

Third Key Objective

(iii) To explore external factors that may contribute to childhood obesity

Summary of presentation from the Food & Safety Unit
Nutritional Labelling of Food

1. **What is it?**

Nutrition	Per Bar	Per 100g
Energy	385	2205
kcal	95	530
Protein	1.3	7.7
Carbohydrate	9.9	56.6
Fat	5.3	30.1

2. The nutritional breakdown of what's in the food in one of two formats:

- Little 4' - energy (or kilocalories), protein, carbohydrate and fat.
- Big 8' - also includes sodium, fibre, sugar and saturated fat.

3. Nutritional content has to be given per 100g or 100ml, but can also be given 'per serving'

4. NOT a legal requirement – unless the label makes a nutritional claim e.g. low fat, high fibre.

5. **Consumer Initiatives:**



Figure 1 - Nutrition information panels & traffic light labelling

Typical values	NUTRITION INFORMATION		GUIDELINE DAILY AMOUNTS		
	per 100g	per 350g serving	Women	Men	Children (5-10 years)
Energy – kJ	480kJ	1680kJ			
– kcal (Calories)	115kcal	405kcal	2000	2500	1800
Protein	9.5g	33.3g	45g	55g	24g
Carbohydrate	8.6g	30.1g	230g	300g	220g
of which sugars	2.0g	7.0g	90g	120g	85g
Fat	4.6g	16.1g	70g	95g	70g
of which saturates	3.0g	10.0g	20g	30g	20g
Fibre	1.5g	5.3g	24g	24g	15g
Sodium*	0.3g	1.1g	2.4g	2.4g	1.4g
*Equivalent as salt	0.8g	2.8g	6g	6g	4g

Figure 2 - Guideline Daily Amounts (GDAs)



Figure 3 - The Eatwell Plate

6. The Food & Safety Unit is a member of the Healthy Weight, Active Lives Partnership¹. This has Local Area Agreement Funding to help tackle levels of obesity in Year 6 children (NI56) through the MEND programme, the York City Knights Foundation's 'Get active' Programme and the Altogether Better Programme.
7. The Food & Safety Unit offers food labelling and composition awareness training by way of interactive workshops showing children & young people how much fat, salt and sugar is in different foods e.g. crisps and canned drinks. It also helps
 - Children and young people understand why certain foods should be consumed in moderation and which foods go into which section of the Eatwell plate
 - Explain food labelling to help with making informed choices about what foods to buy and eat
8. The workshop can be adapted to target other groups e.g. parents, community groups

¹ This is discussed further under key objective (iv) of this report