

Welcome to the avisso column. Each issue we will write about nutrition-related subjects that have an impact on public health; be it legislation, innovations in the food industry or trends on the high street. Anything that may shape or influence consumer eating habits will be discussed.

ConsumerBites

Updated nutritional dataset

The latest Public Health England's McCance and Widdowson's Composition of Foods Integrated dataset has been published (March 2019). Previously the data was accessible online via a downloadable Excel data sheet, however, in a partnership with Quadram Institute, the new dataset is now a searchable website which is much more user friendly. The nutritional information of 3,200 most commonly eaten foods and recipe dishes in the UK can be accessed. The dataset also provides information on the origin of the data. The new searchable website was commissioned after feedback from users who had requested easier ways to search for nutritional information for particular types of food. The database can be accessed via the website: <https://quadram.ac.uk/UKfoodcomposition/>



New range of allergy-friendly children's snacks

The French-based company Danone is launching a range of allergy-friendly snacks under the brand name Marty's, aimed at children with allergies from the ages of three and up. Marty's Popped Chickpea Crisps (free from eggs, nuts and gluten) will be rolled out this summer, initially in Ocado and some independent retailers, with more products to follow. They also hope to expand into markets where free-from is not currently served, such as theatres and soft play areas. Danone claims Marty's is the UK's first children's brand in the free-from market.



Flavoured apples

Apples with a bubble-gum, vanilla and cinnamon flavoured coating are due to hit UK shops soon in an attempt to increase fruit and vegetable intake in children. Agricoat NatureSeal, a US-based shelf-life extension company, is planning to introduce its edible coating in the UK market. NatureSeal is already used in the US on pre-cut fruit to extend the shelf life, but flavours can also be added to give the fruit a different taste.



Data on allergic reactions out of home to be collected

The Food Standard Agency (FSA) is to start collecting data on allergic reactions that occur in cafés, restaurants and pubs in a bid to reduce further deaths. New guidelines have also been developed for enforcement officers to replace local guidance on allergen management. This comes as the FSA have just announced they support the proposal for all foods pre-packed for direct sale to have mandatory full ingredients listed.

Wonky vegetables

A number of supermarkets and food manufacturers are now using wonky fruit and vegetables in an aim to reduce waste. A British sparkling spring water drink, Dash Water, has a range of 'wonky' drinks, which are infused with unwanted blackcurrants, lemons, cucumbers and raspberries. Also, Urban Cordial are amongst other companies that use unwanted fruit in their cordials. The company states they save 20 tonnes of fruit a year from going to waste.



Quorn produce 'Pot Noodle' style snacks/meals

Quorn have developed a range of snacks for the food cupboard, which will provide an instant vegetarian meal for consumers, with a range of grain-based snack pots. The range includes Wonder Grains snack pots, Bowl meals (Chilli Bean, Biryani and Spiced Chicken & Lentil), and meat alternative strips in Spicy Tikka and Smoky Fajita. All the products feature freeze dried pieces of Quorn and have a shelf life of 12 months.



avisso are expert food consultants and dietitians. The team has a wealth of experience accumulated from working in a range of settings, including: clinical, corporate, education, food industry and research. We believe that everyone should be able to make well-informed choices about what they eat and drink to enable them to live a healthy lifestyle. Visit avisso.co.uk for details about our services.