

APPLIED NUTRITION INFO SHEET 1



About the Program

Dubai is one of the world's most exciting dining destinations, a vibrant city with unparalleled multicultural cuisine. From snacks and fast food to gourmet meals, you can get every food here at a very affordable cost. For many residents, eating out from one of these food outlets is a favorite past-time, while for many others it is a necessity. This ease of access to energy dense food is a double-edged sword that could have contributed to the steady increase in obesity and diabetes among the residents. Increasing the access to healthy food choices in these eateries is thus a priority for Dubai Municipality. It is not enough for these healthy food choices to be merely available, but they also need to be authenticated and made clearly visible to the consumers.

Food Safety Department of Dubai Municipality launched the Eat Healthy, Live Healthy Initiative to identify, evaluate and certify the dishes served in Dubai eateries. The certification program involves evaluation of the ingredients, calories, salt and saturated fat content of each food item that is certified, and verification programs after certification to ensure ongoing compliance. The foods that are thus certified will be made visible to consumers through several means including identification of the certified foods with a unique logo.

Food establishments can apply by meeting a set of requirements and criteria to certify the dishes on their menus.

Program Criteria

To qualify for approval, the menu item must meet the following criteria*:

- I. PRIMARY CRITERIA
 - For **main dish**, MUST HAVE a serving from at least two of the following food groups: 1) Eggs, Beans and Meat, preferably lean, 2) Milk and Milk Products, preferably low-fat or fat-free, 3) Fruits and Vegetables, preferably fresh or frozen, 4) Grains, preferably whole grains.

- For **side dish**, MUST HAVE a smaller portion size compared to main dish like a side salad while for soup, a cup for 1 serving. Preferably with a serving of fruit, vegetables, whole grains or legumes.
- MUST NOT contain partially hydrogenated fats (PHOs) or ingredients that contain PHOs.
- MUST NOT use deep-frying as the main cooking method or preparation.
- MUST USE cooking methods that does not use or require less oil such as grilling, broiling, baking, roasting, steaming, poaching, sautéing, stir-frying and pan-frying.
- MUST NOT contain more than 1 tsp. of regular butter or 1 Tbsp. of regular mayonnaise and/or cream-based salad dressing per serving.
- Must limit the use of salted, pickled and other high-sodium ingredients.
- Must limit the addition of table salt and other high-sodium condiments.

II. NUTRITION CRITERIA

A. ADULTS

Main Dish: It is a one-dish meal or a combination dish served as a main course.	
Calories	≤ 600 calories
Saturated fats	≤ 5 grams
Trans Fat	< 0.7 grams
Sodium	≤ 600 milligrams
Added sugar	≤ 2 teaspoons or 8 grams sugar

Meal: It is a mixed meal that customarily contains 1 main dish, 1 side dish and 1 calorie-containing or calorie-free beverage. It is consumed during an important time of the day such as breakfast, lunch or dinner.	
Calories	≤ 700 calories
Saturated fats	≤ 6 grams
Trans Fat	< 0.9 grams
Sodium	≤ 750 milligrams
Added sugar	≤ 2 teaspoons or 8 grams sugar



B. CHILDREN

Main Dish	
Calories	≤ 500 calories
Saturated fats	≤ 4 grams
Trans Fat	< 0.5 grams
Sodium	≤ 500 milligrams
Added sugar	≤ 2 teaspoons or 8 grams sugar

Meal	
Calories	≤ 600 calories
Saturated fats	≤ 5 grams
Trans Fat	< 0.5 grams
Sodium	≤ 600 milligrams
Added sugar	≤ 2 teaspoons or 8 grams sugar

C. OTHER DISHES

Side Dish: It is a smaller portion of food taken in between, before or with the meal that accompanies the main course or entrée. It also includes items consumed as a snack such as quick and yeast breads and smoothies.

Calories	≤ 350 calories
Saturated fats	≤ 3 grams
Trans Fat	< 0.4 grams
Sodium	≤ 300 milligrams
Added sugar	≤ 1 teaspoon or 4 grams sugar

Dessert: It is usually a sweet course or dish eaten at the end of a meal.	
Calories	≤ 250 calories
Saturated fats	≤ 3 grams
Trans Fat	< 0.25 grams
Sodium	≤ 300 milligrams
Added sugar	≤ 2 teaspoons or 8 grams sugar

Beverage: It is a liquid intended for human consumption used to satisfy thirst. It can be hot or cold, calorie-containing or calorie-free.

Total Weight	≤ 360 milliliters
Calories	≤ 200 calories
Saturated fats	≤ 1.5 grams
Trans Fat	0 grams
Sodium	≤ 250 milligrams
Added sugar	≤ 1 teaspoon or 4 grams sugar

*For more information about the criteria, refer to the Eat Healthy, Live Healthy Program Guidelines

Participation in the Eat Healthy, Live Healthy Program

Participation in Eat Healthy Live Healthy Program is easy and affordable. Certain recipes may only require a few simple changes to the ingredients and portion sizes to qualify for approval. Recipes and supportive documents submitted for the program will be analyzed for the qualification for the program. Upon final approval by Food Safety Department, the participating restaurant will be enrolled into the program. Food Safety Department will then provide the Eat Healthy, Live Healthy Program logo file to the restaurant for promoting the approved menu item(s) on their marketing materials such as posters and menu stickers, window decals, and implementation/ logo guide. Any restaurant can participate in the Eat Healthy, Live Healthy Program provided that a minimum of two of their main dishes meets the nutritional requirements.

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