



FitFrying.com[®]



A resource for the
foodservice industry
on preparing
healthier fried foods.





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:

Alconox – www.alconox.com

Bunge Oils – www.transfatsolutions.com

Frymaster, LLC – www.frymaster.com

Lamb Weston – www.lambwest.com

Monsanto – www.visitivegold.com

Supporting Partners:

The Idaho Potato Commission – www.idahopotato.com

Qualisoy – www.qualisoy.com





Fried foods remain among the most popular items on restaurant menus.

Data from Mintel, a global research company, show that chicken wings and fingers, onion rings and mozzarella sticks are among the top 10 appetizers.

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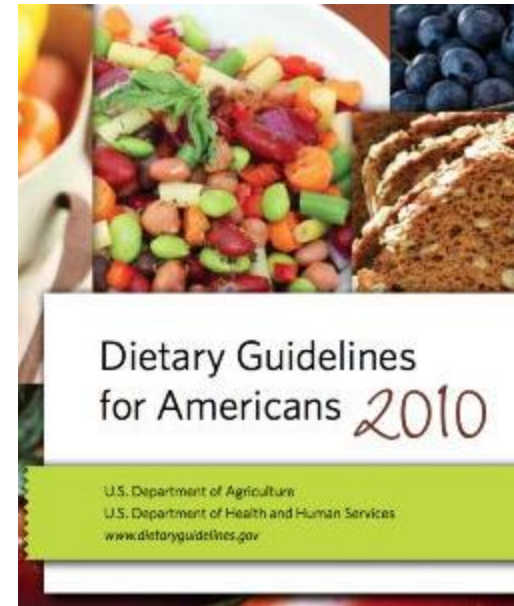
Lamb Weston
a ConAgra Foods® brand

MONSANTO 

Fontana
IDAHO
Potatoes

QUALISOY™

With government agencies mandating the removal of trans fat, requiring calorie labeling on menu boards, and 2010 Dietary Guidelines for Americans advocating for reduced intake of saturated fats -- delivering maximum taste in foods that are as healthful as possible is a major challenge!



Consumers have made it clear that they are not willing to compromise taste but at the same time are now asking for healthier selections when dining out.

Clearly, frying is one of the most popular cooking methods with patrons and one that provides unique challenges.



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Best Practice Guidelines for Restaurants Serving Fried Foods:

- Choose the Right Fryer
- Select the Right Oil
- Select the Right Fried Food
- Follow the Right Cooking Process
- Establish the Right Maintenance

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Choose the Right Fryer:

Different foods require different types of frying equipment. Breaded items fry differently than wet-battered items.

Selecting the right fryer produces higher-quality and more healthful foods.



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Select the Right Oil:

Oils have unique characteristics such as stability, smoke point, flavor, and nutritional properties.

The development of oil seeds with improved fatty acid profiles allow for products with no trans fat and lower saturated fats.



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Select the Right Fried Food:

The types of fat and amount of fat contained in the foods you fry play a role in the quality of the finished product.

Partially hydrogenated oil used to par-fry chicken or French fries will leach into the frying oil during cooking. The same is true with saturated fats naturally occurring in the food you fry because this fat will migrate from the food to the oil during the frying process.

Selecting trans fat-free oils for frying and following best practice frying methods will ensure you are consistently providing your customers with high-quality fried foods that are both flavorful and healthy.

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Follow the Right Cooking Process:

The composition of oil changes as it interacts physically and chemically with food, oxygen, and heat. By-products are created as a result of this process.

There are several ways operators can minimize the by-products produced during frying and slow changes to the oil's quality.

An easy way to be mindful of them is to remember the acronym **CWASH**. Avoid unnecessary exposure to **C**rumbs, **W**ater, **A**ir, **S**alt, and **H**eat.

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Establish the Right Maintenance:

Follow the **ABCs** of Fryer Preventive Maintenance:

- **A**ttend to Filtration
- **B**oilout
- **C**lean the Blower.

It is recommended to clean the fryers every time frying oil is changed or discarded with a mild, non-caustic cleaner.

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Resources:

As efforts to address the nation's growing health concerns expand within the foodservice industry; responsible individuals, institutions, organizations, and companies are working on programs to support and expand these efforts.

The Fitfrying.com **Resources** section provides information and initiatives from industry experts and helps you learn more about healthy fats and oils, keep current on frying trends, monitor healthy frying news, and provides additional resources such as white papers, press releases and more.

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