



Title of Report:	NUTRITIONAL CONTENT OF CHEESECAKE REPORT
Committee Report Submitted To:	ENVIRONMENTAL SERVICES COMMITTEE
Date of Meeting:	10th NOVEMBER 2020
For Decision or For Information	FOR INFORMATION

Linkage to Council Strategy (2019-23)	
Strategic Theme	Resilient, Healthy & Engaged communities
Outcome	To provide information on results of nutritional analysis survey of cheesecake available from out of home businesses across Northern Ireland in 2019
Lead Officer	Head of Health & Built Environment

Budgetary Considerations	
Cost of Proposal	N/A
Included in Current Year Estimates	N/A
Capital/Revenue	N/A
Code	N/A
Staffing Costs	N/A

Screening Requirements	Required for new or revised Policies, Plans, Strategies or Service Delivery Proposals.		
Section 75 Screening	Screening Completed:	N/A	Date:
	EQIA Required and Completed:	N/A	Date:
Rural Needs Assessment (RNA)	Screening Completed	N/A	Date:
	RNA Required and Completed:	N/A	Date:
Data Protection Impact Assessment (DPIA)	Screening Completed:	N/A	Date:
	DPIA Required and Completed:	N/A	Date:

1.0 Purpose of Report

1.1 The purpose of this report is to advise members of the publication of a report by the Food Standards Agency which details the results of a cheesecake nutritional survey that Council's Environmental Health Department participated in.

2.0 Background

2.1 Obesity is one of the most important public health challenges currently facing Northern Ireland, with 62% of adults and 27% of children aged 2-15 classified as overweight or obese. Research shows the NI population is eating too much sugar, saturated fat and salt and not enough fruit, vegetables and wholegrain foods.

2.2 Research commissioned by the FSA in 2018 reported that 71% of NI consumers eat out at least once a month, meaning these businesses now have a greater part to play in helping to make the healthier choice easier.

2.3 Public Health England (PHE) identified 'puddings' such as cheesecake, pies, tarts, crumbles, gateaux etc. as one of the top ten sources of sugar in the UK diet, and have therefore included this category in its reduction and reformulation programme. Cheesecake was recognised as a food of 'particular relevance' to the NI population as it is a popular option on dessert menus, with many restaurants and hotels offering it as a hand-made dessert.

2.4 The survey was commissioned by the FSA and district councils as part of the Eating Well Choosing Better Programme.

3.0 Approach

3.1 Between July and September 2019, the 11 district councils in NI sampled a minimum of three cheesecakes sold in restaurants and hotels in each Council area. A total of 47 samples were collected. Samples of each cheesecake portion were sent for nutritional analysis.

4.0 Report Findings

- The average portion of cheesecake weighed 145g
- The largest portion of cheesecake weighed 273.9g
- As portion size increased so did energy, sugar, fat, saturated fat and salt content
- The average portion of cheesecake provided 534kcal
- The portion with the highest amount of energy provided 972kcal – this is almost half an adults daily recommended energy intake
- The highest amount of sugar in one portion was 68.0g – this is the equivalent of almost 14 teaspoons of sugar
- The highest amount of fat in one portion was 72.8g – this is almost all the adult fat recommendation no more than 35% of daily energy intake.

The full results of the survey are outlined in the Nutritional Content of Cheesecake Report available at:

<https://www.food.gov.uk/sites/default/files/media/document/nutritional-content-of-cheesecake-report.pdf>

5.0 **Recommendation**

It is recommended that the report be noted.