

A cluster of fresh vegetables including two red tomatoes and several shallots with their characteristic purple and white stripes, resting on a dark wooden surface.

Clapham Manor School

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Nutrition and young people

- Nutrition of children and young people in the UK is problematic
- Latest figures
 - One in five 4/5 year olds overweight or obese in England
 - One in three 10-11 year olds overweight or obese in England
- Type 2 diabetes emerging at younger ages – 5 x more likely in the obese
- Dietary quality - national data show inadequate intakes of some key vitamins and minerals





What are the issues?

- Poor diet and low levels of physical activity
- Sugar has been a major focus (partly media fuelled) but the overall quality of the diet is probably more important
- Vegetable and fruit intake amongst young people incredibly low – has dropped back to 1970s levels
- Average consumption among 11-18 year olds is 2.8 portions and less than 10% reach the 5 a day target





Nutrients of concern in children/young people

- Vitamins A and D, **folate** (a B vitamin)
- **Potassium**, magnesium, iodine, selenium, zinc, as well as iron and calcium amongst some teenage girls
- Intake of dairy low (calcium)





Sugars

- Government recommendation - fewer free sugars – added sugar, honey, syrups, juices
- Aiming for 5% daily calories
- 19g – 5 tsp younger children
- 24g – 6 tsp 7-10 year olds
- 30g – 7 tsp adults and 11+
- **Currently 13% calories (15% among teenagers)**





School Food

- School food standards for state schools – introduced in January 2015
- To help to educate children and young people to develop healthy eating habits and to make healthier choices
- To provide a varied range of foods across the school day in order to supply the energy and nutrients they require for growth and development
- Encouraging more vegetables/fruit; more wholegrain foods; oily fish
- Restrictions on less healthy foods such as deep-fried, battered products; pies; burgers/sausages; high sugar drinks (less fat/salt/sugars)



Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturates 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Dairy and alternatives
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Water, lower milk, sugar-free drinks include tea and coffee all count.

Limit fruit juice and/or smoothie to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS