THE 'HEALTHY EATS MENU GUIDELINES' AND SELECTION OF VEGETARIAN RECIPES LOW IN SATURATED FAT

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The 'Healthy Eats Menu Guidelines' (HEMG) were designed as part of the 'Newcastle Healthy Eats Accreditation Program' initiated by the Newcastle City Council in conjunction with the National Heart Foundation and the Hunter Area Health Service to allow restaurants to select their own 'Healthy Eats' recipes with limited amounts of saturated fat. This study was to evaluate the potential of HEMG as a tool for vegetarian cooking demonstrators to use in selecting recipes low in saturated fat. Vegetarian recipes used by demonstrators in four series of cooking demonstrations and the recipes from the model cooking demonstration series in the Vegetarian Cooking Demonstrator's Resource Manual were analysed using the Nutrivision nutrient analysis software. The recipes (N=174) were classified according to whether they passed or failed HEMG and whether saturated fat content was 10% or less of kilojoules (KJ) or not. The Table shows the number of recipes in each category and the sensitivity, specificity and positive predictive value of HEMG for identifying recipes with 10% or less of KJ from saturated fat.

Saturated fat	Passed HEMG (n=117)	Failed HEMG (n=57)	Sensitivity[1]	Specificity[2]	Positive predictive value[3]
10% or less of KJ (n=126)	105	21	0.83	0.75	0.90
>10% of KJ (n=48)	12	36			

1Sensitivity = proportion of recipes with 10% or less of KJ from saturated fat that passed HEMG
2 Specificity = proportion of recipes with more than 10% of KJ from saturated fat that failed HEMG
3 Positive predictive value = proportion of the recipes that passed HEMG with 10% or less of KJ from saturated fat

Of the 12 recipes passing HEMG but having more than 10% of KJ from saturated fat, there were six salad, two stir fried vegetable and three dip/spread recipes. Of the 21 recipes failing HEMG but having 10% or less of KJ from saturated fat, seven were patties/rissoles shallow fried in more than one tablespoon of polyunsaturated or monounsaturated oil per four serves. Sensitivity and positive predictive value would have been higher if the amount of polyunsaturated or mono-unsaturated oil permitted for shallow frying was two tablespoons per four serves. The sensitivity, specificity and positive predictive value of HEMG for identifying recipes with 35% or less of KJ from total fat were 0.77, 0.41 and 0.52 respectively. HEMG is a useful tool for screening vegetarian recipes for saturated fat, if total fat is not an issue.

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