

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



Italy bans packed lunches

Italy's supreme court has ruled that schools will now be able to have the authority to ban packed lunches and insist that children have school dinners. The court is

concerned children bringing in packed lunches could lead to discrimination of wealth if some children had better lunches than others and may lead to poorer health if children are not bringing in balanced meals. School dinners in Italy have been traditionally been taken seriously with a pasta starter, a main and fruit, with the teachers sitting with them.

Calorie reduction for children's products

Mondelez are to reduce the calories on all chocolate and biscuits products specifically aimed at children to under 100 calories by the end of 2020. The reductions will be made by making the pack size smaller rather than re-formulating recipes. The move follows on from the recent launch of Cadbury Dairy Milk with 30% less sugar, achieved by using a technique which replaces sugar with fibre and claims to keep the texture and taste the same.



Energy drinks banned for under 16s

The sale of energy drinks to people aged under 16 is set to be banned as part of new proposals announced in a government policy green paper

'Advancing our health: prevention in the 2020s'. Since March 2018, many large supermarkets have restricted the sale of these drinks to under 16s but they could still be purchased from smaller shops. The announcement follows a public consultation undertaken last year.



National Food Strategy

The government have announced an independent review to develop a National Food Strategy for England. Henry Dimbleby will be leading this review. The purpose of the review is to consider how the UK's food sector operates currently, address the growing problems and look at ways to ensure our food system delivers healthy affordable food, in a sustainable, efficient and cost-effective way. The strategy will cover the entire food chain; from field to fork, the production, marketing, processing, sale and purchase of food. The review will be published in summer 2020.



New healthy schools rating scheme

The Government originally proposed the healthy school rating scheme as part of the Childhood Obesity Plan in August 2016, with the launch date due to be 2017. A couple of years late, a 'beta phase' scheme has just been launched with the view of getting feedback.

The scheme is open to both primary and secondary schools and gives healthy eating and physical activity equal weighting. The actual value of the award however is doubted by many: firstly it is voluntary so very much reliant on schools being motivated to participate; the results will also not be shared publicly (unless the school chooses to do so); and the award is achieved via self-assessment with no external monitoring/checking.



Activia launch live culture smoothies

Activia have launched smoothies containing healthy bacteria cultures targeting the gut health market. The smoothies also contain one portion of fruit or vegetables.



Tess Warnes, Registered Dietitian. avisso are an expert team of food consultants and dietitians, with 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. <https://avisso.co.uk>