

Cambridge Sustainable Food Nutritional Guidelines Holiday Lunches & Prepared meals

The following document contains guidelines for the optimal nutritional content of holiday lunches and prepared meals for distribution at food hubs in Cambridge. The following guidelines are intended for children between the age of 5 and 17 years with supplementary information specific to children under 5 years. For any queries please contact us through our website - Cambridge Sustainable Food <https://cambridgesustainablefood.org/contact>
Note these guidelines are for optimal nutrition of meals while also taking into consideration environmental sustainability of foods.

Basic Requirement

- One portion of starchy carbohydrate (unprocessed – wholegrain, no salt added when cooking) ~ 33%
- Two portions of fruit or vegetables (raw, boiled or steamed, no salt added when cooking). ~33%
- One source of dairy or dairy alternative (dairy alternative preferable) (unsweetened & fortified with calcium) ~ 15%
- One portion of plant based protein source (Legumes- beans, peas, lentils). ~ 12%
- Source of healthy fats (nuts & seeds) ~7%



Where possible

Leave skin on fruit and vegetables to increase fibre and reduce waste

Choose products that meet the Responsibility Deal salt targets: <https://responsibilitydeal.dh.gov.uk>

Where possible ask suppliers for nutritional information for their products and read food labels to select those with lower amounts of fat, saturated fat, salt and sugars (see table below for guidance).

If using meat use lean unprocessed* versions & trim visible fat from meat, remove skin from poultry. *Processed meat has been treated in some way i.e. salting, curing, fermenting, smoking (e.g. bacon, sausages, hot dogs, canned meat & cured meats)

Skim fat from the surfaces of liquids.

Avoid frying or roasting. If you do, use spray oils. Roast or grill on a rack or trivet rather than cooking in a flat oven tray.

Thicken soups and sauces with puréed vegetables or reductions, rather than adding extra flour and fat.

Try halving the amount of sugar suggested in recipes or use fresh or dried fruit in dishes instead of sugar.

Opt for unsaturated fats.

Optimal meals are plant based using locally sourced, seasonal food.

Serving sizes (One serving equivalent)

Carbohydrate = 1 cup of cooked pasta, rice or noodles (or 2 cupped hands). Dried pasta - 2 handfuls, one medium baked potato, 2 slices of bread, 1 small roll, 1 pitta, 1 wrap, 40g of flaked cereal or oats.

Fruit (80g) = Fresh fruit: 1 medium fruit, 2 small fruits, 10-12 grapes/berries, one slice a fingertip length in thickness of large fruit (i.e. pineapple, melon). Tinned fruit: Three heaped tablespoons. Dried Fruit: One heaped tablespoon. Fruit juice: 150ml

Vegetables = 3 tablespoons of root veg/peas/sweetcorn, 1 tomato, half an avocado, 1 fist sized sweet potato, 220ml of homemade soup, 2 heaped handfuls of salad.

Fats: 1 handful of nuts, 1 tablespoon of seeds, 2 teaspoons of peanut butter, 1 teaspoon of oils or spreads, 2 tablespoons of low-fat spreads.

Plant based protein= 3 heaped tablespoons of beans, 200g of baked beans, 1 palm sized piece of tofu.

Non-dairy alternative= Calcium fortified soya milk alternatives 200g

Animal Products (to be limited) = 2 eggs, 60g-90g cooked meat, 140g cooked fish, 200ml of milk, 125g yoghurt, 30g cheese.

Nutrient	What is Low ? (per 100g)	What is Medium ? (per 100g)	What is High (per 100g)	What is High (per portion)
Fat	3g or less	3-17.5g	More than 17.5g	More than 21g
Saturated Fat	1.5g or less	1.5-5g	More than 5g	More than 6g
Sugar	5g or less	5-22g	More than 22g	More than 27g
Salt	.3g or less	0.3-1.5g	More than 1.5g	More than 1.8g
Criteria for drinks(100ml)				
Fat	1.5g or less	1.5-8.75g	More than 8.75g	More than 10.5g
Saturated Fat	.75g or less	.75-2.5g	More than 2.5g	More than 3g
Sugars	2.5g or less	2.5g-11.25g	More than 11.25g	More than 13.5g
Salt*	.3g or less	.3-.75g	More than 0.75g	More than .9g

*Sodium from all sources expressed as salt (1g sodium =2.2g salt)

Food Label Guidance

Guidance for children under 5 years

Children under 5 years should be given:

A minimum of one portion of **starchy carbohydrate** Examples of one portion of starchy carbohydrate for under 5s are: 1 slice of bread; 1 small potato, 3 tablespoons cooked pasta or 2 heaped tablespoons cooked rice (80g); 2 tablespoons breakfast cereal.

1-2 portions of **fruit or veg** Examples of one child-sized portion are: ½ apple, ½ pear, ½ banana or ½ orange; 1 tablespoon fruit salad, tinned or stewed fruit; ½ cup of strawberries or grapes; 1 tablespoon cooked vegetables; • 1 tablespoon chopped or raw salad vegetables.

Milk or alternatives : 25g (1oz) of hard cheese; 125g carton of yogurt – avoid ‘diet’ varieties; 150ml of milk

Protein: 2–3 tablespoons of beans

Note: To reduce the risk of choking, halve small fruits and vegetables like grapes and cherry tomatoes, remove any stones and pips and cut large fruits into smaller pieces.

For children under 6 months avoid foods which contain gluten, e.g. wheat flour, bread, breakfast cereals made from wheat, rusks, spaghetti or other pastas (e.g. tinned pasta in tomato sauce). • Nuts and seeds. • Eggs. • Cow's milk, either as a drink or mixed with food. • Fish and shellfish. • Citrus fruits, including citrus fruit juices, eg orange juice. • Soft and unpasteurised cheeses. • Tofu, Quorn, soya protein

References

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