

# DARE MANIFESTO

## Delicious And Responsible Eating

DARE is bartlett mitchell's Delicious And Responsible Eating range. As the name suggests, our aim is to set a DARING agenda. DARE delivers a healthy eating range that focuses on real change, real health and real benefit for you, our customers.

### HEALTHY FATS: 10%

This includes avocados and nuts, seeds and oily fish - if possible 'MASH' fish: Mackerel, Anchovies, Sardines, Herring which are good choices as they tend to be lower in mercury and are fished responsibly.

### HERBS and SPICES: 5%

Add ginger for an anti-inflammatory, turmeric (a miracle spice if the research is anything to go by) and garlic (anti-microbial) all add flavour and in some cases added health benefits.

### HEALTHY PROTEINS: 25%

As well as meat, fish and dairy, this could also include beans, pulses, seeds and nuts which of course, contain carbohydrates.

### VEGETABLES: 40%

These are full of vitamins essential for health and their micronutrients fuel our health and vitality. Use imaginative and nutritious vegetables as the base for your meals. DARE's seasonal and local sourcing all help retain the nutrients in our food.

### FRUIT: 10%

Even though fruit has 'healthy sugars' we suggest only 10% consists of fruit. Try fruit such as blueberries which are packed with antioxidant nutrients.

### GRAINS and STARCHY FILLERS: 10%

Choose whole grains where possible as the goodness hasn't been processed out of the food. Many experts suggest that grains in particular contribute to unwanted inflammation in the body.



*Experts can't agree on exact proportions of these foods, and percentages might vary, but no one disagrees with the fact that eating your greens is a good thing!*

Want to live the DARE principals at home?

Try some of our DARE recipes...



Carrot hummus

**DARE SEVEN A DAY TIPS:** Fruit and veg taste great and are packed with essential vitamins and minerals.

A portion is 80g and we need (at least) 7 of those every day. Most of us don't eat enough! Fresh, frozen, dried and canned fruit and veggies all count towards your 7-a-day.

- Top breakfast cereal with fresh or dried fruit, Include salad in your sandwich choice; add a side salad or extra veggies to your meal.
- Choose seasonal fruit as a simple snack.
- Chop up some veg and eat with a tasty dip or eat a handful of dried fruit.

You can expect a delicious and healthy dish everywhere you see the DARE sign. The majority of our DARE recipes have less than 800kcal per portion and many are specifically designed to include nutrient dense ingredients. bartlett mitchell has signed up to the government's 'Healthier Staff Restaurant Pledge' to help our customers make healthier food choices at work. All DARE foods are listed on MyFitnessPal.

## Dip hip-hooray for 7-a-day!

### CARROT HUMMUS RECIPE SERVES 4

Adding thoughtful and delicious sides to your main dish is an easy way to increase your fruit & veg intake.

1kg carrots

Cold pressed rapeseed oil

4 cloves garlic

100ml sesame oil

50ml lemon juice

Sea salt

30g sesame seeds

1. Peel the carrots and coat in a little oil, leaving the carrots whole.
2. Place the carrots in a baking tray and cover with foil, then roast until soft.
3. Place in a blender with the garlic and lemon juice and blend on full power.
4. Drizzle in the sesame oil and continue to blend until smooth
5. Season with a pinch of salt.
6. Toast the sesame seeds in a frying pan until light brown in colour.
7. Transfer the hummus to your serving dish and scatter over the sesame seeds.
8. Serve with some toasted flatbread.

**NUTRITION:** (total 4 servings) 104kcal / fat: 28g / sat fat: 2g / carbs: 48g / sugars: 8.8g / fibre: 6.7g / protein: 10.4g / salt 0.81g