

5 Factors for FitFrying

- Choose the right fryer
- Select the right oil
- Select the right food
- Follow the right cooking process
- Establish the right maintenance

Fats & Oils

- Basic oil information
- Dietary fat
- Move to healthier oils
- Omega 3, 6, 9
- Trans fat
- Saturated fat
- Supply & manufacturing

Frying Trends

- General menu trends
- What's new in fried foods
- Healthier fried food products
- Recipes

www.FitFrying.com

A Resource for Healthier Frying



Premier Partners:

BUNGE

Frymaster

Lamb Weston

MONSANTO

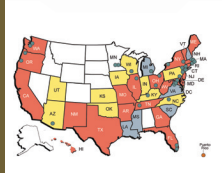
Supporting Partners:

French Idaho Potatoes

QUALISOY

ABOUT THE PARTNERSHIP The FitFrying Partnership is a collaborative effort of nonprofit and for-profit companies formed to guide industry-wide healthier frying efforts. Premier partners include Bunge Oil, Frymaster, Lamb Weston and Monsanto. Supporting partners include The Idaho Potato Commission and Qualisoil. The partnership mission is to be the first-stop resource for foodservice operators on issues related to frying, and specifically how to incorporate healthier fried foods into menus. To learn more about the FitFrying Partnership, visit www.FitFrying.com.

Nutrition Regulation Map



www.FitFrying.com



There is a growing body of knowledge on the optimal ways to incorporate fried foods into the health and wellness trend sweeping the nation. After all, fried foods are among the most popular on restaurant menus...

At the same time, cities, states and municipalities are moving at an unprecedented rate to prompt the removal of unhealthy trans fat from restaurants and foodservice establishments and require nutrition labeling of menus.....the news is changing weekly!

In the News



Solution.....FitFrying.com your *first-stop* resource filling the knowledge gap created by the rapid transition to healthier trans fat-free frying and nutrition labeling of menus. This online guide is a handy snapshot of the art and science of fit frying!

Learn How to Fry Healthier

5 Factors for FitFrying provides best practices that accomplish healthier frying:

- Choose the right oil,
- Select the right fryer,
- Select the right food,
- Follow the right cooking process, and
- Establish the right maintenance.

Peruse the News

In the News offers news briefs so you can regularly monitor frying related news.

Stay on Top of Nutrition Regulations

The Nutrition Regulation Map keeps you in the know as many states and localities consider initiatives to transition away from trans fat in the food supply and implement nutrition information posting on menus.

Resources & Training



Understand Fats and Oils

Fats & Oils provides the latest information on:

- The basics on oils and dietary fats,
- The move to healthier oils,
- Omega 3,6,9 and trans and saturated fat, and
- 0 grams trans versus trans fat-free.

Tap into Additional Resources

Resources & Training provides credible informational papers and articles related to frying.

- 5 Factors for FitFrying white paper,
- FitFrying fact sheet, and
- Press releases.

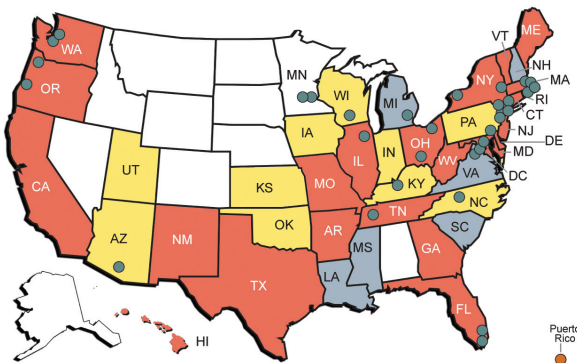
Keep Current on Frying Trends

Frying Trends keeps you up to date on:

- Innovations in fried foods,
- New, healthier fried food products, and
- Links to healthy fried food recipes, and manufacturers.

Track State Initiatives

Visit www.FitFrying.com for a listing of who's made the trans fat transition and implementing nutrition labeling of menus. Make www.FitFrying.com your *first-stop* online resource to learn about frying best practices, how to prepare healthier fried foods, and about issues related to frying.



To learn more about FitFrying.com:

Call 1-800-221-4583 or
visit www.FitFrying.com

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