



Government of the Republic of Trinidad and Tobago

Ministry of Health

CORPORATE COMMUNICATIONS UNIT

Ground Floor Park Plaza, St. Vincent Street, Port of Spain

M E D I A R E L E A S E

June 26, 2023

The Minister of Health Meets with Fast Food Chains and Restaurants

Port-of-Spain, June 26, 2023: "The incidence of diabetes and obesity among our children is alarming and therefore there is a need to revisit the food options fed to them to avoid an explosion of Non-Communicable Diseases (NCDs)." So said the Honourable Terrence Deyalsingh, Minister of Health as he met with the heads of Fast Food Chains and Restaurants at the Trinidad and Tobago Chamber's Office, in Port-of-Spain earlier today.

Present at the meeting was Stephen de Gannes, Chief Executive Officer of the T&T Chamber, with heads from Restaurant Holdings Limited, Global Brands, Mario's Pizzeria Limited, Prestige Holdings Limited, Jenny's on the Boulevard, Pappy's Fried Chicken, Chuck E. Cheese, Arazzi and Salt n' Pepper Classical Indian Cuisine. The T&T Chamber noted that this collaboration is open to all members of the industry and encourages those that could not attend to join the group.

The discussions focused on calories per meal in restaurants, sodium and fat content and strategies for healthy seeking behaviours in relation to food consumption. Additionally the restaurants agreed that more consumer awareness initiatives were needed to support the health and wellness of the nation.

After initial discussions, there was agreement by the restaurants to devise strategies to include healthier options on their menus and to reduce salt and sugar content. The Ministry of Health Non-Communicable Diseases Unit will also provide technical guidance on best practices for healthier options in restaurants.

The meeting with the heads of fast food chains and restaurants forms part of a national strategy by the Ministry of Health to address NCDs. The strategy also included the creation of a position for a Director of Non-Communicable Diseases which was filled in April with the appointment of Dr. Maria Clapperton. In 2018, the Minister also met with heads of the Beverage Industry who committed to and implemented 20 to 40 percent reduction in sugar sweetened beverages for children.



1 (868) 627-1047 / 623-8492 or
627-0010/12/14
Ext. 1720-1725



1 (868) 627-1047



www.health.gov.tt



corporatecommunications@health.gov.tt

The participating restaurants are expected to meet with the Minister in two months to outline recommendations for healthier options on their menus. Minister Deyalsingh, thanked the group and the Chamber CEO for their audience.

###



Michelle Ash - Chief Nutritionist & Head of the Nutrition & Metabolism Division MoH, presents a demonstration and information on fats, sugar and salt content to members of the heads of Quick Service Restaurants (QSR) and food establishments at the Chamber of Commerce Office.



1(868) 627-1047/ 623-8492 or
627-0010/12/14
Ext. 1720-1725



1(868) 627-1047



www.health.gov.tt



corporatecommunications@health.gov.tt