CONCEPT

Culinary Nutrition and Healthy Menu Planning: Recipe Reformulation, Allergens and Special Diets

25 – 29 April 2027
Dammam - Eastern Province five-star



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Ref: 701_18961 **Date:** 25 – 29 April 2027 **Location:** Dammam - Eastern Province five-star **Fees:** 19500 SAR

Introduction:

Culinary nutrition decides whether a kitchen can put lighter, balanced dishes on the pass that guests still reorder. Many hotel, canteen and catering kitchens add a token salad, overshoot salt and sugar in sauces and bakery, cannot state the calories or allergens of a plate and lose flavour when they cut fat. This Core Concept course gives chefs, sous chefs and food-service leads practical methods to rebalance recipes, calculate nutrient values and label allergens, and ends with a Healthy Menu Cycle with Nutrition and Allergen Sheet for a case outlet.

Course Objectives:

- Estimate the energy, macronutrient and fibre content of a portion from a standardised recipe and a food composition table
- Apply steaming, poaching, grilling, roasting and flavour-layering techniques that cut added fat, salt and sugar while keeping taste and texture
- Design balanced plates and set-menu rotations for hotel buffets, staff canteens and banqueting using a plate-model approach
- Map the major allergen groups in every recipe and present calorie and allergen information on menus and buffet cards
- Adapt dishes for vegetarian, plant-based, gluten-free and diabetic-friendly guests without separate kitchens
- Build a Healthy Menu Cycle with Nutrition and Allergen Sheet, dish costs and a promotion plan for a case outlet

Target Audience:

- Kitchen staff who write recipes and lead production on a hot or cold section
- Kitchen leads who plan daily specials, buffets and banqueting menus
- Food-service staff who run staff canteens, school or hospital non-clinical catering and contract catering sites
- Pastry and bakery staff who reformulate desserts, breads and breakfast items
- Outlet staff who answer guest questions on calories, allergens and special diets

Course Outline:

Day 1: Nutrition Science for the Kitchen

- Macronutrient Energy Values: Carbohydrate, Protein and Fat per Gram
- Saturated, Unsaturated and Trans Fats in Common Cooking Oils
- Dietary Fibre Sources: Whole Grains, Pulses, Vegetables and Fruit
- Portion Size Benchmarks with Scoops, Ladles and Plate Weights
- Current Menu Nutrition Audit Checklist for a Kitchen Section

Day 2: Reference Intakes, Plate Models and Balanced Menu Design

- Healthy-Diet Reference Intakes for Salt, Free Sugars and Fats
- Balanced Plate Model: Vegetable, Starch and Protein Proportions
- Cycle Menu Structure for Staff Canteens and Institutional Catering
- Hotel Buffet and Breakfast Line Rebalancing Grid
- Banqueting Set-Menu Nutrition Balance Across Courses

Day 3: Healthier Cooking Techniques and Recipe Reformulation

- Low-Fat Cooking Methods: Steaming, Poaching, Grilling and Oven Roasting
- Salt Reduction with Herbs, Spices, Acids and Umami Stocks
- Sugar Reduction in Sauces, Dressings, Pastry and Beverages
- Standardised Recipe Card with Yield, Portion Weight and Nutrient Columns
- Nutrient Calculation Worksheet Using a Food Composition Table

Day 4: Allergen Labelling, Special Diets and Healthy Dish Costing

- Major Allergen Groups Matrix: Milk, Egg, Peanut, Tree Nut, Shellfish, Soy, Wheat and Sesame
- Calorie and Allergen Information on Menus, Buffet Cards and Digital Menus
- Vegetarian and Plant-Based Protein Swaps with Pulses, Tofu and Grains
- Gluten-Free and Diabetic-Friendly Dish Adaptation at Food-Service Level
- Healthy Dish Costing and Selling Price Check Against Standard Dishes

Day 5: Modelling Build: Healthy Menu Cycle with Nutrition and Allergen Sheet

- Case Outlet Brief: Guest Mix, Service Style and Kitchen Capacity
- Four-Week Healthy Menu Cycle Draft with Plate Model Checks
- Nutrition and Allergen Sheet Build for Every Menu Item
- Healthy Option Promotion Plan: Menu Icons, Staff Scripts and Tasting Days
- Menu Cycle Presentation, Chef Tasting Panel and Peer Challenge

Skills You Will Gain:

- Macronutrient Estimation
- Recipe Reformulation
- Nutrient Calculation
- Cycle Menu Planning
- Allergen Mapping
- Special Diet Adaptation
- Healthy Dish Costing
- Flavour Layering

Why Attend This Course:

- Return with a Healthy Menu Cycle with Nutrition and Allergen Sheet ready to test in your own kitchen
- Answer guest and client questions on calories, allergens and diets with figures from your own recipe cards
- Cut salt, sugar and fat in signature dishes without complaints about taste from regular guests
- Compare healthy menu practice with chefs from hotels, contract caterers, canteens and restaurants

Conclusion:

Healthy menus succeed when every dish is measured, balanced and still tastes the way guests expect. The week moves from nutrition science for the kitchen and healthy-diet reference intakes, through plate models and cycle menus, to low-fat cooking, salt and sugar reduction and nutrient calculation, then to allergen labelling, special diets and costing. On the final day every participant builds and presents a Healthy Menu Cycle with Nutrition and Allergen Sheet for a case outlet.