

**NUTRIENT ANALYSIS OF SELECTED DISHES IN THE UPPER EAST SIDE
CAFÉ IN THE TABLE D HOTE' MENU,
BERJAYA UNIVERSITY COLLEGE OF HOSPITALITY.**

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ABSTRACT

Foods served in Upper East Café are said to be healthy. It is a training ground for Hospitality and Culinary Arts students of BERJAYA University College of Hospitality, where they are exposed to the industry where emphasizing in meeting the current demands of public whom are in search of healthy food. This research was conducted to evaluate the kcal content of meals that being serve in the café, specifically Table d' Hote menu focusing in western menus. Manual kcal calculation was conducted based upon the recipes provided by the chefs. Results shown that a few of the recipes exceeding the amount of kcal per meal consumption for healthy meal, even the menus are consider balanced, having all the food group in each of the recipes.

Keywords: *Kcal, healthy meal, hospitality, culinary arts.*

INTRODUCTION

Balanced diet is defined as the diet which contains different types of foods and possesses the principal nutrients like carbohydrates, fats, proteins, vitamins and minerals in a proportion to meet the requirements of the body (Beena, 2008).

A balanced diet is composed of approximately 10-35 percent protein, 45-65 percent carbohydrate (with no more than 10% of this amount from added sugar or caloric sweeteners), and 20-35 percent from fat (Boyle & Roth, 2008).

Planning of a balanced diet is based on the daily use of four basic food groups in quantities and variety that will supply the nutrients known to be essential for human nutrition and in balanced amounts that will satisfy the recommended daily allowances for all normal healthy individuals (Beena, 2008).

As current trends, majority of the consumers have the tendency to be fussy of what food they eat and to add to that nowadays there are a lot of demands of imposing healthy meals in the menu in restaurants. Based upon survey conducted by Eckel et al. (2009) in America, revealed that majority of the respondents (62 percent) were conscious about their intake of fat as for to the type and amount of fat consumed daily.

According to Jones (2010), consumers have different eating habit when they dine out as appose to when they cook their own meal and eat at home. Sparks et al. (2003) found that more than half of the respondents (51 percent) said that choosing healthy meal is crucial, and they normally ordered healthier menu when dining in restaurants. Based upon study conducted by Bhuyan (2011), it was found that providing healthier menu could increase the frequency for the consumers to return to the restaurant.

As this study focus on evaluating the kcal content of meals that being serve in the café, specifically Table d' Hote menu focusing in western menus, there is a need to investigate the menu as to make sure the meals being served in the café could be considered as healthy menu.

METHODOLOGY

Recipes for lunch for the Upper East Side Café were collected from Chef in charge of the operation a period of 11 weeks (from Monday to Friday), where the menus consist of all the Table d' Hote menus.

Three main resources that were used for calculation of the kcal were the websites *Mynetdiary.com* and *Fatsecret.com* websites and *Nutrient Composition of Malaysian Foods*. Calculations of the kcal were done based on the amount of ingredients being used and per serving size. The calculation focused on the total nutritional content per meal and the ratio contributing calories of three energy-yielding nutrients.

RESULTS AND DISCUSSIONS

It was found that most of the meals in the menu not exceeding the kcal for a healthy meal based on three major factors were taken into consideration .First, the caloric requirement per day is about 30-35 kilocalories per 1 kilogram of body weight. Second, the DRI ranges for energy nutrients should be 45-65% of carbohydrates, 10-35% of proteins, and 20-35% of fats. Finally, there should be diverse in food group such as milk, meat, bread/cereal, and vegetable/fruit.

Week 1 and Week 7

Menu	Carbohydrate(g)	Protein (g)	Fat(g)	Kcal
Appetizer				
Ham and Pineapple swekers	14.8	9.4	25	125
Caesar Salad	14.1	4.86	4.37	141.2
Caesar Dressing	0.22	1.83	16.8	158.2
Main Menu				
Lamb Stew	17.44	21.03	233	436.36
Onion Compote	12.5	1.33	6.33	108.6
Colcannon Mashed Potato	28.9	3.48	6.8	189.3
Dessert				
Cream brulee	24.1	7.07	43.08	502.3

Menu	Carbohydrate(g)	Protein (g)	Fat(g)	Kcal
Appetizer				
Green Peas and Cauliflower Soup	11.82	4.33	12.16	170.9
Main Menu				
Hoisin Honey roast leg	20.44	24.13	23.6	387
Fond Lie or Jus Lie	5.86	4.7	1.1	53.9
Aromatic Screw pine Rice	13.5	3.8	2.98	292.55
Dessert				
Cream brulee	24.1	7.07	43.08	502.3

Week 2 and Week 8

Menu	Carbohydrate(g)	Protein (g)	Fat(g)	Kcal
Appetizer				
Cold Glass Noodles on Tomato	3.33	1.82	0.18	119.1
Lemon Vinaigrette	0.78	0.007	21.03	183
Main Menu				
Dowry Paupiettes	3.8	22.6	12.5	225.3
FruitSalsa	14.9	1.31	0.05	56.63
Dessert (Bombe Alaska)				
Green Tea Ice Cream	39.39	7.66	25.35	417.8
Italian Meringue	100.5	5.5	0	413
Genoise Sponge	152.8	26.4	37.6	1054.8
Vanilla Sponge Cake	52.03	10.19	7.87	313.7

Week 3 and Week 9

Menu	Carbohydrate(g)	Protein (g)	Fat(g)	Kcal
Appetizer				
French Onion Soup	9.34	9.2	11.56	175.7
Main Menu				
Sesame Crusted Chicken	11.3	30.3	17.02	324.5
Sweet Sauce	13.43	0.35	0.03	52.5
Dessert (Bombe Alaska)				
Green Tea Ice Cream	39.39	7.66	25.35	417.8
Italian Meringue	100.5	5.5	0	413
Genoise Sponge	152.8	26.4	37.6	1054.8
Vanilla Sponge Cake	52.03	10.19	7.87	313.7

Menu	Carbohydrate(g)	Protein (g)	Fat(g)	Kcal
Appetizer				
Nicoise Salad	15.9	17.4	7.42	203.2
Nicoise Salad Dressing	0.48	0.08	43.22	386.25
Main Menu				
Beef Bourguignon	9.45	40.85	10.45	355.8
Dessert				
Red Wine Poached Pear	90.37	0.7	0.02	408.9

Menu	Carbohydrate(g)	Protein (g)	Fat(g)	Kcal
Appetizer				
Trio Mushroom Soup	18	6.38	26.07	322.57
Main Menu				
Orange Duckling	0	14.49	3.1	90
Orange sauce	22.4	2.24	1.89	107
Chicken ham Croquette	11.3	4.34	7.48	75.84
Dessert				
Red Wine Poached Pear	90.37	0.7	0.02	408.9

Week 4 and Week 10

Menu	Carbohydrate(g)	Protein (g)	Fat(g)	Kcal
Appetizer				
Deep – fried Mozzarella	3.92	43	14	311
Napolitana Sauce	18.6	16.2	8.09	215.13
Main Menu				
Grilled Lamb Chop	0	38.06	42.12	542.4
Dessert				
Bread and Butter Pudding	49.6	12.6	15.1	385.3
Vanilla Custard Sauce	12.24	2.65	2.99	85.9

Menu	Carbohydrate(g)	Protein (g)	Fat(g)	Kcal
Appetizer				
Vegetable Soup with Chickpeas Soup	17.46	4.37	5.1	120.25
Main Menu				
Chicken Ballotine	5.27	33.57	27.1	415.04
Dessert				
Bread and Butter Pudding	49.6	12.6	15.1	385.3
Vanilla Custard Sauce	12.24	2.65	2.99	85.9

Week 5 and Week 11

Menu	Carbohydrate(g)	Protein (g)	Fat(g)	Kcal
Appetizer				
Apple and Shrimp Sveklers Salad	17.9	16.2	0.9	138
Balsamic Vinaigrette	1.6	0.29	21	187.38
Main Menu				
Grilled Tenderloin steak	0	17.65	16.34	222.3
Creamy Garlic sauce	3.04	0.34	6.53	75.04
Dessert				
Tiramisu	102.8	11.73	44.5	897.13

Menu	Carbohydrate(g)	Protein (g)	Fat(g)	Kcal
Appetizer				
Shrimp bisque	7	20.75	13.4	261
Main Menu				
Grilled lemongrass chicken	2.79	29	15.03	269.2
Lemon Grass Sauce	2.05	1.07	11.9	113.8
Dessert				
Tiramisu	102.8	11.73	44.5	897.13

As for the Table d' Hote menus it were more focused on Western menus, almost all the appetizers and main dishes having an equal amount of kcal (not exceeding 800 kcal) for a healthy meal. Most of the meals have all the major food groups such as grains, protein (meat products), vegetables and fruits. As for the desserts, most of the dessert were considered in the range of a healthy meal except for Bombe Alaska where the amount of kcal exceeding the normal healthy meal, which is 2199.3 kcal.

CONCLUSION AND RECOMMENDATIONS

As to conclude, most of the dishes being served in the Café, as individually, having an equal amount of kcal (not exceeding 800 kcal) and could be considered as healthy meal. But as to have a three courses meal, proper selection of meal must be done. It is recommended to use low fat ingredients or make the dessert lighter. Since the recipes from Table d' Hote are generally catering the western cuisine, butter and creams are used frequently. Decreasing the quantity or using the substitution is recommended as well. Almost all the meals had diverse food group. All the food groups were enough, but a concern where some of the meals have higher proportions of kcal from refined grains and added sugar. Having it with the light dinner and breakfast is recommended.

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