions
Pinch sugar
2 tbsp sunflower oil
80g butter
1 tsp plain flour
600ml brown ale
600ml fresh beef stock
½ star anise
2 cloves
2 fresh bay leaves
900g potatoes
2-3 tbsp milk

Grill sausages

Use semi skimmed milk

Swap butter for 60% polyunsaturated spread

	Energy (kcal)	Total fat per portion (g)	Sat fat per portion (g)	REDUCTION	
Typical sausages and mash - 2 sausages	455	30.4	11.3		
Rick Stein's sausages and mash	898	55.9	23.5		
FAT PANEL IMPROVED VERSION					
Rick Stein's sausages and mash (semi skimmed milk, 60% polyunsaturated spread)	858	51.4	15.2	8.3g	35%

A 35% reduction in saturated fat

Ranking

9 Toad in the Hole

Chef

Gino D'Acampo

Ingredients

100g plain flour
2 free-range eggs
2 tbsp double cream
5 tbsp milk
1 tbsp olive oil
4 sausages

Swap cream and whole milk for semi skimmed milk

	Energy (kcal)	Total fat per portion (g)	Sat fat per portion (g)		
Typical Toad in the Hole	730	47.2	17.7		
Gino D'Acampo Toad in the Hole	835	56.2	21.4		
FAT PANEL IMPROVED VERSION				REDUCTION	
Gino D'Acampo Toad in the Hole (with semi skimmed milk)	758	47.3	15.9	5.5g	26%

A 26% reduction in saturated fat

Ranking

10 Steak and Kidney Pie

Chef

Delia Smith

Ingredients

375 g short pastry
1 medium onion
1 dsp oil
1 x 425g mixed steak and kidney
1/4 tsp gravy browning
1 dsp Worcestershire sauce
salt and freshly milled pepper
1 egg

Pastry only on top

	Energy (kcal)	Total fat per portion (g)	Sat fat per portion (g)	REDUCTION	
Steak and kidney double crust	507	33	12.2		
Delia Smith Steak and Kidney Pie	1229	73	23.3		
FAT PANEL IMPROVED VERSION					
Delia Smith Steak and Kidney Pie (half quantity pastry - top only)	805	46.5	15.1	8.2g	35%

A 35% reduction in saturated fat

Desserts

Ranking

1 Chocolate Fudge Cake

Chef

Jamie Oliver

Ingredients

- 200g dark chocolate (70% cocoa solids)
- 175g butter
- 120g soft brown sugar
- 100g blanched almonds
- 2 tbsp cocoa powder
- A pinch of salt
- 4 large eggs, preferably free-range or organic
- 150g self-raising flour
- 100g fudge

- Swap double cream for single cream
- Swap butter for 60% polyunsaturated spread

	Energy (kcal)	Total fat per portion (g)	Sat fat per portion (g)	REDUCTION	
Typical chocolate fudge cake	785	48.3	23.5		
Jamie Oliver chocolate fudge cake with cream	855	65.8	34.7		
FAT PANEL IMPROVED VERSION					
Jamie Oliver chocolate fudge cake with cream (single cream, 60% polyunsaturated spread)	662	43.8	15.2	19.5g	56%

A 56% reduction in saturated fat

Ranking

2 Apple Pie and Ice cream

Ingredients

425g plain flour
1 tsp salt
200g caster sugar
250g / 9oz unsalted butter
1 free-range egg
2 free-range egg yolks
100g sultanas
1 orange, juice only
1 tbsp semolina flour
8 large cooking apples
1 tbsp ground cinnamon

Chef

Hairy Bikers

Swap butter for 60% polyunsaturated spread
Use reduced fat ice cream

	Energy (kcal)	Total fat per portion (g)	Sat fat per portion (g)		
Typical Apple Pie & Ice cream	726	39.6	18.3		
Hairy Bikers Apple Pie & Ice cream	1315	62	36.7		
FAT PANEL IMPROVED VERSION				REDUCTION	
Hairy Bikers Apple Pie & Ice cream (60% Poly spread; red fat i/cream)	1199	48.6	8.8	27.9g	76%

A 76% reduction in saturated fat

Ranking

3 Apple Crumble and Custard

Chef

Tom Parker-Bowles

Ingredients

- 500 g Bramley apples
- 75 g light soft brown sugar
- 1 pinch ground allspice
- 130 g butter, plus extra for greasing
- generous splash sloe gin
- custard, to serve
- 200g plain flour
- 1 pinch ground ginger
- 50 g demerara sugar
- 50 g rolled oats

Swap butter for 60% polyunsaturated spread
Use semi skimmed milk

	Energy (kcal)	Total fat per portion (g)	Sat fat per portion (g)	REDUCTION	
Typical apple Crumble & Custard	494	17.1	7.7		
Tom Parker-Bowles Apple Crumble & Custard	763	33.7	20.8		
FAT PANEL IMPROVED VERSION					
Tom Parker-Bowles Apple Crumble & Custard (s/sk milk; 60% poly spread)	629	19	4.6	16.2g	78%

A 78% reduction in saturated fat

Ranking

4 Bread and Butter Pudding

Chef

Gordon Ramsay

Ingredients

5 - 6 pain au chocolates
50g butter
2-3 tablespoons apricot jam
1-2 tbsp ground cinnamon
35g golden raisins
500ml whole milk
120ml double cream
2 vanilla pods, seeds scraped out
6 eggs
150g brown sugar
Demerara sugar for topping

Swap cream and whole milk for semi skimmed milk

Swap butter for 60% polyunsaturated spread

	Energy (kcal)	Total fat per portion (g)	Sat fat per portion (g)	REDUCTION	
Typical bread and butter pudding	272	13.4	7.3		
Gordon Ramsay Bread and Butter pudding	371	29.8	12.3		
FAT PANEL IMPROVED VERSION					
Gordon Ramsay Bread and Butter pudding (semi skimmed milk and 60% polyunsaturated spread)	279	19.3	4.8.3g		67%

A 67% reduction in saturated fat

Ranking

5 Rhubarb and Custard

Chef

Phil Vickery

Ingredients

Zest and juice 1 orange
1½tbsp sugar
500g rhubarb
140g Carnation Condensed Milk Light
300ml water
4 rounded tsp custard powder
6tbsp half fat crème fraîche

Swap whole milk for semi skimmed milk

Swap half fat creme fraiche for 0% fat fromage frais

	Energy (kcal)	Total fat per portion (g)	Sat fat per portion (g)	
Rhubarb & Custard	209	5.5	3.5	
Phil Vickery rhubarb & custard pots	270	7.8	5.1	
FAT PANEL IMPROVED VERSION				REDUCTION
Phil Vickery rhubarb & custard pots (s/sk milk custard; 0% fat fromage frais)	138	1.6	1.4g	80.40%

A 80.4% reduction in saturated fat

Ranking

6 Sherry Trifle

Ingredients

packet trifle sponges
½ packet of amaretti biscuits
150ml sweet sherry
1 tbsp cognac
4 tbsp blackberry or raspberry jam
450g fresh blackberries
450g fresh raspberries
85g toasted flaked almonds
600ml ready-made custard
125ml sherry
2 tbsp brandy
1 lemon, juice only
55g caster sugar
425ml double cream

Chef

Antony Worrall Thompson

Swap double cream for half fat mascarpone and 0% fat fromage frais

	Energy (kcal)	Total fat per portion (g)	Sat fat per portion (g)	REDUCTION	
Typical sherry trifle	280	13.6	4		
Antony Worrall Thompson sherry trifle	805	49	19.8		
FAT PANEL IMPROVED VERSION					
Antony Worrall Thompson sherry trifle (mascarpone and 0% fat fromage frais)	402	19.6	7.9	11.9g	60%

A 60% reduction in saturated fat

Ranking

7 Spotted Dick

Ingredients

225g plain flour
15g baking powder
a pinch of salt
115g chopped beef suet
150ml water
115g currants
55g raisins
finely grated zest of 1 lemon

Chef

Brian Turner

Swap suet for 60% polyunsaturated spread

	Energy (kcal)	Total fat per portion (g)	Sat fat per portion (g)		
Typical spotted dick	519	24.9	12.4		
Brian Turner's spotted dick	550	25.8	14.5		
FAT PANEL IMPROVED VERSION					
Brian Turner's spotted dick (60% polyunsaturated spread)	516	25.2	5.6	8.9g	61%

A 61% reduction in saturated fat

Cooking tips

- If you're using cheese to flavour a dish or a sauce, you could try using a very strong-tasting cheese, such as mature Cheddar, as you'll need less. Also look out for some of the great tasting reduced fat mature Cheddars that are available.
- Cut any visible fat and skin off meat before cooking.
- Grill meat rather than frying.
- Use liquid oils such as olive, sunflower or rapeseed oils or margarines and spreads instead of butter, lard and ghee in cooking.
- Make mashed potato with olive oil and garlic instead of butter and milk or try low fat spread and semi-skimmed milk.
- Use a non-stick pan if possible so you can use less oil/fat.
- Drain fat from cooked meats and blot them with kitchen paper if necessary.
- Try reduced fat crème fraiche instead of full-fat cream.

Shopping tips

- Choose low and lower-fat varieties of dairy foods such as semi-skimmed, 1% fat milk or skimmed milk, low-fat yoghurts and lower-fat cheeses.
- Look at the label when choosing cheese as different varieties of cheese can have different saturated fat levels. Soft cheese tends to have less than hard cheese.
- Check the label when buying meat as there can be big variances between the types of meat, cut of meat and how it has been prepared.
 - * The more white you can see on meat, the more fat it contains. So, for example, back bacon has less than half the saturated fat of streaky bacon.
 - * Go for turkey and chicken without the skin.
 - * Go for leaner varieties of mince – the saturated fat content can vary widely.
 - * Look out for coatings and sauces which may increase the saturated fat levels.
- Have pies with only one crust rather than two – either a lid or a base – because pastry is very high in saturated fat.
- Choosing a fat spread with lower total fat per 100g generally means that the saturated fat content per 100g will be lower.
- If you are going to have crisps – check the label and choose those with the lower saturated fat – as there is often a big difference between brands. Crisps and savoury snacks cooked in sunflower or rapeseed oils tend to be lower in saturated fat than those cooked in unspecified vegetable oils.
- Go easy on 'sharer' or 'grab' bags of sweet and savoury snacks as portion sizes are harder to estimate.

- Compare the labels on foods like biscuits and cakes to make sure they're lower in saturated fat.

You cannot trust people who have such bad cuisine. It is the country [Great Britain] with the worst food after Finland."

French President Jacques Chirac in a remark on the eve of the G8 summit in 2005

Habitual tips

- Try having smaller portions of cheese or eating it less often.
- Grate your cheese – you'll eat less.
- Try to limit the amount of buns, cakes, pastries, pies and biscuits you eat.
- Try to limit the amount of sausages, salami, pâté and beef burgers you eat, as these are generally high in saturated fat and often high in salt too.
- Remember that meat products in pastry, such as pies and sausage rolls, are high in saturated fat, as they may contain fatty cuts of meat and the fat in pastry.
- If you are going to have something 'sweet', instead of cakes or biscuits, try having a currant bun, scone or some malt loaf, plain or with lower fat or reduced fat spread.
- Snack foods can be high in saturated fat and salt and should only be seen as a treat.
- We can enjoy chocolate treats every now and again, but think about how often and how much you eat of them instead of getting into a habit of eating them every day.

Swapping tips


- Swap red meat for fish or turkey/chicken without the skin on.
- Swap creamy or cheesy sauces for tomato or vegetable based sauces.
- Swap butter for spreads.¹
- Swap a large whole milk coffee for a regular 'skinny' latte.

¹ Spreads: Vegetable oil based

Conclusion

Although we, as a nation, love to eat ready-made meals and takeaways, celebrity chefs have done much to encourage us to start cooking again by offering unique takes on reliable versions of our favourite meals. From Nigella's version of our favourite savoury meal – Sunday Roast with all the trimmings – to Jamie's recipe for Chocolate Fudge Cake, our favourite dessert, there's a celebrity version of each of our much-loved traditional dishes, as well as the international dishes that now number in our top ten, such as Lasagne and Chicken Tikka.

Unfortunately, with just one exception, our experts found that these recipes produced versions of our favourite meals that were much higher in saturated fat than the typical recipe. So while it is great that celebrity chefs are encouraging us back into the kitchen to cook fresh meals, it isn't necessarily good for our health in every respect, especially as we, as a nation, are already eating too much saturated fat.



"The British Empire was created as a by-product of generations of desperate Englishmen roaming the world in search of a decent meal."
Bill Marsano

What we found is that it doesn't take much to make these celebrity recipes far healthier, which is great news for those who know what ingredients to swap. And occasionally, these changes even make the celebrity version healthier in some respects than the typical recipe. For example, swap the full fat yoghurt in Burton Race's Chicken Tikka Masala for low fat yoghurt and you can reduce the saturated fat in one portion by 70% (to 3.6g), which is way lower than the typical recipe (10.8g). However, you need to know if the recipe will work properly if you do swap ingredients, so it would be nice if the chefs themselves gave us the options when they published the recipes.

This report has done the homework for a celebrity version of each of our top ten savoury dishes and top seven deserts, so you can make these changes with confidence. Making these changes, along with the other tips in this report, will go a long way to helping you eat more healthily. As for other celebrity recipes; our advice

is to watch out for the obvious culprit ingredients, swap them for healthier ones if you can and have meals that include them as occasional treats, not as part of your regular diet.

Celebrity Chefs' Report card

<p>Taste and culinary experience</p> <p>A broad range of delicious tastes, textures and experiences.</p>	<p>A*</p>
<p>Teamwork</p> <p>Very successfully encourages people to take an interest in food and cook from scratch, which is to be applauded at all levels.</p>	<p>A*</p>
<p>Entertainment value</p> <p>Very popular with many people and shows, books and web sites are very influential.</p>	<p>A*</p>
<p>Consideration of health profile</p> <p>Neglects the negative effects of the food on the public if regularly consumed. Minor changes to recipes could have a major effect on health.</p>	<p>D</p>
<p>Communication</p> <p>It could be made much clearer that the dishes with their current nutritional breakdowns should be for occasional consumption. Could do better!</p>	<p>D</p>