

UK nutritional landscape towards 2020

Bridget Benelam

20th February 2020

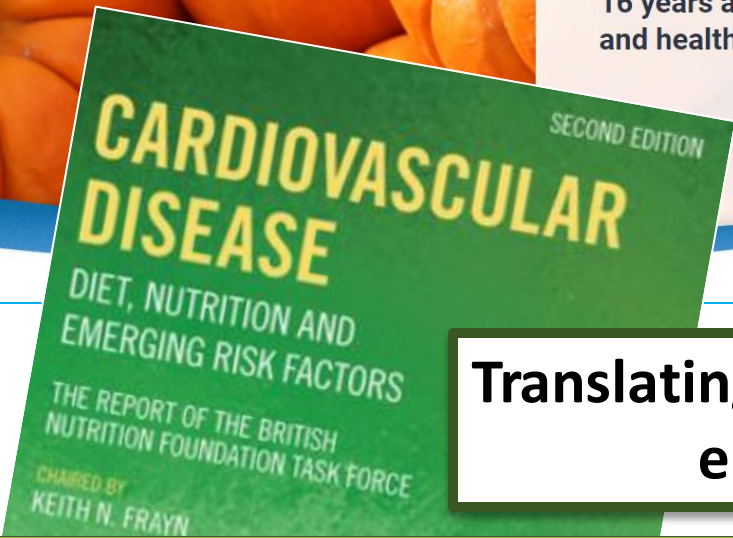
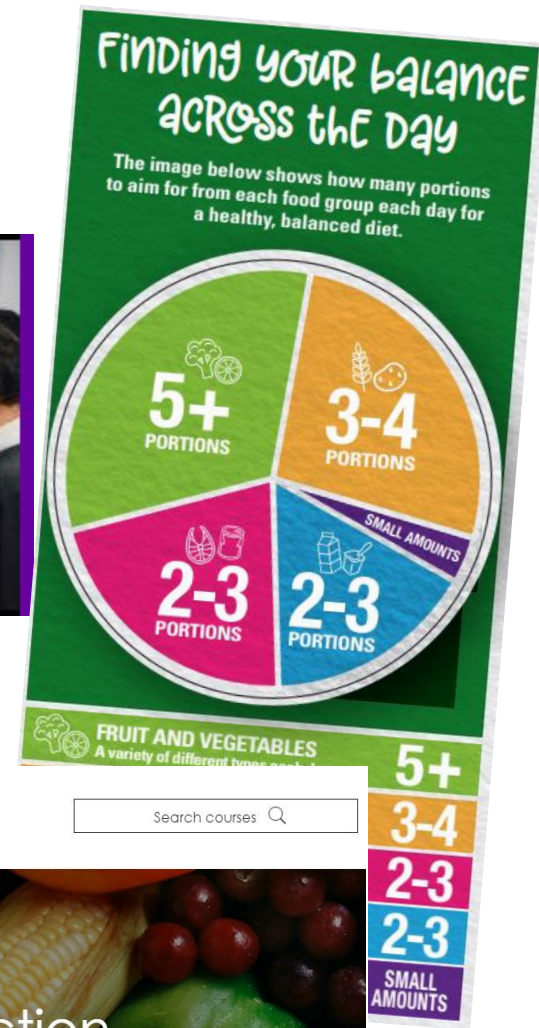
How Nutrition is Changing the Game, Kerry Foodservice

Overview

- Why worry about nutrition?
- The policy landscape
- Nutrition in the out of home sector
- Allergy
- Sustainable diets
- What do consumers want?



Free resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating.



Translating evidence-based nutrition science in engaging and actionable ways

Adult weekly meal plan

What can 5% free sugars and 30g fibre look like? ✓

This menu simply shows one way of meeting the fibre and free sugar recommendations, as well other UK food and nutrient based dietary guidelines (e.g. energy, salt, saturated fat, 5 A DAY, Fish) - it is not, however, the only or definitive approach. It also allows you to still have a little bit of what you fancy - in moderation!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast No added sugar muesli, semi-skimmed milk and canned peaches (in juice) Small glass (150ml) orange juice Lunch Jacket potato with tuna mayonnaise, sweetcorn and salad 2 oatcakes, cheese and grapes Evening meal Chickpea and spinach curry (with cooking sauce) with brown rice Snacks Guacamole and 1/2 wholemeal pitta bread 4 squares of dark chocolate	Breakfast 2 slices wholemeal toast with peanut butter Skinny latte Small glass (150ml) orange juice Lunch Chicken and wholewheat pasta salad 4 dried apricots Evening meal Baked salmon, new potatoes, broccoli and kale Snacks Smoothie: skimmed milk, low fat fruit yogurt, frozen berries 2 chocolate	Breakfast Bran flakes, semi-skimmed milk and chopped banana Tea Lunch Cheese and salad on a wholemeal roll 1 pear Evening meal Vegetarian bean chili with brown rice Snacks Unsalted nuts (hazelnut) and raisins 175ml glass of red wine	Breakfast Small can of reduced sugar baked beans on 1 slice of wholemeal toast Skinny latte Lunch Lentil soup, ham salad sandwich with salad cream, on wholemeal bread Low fat yogurt, honey and cinnamon 2 tangerines Evening meal Lean pork and pak choy stir fry with noodles Snacks Low fat plain yogurt, berries and pumpkin seeds 25g packet of plain crisps 7 Brazil nuts	Breakfast 2 fortified wheat biscuits, semi-skimmed milk and chopped banana Small glass (150ml) orange juice Lunch Thin crust Margherita pizza with added vegetables and a side salad Fruit salad Evening meal Spaghetti Bolognese with wholewheat spaghetti 175ml glass of red wine Snacks Flapjack slice 2 chocolate	Breakfast Scrambled eggs, grilled tomato and 2 slices of wholemeal toast Small glass (150ml) orange juice Lunch Thin crust Margherita pizza with added vegetables and a side salad Fruit salad Evening meal Spaghetti Bolognese with wholewheat spaghetti 175ml glass of red wine Snacks Flapjack slice 2 chocolate	Breakfast Porridge with dried figs and seeds Tea Small glass (150ml) apple juice Lunch Roast chicken, roast potatoes, peas and carrots Homemade spiced rice pudding Evening meal Cheese and onion omelette, sweet potato wedges, green salad, lemon mayonnaise Snacks 1 apple Homemade plain popcorn

Water
Is a good choice throughout the day because it hydrates without providing extra energy (calories/kilojoules) or harming teeth.
Drink plenty

Milk
Is a useful source of nutrients, especially protein, B vitamins, iodine and calcium. Most children can have lower-fat milks such as skimmed, 1% or semi-skimmed. Unsweetened, calcium-fortified dairy alternatives can also be included. They drinks containing added sugars such as milkshakes, hot chocolates and malted drinks should be limited.
Have, regularly

Fruit and vegetable juices and smoothies
Can provide some vitamins and minerals. However, they also contain sugars and can be acidic which is harmful to teeth so it's recommended to limit them to one small glass (150ml) a day and keep them to no more than 150ml counts as a maximum 1 portion of your 5 A DAY. They can be diluted with water to reduce the acidity and sugars content.
Can have once a day

Sugar-free drinks
Hydrate without adding extra sugars but it's a good idea for most drinks to be milk or water. Fizzy drinks may contain acids that can be harmful to teeth. Be aware that some of these drinks contain caffeine.
Occasionally

Tea and coffee
Caffeine is naturally present in tea and coffee. Small amounts are harmless but high intakes should be avoided, especially for young children. It's best for children to drink decaffeinated tea and coffee with reduced fat milks and no added sugars.
Occasionally (and in small amounts if caffeinated)

Sugary drinks
Are best avoided as they provide sugars, but few other nutrients. Fizzy drinks may contain acids that can also be harmful to teeth and some soft drinks contain caffeine.
Avoid

Sports and energy drinks
Can be high in sugars and energy drinks may contain high levels of caffeine or other stimulants. These drinks are not suitable for young children.
Not suitable for children

This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 5-11 years. The amount of fluid a child needs depends on many factors but generally they should aim to drink about 6-8 glasses of fluid a day, using smaller glasses (150-200ml) for younger children. This is based on recommendations on fluid intakes for children from the European Food Safety Authority.

An introduction to healthy eating and nutrition

[Login](#) [Browse Courses](#)

Why worry about nutrition?

Uproar after research claims red meat poses no health risk

One expert says findings by international experts represent 'egregious abuse of evidence'



Just TWO glasses of diet drinks each day may raise the risk of an early death, reveals study by the World Health Organisation

- Researchers quizzed more than 450,000 Europeans about their diet
- The 16-year follow up typically drank more soft drinks
- Prevalent as completely sugar sweetened drinks
- Conclude causation and said more research is needed

Ultra-processed foods make people eat more, faster and gain weight, first-of-its-kind trial shows

Even when healthy, 'unprocessed' meals and snacks were prepared a

calories while on the processed food diet

Alex Matthews-King Health Correspondent |
Thursday 16 May 2019 19:51 | 15 comments



New plant-focused diet would 'transform' planet's future, say scientists

'Planetary health diet' would prevent millions of deaths and avoid climate change



Is veganism as good for you as they say?



vegan lifestyle have seen in soar in popularity. Photograph: YAY Media

try's cash cow, and athletes' latest choice, there's still much we don't know about

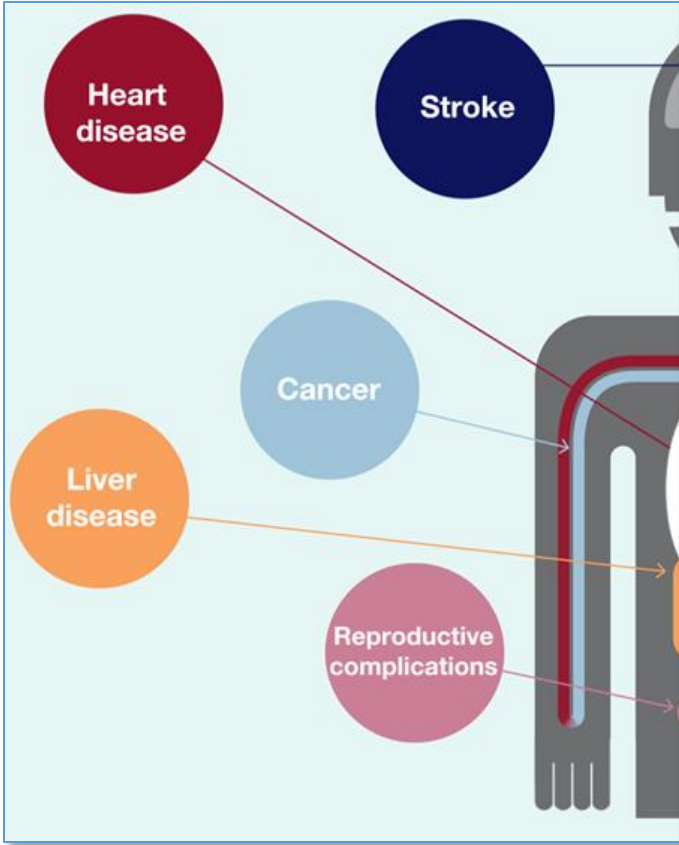
Advertisement

There's even more evidence that skipping breakfast might help you lose weight

Rachel Hosie Jan 31, 2019, 12:16 PM



Obesity; 'The most important public health issue of our time'



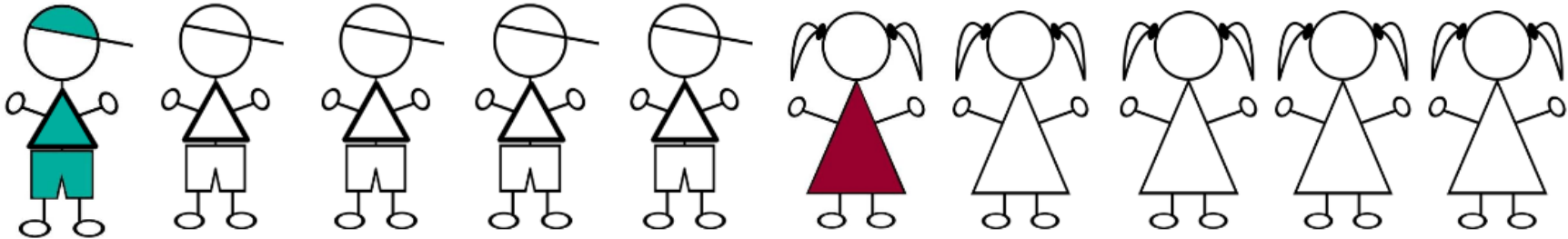
Public Health
England

Prevalence of excess weight among children

National Child Measurement Programme 2017/18

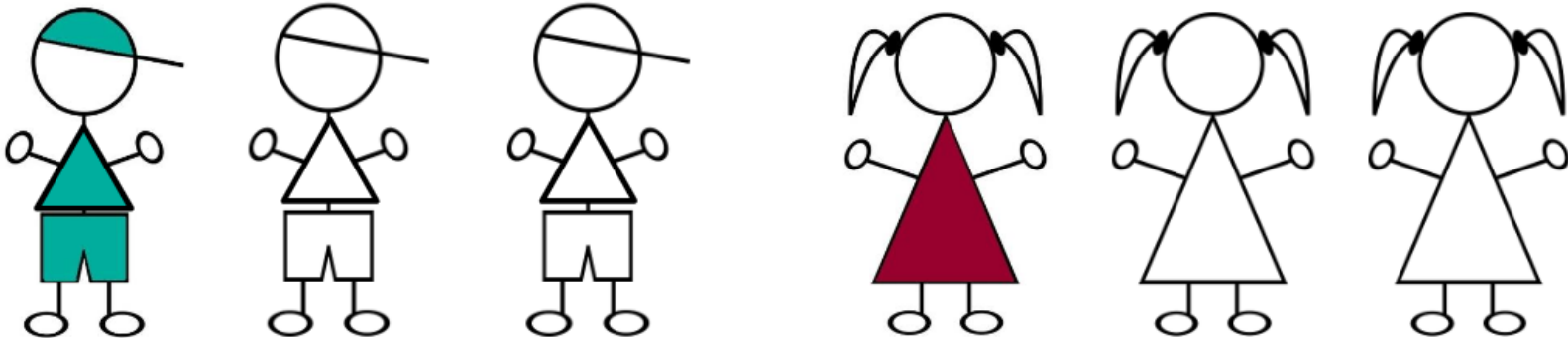
More than 1 in 5 children in Reception is overweight or obese

(boys 22.9%, girls 21.8%, all children 22.4%)

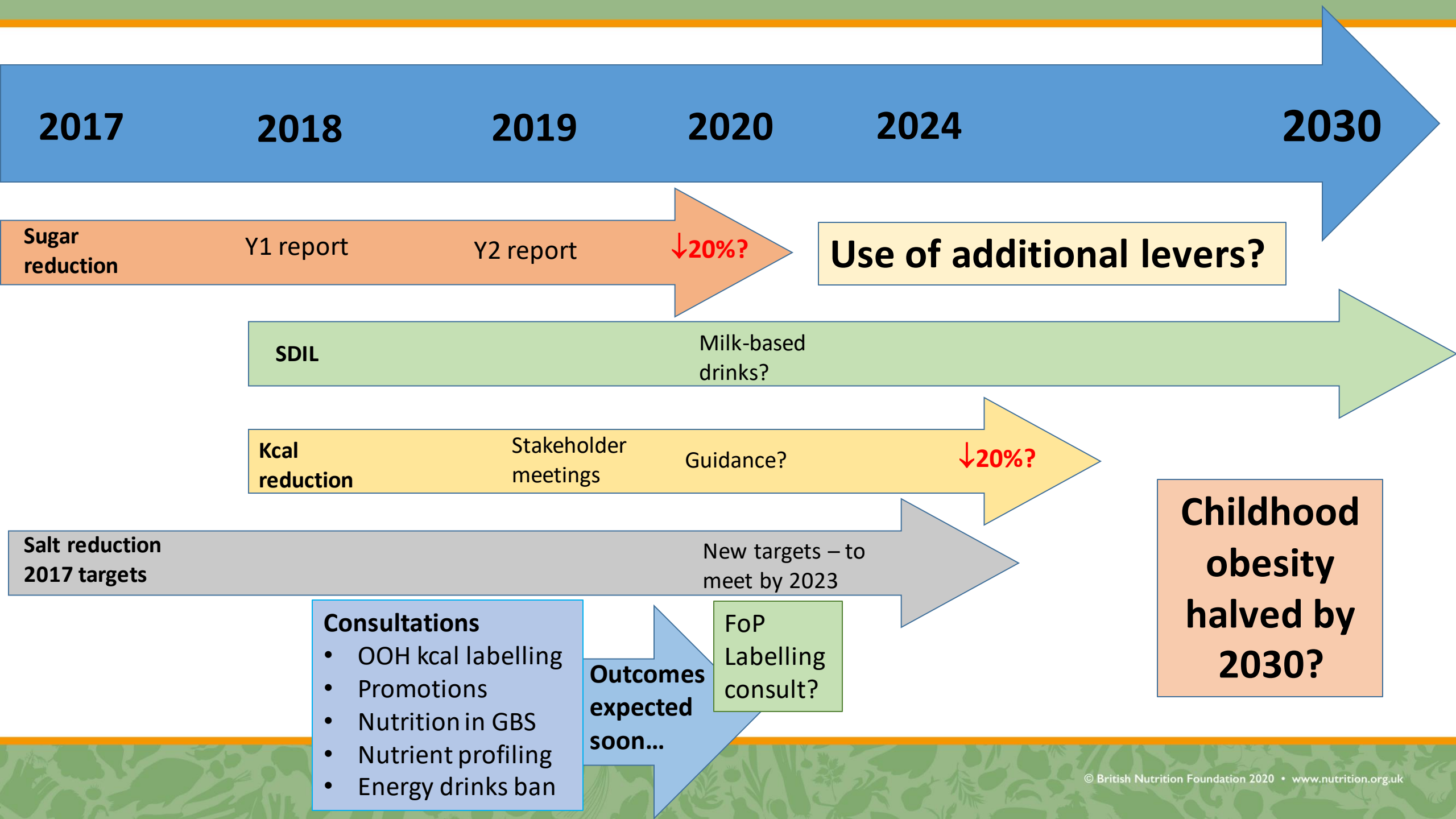


More than 1 in 3 children in Year 6 is overweight or obese

(boys 36.4%, girls 32.2%, all children 34.3%)



Child overweight (including obesity)/ excess weight: BMI > 85th centile of the UK90 growth reference



2017

2018

2019

2020

2024

2030

Sugar reduction

Y1 report

Y2 report

↓20%?

Use of additional levers?

SDIL

Milk-based drinks?

Kcal reduction

Stakeholder meetings

Guidance?

↓20%?

Salt reduction 2017 targets

New targets – to meet by 2023

Childhood obesity halved by 2030?

Consultations

- OOH kcal labelling
- Promotions
- Nutrition in GBS
- Nutrient profiling
- Energy drinks ban

Outcomes expected soon...

FoP Labelling consult?

What does this mean for the OOH sector?



OOH sugar reduction

- Overall reduction 2015-2018 – 4.9% (in home 2.9%)
- Average kcal content has increased by 1.8%
- Kcal per portion higher than in-home in all categories



OOH calorie reduction

- **Draft plans...**
- Simple average for baseline - kcal/100g
- 20% average reduction guideline - kcal/100g
- Guideline below which 75% of products should fall - kcal/100g
- Maximum kcal per single serving



Sugar and calorie reduction strategies

- Reformulation
- Portion size
- Menu changes?



Calorie labelling

- Many OOH companies already voluntarily providing calorie information
- Outcome of consultation on mandatory labelling in England awaited – discussions ongoing in Scotland.
- NI voluntary scheme with support
- How does calorie labelling affect consumer behaviour?



Login to MenuCal

Welcome to the Food Standards Agency in Northern Ireland's Allergen and Calorie Calculator – MenuCal

MenuCal has been developed for food businesses in Northern Ireland to help you identify, manage and communicate required allergen information and calculate and display Calories on your menus.

It has been developed with the input of chefs, caterers and small business owners.

Register now to begin calculating Calories for your recipes!

MenuCal's free online training

This guide shows you how to:

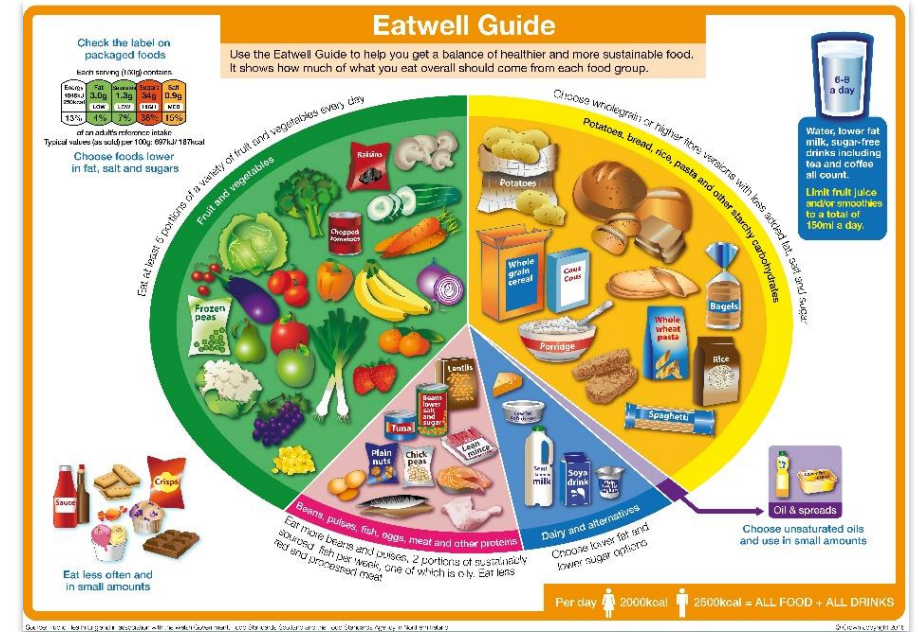
- Organise your business so that it's easy to manage allergen and calorie information for your menu.
- Use MenuCal to manage allergens on a day-to-day basis
- Calculate calories
- Display calorie and allergen information



Begin Training

Training videos

Just about cutting down?



Natasha's law

- Statutory instrument set out September 2019
- In force from October 2021
- Applies to foods that are 'prepacked for direct sale' (PPDS)

PPDS food will have to clearly display the following information on the packaging:

- name of the food,
- full ingredients list, with
- allergenic ingredients emphasised (for example in bold, italics or a different colour)



What is ‘prepacked for direct sale’?

- Currently no legal definition (FSA currently working on interpretation)
- *“Applies to foods that have been packed on the same premises from which they are being sold”*
- E.g. meat pies made on site, sandwiches made and sold from the premises in which they are made.



Sustainable diets



The EAT-Lancet diet

New plant-focused diet would 'transform' planet's future, say scientists

'Planetary health diet' would prevent millions of deaths a year and avoid climate change



▲ The planetary health diet allows an average of 2,500 calories per day. Photograph: Molly Katzen/Eat Forum

The first science-based diet that tackles both the poor food eaten by billions of people and averts global environmental catastrophe has been devised. It requires huge cuts in red meat-eating in western countries and radical changes across the world.













	Macronutrient intake grams per day (possible range)	Caloric intake kcal per day
↑  Whole grains Rice, wheat, corn and other	232	811
↓  Tubers or starchy vegetables Potatoes and cassava	50 (0-100)	39
↑  Vegetables All vegetables	300 (200-600)	78
↑  Fruits All fruits	200 (100-300)	126
↑  Dairy foods Whole milk or equivalents	250 (0-500)	153
	Protein sources	
↓  Beef, lamb and pork	14 (0-28)	30
↓  Chicken and other poultry	29 (0-58)	62
↓  Eggs	13 (0-25)	19
↓  Fish	28 (0-100)	40
↑  Legumes	75 (0-100)	284
↑  Nuts	50 (0-75)	291
	Added fats	
↑  Unsaturated oils	40 (20-80)	354
↑ Saturated oils	11.8 (0-11.8)	96
↓ Added sugars All sugars	31 (0-31)	120

Table 1

Scientific targets for a planetary health diet, with possible ranges, for an intake of 2500 kcal/day.

What do consumers want?

- Balancing the need to improve the nation's health with what people are looking for when they eat out



Thanks!

For further information, go to: www.nutrition.org.uk