

# Brighton & Hove Food Partnership Media Statement



## Reducing fat, sugar and salt in manufactured foods

The following has been compiled by qualified dietitians and nutritionists who are available for interview and additional comment.

<b>Context</b>	While the fat, sugar and salt content of manufactured foods varies enormously, an excess of any of them can lead to a variety of diseases including hypertension (high blood pressure) and diabetes. Food manufacturers, keen to protect their profits, battle with health professionals who support the reduction of their excessive use in processed foods.
<b>BHFP position</b>	<p>The Brighton and Hove Food Partnership (BHFP) supports current national nutritional guidelines and promotes all foods groups in the proportions set out in the Eatwell plate (1).</p> <p>On the subject of fat, sugar and salt in manufactured foods, our Community Nutrition Team stated:</p> <p>“The challenge is to educate consumers to make better choices when purchasing manufactured foods. The ideal of eating fresh produce every day is not the reality for everyone, especially those on a lower income. Until consumers stop buying manufactured foods, sadly there is no real pressure on manufacturers to change their products. What we can do is educate consumers to make informed choices by reading labels.”</p> <p>BHFP provide a number of courses and programmes with a ‘hands on’ approach enabling members of the local community to understand where their food comes from, how to cook and what the appropriate portion size looks like. This gives participants the chance to ask questions and gain a professional opinion.</p> <p>One of their programmes Shape Up explains to participants how to read food labels from food packaging. By doing so, individuals are able to keep an eye on fat, sugar and salt levels to make healthier choices when choosing food items.</p> <p>The BHFP supports national campaigns such as The Department of Health’s Front of Pack labeling scheme and Which?’s ‘Price it Right’ project encouraging supermarkets to adhere to simpler, clearer and more consistent pricing and labelling.</p>