



**Food
Standards
Agency**

food.gov.uk

**Buidheann
Inbhe-Bidhe**

**COMMISSIONED BY THE
FOOD STANDARDS AGENCY IN
SCOTLAND**

PROJECT CODE FS324022

**THE IMPACT OF THE
HEALTHYLIVING
AWARD ON THE
ACHIEVEMENT OF
NUTRIENT AND
FOOD STANDARDS**

Report prepared by Anne Milne

5 November 2011

The impact of the healthy living award on the achievement of Nutrient and Food Standards

Contents

Executive Summary	2
List of Tables and Appendices	3
1. Background	3
2. Aim	5
3. Objectives	5
4. Methodology	5
5. Results	7
5.1 Achievement of nutrient and food standards in the prison setting	8
5.1.1 Energy	9
5.1.2 Vitamin A	10
5.1.3 Salt	10
5.1.4 Fruit and vegetables	11
5.1.5 Oily fish	11
5.1.6 Extra Bread	12
5.2 Recommendations to consider for the prison context	12
5.3 Implementation of the healthy living award in other settings	14
5.3.1 Energy	14
5.3.2 Salt	14
5.3.3 Other considerations	14
5.4 Conclusion	16

The impact of the healthy living award on the achievement of Nutrient and Food Standards

Executive Summary

Background

The healthy living award is a key Scottish Government initiative aimed at improving diet across Scotland through the high standards of catering it demands. The award is open to caterers in the public, private and voluntary sectors. It is assumed that implementing the healthy living award criteria will improve the balance of food and nutrient intake and make it easier for people to meet their nutritional requirements. As a complete diet is provided in prison, the prison setting offered a unique opportunity to test this assumption.

Method

A prison menu covering a 3 week period was provided to FSAS from one of the prisons which had achieved the healthy living award. The 3 week menu was analysed based on the simulated choice of healthy options at each meal and snack occasion. The energy, macronutrient and micronutrient content was calculated over each day and each week.

Results

The prison setting provided a useful model for examining the impact of the healthy living award criteria on the nutrient intake of consumers. Results suggest that implementing the healthy living award has been successful in producing a diet that can meet nutrient requirements over the a week for percentage energy from total fat; saturated fatty acids; total carbohydrate; NMEs; fibre; protein and most vitamins and minerals including iron, calcium, folate, vitamin C and zinc. The diet was also significantly lower salt and than the average intake for men in Scotland.

Conclusion

Overall, this is an encouraging piece of work which provides quantitative evidence that applying the healthy living award catering criteria is helpful in achieving a healthy balanced diet. Implementing the healthy living award fully and widely in Scotland could have a positive impact on public health.

List of Tables and Annexes

- Table 1** Recommended Nutrient Standards for the Prison Service and a brief summary of the overall results averaged over 3 weeks
- Table 2** Recommended Food Standards for the Prison Service and a brief summary of the overall results averaged over 3 weeks
- Annex 1** Full details of the methodology
- Annex 2** SPS Composition of manufactured foods
- Annex 3** The full analysis of the results for each day, including details assumptions
- Annex 4** The average by week including and excluding weekends
- Annex 5** The average for each of the 3 weeks compared to the Nutrient and Food Standards
- Annex 6** Non Milk Extrinsic Sugars (NMES)
- Annex 7** Fruit and Vegetables
- Annex 8** Foods included in the analysis which were not compliant with the HEALTHYLIVING AWARD criteria

Acknowledgements

The Food Standards Agency in Scotland would like to acknowledge the considerable contribution of the following people to this project:

Shiona Tasker (Registered Public Health Nutritionist) who carried out the analysis.

Shona Robertson (Scottish Prison Service Dietitian) who provided additional recipe analysis and advice.

1. Background

The healthy living award is a key Scottish Government initiative with an important part to play in improving diet across Scotland through the high standards of catering it demands. The healthy living award criteria are based on good catering practice and healthy food promotion and requires that at least 50% of the food on offer is considered 'healthy'. The healthy living award plus is a higher level of award, which rewards catering establishments that demonstrate a greater commitment to supporting healthier eating and requires that at least 70% of the food on offer is considered 'healthy'. No nutritional analysis of menus is required.

The award is open to caterers in the public, private and voluntary sectors that provide prepared food directly to the consumer. These include restaurants, cafes, takeaways and outside caterers, as well as more unusual outlets such as offshore platforms and prisons. Scottish Prisons have been working towards obtaining the healthy living award to gradually improve their food provision. To date, thirteen out of fifteen Scottish prisons have obtained the award.

It is assumed that implementing the healthy living award criteria will improve the balance of food and nutrient intake and make it easier for people to meet their nutritional requirements. However, this assumption has never been tested. As a complete diet is provided in prison, the prison setting offers a unique opportunity to test this assumption.

In 2007 The Food Standards Agency in Scotland (FSAS) developed draft Nutrient and Food Standards for the Scottish Prisons Service (SPS). The standards were set to ensure that the provision of food in Scottish prisons met population energy and nutrient requirements over a week. The Nutrient Standards will ensure that the provision of food meets the average population energy and nutrient requirements to meet government recommendations. The Food Standards covered particular foods which should be increased in the diet to reduce disease risk and meet with current government recommendations.

A dietitian was appointed by the SPS in July 2008 to support catering managers in meeting the challenge of improving the nutritional quality of the food provision to prisoners. A consistent, national approach was agreed that involved the development of a national database of standardised recipes. All prison catering managers have been progressively incorporating these recipes into their menus since May 2010.

The healthy living award criteria are currently being reviewed and it was considered timely to investigate the outcome of implementing the healthy living award using the prison setting. The intention was that the results from this study would inform the development of the healthy living award across a variety of settings, more generally, and not just in the prison context.

2. Aim

The overall aim was to test to what extent the healthy living award allows nutritional recommendations for a healthy balanced diet to be met.

3. Objectives

- a) The primary objective was to gauge to what extent implementation of the healthy living award allows the diet and nutrition requirements of adult males to be met in the prison setting.
- b) The secondary aim was to explore more generally, how the results can inform the implementation of the healthy living award as a means of improving nutritional intakes, in other settings.

4. Methodology

This project was funded by FSAS. Full permissions to carry out this work were received from SPS management and one of the Scottish prisons. The Scottish Government Chief Medical Officer, Public Health and Sport Directorate was fully supportive of this work, as was the healthy living award Project Manager at Consumer Focus Scotland and the SPS Dietitian, (who provided liaison between FSAS, SPS and the prison).

A prison menu covering a 3 week period from 1 November 2010 from one of the prisons which had achieved the healthyliving award was provided to FSAS. From all the available healthy options (identified with a green apple logo), one healthy choice for each meal was selected by FSAS and analysed for each meal and snack occasion over the 3 weeks. Sundry snack items routinely provided to all prisoners at weekends have also been included in the analysis, although these were not labelled as healthy options (chocolate biscuit, ice-cream, frozen mousse).

In order to simulate the choice of a prisoner who was not vegetarian, the non-vegetarian offer was chosen for this analysis where possible (around half of the lunch and evening meals).

Nutritional analysis was contracted out to a public health nutritionist. Full details of the methodology used is presented in Annex 1. All analyses were based on the food composition databank McCance and Widdowson's *The Composition of Foods - 6th Edition* (2002).

Because the menu did not specify the type of soup on offer each day, and this information was not available from the catering manager, the nine different soup recipes provided were included randomly in the menu and of the four breakfast cereals available, the 3 healthier options were chosen, each for a full week. The final analysis did not include a weekly pack of tea, sugar and whitener received by each prisoner because prisoners may not have used the sugar, and the nutritional content of the whitener was not available.

The Contractor liaised with the SPS Dietitian and the catering manager to obtain as much information as possible on the items chosen including nutrition information from the manufacturer, portion sizes and recipes. Portion weights were either determined from the number of servings indicated in the recipe or by actual weights as provided by the prison kitchen. Analysis of many of the recipes had been carried out previously by the SPS Dietitian, and included assumptions made for changes in weight and nutrient content on cooking. The nutrient content of manufactured foods used in the menu or recipes and coded into the

nutrient analysis software is provided in Annex 2. Any missing data was estimated from similar foods.

Fruit and vegetable portions were calculated using the NHS Choices 5-a day-guide (<http://www.nhs.uk/livewell/5aday/pages/5adayhome.aspx>). Estimates of weight of vegetables provided by each recipe were made. In addition vegetables from composite foods and all vegetables in manufactured foods, were added (some supplementary analysis by FSAS). Beans and pulses were included as a portion of vegetables only once in a day and to a maximum of 80g. All vegetables on the menu, except mushy peas, were analysed as having no added salt.

As McCance and Widdowson's Composition of Foods does not contain data on Non Milk Extrinsic Sugars (NMES), an estimate of NMES was made by subtracting the sugar provided by milk, whole fruit and vegetables from the total daily sugar, to provide an approximation of NMES intake per day. The energy, macronutrient and micronutrient content of each meal and each day were averaged over a week, both including and excluding weekend days. Weekend days were considered separately because different foods are provided at weekends due to limited staff availability.

5. Results

The full analysis is presented in Annexes 3 to 7.

- Annex 3 The full analysis of the results for each day, including details assumptions
- Annex 4 The average by week including and excluding weekends
- Annex 5 The average for each of the 3 weeks compared to the Nutrient and Food Standards
- Annex 6 The results for NMES
- Annex 7 The results for fruit and vegetables
- Annex 8 Foods included in the analysis which were not compliant with healthy living award criteria

The results are discussed in two parts:

- a) achievement of nutrient and food standards in the prison setting.

b) implementation of the healthy living award in other settings.

5.1 Achievement of nutrient and food standards in the prison setting

The results were calculated and compared against the Energy and Nutrient Standards for males aged over 18 years and the Food Standards recommended by FSAS for the SPS as described in Table 1 and Table 2. The analysis was based on the simulated choice of healthy options at each meal. The menu also provided options that are likely to be higher in energy, saturated fat and sugar. The nutritional intake for prisoners who have not chosen all the healthy options has therefore not been assessed.

There were a few items which were included in the analysis because they were provided to all prisoners but were not labelled as healthy living choices, and some items which were labelled as healthy choices but fell short of fully meeting the healthy living award criteria, in particular because they were too high in salt. The items included in the analysis but which did not meet the healthy living award criteria are listed in Annex 8.

Table 1

Energy and Nutrient Standards for Males aged over 18 years in the prison setting		Average of 3 weeks		
		Including Saturday and Sunday	Excluding Saturday and Sunday	Saturday
Energy	2,550 Kcal	2094		2027
Total Fat	Not more than 35% ¹	30.6%		29.7%
Saturated Fatty Acids	Not more than 11% ¹	9.0%		7.9%
Total Carbohydrates	At least 50% ¹ =340g	54.1%		55.2%
NMES²	Not more than 11% ¹	10.2%		9.8%
Dietary Fibre³	At least 18g	27.6g		27.3g
Protein	55.5g	81.0g		79.7g
Iron	8.7mg	17.5		17.7
Calcium	700mg	999.9		815.6
Vitamin A⁴	700ug	643.9		769.5
Folate	200ug	383.0		338.1
Vitamin C	40mg	107.3		106.2
Zinc	9.5mg	10.0		9.8
Salt⁵	Maximum of 6g	7.7		7.4

¹of food energy, ²non-milk extrinsic sugars, ³non-starch polysaccharides, ⁴retinol equivalents, ⁵Scientific Advisory Committee on Nutrition (SACN) recommendation

The results suggest that the recipe redevelopment conducted by the SPS to date has been successful in producing healthy options that meet the nutrient requirements for: percentage energy from total fat; saturated fatty acids; total carbohydrate; NMEs; fibre; protein and most vitamins and minerals including iron, calcium, folate, vitamin C and zinc.

The analysis did however highlight some issues which could be addressed within the prison context:

5.1.1 Energy

While the macronutrients (fat, saturated fat, carbohydrate and protein) are provided in the correct proportions in the prison setting, the quantity of food provided if choosing all the healthier options does not provide enough kilocalories to meet the estimated energy requirements of 2550 kcal for a male aged over 18 years.

The average daily energy provided over 3 weeks was 2094 kcal, this represents 83% of requirements. The energy standard was not met for any of the weeks on average. The range for individual days was 1345 kcal (Monday week 3) to 2604 kcal (Saturday week 1).

After the analysis was completed, some minor errors were found in the weights of some foods provided on the menu, which meant that the energy may have been underestimated by around 26 kcals/day. As it makes little difference to the result overall and is within the expected range of error for this type of analysis, the final analysis has not been adjusted.

Advice to choose only the healthy options would be useful for those who wish to lose weight. Within the prison setting, the proportion of prisoners who are overweight or obese in Scotland, varies with the type of prison, and ranges from 15% of the Young Offenders to 57% of long term adult male prisoners. Around 50% of women prisoners are also overweight or obese based on data from the publicly managed prisons. A higher proportion of the younger prisoners are likely to be underweight compared to the general population and overall the proportion of people overweight or obese in prison is slightly lower than that for the general population. The fact that the majority of long-term adult prisoners are overweight or obese, is a concern in terms of health, which can be partly addressed by offering and highlighting lower calorie healthier options.

It should be noted that in addition to the meals provided from the catering department, prisoners are able to purchase a variety of food products/snacks from the weekly canteen. This service is not provided by the catering department. Items such as fresh fruit, tea, coffee, some dried /packet foods, sugar, artificial sweeteners, confectionery, crisps and soft drinks are available to purchase which can contribute to the prisoners' daily energy/carbohydrate intake and the availability of energy dense, nutrient poor foods and this may make it difficult for some prisoners to avoid consuming too many calories and gaining weight.

5.1.2 Vitamin A (retinol equivalents)

The standard of 700 µg was achieved in week 1 and 3, but not in week 2. Not achieving the requirement in one week is not too much of a concern, as any vitamin A consumed that the body does not need immediately is stored for future use. This means that you do not need to consume the full requirement of vitamin A every day. Sources of vitamin A include cheese, eggs, oily fish such as mackerel, milk, fortified low-fat spreads and yoghurt. Liver and liver products such as pâté, are very rich sources of vitamin A and should not be eaten by women who are pregnant or thinking of having a baby, or more than once a week for everyone else.

5.1.3 Salt

The average salt content of the diet was 7.7g, exceeding the population maximum daily recommendation of 6g salt. The lowest average intake was 7.3g on week 3 and the highest was 8.4g on week 1. The average salt content was usually higher at the weekend. Individual days ranged from 5.1g (Week 1 Wednesday) to 11g (Week 1 Saturday). This high level day contained individual meal items (potato scone and corn snacks) which were high in salt according to the FSA traffic light labelling (exceeding 1.5g/100g or 2.4g/portion). The cornflakes and baked beans on that day were also considerably higher in salt than the 2012 FSA industry salt targets. Other items which were too high in salt to meet healthy living award criteria are listed in Annex 8. To be highlighted as healthy living choices, items should meet the healthy living award nutrient specification for bought in products, based on the FSA's Front of Pack labelling criteria (amber and green). There are particular circumstances for the Prison Service, which means that any changes to food provision have to be

introduced gradually and food has to be procured within a very tight budget. The bread that was provided is within the FSA salt target for 2012 of 1g/100g containing 0.89g salt/100g (Annex 3).

A summary of the results for the Food Standards is presented in Table 2.

5.1.4 Fruit and Vegetables

Although the minimum offer of fruit and vegetables was achieved overall on week days, some individual days, particularly weekend days were low in fruit and vegetables. The target was not met on 4 out of 6 weekend days. There was a range of 2.5 to 7.2 portions of fruit and vegetables per day and overall and the 5 a day target was met on only 11 out of 21 days. The majority of the fruit and vegetables were provided as vegetables served with the main meal and fruit for dessert, and as soup provided at lunchtimes.

The healthy dessert choice in the prison setting was nearly always provided in the form of whole fruit, rather than being incorporated into a recipe.

Table 2

Food Standards	Average of 3 weeks	
	Including Saturday and Sunday	Excluding Saturday and Sunday
Fruit and vegetables The menu as a whole should provide at least five portions of fruit and vegetables every day including as wide a variety as possible.	4.9	5.3
Oily Fish Oily fish should be available at least once a week. ¹	0.3	0.3
Bread A variety of extra bread, including brown and wholemeal, should be available as an accompaniment to every meal.	At lunchtime	At lunchtime
Fat, spreads and oils Only polyunsaturated and monounsaturated fats, spreads and oils should be used.	Yes	Yes

¹Based on Scientific Advisory Committee on Nutrition advice

5.1.5 Oily Fish

Oily fish was included in the healthy choices only once over the 3 weeks. On checking the menu overall, not just the healthy options, it was also only offered once as a choice over the same period.

5.1.6 Extra Bread

Extra bread was only available at lunchtime, where an additional 3 slices of wholemeal or white bread could be consumed by each prisoner. No spread was offered.

5.2 Recommendations to consider for the prison context

It is important to try to ensure that the energy content of the healthy options is sufficient at the same time as reducing the salt content. The SACN recommendation for the whole population is for a reduction to no more than 6g/day, however as stated in the original recommendation by COMA in 1991 this represents a reduction in intake to no more than 5g/day for women and 7g/day for men, because men have higher energy intakes. For an all male Prison no more than 7g/day may therefore be an acceptable target. Furthermore the average intake of 7.7g/day calculated here is a considerable improvement compared to 10g/day which is the average intake for men in Scotland (FSAS 2011). Within the Scottish Prison Service, all foods are procured for caterers through national contracts. While there are government guidelines for maximum salt levels in manufactured foods, it may be challenging to achieve a number of these targets due to a combination of budgetary constraints and restricted flexibility from the contracted supplier choices.

When making any adjustments to the nutritional content of the recipes for prisoners and in particular the salt content, it is essential that the adjustments are made in a progressive controlled manner to avoid consumer dissatisfaction within the population. All catering managers endeavour to meet all the criteria of the HLA however there would appear to have been some meal choices in which some aspects have been overlooked. Ongoing contact with HLA officers/assessors is particularly important to provide guidance and support for any planned changes to menu choices.

As far as possible within budgetary constraints however, Prisons should aim to procure bread and other manufactured products which are lower in salt and which meet the FSA 2012 salt targets.

In relation to the menu items offered as a healthy choice, the prison offered a vegetarian choice at each meal that was often highlighted as a healthy choice. It is important that 'healthy eating' and 'vegetarian' are not too closely associated together, so that vegetarian option is automatically considered 'healthy', and vice versa, as this is often not the case. It is important that a wide selection of meat and fish dishes (including oily fish dishes) are developed and highlighted as healthy options as well as vegetarian options.

The healthy choice dessert offering in the prison setting was provided in the form of whole fruit, rather than being incorporated into a recipe. It may be useful to encourage the inclusion of more fruit in both main course and dessert recipes.

In addition, aim to:

1. Use plenty rice/ pasta/ potatoes/ beans/ pulses/ lentils as sources of carbohydrate, and keep added salt to a minimum.
2. Include plenty good sources of vitamin A. Sources include cheese, eggs, oily fish such as mackerel, milk, fortified low-fat spreads and yoghurt.
3. Consider providing bread with spread at each meal occasion.¹
4. Incorporate oily fish at least once a week in the menu²

The analysis has provided data that can help inform the continuing improvements to the food provision, and has shown that the healthy choices may help where prisoners want to lose weight. The results may also provide a basis for additional work in prisons, for example by analysing the actual choices that prisoners make.

¹ Adding 3 slices of bread and spread (additional 108g bread and 30g polyunsaturated margarine), means that the energy provided is 2519 kcal but the salt content has increased from an average of 7.3g to 8.9g per day

² Inclusion of oily fish in addition to the choices available would add additional energy and vitamin A as well as meeting the SACN advice for oily fish.

5.3 Implementation of the healthyliving award in other settings

The healthyliving award criteria are being reviewed and the results of this project can inform the implementation of the healthyliving award in other settings. The analysis has highlighted the following areas for general consideration in relation to the implementation of the healthyliving award more widely:

5.3.1 Energy

Application of the healthyliving award criteria mean that fewer calories than may be required are provided if choosing the healthy options. This in effect removes calories from the food chain which may help to promote weight loss.

5.3.2 Salt

The results showed that offering additional bread to supplement energy tends to increase the salt content of the diet. The same suggestions apply here as in the prison context:

- a) procure bread and other manufactured products which are lower in salt and which meet the FSA 2012 salt targets
- b) use plenty rice/ pasta/ potatoes/ beans/ pulses/ lentils as sources of carbohydrate, and keep added salt to a minimum.

5.3.3 Other considerations

The healthyliving award is a key Scottish Government initiative with an important part to play in achieving the aims of the Obesity Route Map³ by improving diet across Scotland when eating out. Through the ORM Action Plan the healthyliving award will be extended to all caterers within public sector organisations and will have a stronger presence on the high street.

The results in the prison setting provide quantitative evidence to show that implementation of the healthyliving award criteria has been successful in producing meals which over a week meet most nutrient requirements including fat, saturated fat and NMES (even when not meeting all the healthyliving award criteria).

³ <http://www.scotland.gov.uk/Topics/Health/health/healthyweight/plan>

The healthyliving award will change in future because of new EU legislation, which means that caterers will no longer be able to use the healthyliving award apple logo to highlight healthier items on the menu. A working group has been set up to take the healthyliving award forward, ensuring that the overarching principles of the award are maintained.

In order to replicate the results obtained in the prison setting, in the wider context it is important to ensure that the healthyliving award criteria are applied to as much of the food on offer as possible. The healthyliving award aims to do this by requiring that at least 50% of the food on offer is considered 'healthy' and the healthyliving award plus goes further by setting the requirement at 70%. Caterers have to ensure that 50% of the food on offer is regarded as a 'healthyliving choice' and at least one healthyliving choice is available for each type of product served. For example, starter, hot main meal, snack, dessert. At plus level, 70% of dishes must be healthyliving choices, with at least 50% of each section of the menu being healthyliving choice items. The award avoids using the word 'healthy' or 'healthier' when relating to these products, instead suggests that healthyliving choices comply with the rigorous award criteria.

The impact of this will be less if the target is not preferentially applied to main meals and not sundry items. For example if wholemeal bread or rolls, side salads, separate vegetable dishes, fruit, yogurts and snack foods are offered that meet the healthyliving award criteria, then it is possible to get away with fewer healthy main meals, and the balance of the diet overall will not improve very much. It is important to get the balance of nutrients in a higher proportion of main dishes right, as this will reduce the energy density and have the most impact on the diet overall. However, it is also the case that in some settings, where hot main meals are restricted, sundry items are very important; this is why it is important to include at least one healthyliving choice in each section of the menu.

The results also suggested that achieving a sustained public health benefit when eating out is not just dependent on high standards of catering, but also on manufacturers and retailers providing cost equivalent healthier options that can be used by caterers.

It may be useful to consider doing a similar analysis in other settings where the healthy living award has been implemented.

5.4 Conclusion

This project tested the assumption that implementing the Scottish Government's healthy living award criteria helps people to meet their nutritional requirements. The prison setting provided a useful model to use for this purpose. Results suggest that implementation of the healthy living award has been successful in producing a diet that meets most nutrient requirements over the a week including percentage energy from total fat; saturated fatty acids; total carbohydrate; NMEs; fibre; protein and most vitamins and minerals including iron, calcium, folate, vitamin C and zinc. Reaching the salt target was more challenging in the prison setting, but the salt content was significantly lower than the average intake for men in Scotland. Application of the healthy living award criteria also meant that fewer calories were provided which may help to promote weight loss when choosing healthy options.

The healthy living award is a key Scottish Government initiative aimed at improving the diet across Scotland through the high standards of catering it demands. Over 1400 establishments have already achieved the award, demonstrating its wide reach across Scotland. As this award is open to a wide range of establishments in the public, private and voluntary sectors including restaurants, cafes, takeaways and outside caterers, with the potential to reach many more consumers in Scotland, this should provide new impetus to the working group in developing the award to ensure the nutritional benefits are maximised.

Overall, this is an encouraging piece of work that provides quantitative evidence that applying the healthy living award catering criteria is helpful in achieving a healthy balanced diet. Implementing the healthy living award fully and widely in Scotland could have a positive impact on public health.

Annex 1 Instructions for Recipe Analysis

1. The Contractor will analyse one or more recipes as provided by FSAS.
2. Using suitable software, which incorporates data from McCance & Widdowson's Composition of Foods, 6th Summary Edition, the Contractor will analyse recipes and provide FSAS with a summary report in Excel format (an example of which will be provided by FSAS on commencement of the work), outlining energy content, macronutrient content and salt content, as well as a list of ingredients and quantities analysed and full details of assumptions made on weight losses.
3. The summary report will give nutrient content both 'per 100g' and 'per serving'. Where a recipe does not specify a serving size, the Contractor will estimate a serving size, by, for example referring to the publication *Food Portion Sizes* (FSA). Where the Contractor has made an estimation of serving size, a note should be placed on the summary report to advise how the estimation was derived.
4. Similarly, where the weight of an individual ingredient is not specified, the Contractor will estimate it. Where a weight of an ingredient has been estimated, the weight should be listed as part of a summary report and a note added where appropriate on how the estimation was derived.
5. For each cooked recipe, the Contractor will take into consideration weight losses as a result of cooking.
6. The Contractor will pay attention to cooking methods for each recipe and consider whether it is appropriate to analyse the recipe as a whole, or to separate out components (for example, some pasta dishes might be cooked as an integral part of the main dish, e.g. lasagne, whilst for others, the pasta might be cooked separately).

Calculating weight losses of cooked dishes

7. To calculate weight loss for each recipe, the Contractor will estimate the weight loss of the recipe as a whole, rather than the weight loss of individual ingredients, by applying the percentage weight loss values given for standard recipes in Appendix 4.4 of *McCance and Widdowson's 'The Composition of Foods'* (6th Summary edition) or in the associated RSC/MAFF supplements.
8. Ingredients will be assigned either raw or cooked in the recipe, to allow direct comparison of a similar standard recipe for estimation of weight loss.
9. Where a specific standard recipe is not available, the Contractor will estimate the weight loss of the dish using a recipe the Contractor considers to be similar.
10. Where no standard recipe is available that is considered to be similar enough for comparison, the Contractor should contact FSAS.

Annex 3			Food Code	Food item	Serving weight (g)	Energy (kcal)	Fat (g)	Saturated fat (g)	Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?		
Week 1	Monday	Breakfast	11490	Cornflakes	30	113	0.27	0.06	2.48	26.88	0.27	2.37	2.37	1.5		99.9		0.06	300	0.75								
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5	22.5	5	1	107.5	0.27								
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32		28.8		1.15	252	0.63								
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10							160	0.40						yes		
			17073	Strawberry jam	30	78			20.7	20.7		0.18	0.06	3.6			3	0.03	8.7	0.02								
Sub-Total					589	20.03	5.62	37.11	88.07	5.17	18.53	4.21	381.42	47.5	151.2	8	2.24	828.2	2.07	0.00	0.00	0.00	0.00					
	Monday	Lunch	Pre-analysed	Lentil Soup	370	134	0.77	0.24	3.48	25.67	2.25	7.15	2.04	23.93	522.41	11.36	1.08	0.83	565.80	1.41			0.50	50.00	yes			
			Pre-analysed	5 Bean chilli	280	231	10.34	1.36	11.6	25.56	3.54	8.89	0.89	25.99	151.59	18.95	16.41	0.27	80.65	0.20			1	150				
			13010	Baked potato	300	408	0.6		3.6	95.1	8.1	11.70	2.1	33		132	42	1.5	36	0.09								
Sub-Total					773	11.71	1.60	18.68	146.33	13.89	27.74	5.03	82.92	674.00	162.31	59.49	2.60	682.45	1.70	0.00	0.00	1.50	200.00					
Week 1	Monday	Tea	2102	McKays Haggis Roll	180	529	44.1	17.1	0.54	2.34	1.62	30.96	9	23.4	3240	25.2	1.8	3.42	1315.8	3.29								
			Pre-analysed	Mashed potatoes	180	165	4.51	0.89	1.8	29.66	2.09	3.15	0.73	9.43	38.38	33.14	10.47	0.53	60.68	0.15								
			Pre-analysed	Diced turnip (no seasoning)	140	15	0.14	0	2.94	3.08	0.98	0.42	0.14	35	7.3	12.04	10.08	0.14	19.6	0.04			1.75	140				
			14046	Banana weighed with skin	170	105	0.34	0.17	23.46	26.01	1.19	1.36	1.7	6.8		15.3	11.9	0.17	1.7	0.004		1	112					
Sub-Total					814	49.09	18.16	28.74	61.09	5.88	35.89	11.57	74.63	3285.68	85.68	34.25	4.26	1397.78	3.48	1.00	112.00	1.75	140.00					
Total for day					2176	80.83	25.38	84.53	295.49	24.94	82.16	20.81	538.97	4007.18	399.19	101.74	9.10	2908.43	7.26	1.00	112.00	3.25	340.00					

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Weight of semi- skimmed milk based on 250 mls x1.034 specific gravity
- 3 2010 McKays Haggis: manufacturer's information for macronutrients plus sodium, calcium, iron, folate, vit C. Retinol equiv and zinc from code 19132
- 4 Mashed potatoes total sugars based on code 13404
- 5 Diced turnips, total sugars based on code 13361
- 6 Lentil Soup, total sugars calculated from code 17264: total sugars as 13.6% total CHO
- 7 5 Bean chilli, total sugars calculated from code 15060: total sugars as 45.5% total CHO

Annex 3

			Serving weight (g)	Energy (kcal)	Fat (g)	Saturated fat (g)	Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (n)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?				
Week 1	Tuesday	Breakfast	11490	Cornflakes	30	113	0.27	0.06	2.48	26.88	0.27	2.37	2.37	1.5		99.9	0.06	300	0.75										
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5	22.5	5	1	107.5	0.27									
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32		28.8		1.15	252	0.63									
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10							160	0.40								yes	
			17073	Strawberry jam	30	78			20.7	20.7		0.18	0.06		3.6			3	0.03	8.7	0.02								
			Sub-Total				589	20.03	5.62	37.11	88.07	5.17	18.53	4.21	381.42	47.5	151.2	8	2.24	828.2	2.07	0.00	0.00	0.00	0.00				
Week 1	Tuesday	Lunch	Pre-analysed	Tomato Soup	370	121	0.67	0.22	12.85	22.67	1.47	6.84	1.93	14.44	2.53	8.75	0	0.77	559.16	1.40			1	0	yes				
			Pre-analysed	Smoked Mackerel Salad Tray	270	455	37.83	1.78	10.25	10.86	2.69	18.13	1.68	69.34	505.94	38.16	33.93	1.19	1027.36	2.57			1	174	1				
			11484	Wholemeal Roll	35	85	1.16	0.28	0.91	16.14	1.54	3.64	0.84	30.45		19.85		0.6	184.1	0.46									
			Sub-Total				661	39.66	2.28	24.01	49.67	5.70	28.61	4.45	114.23	508.47	66.76	33.93	2.56	1770.62	4.43	0.00	0.00	2.00	174.00				
Week 1	Tuesday	Tea	2103	Pork meatballs	168	454	33.6	12.43	0.84	17.64	15.62	23.52	0.94	10.08		3.36	2.86	1176	2.94										
			Pre-analysed	Bolognese sauce	270	360	16.68	6.95	27.25	32.44	2.05	21.87	2.68	49.18	67.20	37.66	9.84	4.26	129.33	0.32			1	113					
			11050	Long grain white rice	200	246	0.6		59.2	0.4	4.4	0.4		2				1	4	0.01									
			13206	Carrots (no seasoning)	140	31	0.42	0.14	4.62	6.58	3.22	0.56	0.42	42		21	2.8	0.14	49	0.12				1.75	140				
			14012	Apple	100	47	0.10		11.80	11.80	1.80	0.40	0.10	4.00		1.00	6.00	0.10	3.00	0.01	1	100							
			Sub-Total				1138	51.40	19.52	44.51	127.66	23.09	50.75	4.54	107.26	67.20	63.02	18.64	8.36	1361.33	3.40	1.00	100.00	2.75	253.00				
Total for day				2388	111.09	27.42	105.63	265.40	33.96	97.89	13.20	602.91	623.17	280.98	60.57	13.15	3960.15	9.90	1.00	100.00	4.75	427.00							

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Pork meatballs used manufacturer's information.
- 3 Tomato soup, total sugars calculated from code 17282: total sugars as 56.7% total CHO
- 4 Smoked mackerel salad tray, total sugars calculated from code 15380 (mixed salad): total sugars as 94.4% total CHO
- 5 Bolognese sauce, total sugars calculated from code 19352: total sugars as 84% total CHO
- 6 Tomato soup: vegetable portion from lentils

Annex 3

Week	Day	Meal	Food Code	Food item	Serving weight (g)	Energy (kcal)	Saturated fat				NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (n)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?			
							Fat (g)	fat (g)	Total sugar (g)	CHO																				
Week 1	Wednesday	Breakfast	11490	Cornflakes	30	113	0.27	0.06	2.48	26.88	0.27	2.37	2.37	1.5		99.9		0.06	300	0.75										
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5		22.5	5	1	107.5	0.27									
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32					1.15	252	0.63									
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10								160	0.40								yes	
			17073	Strawberry jam	30	78			20.7	20.7		0.18	0.06	3.6				3	0.03	8.7	0.02									
			Sub-Total					589	20.03	5.62	37.11	88.07	5.17	18.53	4.21	381.42	47.5	151.2	8	2.24	828.2	2.07	0.00	0.00	0.00	0.00				
Week 1	Wednesday	Lunch	pre-analysed	Scotch Broth	370	132	0.64	0.13	11.09	26.41	1.39	5.29	0.17	13.07	520.1	3.63	1.38	0.08	878.46	2.20			1	50		yes				
			13010	Baked potato	300	408	0.6		3.6	95.1	8.1	11.7	2.1	33			132	42	1.5	36.00	0.09									
			5095	Recipe Chicken Pasta	324	557	30.13	3.24	6.8	51.84	2.92	33.05	1.56	25.92	22.68		22.68	30.46	1.81	246.24	0.62		0.5	40						
			Sub-Total					1097	31.37	3.37	21.49	173.35	12.41	50.04	3.83	71.99	542.78	158.31	73.84	3.39	1160.70	2.91	0.00	0.00	1.50	90.00				
Week 1	Wednesday	Tea	5097	Recipe Chicken Korma	289	390	19.13	6.12	10.46	25.76	2.55	31.37	4.26	239.7	63.5	12.75	2.04	2.32	204	0.51							50			
			11050	Long grain white rice	200	246	0.6		59.2	0.4	4.4	0.4		2					1	4	0.01									
			13440	Peas, frozen	60	41	0.54	0.12	1.62	5.82	3.06	3.6	0.96	21		19.8	7.2	0.42	1.2	0.00				1	60					
			14298	Orange, medium	160	59	0.16		13.6	13.6	2.72	1.76	0.16	75.2		49.6	86.4	0.16		8	0.02	1	160							
			Sub-Total					736	20.43	6.24	25.68	104.38	8.73	41.13	5.78	337.90	63.50	82.15	95.64	3.90	217.20	0.54	1.00	160.00	1.00	110.00				
Total for day					2423	71.83	15.23	84.28	365.80	26.31	109.70	13.82	791.31	653.78	391.66	177.48	9.53	2206.10	5.52	1.00	160.00	2.50	200.00							

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Weight of semi- skimmed milk based on 250 mls x1.034 specific gravity
- 3 Scotch broth, total sugars calculated from code 17277: total sugars as 42% total CHO
- 4 Chicken korma - portion weight calculated from number of portions recipe serves
- 5
- 6
- 7

Annex 3

			Food Code	Food item	Serving weight (g)	Energy (kcal)	Fat (g)	Saturated fat (g)	Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (n)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?	
Week 1	Thursday	Breakfast	11490	Cornflakes	30	113	0.27	0.06	2.48	26.88	0.27	2.37	2.37	1.50	NA	99.90	NA	0.06	300.00	0.75								
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75	NA	8.75	0.05	300.00	47.50	22.50	5.00	1.00	107.50	0.27								
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.90	7.13	1.73	76.32		28.80		1.15	252.00	0.63								
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10							160	0.40							yes	
			17073	Strawberry jam	30	78			20.70	20.70		0.18	0.06	3.60			3.00	0.03	8.70	0.02								
Sub-Total					589	20.03	5.62	37.11	88.07	5.17	18.53	4.21	381.42	47.50	151.20	8.00	2.24	828.20	2.07	0.00	0.00	0.00	0.00					
Week 1	Thursday	Lunch	5072	Sandwich Baguette	85	272	1.20	0.20	2.38	55.10	2.60	8.80	0.90	25.60		15.00	0.00	0.56	533.00	1.33						yes		
			19133	Chopped pork	36	95	8.06	2.95	0.07	0.50	0.11	5.11	0.58	18.72		1.44	36.00	0.86	378.00	0.95								
			pre-analysed	Minestrone Soup	370	81	0.42	0.07	3.61	17.19	1.71	2.59	0.33	16.61	526.64	8.33	1.59	0.22	691.32	1.73		1	50					
			14190	Pear	160	64	0.16		16.00	16.00	3.52	0.48	0.32	17.60		3.20	9.60	0.16	4.80	0.01			160					
Sub-Total					512	9.84	3.22	22.06	88.79	7.94	16.98	2.13	78.53	526.64	27.97	47.19	1.80	1607.12	4.02	1.00	210.00	0.00	0.00					
Week 1	Thursday	Tea	Pre-analysed	Lentil Cottage pie	395	522	12.06	4.10	6.30	84.19	8.08	24.18	6.51	180.34	96.15	128.47	17.97	3.43	233.11	0.58			1	155				
			13444	Cabbage	160	26	0.64	0.16	3.20	3.52	2.88	1.60	0.48	52.80		62.40	32.00	0.16	12.80	0.03			2	160				
			5055	Recipe Plain Sponge	123	527	27.30	5.30	35.20	66.00	1.20	8.30	1.52	79.00	66.00	13.00		0.77	313.00	0.78								
			5056	Recipe Custard	159	126	0.40	0.20	17.40	32.10	0.00	0.60	0.26	21.00	3.00	1.00	0.10	0.12	58.00	0.15								
Sub-total					1200	40.40	9.76	62.10	185.81	12.16	34.68	8.77	333.14	165.15	204.87	50.07	4.48	616.91	1.54	0.00	0.00	3.00	315.00					
Total for day					2301	70.27	18.60	121.27	362.67	25.27	70.19	15.11	793.09	739.29	384.04	105.26	8.52	3052.23	7.63	1.00	210.00	3.00	315.00					

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Sandwich baguette: manufacturer's information except for zinc and total sugars - used code 11471
- 3 Minestrone soup, total sugars calculated from code 17267: total sugars as 21% total CHO
- 4 Lentil cottage pie, total sugars calculated from code 15197: total sugars as 7.5% total CHO
- 5 Lentil cottage pie, vegetable portion mainly from lentils
- 6
- 7

Annex 3

			Food Code	Food item	Serving weight (g)	Energy (kcal)	Fat (g)	Saturated fat (g)	Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (n)	Portions veg (g)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?			
Week 1	Friday	Breakfast	11490	Cornflakes	30	113	0.27	0.06	2.48	26.88	0.27	2.37	2.37	1.5		99.9		0.06	300	0.75									
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5	22.5	5	1	107.5	0.27									
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32		28.8			1.15	252	0.63								
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10								160	0.40							yes	
			17073	Strawberry jam	30	78			20.7	20.7		0.18	0.06	3.6					3	0.03	8.7	0.02							
			Sub-Total					589	20.03	5.62	37.11	88.07	5.17	18.53	4.21	381.42	47.5	151.2	8	2.24	828.2	2.07	0.00	0.00	0.00	0.00			
Week 1	Friday	Lunch	Pre-analysed	Country Veg Soup	370	136	1.02	0.23	14.64	26.01	5.12	6.14	1.40	42.95	544.93	7.50	5.25	1.09	891.71	2.23			1	75	yes				
			Pre-analysed	Ham sandwich	140	243	5.74	1.28	2.98	29.84	4.90	18.25	2.15	80.52	0.76	40.20	0.00	2.23	1047.20	2.62									
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75	NA	8.75	0.05	300	47.5	22.5	5	1	107.5	0.27									
			Sub-Total					494	11.01	4.26	29.37	67.60	10.02	33.14	3.60	423.47	593.19	70.20	10.25	4.32	2046.41	5.12	0.00	0.00	1.00	75.00			
Week 1	Friday	Tea	5098	Recipe Soya bolognaise	113	95	0.34		7.01	11.87	1.47	12.20	2.16	64.41		11.30	3.73	1.01	765.00	1.91			1	113					
			11453	Spaghetti	210	218	1.47	0.21	1.05	46.62	2.52	7.56	1.05	14.7		14.7			1.05										
			5057	Recipe Mushy peas	79	236	1.86	0.32	1.9	40.53	10.11	16.91	3.71	48.19						324	0.81			1	79				
			14012	Kiwi fruit	120	59	0.60		12.36	12.72	2.28	1.32	0.48	30.00				70.80	0.12	4.80	0.01	1	120						
			Sub-total					609	4.27	0.53	22.32	111.74	16.38	37.99	7.40	157.30	0.00	26.00	74.53	2.18	1093.80	2.73	1.00	120.00	2.00	192.00			
Total for day					1692	35.31	10.41	88.80	267.41	31.57	89.66	15.21	962.19	640.69	247.40	92.78	8.74	3968.41	9.92	1.00	120.00	3.00	267.00						

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Country vegetable soup, total sugars calculated from code 17283: total sugars as 56.3% total CHO
- 3 Ham sandwich, total sugars calculated from code 11566: total sugars as 10.0% total CHO
- 4 Mushy peas see recipe details: analysis is done on dried weight
- 5
- 6
- 7

Annex 3

			Serving weight (g)	Energy (kcal)	Fat (g)	Saturated fat (g)	Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (n)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?	
Food Code	Food item																									
Week 1	Saturday	Breakfast	11490	Cornflakes	30	113	0.27	0.06	2.48	26.88	0.27	2.37	2.37	1.5		99.9	0.06	300	0.75							
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5	22.5	5	1	107.5	0.27						
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32		28.8		1.15	252	0.63						
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10							160	0.40					yes	
			17073	Strawberry jam	30	78			20.7	20.7		0.18	0.06				3	0.03	8.7	0.02						
Sub-Total					589	20.03	5.62	37.11	88.07	5.17	18.53	4.21	381.42	47.5	151.2	8	2.24	828.2	2.07	0.00	0.00	0.00	0.00			
Week 1	Saturday	Lunch	12806	Boiled egg	50	74	5.4	1.55			6.25	0.95	28.5	95	19.5		0.65	70	0.18						yes	
			5058	Spicy bean burger	227	484	18.16	0	30.65	68.1	9.53	11.35	10.22	227	215.65		3.63	771.8	1.93				20			
			5059	Morning rolls (Allied)	70	179	0.98	0.28	1.54	33.74	2.24	7.77	1.75	84	18.2		0.63	273	0.68							
			5077	Baked beans	140	104	0.42	0.14	5.6	19.04	6.86	5.88	1.68	63	32.2		0.7	560	1.40			1	80			
			5060	Vegetable nuggets	40	78	3.92	0.56	0.54	9.56	0.72	1.2	0.08	3.6	56	4.4	1.48	0.04	120	0.30				20		
			5061	Potato scone	70	117	0.98	0.07	1.26	24.57	2.31	2.52	0.7	91		6.3	1.4	0.35	700	1.75						
Sub-Total					1036	29.86	2.60	39.59	155.01	21.66	34.97	15.38	497.10	151.00	296.25	2.88	6.00	2494.80	6.24	0.00	0.00	1.00	120.00			
Week 1	Saturday	Tea	13010	Baked potato	300	408	0.6		3.6	95.1	8.1	11.7	2.1	33	132	42	1.5	36	0.09							
			5077	Baked beans	140	104	0.42	0.14	5.6	19.04	6.86	5.88	1.68	63	32.2		0.7	560	1.40							
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5	22.5	5	1	107.5	0.27						
			14012	Apple	100	47	0.10		11.80	11.80	1.80	0.40	0.10	4.00		1.00	0.10	3.00	0.01	1	100					
			11506	Blue Riband biscuit	24	120	5.83	3.16	10.99	16.22	0.36	1.75	0.312	31.2	5.76	2.16		0.192	56.4	0.14						
			17125	Corn snacks packet	25	130	7.98	2.95	1.15	13.58	0.25	1.75	0.2	17		12.25		0.13	282.5	0.71						
			5080	Vanilla ice cream brickette	36	55	3.53	1.91	7.45	7.45	0	1.04		36	35.46	2.16	0.36	0.11	28.8	0.07						
Sub-Total					979	22.71	10.91	52.34	174.94	17.37	31.27	4.44	484.20	88.72	204.27	53.36	3.73	1074.20	2.69	1.00	100.00	0.00	0.00			
Total for day					2604	72.60	19.13	129.04	418.02	44.20	84.77	24.03	1362.72	287.22	651.72	64.24	11.97	4397.20	10.99	1.00	100.00	1.00	120.00			

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Weight of semi- skimmed milk based on 250 mls x1.034 specific gravity
- 3 12806 boiled egg used average weight given in Wisp
- 4 Spicy bean burger nutrients from manufacturer except total sugars. Total sugars calculated from code 15331: total sugars as 45.0% total CHO
- 5 Baked beans: manufacturer's information for macronutrients and sodium. Micronutrients from code 13046
- 6 Allied morning rolls: macronutrients and sodium from manufacturer. Micronutrients from code 11122, white morning rolls
- 7 Vegetable nuggets: nutrients from manufacturer except total sugars. Total sugars calculated from code 15363: total sugars as 5.65% total CHO
- 8 Potato scones: Macronutrients from manufacturer. Total sugars and micronutrients from code 11267
- 9 Ice cream briquette: manufacturer's information
- 10

Annex 3

			Serving weight (g)	Energy (kcal)	Fat (g)	Saturated fat (g)	Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (n)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?	
Week 1	Sunday	Breakfast	11490	Cornflakes	30	113	0.27	0.06	2.48	26.88	0.27	2.37	2.37	1.5	NA	99.9	NA	0.06	300	0.75						
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75	NA	8.75	0.05	300	47.5	22.5	5	1	107.5	0.27						
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32		28.8		1.15	252	0.63						
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10							160	0.40					yes	
			17073	Strawberry jam	30	78		20.7	20.7		0.18	0.06	3.6			3	0.03	8.7	0.02							
Sub-Total				589	20.03	5.62	37.11	88.07	5.17	18.53	4.21	381.42	47.5	151.2	8	2.24	828.2	2.07	0.00	0.00	0.00	0.00				
Week 1	Sunday	Lunch	13010	Baked potato	300	408	0.6	3.6	95.1	8.1	11.7	2.1	33		132	42	1.5	36	0.09					yes		
			12134	Cheese (cheddar)	120	494	41.3	26.04	0.12	0.12	30.6	0.36	864	390	39.6		2.76	804	2.01							
Sub-Total				902	41.90	26.04	3.72	95.22	8.10	42.30	2.46	897.00	390.00	171.60	42.00	4.26	840.00	2.10	0.00	0.00	0.00	0.00				
Week 1	Sunday	Tea	5062	Vegetable grill	85	151	10.43	0.63	5.36	11.9	1.75	2.38	3.15	70		66.5		1.12	322	0.81					42	
			5063	Potato noisettes	84	140	4.54	0.5	0.45	22.5	1.93	2.35	0.42	26.88		30.24	0.25	386.4	0.97							
			13370	Sweetcorn	60	67	1.38	0.18	1.38	11.76	1.32	2.5	0.36	1.8		20.4	4.2	0.24	0.6	0.00			1		60	
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75	NA	8.75	0.05	300	47.5	22.5	5	1	107.5	0.27						
			14012	Apple	100	47	0.1	11.8	11.8	1.8	0.4	0.1	4		1	6	0.1	3	0.01	1	100					
			17125	Corn snacks packet	25	130	7.98	2.95	1.15	13.58	0.25	1.75	0.2	17		12.25		0.13	282.5	0.71						
			11506	Blue Riband biscuit	24	120	5.83	3.16	10.99	16.22	0.36	1.75	0.312	31.2	5.76	2.16		0.192	56.4	0.14						
			5083	Frozen mousse	64	115	5.12	2.5	12.29	14.08		2.62	0.03	62.08	15.74	2.56	0.58	0.24	117.1	0.29						
Sub-Total				885	39.63	12.67	55.17	113.59	7.41	22.50	4.62	512.96	69.00	127.37	46.02	3.27	1275.50	3.19	1.00	100.00	1.00	102.00				
Total for day				2377	101.56	44.33	96.00	296.88	20.68	83.33	11.29	1791.38	506.50	450.17	96.02	9.77	2943.70	7.36	1.00	100.00	1.00	102.00				

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Weight of semi- skimmed milk based on 250 mls x1.034 specific gravity
- 3 Vegetable grill: manufacturer's information for macronutrients (except sugars) and sodium. Micronutrients from code 15331. Total sugars calculated from code 15331: total sugars as 45.0% total CHO
- 4 Potato noisettes: macronutrients (except sugars) and sodium from manufacturer. Micronutrients from code 13040. Total sugars calculated from code 13040: total sugars as 1.98% total CHO
- 5 Frozen mousse: manufacturer's information
- 6
- 7

Annex 3

	Energy (kcal)	Fat (g)	Satfat (g)	Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions veg (n)	Portions fruit (g)	Portions veg (g)	Total F+V (g)	Portions
Monday	2176	80.83	25.38	84.53	295.49	24.94	82.16	20.81	538.97	4007.18	399.19	101.74	9.10	2908.43	7.26	1.00	3	112.00	340	452.00	565
Tuesday	2388	111.09	27.42	105.63	265.40	33.96	97.89	13.20	602.91	623.17	280.98	60.57	13.15	3960.15	9.90	1.00	4.75	100.00	427.00	527.00	658.75
Wednesday	2423	71.83	15.23	84.28	365.80	26.31	109.70	13.82	791.31	653.78	391.66	177.48	9.53	2206.10	5.52	1.00	2.50	160.00	200.00	360.00	450
Thursday	2301	70.27	18.60	121.27	362.67	25.27	70.19	15.11	793.09	739.29	384.04	105.26	8.52	3052.23	7.63	1.00	3.00	210.00	315.00	525.00	656.25
Friday	1692	35.31	10.41	88.80	267.41	31.57	89.66	15.21	962.19	640.69	247.40	92.78	8.74	3968.41	9.92	1.00	3.00	120.00	267.00	387.00	483.75
Saturday	2604	72.60	19.13	129.04	418.02	44.20	84.77	24.03	1362.72	287.22	651.72	64.24	11.97	4397.20	10.99	1.00	1.00	100.00	120.00	220.00	275
Sunday	2377	101.56	44.33	96.00	296.88	20.68	83.33	11.29	1791.38	506.50	450.17	96.02	9.77	2943.70	7.36	1.00	1.00	100.00	102.00	202.00	252.5
Average incl Sat & Sun	2280	77.64	22.93	101.36	324.52	29.56	88.24	16.21	977.51	1065.40	400.74	99.73	10.11	3348.03	8.37	1.0	2.6	128.9	253.0	381.9	477.3214
Average excl Sat & Sun	2196	73.87	19.41	96.90	311.35	28.41	89.92	15.63	737.69	1332.82	340.65	107.56	9.81	3219.06	8.05	1.0	3.3	133.7	278.2	411.8	514.7917

Annex 3			Food Code	Food item	Serving weight (g)	Energy (kcal)	Fat (g)	Saturated fat (g)	Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?	
Week 2	Monday	Breakfast	11486	Bran Flakes	30	99	0.75	0.12	6.84	21.36	3.9	3.06	7.29	12		99.9	19.8	0.75	240	0.60							
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5	22.5	5	1	107.5	8.75							
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32		28.8		1.15	252	0.63						yes	
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10							160	0.40							
			17073	Strawberry jam	30	78			20.7	20.7		0.18	0.06	3.6			3	0.03	8.7	0.02							
Sub-Total						576	20.51	5.68	41.47	82.55	8.8	19.22	9.13	391.92	47.5	151.2	27.8	2.93	768.2	1.92	0.00	0.00	0.00	0.00			
Week 2	Monday	Lunch	5084	Tuna mayonnaise	113	258	19.89	1.47	0.9	1.47		18.08	0.76	5.65		3.39		0.53	392.11	0.98					yes		
			13370	Sweetcorn	62	69	1.43	0.19	1.43	12.15	1.36	2.6	0.37	1.86		21.08	4.34	0.25	0.62	0.00			1	62			
			13010	Baked potato	300	408	0.6		3.6	95.1	8.1	11.7	2.1	33		132	42	1.5	36	0.09							
Sub-Total						735	21.92	1.66	5.93	108.72	9.46	32.38	3.23	40.51	0.00	156.47	46.34	2.28	428.73	1.07	0.00	0.00	1.00	62.00			
Week 2	Monday	Tea	pre-analysed	Beef Goulash (stroganoff)	300	350	9.25	3	9.15	35	2.98	33.01	4.43	90.45	245.69	34.78	7.11	7.23	642.98	1.60			1	123			
			5063	Potato noisettes	84	140	4.54	0.5	0.45	22.5	1.93	2.35	0.42	26.88			30.24	0.25	386.4	0.97							
			13206	Carrots (no seasoning)	140	31	0.42	0.14	4.62	6.58	3.22	0.56	0.42	42		21	2.8	0.14	49	0.12			1.75	140			
			14046	Banana weighed with skin	170	105	0.34	0.17	23.46	26.01	1.19	1.36	1.7	6.8		15.3	11.9	0.17	1.7	0.004		1	112				
Sub-Total						626	14.55	3.81	37.68	90.09	9.32	37.28	6.97	166.13	245.69	71.08	52.05	7.79	1080.08	2.69	1.00	112.00	2.75	263.00			
Total for day						1937	56.98	11.15	85.08	281.36	27.58	88.88	19.33	598.56	293.19	378.75	126.19	13.00	2277.01	5.68	1.00	112.00	3.75	325.00			

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Weight of semi- skimmed milk based on 250 mls x1.034 specific gravity
- 3 Potato noisettes: macronutrients (except sugars) and sodium from manufacturer. Micronutrients from code 13040. Total sugars calculated from code 13040: total sugars as 1.98% total CHO
- 4 Tuna mayonnaise: see recipe for assumptions
- 5 Goulash: Total sugars calculated from code 19340: total sugars as 26.2% total CHO
- 6
- 7

Annex 3	Food Code	Food item	Serving weight (g)	Energy (kcal)	Saturated		Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?				
					Fat (g)	fat (g)																						
Week 2	Tuesday	Breakfast	11486	Bran Flakes	30	99	0.75	0.12	6.84	21.36	3.9	3.06	7.29	12		99.9	19.8	0.75	240	0.60								
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5	22.5	5	1	107.5	0.27								
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32		28.8		1.15	252	0.63								
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10							160	0.40						yes		
			17073	Strawberry jam	30	78			20.7	20.7		0.18	0.06	3.6				3	0.03	8.7	0.02							
			Sub-Total				576	20.51	5.68	41.47	82.55	8.8	19.22	9.13	391.92	47.5	151.2	27.8	2.93	768.2	1.92	0.00	0.00	0.00	0.00			
Week 2	Tuesday	Lunch	pre-analysed	Cream of leek soup	370	438	32.69	7.00	7.92	33.00	1.24	5.21	1.51	106.20	290.43	15.36	1.81	0.43	276.35	0.69			25.00	yes				
			5058	Spicy bean burger	227	484	18.16	0	30.65	68.1	9.53	11.35	10.22	227		215.65		3.63	771.8	1.93			20					
			5059	Morning rolls (Allied)	35	90	0.49	0.14	0.77	16.87	1.12	3.89	0.88	42		9.1		0.32	136.5	0.34								
			13304	Onions (raw)	20	7	0.04		1.12	1.58	0.28	0.24	0.06	5		3.4	1	0.04	0.6	0.00			20					
			Sub-Total				1019	51.38	7.14	40.46	119.55	12.17	20.69	12.67	380.20	290.43	243.51	2.81	4.42	1185.25	2.96	0.00	0.00	0.00	65.00			
Week 2	Tuesday	Tea	pre-analysed	Chilli con carne	280	374	17.02	7	20.86	34	2.85	23.62	3.02	54.72	128.87	35.7	5.38	4.46	248.93	0.62			1	120				
			11050	Long grain white rice	200	246	0.6			59.2	0.4	4.4	0.4	2				1	4	0.01								
			14190	Pear	160	64	0.16		16.00	16.00	3.52	0.48	0.32	17.60		3.20	9.60	0.16	4.80	0.01		1	160					
			Sub-Total				684	17.78	7.00	36.86	109.20	6.77	28.50	3.74	74.32	128.87	38.90	14.98	5.62	257.73	0.64	1.00	160.00	1.00	120.00			
Total for day				2278	89.67	19.82	118.79	311.30	27.74	68.41	25.54	846.44	466.80	433.61	45.59	12.97	2211.18	5.53	1.00	160.00	1.00	185.00						

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Weight of semi-skimmed milk based on 250 mls x1.034 specific gravity
- 3 Spicy bean burger nutrients from manufacturer except total sugars. Total sugars calculated from code 15331: total sugars as 45.0% total CHO
- 4 Allied morning rolls: macronutrients and sodium from manufacturer. Micronutrients from code 11122, white morning rolls
- 5 Cream of leek soup: Total sugars calculated from code 17276: total sugars as 24% total CHO
- 6 Chilli con carne: Total sugars calculated from code 19337: total sugars as 61.4% total CHO
- 7

Annex 3	Food Code	Food item	Serving weight (g)	Energy (kcal)	Saturated				NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?			
					Fat (g)	fat (g)	Total sugar (g)	CHO																			
Week 2	Wednesday	Breakfast	11486	Bran Flakes	30	99	0.75	0.12	6.84	21.36	3.9	3.06	7.29	12	99.9	19.8	0.75	240	0.60								
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75	8.75	0.05	300	47.5	22.5	5	1	107.5	0.27								
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32		28.8		1.15	252	0.63							
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10							160	0.40							yes
			17073	Strawberry jam	30	78			20.7	20.7		0.18	0.06	3.6			3	0.03	8.7	0.02							
			Sub-Total				576	20.51	5.68	41.47	82.55	8.8	19.22	9.13	391.92	47.5	151.2	27.8	2.93	768.2	1.92	0.00	0.00	0.00	0.00		
Week 2	Wednesday	Lunch	Pre-analysed	Mushroom soup	370	380	26.37	9.00	9.83	33.00	1.20	5.11	0.78	63.61	256.86	9.41	0.31	0.28	882.60	2.21				yes			
			19133	Chopped pork	36	95	8.06	2.95	0.07	0.50	0.11	5.11	0.58	18.72		1.44	36.00	0.86	378.00	0.95							
			5059	Morning rolls (Allied)	70	179	0.98	0.28	1.54	33.74	2.24	7.77	1.75	84		18.2		0.63	273	0.68							
			14012	Kiwi fruit	120	59	0.60		12.36	12.72	2.28	1.32	0.48	30.00			70.80	0.12	4.80	0.01	1	120					
			Sub-Total				713	36.01	12.23	23.80	79.96	5.83	19.31	3.59	196.33	256.86	29.05	107.11	1.89	1538.40	3.85	1.00	120.00	0.00	0.00		
Week 2	Wednesday	Tea	2355	Vegetable kiev	170	338	10.37	2.04	4.19	56.78	1.7	4.59	2.55	178.5	17	17	1.36	510	1.28					73			
			13421	Boiled potatoes	170	122	0.17		1.19	28.90	2.04	3.06	0.68	8.50		32.30	10.20	0.51	11.90	0.03							
			13444	Cabbage, boiled	160	26	0.64	0.16	3.2	3.52	2.88	1.6	0.48	52.8		62.4	32	0.16	12.8	0.032			2	160			
			14012	Apple	100	47	0.10		11.80	11.80	1.80	0.40	0.10	4.00		1.00	6.00	0.10	3.00	0.01	1	100					
			Sub-Total				533	11.28	2.20	20.38	101.00	8.42	9.65	3.81	243.80	17.00	112.70	48.20	2.13	537.70	1.34	1.00	100.00	2.00	233.00		
Total for day				1822	67.80	20.11	85.65	263.51	23.05	48.18	16.53	832.05	321.36	292.95	183.11	6.95	2844.30	7.11	2.00	220.00	2.00	233.00					

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Weight of semi-skimmed milk based on 250 mls x1.034 specific gravity
- 3 Allied morning rolls: macronutrients and sodium from manufacturer. Micronutrients from code 11122, white morning rolls
- 4 Mushroom soup: Total sugars calculated from code 10224: total sugars as 29.8% total CHO
- 5 Vegetable kiev: macronutrients and sodium from manufacturer. Micronutrients from code 15362. Total sugars calculated from code 15362: total sugars as 7.4% total CHO
- 6
- 7

Annex 3	Food Code	Food item	Serving weight (g)	Energy (kcal)	Saturated			Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?			
					Fat (g)	fat (g)																						
Week 2	Thursday	Breakfast	11486	Bran Flakes	30	99	0.75	0.12	6.84	21.36	3.9	3.06	7.29	12		99.9	19.8	0.75	240	0.60								
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5	22.5	5	1	107.5	0.27								
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32					1.15	252	0.63							
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10								160	0.40							yes
			17073	Strawberry jam	30	78			20.7	20.7		0.18	0.06	3.6				3	0.03	8.7	0.02							
Sub-Total				576	20.51	5.68	41.47	82.55	8.8	19.22	9.13	391.92	47.5	151.2	27.8	2.93	768.2	1.92	0.00	0.00	0.00	0.00						
Week 2	Thursday	Lunch	Pre-analysed	Lentil Soup	370	134	0.77	0.24	3.48	25.67	2.25	7.15	2.04	23.93	522.41	11.36	1.08	0.83	565.80	1.41		0.50	50.00		yes			
			13010	Baked potato	300	408	0.6		3.6	95.1	8.1	11.7	2.1	33		132	42	1.5	36	0.09								
			5077	Baked beans	140	104	0.42	0.14	5.6	19.04	6.86	5.88	1.68	63		32.2		0.7	560	1.40		1	80					
Sub-Total				646	1.79	0.38	12.68	139.81	17.21	24.73	5.82	119.93	522.41	175.56	43.08	3.03	1161.80	2.90	0.00	0.00	1.50	130.00						
Week 2	Thursday	Tea	5098	Recipe Soya pie	113	95	0.34		7.01	11.87	1.47	12.20	2.16	64.41		11.30	3.73	1.01	765.00	1.91		1	80					
			13421	Boiled potatoes	170	122	0.17		1.19	28.90	2.04	3.06	0.68	8.50		32.30	10.20	0.51	11.90	0.03								
			13370	Sweetcorn	62	69	1.43	0.19	1.43	12.15	1.36	2.6	0.37	1.86		21.08	4.34	0.25	0.62	0.00			1	62				
			14298	Orange, medium	160	59	0.16		13.6	13.6	2.72	1.76	0.16	75.2		49.6	86.4	0.16	8	0.02		1	160					
Sub-Total				346	2.10	0.19	23.23	66.52	7.59	19.62	3.37	149.97	0.00	114.28	104.67	1.93	785.52	1.96	1.00	160.00	2.00	142.00						
Total for day				1567	24.40	6.25	77.38	288.88	33.60	63.57	18.32	661.82	569.91	441.04	175.55	7.89	2715.52	6.78	1.00	160.00	3.50	272.00						

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Weight of semi-skimmed milk based on 250 mls x 1.034 specific gravity
- 3 Lentil soup: Total sugars calculated from code 17264: total sugars as 13.6% total CHO
- 4 Baked beans: manufacturer's information for macronutrients and sodium. Micronutrients from code 13046
- 5 Soya pie recipe is same as soya bolognaise
- 6
- 7

Annex 3	Food Code	Food item	Serving weight (g)	Energy (kcal)	Saturated				Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?			
					Fat (g)	fat (g)																							
Week 2	Friday	Breakfast	11486	Bran Flakes	30	99	0.75	0.12	6.84	21.36	3.9	3.06	7.29	12		99.9	19.8	0.75	240	0.60									
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75	8.75	0.05	300	47.5	22.5	5	1	107.5	0.27										
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32		28.8		1.15	252	0.63									
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10								160	0.40							yes	
			17073	Strawberry jam	30	78			20.7	20.7		0.18	0.06	3.6				3	0.03	8.7	0.02								
			Sub-Total				576	20.51	5.68	41.47	82.55	8.8	19.22	9.13	391.92	47.5	151.2	27.8	2.93	768.2	1.92	0.00	0.00	0.00	0.00				
Week 2	Friday	Lunch	Pre-analysed	Tomato Soup	370	121	0.67	0.22	12.85	22.67	1.47	6.84	1.93	14.44	2.53	8.75	0	0.77	559.16	1.40					yes				
			2103	Pork meatballs	168	454	33.6	12.43	0.84	17.64	15.62	23.52	0.94	10.08		3.36		2.86	1176	2.94									
			Pre-analysed	Madras curry sauce	200	297	21.89	4	17.34	23	2.38	3.90	4.16	78.08	100.9	10.78	1.1	0.52	250.05	0.63									
			11050	Long grain white rice	200	246	0.6			59.2	0.4	4.4	0.4	2				1	4	0.01									
			Sub-Total				1118	56.76	16.65	31.03	122.51	19.87	38.66	7.43	104.60	103.43	22.89	1.10	5.15	1989.21	4.98	0.00	0.00	0.00	0.00				
Week 2	Friday	Tea	Pre-analysed	Vegetable Italianne	340	131	5.26	3	4.59	14	3.67	7.09	1.78	183.1	424.59	74.56	17.61	1.1	216.67	1.03			1	141					
			11453	Spaghetti, boiled	210	218	1.47	0.21	1.05	46.62	2.52	7.56	1.05	14.70		14.70		1.05	0.00	0.00									
			5057	Recipe Mushy peas	79	236	1.86	0.32	1.9	40.53	10.11	16.91	3.71	48.19					324	0.81			1	79					
			14012	Kiwi fruit	120	59	0.60		12.36	12.72	2.28	1.32	0.48	30.00				70.80	0.12	4.80	0.01		1	120					
			Sub-Total				644	9.19	3.53	19.90	113.87	18.58	32.88	7.02	275.99	424.59	89.26	88.41	2.27	545.47	1.85	1.00	120.00	2.00	220.00				
Total for day				2338	86.46	25.86	92.40	318.93	47.25	90.76	23.58	772.51	575.52	263.35	117.31	10.35	3302.88	8.75	1.00	120.00	2.00	220.00							

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Food code 2100 for Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Weight of semi-skimmed milk based on 250 mls x1.034 specific gravity
- 3 Tomato soup: Total sugars calculated from code 17282: total sugars as 56.7% total CHO
- 4 Pork meatballs used manufacturer's information.
- 5 Madras curry sauce: Total sugars calculated from code 15309: total sugars as 75.4% total CHO
- 6 Vegetable Italianne: Total sugars calculated from code 15382: total sugars as 32.8% total CHO
- 7 Mushy peas see recipe details: analysis is done on dried weight

Annex 3	Food Code	Food item	Serving weight (g)	Energy (kcal)	Saturated		Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?		
					Fat (g)	fat (g)																				
Week 2 Saturday Breakfast	11486	Bran Flakes	30	99	0.75	0.12	6.84	21.36	3.9	3.06	7.29	12			99.9	19.8	0.75	240	0.60							
	12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5		22.5	5	1	107.5	0.27							
	2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32					1.15	252	0.63							
	17023	Flora margarine	20	127	14	2.52	0.16	0.16			0.10								160	0.40					yes	
	17073	Strawberry jam	30	78			20.7	20.7			0.18	0.06	3.6				3	0.03	8.7	0.02						
		Sub-Total		576	20.51	5.68	41.47	82.55	8.8	19.22	9.13	391.92	47.5	151.2	27.8	2.93	768.2	1.92	0.00	0.00	0.00	0.00				
Week 2 Saturday Lunch		Omelette	100	162	13.10	2.90	3.50	1.10	8.70	1.30	70.20	137.00	25.00	0.30	1.00	0.20	0.00						yes			
	2356	Vegetable banger	40	63	1.5	0.72	1.23	8.72	0.4	3.72	1.24	54.4			13.6	0.40	140.00	0.35				18				
	5060	Vegetable nuggets	40	78	3.92	0.56	0.71	9.56	0.72	1.2	0.08	3.6	56	4.4	1.48	0.04	120	0.30				20				
	11484	Wholemeal rolls	70	171	2.31	0.56	1.82	32.27	3.08	7.28	1.68	60.9		39.9		1.19	368.2	0.92								
	Sub-Total		474	20.83	4.74	3.76	54.05	5.30	20.90	4.30	189.10	193.00	82.90	1.78	2.63	628.40	1.57	0.00	0.00	0.00	38.00					
Week 2 Saturday Tea	13461	Plum tomatoes	185	30	0.19		5.18	5.55	1.3	1.85	0.74	22.2			33.3	22.2	0.19	72.15	0.18			1	185			
	5084	Tuna tub	113	183	11.07	0.11	1.7	3.05		18.08	0.76	5.65			3.39		0.53	595.51	1.49							
	12134	Cheese slice - cheddar	30	124	10.32	6.51	0.03	0.03		7.65	0.09	216	97.5		9.9		0.69	201	0.50							
	11484	Wholemeal rolls	70	171	2.31	0.56	1.82	32.27	3.08	7.28	1.68	60.9			39.9		1.19	368.2	0.92							
	12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5		22.5	5	1	107.5	0.27							
	14012	Apple	100	47	0.1		11.8	11.8	1.8	0.40	0.1	4			1	6	0.1	3	0.01	1	100					
	11506	Blue ribband biscuit	24	120	5.83	3.16	10.99	16.22	0.36	1.75	0.312	31.2	5.76		2.16		0.192	56.4	0.14							
	17125	Corn snacks packet	25	130	7.98	2.95	1.15	13.58	0.25	1.75	0.2	17			12.25		0.13	282.5	0.71							
	5080	Vanilla ice cream brickette	36	55	3.53	1.91	7.45	7.45	0	1.04		36	35.46		2.16	0.36	0.11	28.8	0.07							
		Sub-Total		974	45.58	17.95	51.87	101.70	6.79	48.55	3.93	692.95	186.22	126.56	33.56	4.13	1715.06	4.29	1.00	100.00	1.00	185.00				
		Total for day		2024	86.92	28.37	97.10	238.30	20.89	88.67	17.36	1273.97	426.72	360.66	63.14	9.69	3111.66	7.78	1.00	100.00	1.00	223.00				

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Weight of semi-skimmed milk based on 250 mls x1.034 specific gravity
- 3 Omelette: manufacturer's information
- 4 Vegetable banger: macronutrients (except sugars) and sodium from manufacturer. Micronutrients from 15365. Total sugars calculated from code 15365: total sugars as 14.1% CHO.
- 5 Vegetable nuggets: nutrients from manufacturer except total sugars. Total sugars calculated from code 15362: total sugars as 7.4% total CHO
- 6 Plum tomatoes used code 13461: analysis includes juice
- 7 Ice cream briquette: manufacturer's information
- 8
- 9

Annex 3	Food Code	Food item	Serving weight (g)	Energy (kcal)	Saturated		Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?		
					Fat (g)	fat (g)																				
Week 2 Sunday Breakfast	11486	Bran Flakes	30	99	0.75	0.12	6.84	21.36	3.9	3.06	7.29	12		99.9	19.8	0.75	240	0.60								
	12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5	22.5	5	1	107.5	0.27								
	2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32				1.15	252	0.63								
	17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10								160	0.40						yes	
	17073	Strawberry jam	30		78		20.7	20.7		0.18	0.06	3.6				3	0.03	8.7	0.02							
		Sub-Total		576	20.51	5.68	41.47	82.55	8.8	19.22	9.13	391.92	47.5	151.2	27.8	2.93	768.2	1.92	0.00	0.00	0.00	0.00				
Week 2 Sunday Lunch	11484	Wholemeal rolls	70	171	2.31	0.56	1.82	32.27	3.08	7.28	1.68	60.9		39.9		1.19	368.2	0.92					yes			
	5058	Spicy bean burger	227	484	18.16	0	30.65	68.1	9.53	11.35	10.22	227		215.65		3.63	771.8	1.93			82					
	Sub-Total		655	20.47	0.56	32.47	100.37	12.61	18.63	11.90	287.90	0.00	255.55	0.00	4.82	1140.00	2.85	0.00	0.00	0.00	82.00					
Week 2 Sunday Tea	19021	Gammon Steak	120	245	14.77	4.92				27.96	0.96	10.8		3.6		2.52	1416	3.54								
	5085	Boiled potatoes, seasoned	170	122	0.17		1.19	28.73	2.04	3.06	0.70	8.50		32.30	10.20	0.51	197.20	0.49								
	13206	Carrots (no seasoning)	140	31	0.42	0.14	4.62	6.58	3.22	0.56	0.42	42		21	2.8	0.14	49	0.12			1.75	140				
	12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75 NA		8.75	0.05	300	47.5	22.5	5	1	107.5	0.27								
	14298	Orange, medium	160	59	0.16		13.6	13.6	2.72	1.76	0.16	75.2		49.6	86.4	0.16	8	0.02	1	160						
	17125	Corn snacks packet	25	130	7.98	2.95	1.15	13.58	0.25	1.75	0.2	17		12.25		0.13	282.5	0.71								
	11506	Blue ribband biscuit	24	120	5.83	3.16	10.99	16.22	0.36	1.75	0.312	31.2	5.76	2.16		0.192	56.4	0.14								
	5083	Frozen mousse	64	115	5.12	2.5	12.29	14.08		2.62	0.03	62.08	15.74	2.56	0.58	0.24	117.1	0.29								
		Sub-Total		937	38.70	16.42	55.59	104.54	8.59	48.21	2.83	546.78	69.00	145.97	104.98	4.89	2233.70	5.58	1.00	160.00	1.75	140.00				
	Total for day		2168	79.68	22.66	129.53	287.46	30.00	86.06	23.86	1226.60	116.50	552.72	132.78	12.64	4141.90	10.35	1.00	160.00	1.75	222.00					

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Weight of semi- skimmed milk based on 250 mls x1.034 specific gravity
- 3 Spicy bean burger nutrients from manufacturer except total sugars. Total sugars calculated from code 15331: total sugars as 45.0% total CHO
- 4 Code 19021 for gammon steak is for ham, gammon joint, boiled
- 5 Frozen mousse: manufacturer's information
- 6

Annex 3

	Saturated														Portions fruit (n)	Portions veg (n)	Portions fruit (g)	Portions veg (g)	Total F+V (g)	Portions	
	Energy (kcal)	Fat (g)	fat (g)	Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)							Salt (g)
Monday	1937	56.98	11.15	85.08	281.36	27.58	88.88	19.33	598.56	293.19	378.75	126.19	13.00	2277.01	5.68	1.00	4	112.00	325.00	437.00	546.25
Tuesday	2278	89.67	19.82	118.79	311.30	27.74	68.41	25.54	846.44	466.80	433.61	45.59	12.97	2211.18	5.53	1.00	1.00	160.00	185.00	345.00	431.25
Wednesday	1822	67.80	20.11	85.65	263.51	23.05	48.18	16.53	832.05	321.36	292.55	183.11	6.95	2844.30	7.11	2.00	2.00	220.00	233.00	453.00	566.25
Thursday	1567	24.40	6.25	77.38	288.88	33.60	63.57	18.32	661.82	569.91	441.04	175.55	7.89	2715.52	6.78	1.00	3.50	160.00	272.00	432.00	540
Friday	2338	86.46	25.86	92.40	318.93	47.25	90.76	23.58	772.51	575.52	263.35	117.31	10.35	3302.88	8.75	1.00	2.00	120.00	220.00	340.00	425
Saturday	2024	86.92	28.37	97.10	238.30	20.99	88.67	17.36	1273.97	426.72	360.66	63.14	9.69	3111.66	7.78	1.00	1.00	100.00	223.00	323.00	403.75
Sunday	2168	79.68	22.66	129.53	287.46	30.00	86.06	23.86	1226.60	116.50	552.72	132.78	12.64	4141.90	10.35	1.00	1.75	160.00	222.00	382.00	477.5
Average incl Sat & Sun	2019	70.27	19.17	97.99	284.25	30.02	76.36	20.65	887.42	395.71	389.01	120.52	10.50	2943.49	7.43	1.1	2.1	147.43	240.0	387.4	484.2857
Average excl Sat & Sun	1988	65.06	16.64	91.86	292.80	31.84	71.96	20.66	742.28	445.36	361.94	129.55	10.23	2670.18	6.77	1.2	2.5	145.33	243.0	388.3	485.4167

Annex 3	Food Code	Food item	Serving weight (g)	Energy (kcal)	Saturated		Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?				
					Fat (g)	fat (g)																						
Week 3	Monday	Breakfast	11497	Rice Krispies	30	115	0.3	0.09	3.12	27.87	0.21	1.83	2.37	135.9	47.5	99.9	0.3	195	0.49									
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75	8.75	0.05	300	47.5	22.5	5	1	107.5	0.27									
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32		28.8		1.15	252	0.63								
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10							160	0.40							yes	
			17073	Strawberry jam	30	78			20.7	20.7		0.18	0.06	3.6			3	0.03	8.7	0.02								
Sub-Total				592	20.06	5.65	37.75	89.06	5.11	17.99	4.21	515.82	47.5	151.2	8	2.48	723.2	1.81	0.00	0.00	0.00	0.00						
Week 3	Monday	Lunch	2530	Ravioli	160	96	16.16	0.96	6.56	96.00	0.16	2.88	1.28	22.40		4.80	1.60	0.56	960.00	2.40				yes				
			5072	Sandwich Baguette	43	136	0.6	0.1	1.19	27.55	1.3	4.40	0.45	12.8	0	7.5	0	0.28	266.50	0.67								
Sub-Total				232	16.76	1.06	7.75	123.55	1.46	7.28	1.73	35.20	0.00	12.30	1.60	0.84	1226.50	3.07	0.00	0.00	0.00	0.00						
Week 3	Monday	Tea	5063	Potato noisettes	84	140	4.54	0.5	0.45	22.5	1.93	2.35	0.42	26.88		30.24	0.25	386.4	0.97									
			13440	Peas, frozen	60	41	0.54	0.12	1.62	5.82	3.06	3.6	0.96	21		19.8	7.2	0.42	1.2	0.00			1	60				
			Pre-analysed	Braised sausage	200	235	15.28	6	7.19	17	1.19	8.04	0.68	70.91	0.42	9.93	4.82	0.63	1175.85	2.94			25					
			14046	Banana weighed with skin	170	105	0.34	0.17	23.46	26.01	1.19	1.36	1.7	6.8		15.3	11.9	0.17	1.7	0.004			1	112				
Sub-Total				521	20.70	6.79	32.72	71.33	7.37	15.35	3.76	125.59	0.42	45.03	54.16	1.47	1565.15	3.91	1.00	137.00	1.00	60.00						
Total for day				1345	57.52	13.50	78.22	283.94	13.94	40.62	9.70	676.61	47.92	208.53	63.76	4.79	3514.85	8.79	1.00	137.00	1.00	60.00						

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Weight of semi-skimmed milk based on 250 mls x1.034 specific gravity
- 3 Sandwich baguette: manufacturer's information except for zinc and total sugars - used code 11471
- 4 Potato noisettes: macronutrients (except sugars) and sodium from manufacturer. Micronutrients from code 13040. Total sugars calculated from code 13040: total sugars as 1.98% total CHO
- 5 Braised sausage: Total sugars calculated from code 19351: total sugars as 42.3% total CHO
- 6 Ravioli: Manufacturer's information for macronutrients plus sodium. Micronutrients from code 10267
- 7

Annex 3	Food Code	Food item	Serving weight (g)	Energy (kcal)	Saturated				NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?			
					Fat (g)	fat (g)	Total sugar (g)	CHO																			
Week 3	Tuesday	Breakfast	11497	Rice Krispies	30	115	0.3	0.09	3.12	27.87	0.21	1.83	2.37	135.9	99.9	0.3	195	0.49									
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5	22.5	5	1	107.5	0.27							
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32		28.8		1.15	252	0.63							
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10							160	0.40						yes	
			17073	Strawberry jam	30	78			20.7	20.7		0.18	0.06	3.6			3	0.03	8.7	0.02							
			Sub-Total				592	20.06	5.65	37.75	89.06	5.11	17.99	4.21	515.82	47.5	151.2	8	2.48	723.2	1.81	0.00	0.00	0.00	0.00		
Week 3	Tuesday	Lunch	pre-analysed	Scotch Broth	370	132	0.64	0.13	11.09	26.41	1.39	5.29	0.17	13.07	520.1	3.63	1.38	0.08	878.46	2.20			1	50	yes		
			pre-analysed	Macaroni Cheese	350	584	30.87	12	9.63	47	2.11	16.92	1.43	342.97	153.37	22.56	0.14	2.51	433.82	1.08							
				Garlic bread	30	102	4.7	1.2	0.7	13.4	0.9	2.20	0.99	35.8	84	6	0.32	0.19	200	0.5							
			Sub-Total				818	36.21	13.33	21.42	86.81	4.40	24.41	2.59	391.84	757.47	32.19	1.84	2.78	1512.28	3.78	0.00	0.00	1.00	50.00		
Week 3	Tuesday	Tea	5088	Recipe: Beef cottage pie	350	336	14.35	4.9	8.05	38.15	3.85	16.45	2.03	42	31.15	45.5	14	3.08	556.5	1.39			1	75			
			13444	Cabbage, boiled	160	26	0.64	0.16	3.2	3.52	2.88	1.60	0.48	52.80		62.40	32.00	0.16	12.80	0.03			2	160			
			14190	Pear	160	64	0.16		16.00	16.00	3.52	0.48	0.32	17.60			3.20	9.60	0.16	4.80	0.01	1	160				
			Sub-Total				426	15.15	5.06	27.25	57.67	10.25	18.53	2.83	112.40	31.15	111.10	55.60	3.40	574.10	1.43	1.00	160.00	3.00	235.00		
Total for day				1835	71.42	24.04	86.42	233.54	19.76	60.93	9.63	1020.06	836.12	294.49	65.44	8.66	2809.58	7.02	1.00	160.00	4.00	285.00					

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Weight of semi- skimmed milk based on 250 mls x1.034 specific gravity
- 3 Scotch broth, total sugars calculated from code 17277: total sugars as 42% total CHO
- 4 Macaroni cheese, total sugars calculated from code 11562: total sugars as 20.5% total CHO
- 5 Garlic bread: manufacturer's information
- 6
- 7

Annex 3			Food Code	Food item	Serving weight (g)	Energy (kcal)	Fat (g)	Saturated fat (g)	Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?		
Week 3	Wednesday	Breakfast	11497	Rice Krispies	30	115	0.3	0.09	3.12	27.87	0.21	1.83	2.37	135.9		99.9		0.3	195	0.49								
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5	22.5	5	1	107.5	0.27								
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32		28.8		1.15	252	0.63								
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10							160	0.40							yes	
			17073	Strawberry jam	30	78			20.7	20.7		0.18	0.06	3.6			3	0.03	8.7	0.02								
Sub-Total					592	20.06	5.65	37.75	89.06	5.11	17.99	4.21	515.82	47.5	151.2	8	2.48	723.2	1.81	0.00	0.00	0.00	0.00					
Week 3	Wednesday	Lunch	pre-analysed	Minestrone Soup	370	81	0.42	0.07	3.61	17.19	1.71	2.59	0.33	16.61	526.64	8.33	1.59	0.22	691.32	1.73				50		yes		
			Pre-analysed	Ham sandwich	140	243	5.74	1.28	2.98	29.84	4.90	18.25	2.15	80.52	0.76	40.20	0.00	2.23	1047.20	2.62								
			14012	Kiwi fruit	120	59	0.60		12.36	12.72	2.28	1.32	0.48	30.00			70.80	0.12	4.80	0.01	1	120						
Sub-Total					383	6.76	1.35	18.95	59.75	8.89	22.16	2.96	127.13	527.40	48.53	72.39	2.57	1743.32	4.36	1.00	120.00	0.00	50.00					
Week 3	Wednesday	Tea	5089	Recipe: Lentil Dahl	350	441	2.8	0.35	8.75	78.75	8.4	31.50	13.79	140		31.5	2.8	4.31	287	0.72	1	170				yes		
			11050	Long grain white rice	200	246	0.6			59.2	0.4	4.4	0.4	2				1	4	0.01								
			13206	Carrots (no seasoning)	140	31	0.42	0.14	4.62	6.58	3.22	0.56	0.42	42		21	2.8	0.14	49	0.12			1.75	140				
			14012	Apple	100	47	0.10		11.80	11.80	1.80	0.40	0.10	4.00		1.00	6.00	0.10	3.00	0.01	1	100						
Sub-Total					765	3.92	0.49	25.17	156.33	13.82	36.86	14.71	188.00	0.00	53.50	11.60	5.55	343.00	0.86	1.00	100.00	2.75	310.00					
Total for day					1740	30.74	7.49	81.87	305.14	27.82	77.01	21.88	830.95	574.90	253.23	91.99	10.60	2809.52	7.03	2.00	220.00	2.75	360.00					

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Weight of semi- skimmed milk based on 250 mls x1.034 specific gravity
- 3 Minestrone soup, total sugars calculated from code 17267: total sugars as 21% total CHO
- 4 Ham sandwich, total sugars calculated from code 11566: total sugars as 10% total CHO
- 5
- 6
- 7

Annex 3			Food Code	Food item	Serving weight (g)	Energy (kcal)	Fat (g)	Saturated fat (g)	Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?		
Week 3	Thursday	Breakfast	11497	Rice Krispies	30	115	0.3	0.09	3.12	27.87	0.21	1.83	2.37	135.9		99.9		0.3	195	0.49								
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5	22.5	5	1	107.5	0.27								
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32		28.8		1.15	252	0.63								
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10							160	0.40						yes		
			17073	Strawberry jam	30	78			20.7	20.7		0.18	0.06	3.6			3	0.03	8.7	0.02								
Sub-Total					592	20.06	5.65	37.75	89.06	5.11	17.99	4.21	515.82	47.5	151.2	8	2.48	723.2	1.81	0.00	0.00	0.00	0.00					
Week 3	Thursday	Lunch	Pre-analysed	Country Veg Soup	370	136	1.02	0.23	14.64	26.01	5.12	6.14	1.40	42.95	544.93	7.50	5.25	1.09	891.71	2.23			1.00	75.00	yes			
			5090	Recipe: Doner (lamb) kebab	125	315	18.13	8.13	0.88	11.75	0.38	27.38	2.91	52.5	13.87	3.75	0.75	4.85	533.75	1.33								
			13269	Iceberg lettuce	80	10	0.24		1.52	1.52	0.48	0.56	0.32	15.2		42.4	2.4	0.08	1.6	0.00		1	80					
			13460	half tomato	43	7	0.13	0.04	1.33	1.33	0.43	0.30	0.22	3.01		9.46	7.31	0.04	3.87	0.01		0.5	43					
			13233	3 slice cucumber	18	2	0.02		0.25	0.27	0.11	0.16	0.07	4.14		2.07	0.46	0.02	0.69	0.00								
			5092	Recipe: Chilli dip pitta sauce	140	71	0.70	0.28	7.28	14.84	0.56	1.96	0.69	23.80		1.4	0.28	0.18	1145.2									
			11465	Pitta bread	60	153	0.78	0.12	1.8	33.06	1.44	5.46	1.14	82.8		12		0.48	263.4	0.66								
Sub-Total					694	21.02	8.80	27.70	88.78	8.51	41.96	6.74	224.40	558.80	78.58	16.45	6.74	2840.22	4.23	0.00	0.00	2.50	216.00					
Week 3	Thursday	Tea	Pre-analysed	Chinese chicken	380	424	17.07	2	14.97	29	2.36	41.55	8.86	150	86.46	22.53	2.35	2.19	814.05	2.04				50				
			11050	Long grain white rice	200	246	0.6			59.2	0.4	4.4	0.4	2				1	4	0.01								
			2353	Mixed veg	140	59	0.7		5.04	9.24		4.62	1.12	49		72.8	18.2	0.56	49	0.12			1.75	140				
			14298	Orange, medium	160	59	0.16		13.6	13.6	2.72	1.76	0.16	75.2		49.6	86.4	0.16	8	0.02		1	160					
Sub-Total					788	18.53	2.00	33.61	111.04	5.48	52.33	10.54	276.20	86.46	144.93	106.95	3.91	875.05	2.19	1.00	160.00	1.75	190.00					
Total for day					2074	59.61	16.45	99.06	288.88	19.10	112.28	21.49	1016.42	692.76	374.71	131.40	13.13	4438.47	8.23	1.00	160.00	4.25	406.00					

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Weight of semi-skimmed milk based on 250 mls x 1.034 specific gravity
- 3 Country vegetable soup, total sugars calculated from code 17283: total sugars as 56.3% total CHO
- 4 Chinese chicken, total sugars calculated from code 548: total sugars as 51.6% total CHO
- 5
- 6
- 7

Annex 3	Food Code	Food item	Serving weight (g)	Energy (kcal)	Saturated fat		Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?				
					Fat (g)	fat (g)																						
Week 3	Friday	Breakfast	11497	Rice Krispies	30	115	0.3	0.09	3.12	27.87	0.21	1.83	2.37	135.9		99.9		0.3	195	0.49								
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5	22.5	5	1	107.5	0.27								
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32		28.8			1.15	252	0.63							
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10								160	0.40						yes	
			17073	Strawberry jam	30	78			20.7	20.7		0.18	0.06	3.6			3	0.03	8.7	0.02								
Sub-Total				592	20.06	5.65	37.75	89.06	5.11	17.99	4.21	515.82	47.5	151.2	8	2.48	723.2	1.81	0.00	0.00	0.00	0.00						
Week 3	Friday	Lunch	pre-analysed	Cream of leek soup	370	438	32.69	7.00	7.92	33.00	1.24	5.21	1.51	106.20	290.43	15.36	1.81	0.43	276.35	0.69		35.00	yes					
			pre-analysed	Egg mayo sandwich	180	354	17.77	4	2.39	31	0.95	18.07	3.35	125.06	18.72	62.14		2.26	606.70	1.76								
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5	22.5	5	1	107.5	0.27								
Sub-Total				907	54.71	13.75	22.06	75.75	2.19	32.03	4.91	531.26	356.65	100.00	6.81	3.69	990.55	2.72	0.00	0.00	0.00	35.00						
Week 3	Friday	Tea	Pre-analysed	Vegetable country pie	395	522	12.06	4.1	7.46	84.19	8.08	24.18	6.51	180.34	96.15	128.47	17.97	3.43	233.11	0.58			75					
			13421	Boiled potatoes	170	122	0.17		1.19	28.90	2.04	3.06	0.68	8.50		32.30	10.20	0.51	11.90	0.03								
			5057	Recipe Mushy peas	79	236	1.86	0.32	1.9	40.53	10.11	16.91	3.71	48.19						324	0.81			1	79			
			14046	Banana weighed with skin	170	105	0.34	0.17	23.46	26.01	1.19	1.36	1.7	6.8		15.3	11.9	0.17	1.7	0.004	1	112						
Sub-Total				986	14.43	4.59	34.01	179.63	21.42	45.51	12.60	243.83	96.15	176.07	40.07	4.11	570.71	1.42	1.00	112.00	1.00	154.00						
Total for day				2485	89.20	23.99	93.82	344.44	28.72	95.53	21.72	1290.91	500.30	427.27	54.88	10.28	2284.46	5.95	1.00	112.00	1.00	189.00						

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Weight of semi- skimmed milk based on 250 mls x1.034 specific gravity
- 3 Cream of leek soup: Total sugars calculated from code 17276: total sugars as 24% total CHO
- 4 Egg mayonnaise sandwich: Total sugars calculated from code 11567: total sugars as 7.7% total CHO
- 5 Vegetable country pie: Total sugars calculated from code 15312: total sugars as 8.9% total CHO
- 6 Mushy peas see recipe details: analysis is done on dried weight
- 7

Annex 3	Food Code	Food item	Serving weight (g)	Energy (kcal)	Saturated fat		Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?	
					Fat (g)	fat (g)																			
Week 3	Saturday	Breakfast	11497	Rice Krispies	30	115	0.3	0.09	3.12	27.87	0.21	1.83	2.37	135.9		99.9	0.3	195	0.49						
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5	22.5	1	107.5	0.27						
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32		28.8	1.15	252	0.63						
			17023	Flora margarine	20	127	14	2.52	0.16	0.16		0.10						160	0.40					yes	
			17073	Strawberry jam	30	78			20.7	20.7		0.18	0.06	3.6		3	0.03	8.7	0.02						
Sub-Total					592	20.06	5.65	37.75	89.06	5.11	17.99	4.21	515.82	47.5	151.2	8	2.48	723.2	1.81	0.00	0.00	0.00	0.00		
Week 3	Saturday	Lunch	13010	Baked potato	300	408	0.6		3.6	95.1	8.1	11.7	2.1	33		132	42	1.5	36	0.09			yes		
			5077	Baked beans	140	104	0.42	0.14	5.6	19.04	6.86	5.88	1.68	63		32.2		0.7	560	1.40		1	80		
Sub-Total					512	1.02	0.14	9.20	114.14	14.96	17.58	3.78	96.00	0.00	164.20	42.00	2.20	596.00	1.49	0.00	0.00	1.00	80.00		
Week 3	Saturday	Tea	5062	Vegetable grill	85	151	10.43	0.63	5.36	11.9	1.75	2.38	3.15	70		66.5		1.12	322	0.81				42	
			5063	Potato noisettes	84	140	4.54	0.5	0.45	22.5	1.93	2.35	0.42	26.88		30.24		0.25	386.4	0.97					
			13370	Sweetcorn	60	67	1.38	0.18	1.38	11.76	1.32	2.5	0.36	1.8		20.4	4.2	0.24	0.6	0.00		1	60		
			14012	Apple	100	47	0.1		11.8	11.8	1.8	0.4	0.1	4		1	6	0.1	3	0.01	1	100			
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5	22.5	5	1	107.5	0.27					
			14190	Pear	160	64	0.16		16.00	16.00	3.52	0.48	0.32	17.60		3.20	9.60	0.16	4.80	0.01	1	160			
			11506	Blue riband biscuit	24	120	5.83	3.16	10.99	16.22	0.36	1.75	0.312	31.2	5.76	2.16		0.192	56.4	0.14					
			17125	Corn snacks packet	25	130	7.98	2.95	1.15	13.58	0.25	1.75	0.2	17		12.25		0.13	282.5	0.71					
			5080	Vanilla ice cream brickette	36	55	3.53	1.91	7.45	7.45	0	1.04		36	35.46	2.16	0.36	0.11	28.8	0.07					
Sub-Total					889	38.20	12.08	66.33	122.96	10.93	21.40	4.91	504.48	88.72	130.17	55.40	3.30	1192.00	2.98	2.00	260.00	1.00	102.00		
Total for day					1993	59.28	17.87	113.28	326.16	31.00	56.97	12.90	1116.30	136.22	445.57	105.40	7.98	2511.20	6.28	2.00	260.00	2.00	182.00		

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- 1 Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- 2 Weight of semi-skimmed milk based on 250 mls x1.034 specific gravity
- 3 Vegetable grill: manufacturer's information for macronutrients (except sugars) and sodium. Micronutrients from code 15331. Total sugars calculated from code 15331: total sugars as 45.0% total CHO
- 4 Potato noisettes: macronutrients (except sugars) and sodium from manufacturer. Micronutrients from code 13040. Total sugars calculated from code 13040: total sugars as 1.98% total CHO
- 5
- 6
- 7

Annex 3	Food Code	Food item	Serving weight (g)	Energy (kcal)	Saturated		Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions fruit (g)	Portions veg (g)	Portions Oily fish (n)	Bread available at meal?	PUFA or mono or low fat oils and spreads only?				
					Fat (g)	fat (g)																						
Week 3	Sunday	Breakfast	11497	Rice Krispies	30	115	0.3	0.09	3.12	27.87	0.21	1.83	2.37	135.9		99.9		0.3	195	0.49								
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75		8.75	0.05	300	47.5		22.5		1	107.5	0.27							
			2100	Wholemeal Bread	72	156	1.51	0.29	2.02	28.58	4.9	7.13	1.73	76.32					1.15	252	0.63							
			17023	Flora margarine	20	127	14	2.52	0.16			0.10								160	0.40						yes	
			17073	Strawberry jam	30	78			20.7	20.7		0.18	0.06	3.6				3	0.03	8.7	0.02							
Sub-Total				592	20.06	5.65	37.75	89.06	5.11	17.99	4.21	515.82	47.5	151.2	8	2.48	723.2	1.81	0.00	0.00	0.00	0.00						
Week 3	Sunday	Lunch	13010	Baked potato	300	408	0.6	3.6	95.1	8.1	11.7	2.1	33		132	42	1.5	36	0.09					yes				
			12134	Cheese (cheddar)	120	494	41.3	26.04	0.12	0.12		30.6	0.36	864	390	39.6		2.76	804	2.01								
Sub-Total				902	41.90	26.04	3.72	95.22	8.10	42.30	2.46	897.00	390.00	171.60	42.00	4.26	840.00	2.10	0.00	0.00	0.00	0.00						
Week 3	Sunday	Tea	2354	Turkey roll	90	99	1.08	0.36	0.18	0.81		21.60	0.72	13.5		4.5		1.35	459	1.15								
			5063	Potato noisettes	84	140	4.54	0.5	0.45	22.5	1.93	2.35	0.42	26.88			30.24		0.25	386.4	0.97							
			13083	Green beans	140	31	0.7	0.14	2.94	4.06	3.36	2.52	1.54	47.6		79.8	15.4	0.28	4.2	0.01			1.75	140				
			5094	Gravy	50	10	0.05	0.2	2.05	0.05	0.15	0.02	0.5						0.01	150	0.38							
			14046	Banana weighed with skin	170	105	0.34	0.17	23.46	26.01	1.19	1.36	1.7	6.8		15.3	11.9	0.17	1.7	0.004		1	112					
			12313	Semi Skimmed Milk	259	115	4.25	2.75	11.75	11.75	NA	8.75	0.05	300	47.5		22.5	5	1	107.5	0.27							
			14298	Orange, medium	160	59	0.16		13.6	13.6	2.72	1.76	0.16	75.2		49.6	86.4	0.16	8	0.02		1	1			160		
			17125	Corn snacks packet	25	130	7.98	2.95	1.15	13.58	0.25	1.75	0.2	17		12.25		0.13	282.5	0.71								
			11506	Blue riband	24	120	5.83	3.16	10.99	16.22	0.36	1.75	0.312	31.2	5.76	2.16		0.192	56.4	0.14								
			5083	Frozen mousse	64	115	5.12	2.5	12.29	14.08		2.62	0.03	62.08	15.74	2.56	0.58	0.24	117.1	0.29								
			Sub-Total				925	30	13	77	125	10	45	5	581	69	189	150	4	1573	4	2	113	2	300			
			Total for day				2418	92	44	118	309	23	105	12	1994	507	511	200	11	3136	8	2	113	2	300			

ASSUMPTIONS (Please list any assumptions made for each food item included in the day, for example please state where nutritional analysis information has been taken from the label (preferred option for macronutrients) and which food code has been used as a source of information on micronutrients)

- Allied wholemeal bread: macronutrients from manufacturer, micronutrients from code 11476 wholemeal bread, average
- Weight of semi- skimmed milk based on 250 mls x1.034 specific gravity
- Potato noisettes: macronutrients (except sugars) and sodium from manufacturer. Micronutrients from code 13040. Total sugars calculated from code 13040: total sugars as 1.98% total CHO
- Green beans: estimated portion size. Unable to confirm
- Turkey roll: macronutrients plus sodium from manufacturer. Micronutrients from code 19156
- Gravy: made from 63g SPS gravy mix to 1 L water. SPS gravy mix macronutrients plus sodium from manufacturer. Micronutrients from code 17310. Portion size from FSA Food Portion sizes - medium portion.
-

Week 3 Calculations

	Saturated																Total F+V				
	Energy (kcal)	Fat (g)	fat (g)	Total sugar (g)	CHO	NSP (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vit A (ug)	Folate (ug)	Vitamin C (mg)	Zinc (mg)	Sodium (mg)	Salt (g)	Portions fruit (n)	Portions veg (n)	Portions fruit (g)	Portions veg (g)	(g)	Portions
Monday	1345	57.52	13.50	78.22	283.94	13.94	40.62	9.70	676.61	47.92	208.53	63.76	4.79	3514.85	8.79	1.00	1	137.00	60.00	197.00	246.25
Tuesday	1835	71.42	24.04	86.42	233.54	19.76	60.93	9.63	1020.06	836.12	294.49	65.44	8.66	2809.58	7.02	1.00	4.00	160.00	285.00	445.00	556.25
Wednesday	1740	30.74	7.49	81.87	305.14	27.82	77.01	21.88	830.95	574.90	253.23	91.99	10.60	2809.52	7.03	2.00	2.75	220.00	360.00	580.00	725
Thursday	2074	59.61	16.45	99.06	288.88	19.10	112.28	21.49	1016.42	692.76	374.71	131.40	13.13	4438.47	8.23	1.00	4.25	160.00	406.00	566.00	707.5
Friday	2485	89.20	23.99	93.82	344.44	28.72	95.53	21.72	1290.91	500.30	427.27	54.88	10.28	2284.46	5.95	1.00	1.00	112.00	189.00	301.00	376.25
Saturday	1993	59.28	17.87	113.28	326.16	31.00	56.97	12.90	1116.30	136.22	445.57	105.40	7.98	2511.20	6.28	2.00	2.00	260.00	182.00	442.00	552.5
Sunday	2418	92.01	44.22	118.48	308.94	23.07	104.90	11.82	1993.58	506.50	511.47	199.52	10.52	3136.00	7.84	2.00	1.75	113.00	300.00	413.00	516.25
Average incl Sat & Sun	1984	65.68	21.08	95.88	298.72	23.34	78.32	15.59	1134.98	470.67	359.32	101.77	9.42	3072.01	7.30	1.4	2.4	166.00	254.6	420.6	525.7143
Average excl Sat & Sun	1896	61.70	17.09	87.88	291.19	21.87	77.27	16.88	966.99	530.40	311.65	81.49	9.49	3171.38	7.40	1.2	2.6	174.83	247.0	421.8	527.2917

Annex 5

Daily Energy and Nutrient Standards for males (averaged over 7 days)				Prison Menu							
				Week 1 (averaged over 7 days)		Week 2 (averaged over 7 days)		Week 3 (averaged over 7 days)		Average of 3 weeks	
				Incl Sat Sun	Excl Sat Sun	Incl Sat Sun	Excl Sat Sun	Incl Sat Sun	Excl Sat Sun	Incl Sat Sun	Excl Sat Sun
Energy and Nutrient Standards for Males		Unit	(over 18 years)								
Energy	EAR ¹	MJ	10.6	9.5	9.2	8.5	8.3	8.3	7.9	8.8	8.5
		Kcal	2,550	2280	2196	2019	1988	1984	1896	2094	2027
Fat	Not more than 35% of food energy	Max g	99.2	77.64	73.87	70.27	65.06	65.68	61.70	71.20	66.88
Saturated Fatty Acids	Not more than 11% of food energy	Max g	31.2	22.93	19.41	19.17	16.64	21.08	17.09	21.06	17.71
Total Carbohydrates	At least 50% of food energy	Min g	340	324.52	311.35	284.25	292.80	298.72	291.19	302.50	298.39
Fibre as NSP (non-starch polysaccharides)	Dietary Reference Value	Min g	18	29.56	28.41	30.02	31.84	23.34	21.86	27.60	27.40
Protein	RNI ³	Min g	55.5	88.24	89.92	76.36	71.96	78.32	77.27	81.00	79.70
Iron	RNI	Min mg	8.7	16.21	15.63	20.65	20.66	15.59	16.88	17.50	17.70
Calcium	RNI	Min mg	700	977.51	737.69	887.42	742.28	1134.98	966.99	999.90	815.70
Vitamin A (retinol equivalents)	RNI	Min ug	700	1065.40	1332.82	395.71	445.36	470.67	530.40	643.90	769.53
Folate	RNI	Min ug	200	400.74	340.65	389.01	361.94	359.32	311.65	383.02	338.10
Vitamin C	RNI	Min mg	40	99.73	107.56	120.52	129.55	101.77	81.49	107.34	106.20
Zinc	RNI	Min mg	9.5	10.11	9.81	10.50	10.23	9.42	9.49	10.00	9.80
Salt	SACN recommendation ⁴	Max g	6	8.37	8.05	7.43	6.77	7.30	7.40	7.70	7.40
Food Standards				Week 1		Week 2		Week 3		Average of 3 weeks	
				Incl Sat Sun	Excl Sat Sun	Incl Sat Sun	Excl Sat Sun	Incl Sat Sun	Excl Sat Sun	Incl Sat Sun	Excl Sat Sun
Oily Fish	Oily fish should be available at least once a week.			1		0		0		0.3	
Bread	A variety of extra bread, including brown and wholemeal, should be available as an accompaniment to every meal.			lunch only	lunch only	lunch only	lunch only	lunch only	lunch only	lunch only	lunch only
Fat, spreads and oils	Only polyunsaturated and monounsaturated fats, spreads and oils and/or low fat polyunsaturated and monounsaturated spreads should be used.			yes	yes	yes	yes	yes	yes	yes	yes

Annex 6 FSAS Estimated Non Milk Extrinsic Sugars

Week 1	Total sugar	Less total sugar from Fruit+Veg + Milk	Total NMES	
Monday	84.53		43.55	40.98
Tuesday	105.63		38.42	67.21
Wednesday	84.28		30.57	53.71
Thursday	121.27		39.65	81.62
Friday	88.8		61.26	27.54
Saturday	129.04		38.9	90.14
Sunday	96		40.4	55.6
Average incl Sat and Sun	101.36		41.8	59.54 = 223 kcal
Sun				= 9.8% of 2280kcal
Average excl Sat and Sun	96.9		42.69	54.21 = 203.3 =
Sun				9.25% of 2196

Week 2	Total sugar	Less total sugar from Fruit+Veg + Milk	Total NMES	
Monday	85.08		44.86	40.22
Tuesday	118.79		28.87	89.92
Wednesday	85.65		40.3	45.35
Thursday	77.38		31.57	45.81
Friday	92.4		26.01	66.39
Saturday	97.1		40.48	56.62
Sunday	129.53		38.29	91.24
Average incl Sat and Sun	97.99		35.77	62.22 =233 kcal
Sun				= 11.56% of 2019
Average excl Sat and Sun				57.38 =215.2 =10.8%
Sun	91.86		34.32	of 1988

Week 3	Total sugar	Less total sugar from Fruit+Veg + Milk	Total NMES	
Monday	78.22		36.83	41.39
Tuesday	86.42		40.58	45.84
Wednesday	81.87		40.53	41.34
Thursday	99.06		33.49	65.57
Friday	93.82		50.05	43.77
Saturday	113.28		56.28	57
Sunday	118.48		67.1	51.38
Average incl Sat and Sun	95.88		46.4	49.47=185.5 kcal=
Sun				9.35% 1984
Average excl Sat and Sun	87.89		40.3	47.58 =178.4kcal
Sun				=9.4% of 1896

Annex 7

FSAS recalculated fruit and vegetable portions using total weight consumed per day

Week 1	Original total	Revised total
Monday	4	5.6
Tuesday	5.75	6.6
Wednesday	3.5	4.5
Thursday	4	6.6
Friday	4	4.8
Saturday	2	2.75
Sunday	2	2.52
Incl Sat and Sun	3.64	4.8
Excl Sat and sun	4.25	5.6
Week 2	Original total	Revised total
Monday	5	5.5
Tuesday	2	4.3
Wednesday	4	5.7
Thursday	4.5	5.4
Friday	3	4.2
Saturday	2	4
Sunday	2.75	4.8
Incl Sat and Sun	3.32	4.8
Excl Sat and sun	3.7	4.9
Week 3	Original total	Revised total
Monday	2	2.5
Tuesday	5	5.6
Wednesday	4.75	7.2
Thursday	5.25	7.1
Friday	2	3.8
Saturday	4	5.5
Sunday	3.75	5.2
Incl Sat and Sun	3.82	5.3
Excl Sat and sun	3.8	5.3

Annex 8

Foods included in the analysis which are not compliant with HLA criteria

Cornflakes/Branflakes/Rice Crispies	Breakfast cereal must be higher fibre with no added sugar
Strawberry jam	should only be an optional extra and would not form part of a HLA criteria item
Haggis roll	Too high in fat and salt
Pork meatballs	Too high in salt
Sponge pudding	HLA dessert must be fruit-based
Sandwich	Must be made with higher-fibre bread or if made with white bread must contain salad/veg
Soya bolognaise	If bought-in would not meet product specification for sodium
Potato scone	Too high in salt
Cheddar cheese	Must be less than 27g fat per 100g
Soya pie recipe	Too high in salt
Ravioli recipe	Too high in salt
Sausage	Too high in salt
Garlic Bread	Too high in salt
Dip sauce	Too high in salt
Gravy mix	Too high in salt
Smoked mackerel	Too high in salt
Ham sandwich	Too high in salt
Gammon steak.	Too high in salt
Chopped pork	Too high in salt
Corn snacks	Too high in salt
Chocolate biscuit	
Frozen mousse	
Ice cream	