

# GUIDELINE FOR HEALTHY RESTAURANT PROGRAMME CERTIFICATION

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Health Promotion Centre

Ministry of Health

# **1. INTRODUCTION**

Currently, eating out in restaurants or hawker's stalls has been an increasing trend throughout the world. For example, in the United States itself, nearly half of the personal expenditure is allocated for dining out. Furthermore, there are many studies that associate eating out with increasing obesity among population. This include countries like Brunei Darussalam. In Brunei Darussalam, the obesity rate has been doubled over the last decade. In 1997, the prevalence of obesity in adults was 12% as compared to 27.2% in 2011. However, the prevalence of overweight among adults only increased marginally from 32.4% in 1997 to 33.4% in 2011<sup>(1)</sup>.

Ministry of Health, Brunei Darussalam through the assistance of the World Health Organisation (WHO) has its own strategic plans and initiatives to ensure that all of the population will adopt healthy lifestyle. Hence, a health-supporting environment programme called the Healthy Restaurant Programme is being developed, specifically targetting restaurants. The main aim of the programme is to empower and incorporate the restaurant owners about the importance of healthy lifestyle. With the implementation of the Healthy Restaurant Programme, it will become a platform for the government to support and provide incentives to the restaurants who are willing to offer healthier food choices in their menus.

## **1.1 HEALTHY RESTAURANT PROGRAMME**

Healthy Restaurant Programme is a project conducted by the Health Promotion Centre, Ministry of Health in order to increase knowledge about healthier choice food and increase accessibility and availability to healthy food choices in the country. It is a win-win situation programme in which, it will also indirectly teach people about the importance of healthy eating through the provision of healthier choices in the menu. This programme can also be customised to meet the needs of the restaurant in providing healthier menu and to help the community to access healthier food choices more easily.

For any restaurants who wish to apply for this programme, they have to meet certain standards developed by the Ministry of Health.

## **1.2 RATIONALE OF HEALTHY RESTAURANT PROGRAMME**

Rationale for this programme is to:

- Support the Ministry of Health 2035 Vision 'Together towards Healthy Nation';
- Strengthen healthy eating programme in Brunei Darussalam in accordance with the Brunei Darussalam National Multisectoral Action Plan on Prevention and Control of Noncommunicable Diseases (BruMAP-NCD 2013-2018).

## **1.3 OBJECTIVES OF HEALTHY RESTAURANT PROGRAMME**

The objectives of this programme are to:

- Increase knowledge, understanding and awareness of the restaurants on healthier food preparation and selection;
- Empower the restaurants in promoting healthy lifestyle including provision of healthy eating into daily activities;
- To facilitate and promote the healthy eating signs include the following information:
  - o Less Oil, Less Fat
  - o Less Salt
  - o Less Sugar
  - o Add more Vegetables or Fruits

## 1.4 BENEFITS OF PARTICIPATION

Restaurants will have the opportunity as follows:

1. Free publicity through promotional and marketing campaigns such as in the local newspaper, radio, Facebook, Twitter and other media materials;
2. Become one of the partners in promoting healthier food choices;
3. Receive support and assistance from the Health Promotion Centre in maximizing healthier food choices;
4. Receive assistance from the Health Promotion Centre in terms of publishing promotional materials related to Healthier Choice Logo.

## 1.5 HEALTHIER CHOICE LOGO

For participating restaurants in the Healthy Restaurant Programme, they will be given a Healthier Choice Logo (shown below) to be affixed on the selected healthier menu as a healthier option indicator. The restaurants are also allowed to use the Healthier Choice Logo in their marketing and promotional activities.



*Figure 1: Healthier Choice Logo for Healthy Restaurant Programme*

## 2. CRITERIA OF PROGRAMME

Officers from the Health Promotion Centre will meet and discuss with the Restaurant Managers and Chefs to enhance or modify existing food options to be labeled as Healthier Choice. The criteria for the Healthier Food / Menu Labelling are as follows:

### GENERAL CRITERIA

1. The number of healthy menu should comprised of **25% from the total number of menus** available in the restaurant;
2. The food should be **less fat, less oil, less salt, less sweet, no Trans Fat or No MSG**;

OR

3. The food has large portion of **fruits or vegetables**;

AND

4. Food preparation **MUST** be of the healthier preparation option such as steam OR baked OR stews OR stir-fry OR grilled OR smoked OR oven OR boiled OR 'ampap';

AND

5. Food **SHOULD** be prepared using healthy ingredients;
6. Cleanliness of the equipments, manufacturing area and the surrounding must be controlled seriously and the restaurant should practice HACCP.

**NUTRIENT-SPECIFIC CRITERIA FOR:**

<b>1. MAIN COURSE</b> <ul style="list-style-type: none"><li>• Calories &lt;750kcal</li><li>• Fruits &amp; Vegetables &gt;2 servings</li><li>• Grains must be at least half wholegrain (if applicable)</li><li>• Use of low-fat milk/yoghurt/cheese</li><li>• Transfat &lt;0.5g</li><li>• Fats &lt;30% of calories</li><li>• Saturated fats &lt;7% of calories</li><li>• Sodium &lt;750mg</li><li>• Cholesterol &lt;20mg/100g</li><li>• Proteins &gt;15% of calories</li></ul>	<b>2. SIDE DISH</b> <ul style="list-style-type: none"><li>• Calories &lt;250kcal</li><li>• Fruits &amp; Vegetables &gt;2 servings</li><li>• Grains must be at least half wholegrain (if applicable)</li><li>• Use of low-fat milk/yoghurt/cheese</li><li>• Transfat &lt;0.5g</li><li>• Fats &lt;30% of calories</li><li>• Saturated fats &lt;7% of calories</li><li>• Sodium &lt;750mg</li><li>• Cholesterol &lt;20mg/100g</li><li>• Proteins &gt;15% of calories</li></ul>
<b>3. DRINKS</b> <ul style="list-style-type: none"><li>• Calories &lt;250kcal</li><li>• Fruits &amp; Vegetables &gt;2 servings</li><li>• Use of low-fat milk/yoghurt/cheese</li><li>• Fats &lt;30% of calories</li><li>• Saturated fats &lt;7% of calories</li><li>• Sugar &lt;6g/100mL</li><li>• Proteins &gt;15% of calories</li></ul>	

### **3. MONITORING AND EVALUATION PROCEDURE**

HPC will monitor and evaluate the progress of the programme in each restaurant at 3 months, 6 months and 1 year.

### **4. CONFIDENTIALITY**

It is the regulation of the Programme to maintain confidentiality of information and documentation belonging to the applicant.

### **5. ENQUIRY**

Further information on the Healthy Restaurant Programme can be obtained from:

Public Health Nutrition Unit  
Health Promotion Centre  
Ministry of Health  
Commonwealth Drive  
Bandar Seri Begawan BB3910  
Brunei Darussalam  
Tel: 2385800 ext.232  
Fax: 2384223

## **6. REFERENCES**

1. 2<sup>nd</sup> National Health and Nutritional Status Survey (NHANNS) 2009-2011, Ministry of Health, Brunei Darussalam
2. Brunei Darussalam Multisectoral Action Plan on Prevention and Control of Noncommunicable Diseases 2013-2018 (BruMAP-NCD 2013-2018), Ministry of Health, Brunei Darussalam