



WHEN CHEFS AND DIETITIANS MEET

Good food and good nutrition should always go hand in hand and when chefs and dietitians meet. Like any good recipe, the combination is amplified, producing a wonderful and delicious balance of the two, with mouth-watering results!

Even though we have the same overall goal, chefs and dietitians often approach food from two very different angles. Because dietitians assess and treat dietary and nutritional issues and are governed by an ethical code of conduct, we are often wrongly perceived as the 'food police' – stifling creativity in the name of health, whereas chefs, first and foremost, have to produce food that appeals to their customers.

This means we can often fear working together, scared of either producing bland 'healthy' food, or great tasting food that gives the average dietitian a nervous twitch at the knowledge of what's in the dish.

However, when chefs and dietitians work well together, they are able to produce a flavourful partnership of tasty, healthy and sustainable cuisine for a client base that demand more information about their food choices, meeting their individual dietary and medical needs.

Why should chefs and dietitians work together? Dietitians can support chefs to adapt to customers' requirements and, most importantly, serve delicious, safe food to meet their clients' needs. Nowadays, customers are demanding more from their dining experience! More information, more choice and, when dietitians and chefs work together, we can provide them with just that - more!

A dietitian can guide chefs in modifying their recipes to suit an increasingly health conscious consumer as well as assist in adapting recipes to meet individual customer needs, as there's a rise in demand for dishes that suit specific medical conditions, intolerances and restrictions. What's 'healthy' for one, may not be 'healthy' for another. Allergens also need to be listed according to local legislation, and a dietitian can guide

chefs through the labelling of cuisine that enables an establishment to meet those requirements.

Adding the nutritional content - calories, fat, carbs, sugar, protein and salt content of your recipes, allows your customers to make informed decisions. A dietitian can calculate these figures for you based on your recipe and suggest changes to improve your culinary marketing. The nutritional analysis is also often necessary to accompany recipes in a cookbook, giving health-conscious readers the information they demand.

A dietitian is also an important asset in guiding your establishment in safe preparation and cooking practices to prevent cross contamination and to provide a safe culinary setting for an increasing gluten free community that require confidence in their dining experience. Tapping into this lucrative and growing market will be rewarded with loyal customers who will draw friends and diners along with them, appreciative of discovering an inclusive dining occasion.

So, chefs and dietitians have the same goal – producing good quality, inspiring creations that taste great, look amazing and are safe and healthful to our customers. With nutrition, food allergies and medical preferences becoming an increasing part of that need - chefs and dietitians need to work together to meet this joint goal.

Want to move your business forward and tap into the lucrative 'health' market? Invite a dietitian into your kitchen and learn from each other. Be aware though, us dietitians come with a warning – we are enthusiastic and keen culinary apprentices. With wide eyes and eagerness a plenty, we will soak up your culinary flair and may also ask a question... or two, or three, or four!



Sian Riley is a registered dietitian living in Cheshire, UK. A busy mum to three young children and the owner of The Internet Dietitian website, Sian provides 'made to measure' nutritional advice through email support to health conscious individuals and businesses. She is passionate that everyone involved in food, from the field to the table, should work together, combining their skills to produce the very best cuisine.