

THE NUTRITIONAL VALUE OF UK COMMERCIAL READY MEALS

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Background

£4.7 billion spent every year in the UK on ready meals
61.4% of adults either overweight or obese

Aim

To assess the nutritional value of UK commercial ready meals

Methods



Indian ready meals were analysed



Nutritional information inc. Energy, fat, saturated fat, carbohydrate, sugar, protein, fibre & salt was recorded per 100g & per portion



Data collected from Tesco, Sainsburys, Asda & Morrisons



Meals were categorised as standard, value, luxury & healthy

Findings



High in saturated fat

Low - medium in sugar

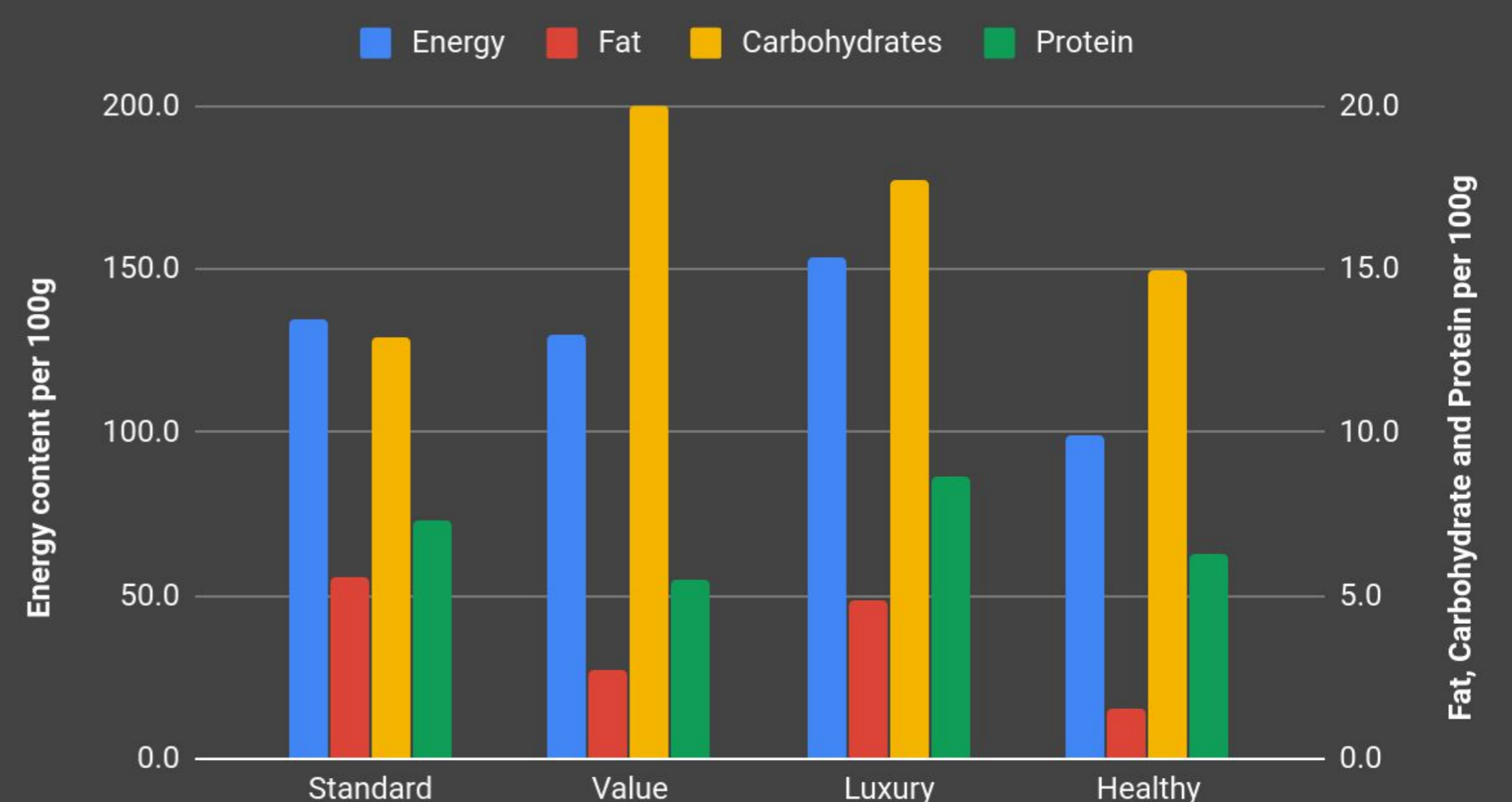


Low in fibre

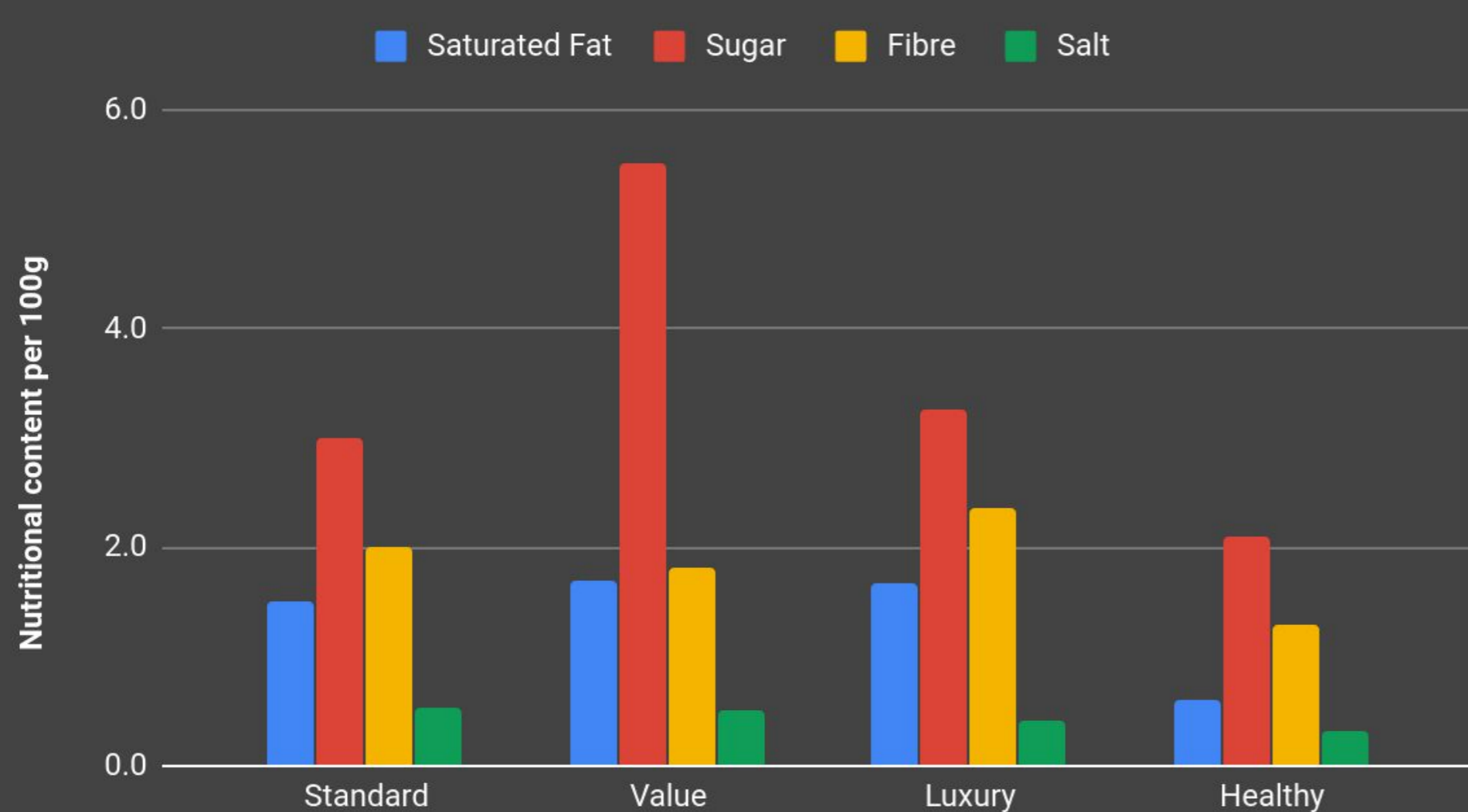
High in salt



Energy and Macronutrients



Macronutrient content



Findings

Luxury ready meals report the highest fat, saturated fat, carbohydrates, sugar, protein, & fibre content per portion

Healthy ready meals report the lowest in fat, saturated fat, sugar, fibre & salt content per portion

Conclusion

Most ready meal options for consumers have low nutritional value, especially 'luxury' ready meals. The 'healthy' ready meals show that reformulation is possible to provide more nutritionally balanced products. The results show consumers have a wide choice of ready meals to purchase.

References

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