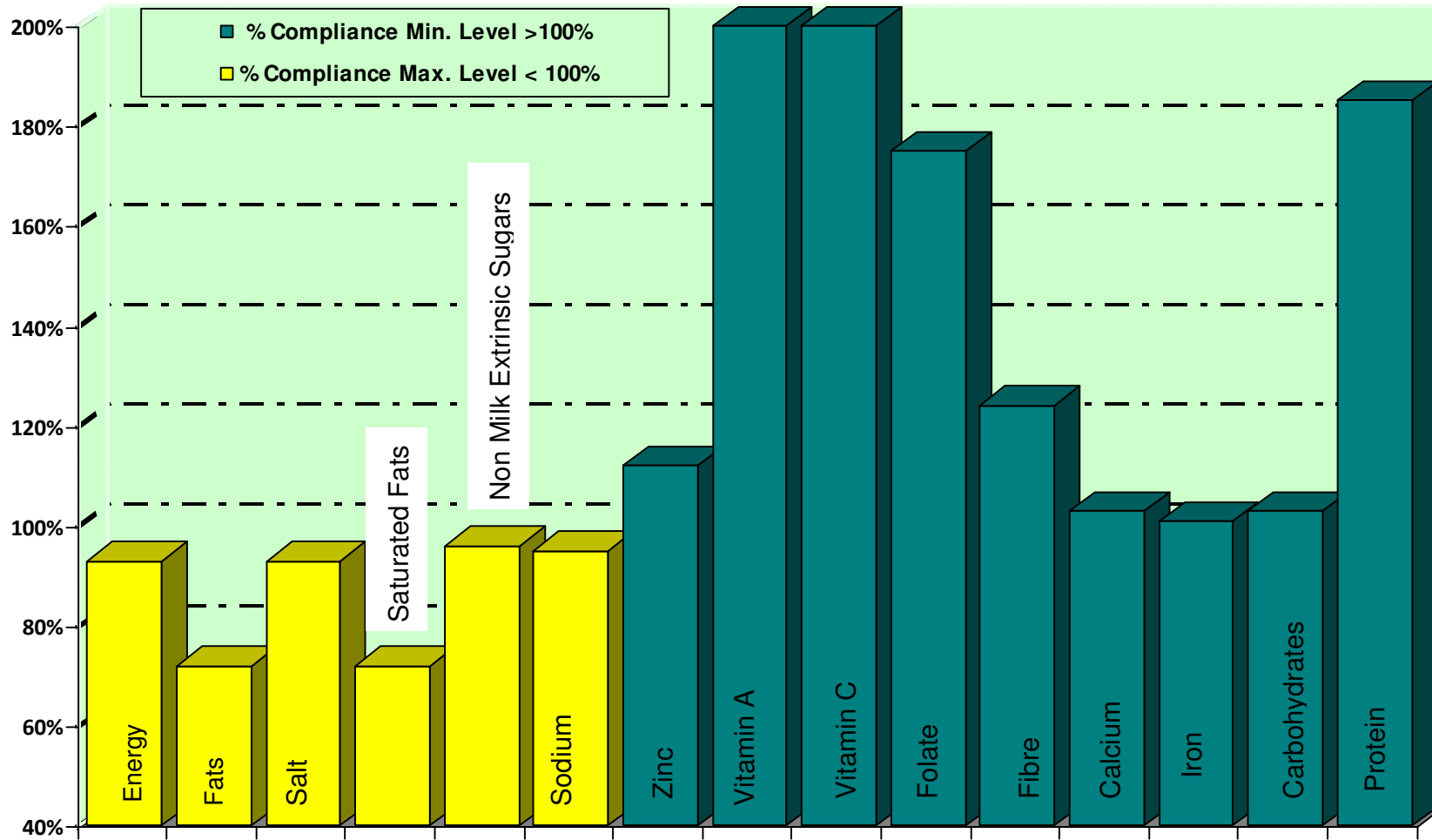


Nutritional analysis of the Autumn/Winter 2008 menu for pupils eating school meals in Nottinghamshire



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14 Nutrient Values of a Primary School Lunch	Min or Max	Unit	Allowance	Notes
Energy		kj kcal	2215 +/- 5% 2700 +/- 5%	Energy enables children to concentrate, learn and play at school.
Non-Milk Extrinsic (NME) Sugars	Max	g	15.5	A diet high in NME sugars contributes to tooth decay.
Fat	Max	g	20.6	High fat intake can lead to excess energy intake and weight gain.
Saturated Fat	Max	g	6.5	A diet high in saturated fat can cause high cholesterol and increase the risk of diseases.
Sodium	Max	mg	499	Limit the amount of salt added during cooking and instead flavour with herbs and spices
Vitamin A	Min	µg	175	Promotes good eye sight, helps fight of infection and may help protect against certain cancers.
Vitamin C	Min	mg	10.5	Vitamin C is an antioxidant which may help to protect the body from infections and disease.
Folate	Min	µg	53	Folate is essential for blood cells, the nervous system and helps prevent anaemia.
Calcium	Min	mg	193	Calcium is essential for strong teeth and bones.
Iron	Min	mg	3	Iron is needed for production of red blood cells, which carry oxygen around the body.
Zinc	Min	mg	2.5	Zinc is used by the body for growth and tissue repair and wound healing.
Protein	Min	g	7.5	Protein is important for the growth and repair of body tissues like muscles.
Fibre	Min	g	4.2	Fibre assists bowel function and prevents problems like constipation.
Carbohydrate	Min	g	70.6	Starchy carbohydrates should provide the main source of energy in the diet.