

## Baked Is Better

In addition to reducing or eliminating sugary beverages from your diet, making healthier food choices also is important to fight the obesity epidemic. Fast food – most of which is fried – has contributed to the increase in the overweight/obese population.

Consuming more calories than you burn results in weight gain. Foods like French fries, deep-fried chicken strips and fried onion rings have more fat and calories than baked versions. In addition, the saturated and Trans fats in deep-fried foods increase your risk for high cholesterol and heart disease. Posting the calories contained in prepared foods on their packaging or on menus can help consumers make healthier choices by raising awareness of the difference frying

### Fried vs. Baked

How do some of America's favorite fried foods compare to the baked version?

#### Chicken

1 leg or 4-ounce serving, bone removed

**Roasted** with skin removed –  
Total Fat: 8 grams, Calories: 181

**Fried** with flour –  
Total Fat: 16.2 grams, Calories: 284

#### Fish

3 oz. serving

**Baked** Tilapia –  
Total Fat: 2.2 grams, Calories: 109

**Fried** Tilapia –  
Total Fat: 10.5 grams, Calories: 197

#### French Fries

Small or 3 oz. serving

**Baked** (home-prepared from frozen) –  
Total Fat: 6.5 grams, Calories: 170

**Fried** –  
Total Fat: 14.5 grams, Calories: 271

# Reduce/Eliminate Fried Foods and Offer Healthier Choices

## Ditch the Fryer, Opt for Convection Oven

### Hospitals Can Offer Healthier Food Choices

As hospitals take a leadership role in promoting healthier food and beverage choices, they are transforming their own food services to ensure that healthier options are available in cafeterias and vending machines and for meetings. One area hospitals are looking at is whether to continue preparing and serving deep-fat fried foods. Some hospitals boldly are replacing the fryers in their facilities' kitchens with convection ovens or other healthier cooking devices.

### Advantages of Replacing Fryers

**HEALTHIER FOOD:** When something is deep fried in oil, it can double or even triple the caloric density. Submerging any food in oil will increase the calories because fat is soaked up into every available space. For example, a 7-ounce baked potato has 220 calories and 0.2 grams of fat. But when cut up and turned into French fries, it increases to 697 calories and 34 grams of fat. In addition, if fried in hydrogenated or partially hydrogenated vegetable oils which are full of Trans fat, this will result in raised cholesterol and increased risk of heart disease and stroke.

**COST:** Oil is typically a significant food expense in any heavy fryer-using kitchen. By not continuously buying fryer oil, money can be invested in a convection oven and reduce costs in the long run.

**CLEANLINESS:** Even under a ventilation hood, grease from a fryer has a tendency to cause a mess and necessitates frequent clean-up. Convection ovens are significantly easier to maintain and keep clean than fryers.

**SAFETY:** Deep frying in hot oil can be extremely dangerous, according to the U.S.D.A. Food Safety and Inspection Service. Cooking oil is a highly flammable liquid. Deep frying oil can reach temperatures of more than 400

degrees Fahrenheit. Hot oil can result in burns and start fires. In addition, if fried food is not cooked to a safe temperature, it can cause a foodborne illness. Convection ovens are safer to operate than fryers, usually producing less workplace accidents, such as burns, slips and falls.

### Issues to Consider

**COST:** Convection ovens cost more than fryers in terms of upfront cost. Fryer costs start at approximately \$900, while the average cost of a commercial convection oven is approximately \$3,500-\$3,800. However, there are many variables on size and capacity that impact price. Beyond the cost of the cooking device, food costs associated with each appliance must be considered. Fried foods are popular not only because of taste, but also because the foods they utilize are typically in affordable price ranges with lots of options, which enhances their popularity.

**SPACE:** Another consideration is kitchen layout and space under the ventilation hood. Ovens almost always are wider in dimension than fryers and often kitchens are designed with just enough hood space to cover the equipment originally planned to go under the ventilation device. However, if a hospital is replacing a double fryer with an oven, then space may be less of a concern.



**To learn more about convection oven vendors, contact Traci Parsons at APS at (913) 327-8730.**