



# “Let them eat cake!”

## Guidance for Healthier Home Baking

Highland Health Promoting Schools  
Sgoiltean Fallain na Gàidhealtachd

Home baking is often produced for consumption in school at lunch time, mid-morning break, in home economics, and at home for school fetes and other social events. This leaflet has been written to help home cooks, school caterers and pupils improve the nutritional value of home baking.

There are no plans to “ban” home baking. This can be part of a balanced diet if it is consumed in moderation.



Most home baked items are bound to be quite high in fat and sugar. However, it would be helpful to make home baked items that are healthier. You can do this by following at least 3 of these 6 tips:

**Use less sugar**

**Use more fruit and vegetables**

**Use high fibre ingredients**

**Do not add any salt**

**Use less fat**

**Use unsaturated fats**

'S iongantach mura bi tòrr siùcair is geir ann am fuine a rinneadh aig an taigh. Bhiodh e math fuine aig an taigh a dhèanamh nas fhallaine. Faodaidh tu seo a dhèanamh ma leanas tu co-dhiù 3 dhe na taiceagan seo.

**Na cleachd uiread de shiùcar**

**Cleachd barrachd mheasan is lusain**

**Cleachd stuthan le tòrr freumhaig**

**Na cuir salann a bharrachd ann**

**Na cleachd uiread de gheir**

**Cleachd geir neo-shùghte**

## Baking in schools

The Highland Council school meals service will be implementing these principles for their range of home baked items. We hope that home cooks, who give up their time by baking for special school events, will want to follow them too.

We hope also that Home Economic teachers will want to test out the practical limits of these principles by applying them to different recipes in their lessons.

## 6 Tips for healthier baking

1. Use less sugar. People do expect most cakes and biscuits to taste sweet. If possible, limit your use of sugar (including honey, jam and syrup) to 12.5% (or 1 part in 8). This is 50g (2 oz) for every 400g (1lb) of ingredients. This is in line with the food standards agency's definition of a "medium" sugar food.
2. Use fruit and vegetables. Dried fruit (raisins, dates, apricots etc), bananas, carrots, courgette, beetroot, and apples can all be used in home baking. You can replace some of the sugar in recipes with fruit.
3. Use high fibre ingredients alongside, or instead of, white flour. You can substitute some of the white flour in a recipe with wholemeal flour or oats (you may need more raising agent), or you can add more nuts and seeds. This makes the cakes more substantial and filling.
4. Do not add any salt. In most recipes there is no need to add any salt.
5. Use less fat. It is realistic to make cakes, biscuits and tray bakes with 20% fat or less (or 1 part in 5). This means using no more than 80g (3oz) of fat, oil or butter for every 400g (1lb) of total ingredients. This is consistent with the Food Standards Agency definition of a "medium" fat content.
6. Use unsaturated fat. Saturated fat is a major cause of ill health, but unsaturated fats are much healthier. This means that using liquid vegetable oil (as used in many carrot cake recipes) is much healthier. Alternatively, try a block of vegetable fat that is labelled "low in saturates". By doing this and restricting the total fat, you should be able to get the saturated fat down to 5% or less. This is the same as the Food Standards Agency's "medium" rating for saturated fat. If you want a buttery taste, try adding half butter and half oil as a compromise.

**Follow at least 3 of the 6 tips. At least 1 of the 3 tips you choose should include the fat, saturated fat or sugar recommendation.**

Flapjack, scones, carrot cake, cookies, fruit cake, apple cake are all examples of items that can be made using several of the 6 tips described above. Try to avoid the use of large quantities of icing, confectionery and chocolate as these make it difficult to limit the sugar content. However, it is OK to use cocoa.

For those of you who enjoy maths as much as baking, you may want to read on. This will help you work out more accurately whether your recipe has restricted the fat, saturated fat or sugar down to the food standards agency's medium level. If number crunching isn't your thing, then don't bother reading any further!

To accurately work out how healthy your recipe is, use the following 4 steps.

1. Use either imperial or metric and add up the total weight of all the ingredients in the recipe, including the weight of eggs and any fluids (water, milk etc).\*
2. Work out the percentage of fat in the recipe. This is the weight of fat, divided by the total recipe weight, x 100
3. Then do the same for sugar. This is the weight of sugar, divided by the total recipe weight, x 100. (Include syrup and honey as if they were sugar).
4. Work out the percentage of saturated fat in the recipe. You can do this by following these 3 steps.
  - a. Find out how much of the fat in your recipe is saturated fat. This should be on the label of the fat or oil that you are using\*. You want the g/per 100g (or g/100ml) figure. (eg: for lard the saturates figure is 40g per 100g).
  - b. Multiply this figure (from a.) by the number of grams of fat (or oil) in the recipe, and then divide by 100. (eg: If a recipe used 80g of lard, it would be  $40 \times 80 / 100 = 32$ g).
  - c. Finally, divide this figure (from b.), by the total recipe weight, and then multiply by 100. This is the percentage saturated fat. (eg: if the recipe weight is 500g, There is  $32 / 500 \times 100 = 6.4$ g per 100g, or 6.4% fat).

measure	weight
*1ml of fluid	1 gram
1 fluid oz	1 oz
1 egg	50g (2oz)
1 level tablespoon	15g (Half an ounce)
Butter is 54% saturated fat	
Lard is 40% saturated fat	
Oil is typically 10% saturated fat.	

The amount of saturated fat in oil or blocks of vegetable fat/ margarine varies so check the nutrition panel on the label.



Have a look at the scone and shortbread recipes below:

### Scone Recipe

Ingredient	Metric	Imperial	% for total fat and sugar: weight of ingredient divided by recipe weight x 100	Saturated Fat calculation Steps a & b	Saturated Fat calculation Step c
Milk	150g	6 fl oz			
SR flour	225g	8 oz			
Caster sugar	25g	1 heaped tablespoon (1 oz)	6% high sugar ingredient (25/440x100)		
Butter	40g	1/2 oz	9% (40/440x100)	Butter is 54% sat fat. 54x40/100=22g of sat fat in the total recipe	22/440x100=5% 5g sat fat in the total recipe
Total weight	440g	17 oz			

### Shortbread Recipe

Ingredient	Metric	Imperial	% for total fat and sugar: weight of ingredient divided by recipe weight x 100	Saturated Fat calculation Steps a & b	Saturated Fat calculation Step c
Flour	150g	6 oz			
Caster sugar	50g	2 heaped tablespoon (2 oz)	15% (50/200 x100)		
Butter	100g	4 oz	33% (33/330 x 100)	Butter is 54% sat fat. 54x40/100=22g of sat fat in the total recipe	22/440x100=5% 5g sat fat in the total recipe
Total weight	300g	12 oz			

### Scoring of recipe examples

Scoring criteria	Scone recipe	Shortbread recipe
Total fat under 20%?	9% = Pass	33% = Fail
Saturated fat under 5%?	5% = Fail	18% = Fail
Total added sugar under 12.5%?	6% = Pass	15% = Fail
No added salt?	Pass	Pass
Added high fibre ingredients (eg oats, wholemeal flour or nuts?)	Fail	Fail
Added fruit or vegetables?	Fail	Fail
Total Score:	3 Passes out of 6 = Pass	1 Pass out of 6 = Fail

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