

# Junk food for babies?

An investigation into foods  
marketed for babies and  
young children



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**Children's Food Campaign**

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The Children's Food Campaign works to improve children's health and well-being through better food - and food teaching - in schools, and protecting children from junk food marketing. We are supported by over 300 national and local organisations and 12,000 members of the public. The

Children's Food Campaign is coordinated by Sustain: the alliance for better food and farming and is funded by the British Heart Foundation.

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## Introduction

The UK baby food market is worth an estimated £315 million annually<sup>1</sup>, and many food products marketed for babies and young children carry claims about their nutritional value, such as “added vitamins”, “contains calcium” or “no added salt”.

Prompted by the discovery that a leading brand of biscuits for babies and young children (Cow&Gate Baby Balance Bear Biscuits) contained trans fats, we undertook a survey of foods marketed for babies and young children, analysing the nutritional information provided for 107 foods marketed for babies and young children available from UK supermarkets.

The findings were concerning. Several products contained high levels of sugars and/or saturated fat, with both Cow&Gate and Heinz having several products that were contained levels of sugar or saturated fat higher than those in adult products widely considered “junk food”.

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<sup>1</sup> Ethical Consumer (2005) *Bringing up baby*. Available: <http://www.ethicalconsumer.org/FreeBuyersGuides/babychild/babyFood.aspx> [29 April 2009]

## Our investigation

Our investigation into the healthiness of foods marketed for babies and young children took part in two stages. The first stage examined the trans fat labelling and content of a particular brand of biscuits; the second surveyed a range of foods marketed for babies and young children by different companies.

### Trans fats

Trans fats occur naturally in some animal products, but are mostly consumed in processed foods such as baked goods where they are produced in the process of partially hardening (hydrogenating) liquid vegetable fats. Consumption of trans fats is linked to coronary heart disease, with evidence that these types of trans fats are worse than saturated fats.<sup>2</sup> For this reason, several national and regional authorities and Europe and the Americas have banned or limited artificial trans fats in food.

In the UK, trans fats do not legally have to be included in the nutritional information provided on a food label unless a specific trans fats claim has been made (for example, 'low in trans fats'), and they do not have to be listed in the ingredients. However, trans fats can be formed during the process of hydrogenation, and hydrogenated and partially hydrogenated vegetable oil must be declared as such in the ingredients list.<sup>3</sup>

In October 2007, in the light of new research demonstrating the extent of the UK's obesity problem, Health Secretary Alan Johnson MP announced that he was asking the Food Standards Agency to consider stricter measures to reduce artificial trans fats in foods: "I will be asking the Food Standards Agency to conduct an immediate investigation into the evidence in this area to see if there is anything more we should be asking the food industry to do," he said.<sup>4</sup>

The Food Standards Agency says that "many food manufacturers in the UK no longer use hydrogenated vegetable oils, which means that trans fat levels have been reduced in many foods"<sup>5</sup>. However, our investigation showed that the elimination of hydrogenated oils has not occurred in all products marketed for babies and young children. In December 2008 one of our researchers noticed that the ingredients list on Cow&Gate Baby Balance Bear Biscuits included "vegetable oil (partly hardened)".

She telephoned Cow&Gate to ask about trans fats in their products, and was told that they were "pretty sure" that there were no trans fats in the baby biscuits, as "we're so strictly regulated", but that they would check with a nutritionist.

Cow&Gate called back two days later and admitted that the biscuits do contain trans fats, but they assured our researcher that trans fats are no worse than saturated fats and that it is the whole diet that matters. Our researcher was told by Cow&Gate that tiny amounts of trans fats do not cause a health risk. They repeated the view that they were very tightly regulated and added that if there was any concrete evidence that the trans fats were dangerous, they would not be allowed.

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<sup>2</sup> Food Standards Agency (2009) *Labelling rules*. Available: <http://www.eatwell.gov.uk/asksam/foodlabels/asksamlabellingrules/?lang=en> [19 May 2009]

<sup>3</sup> Food Standards Agency (2009) *Labelling rules*. Available: <http://www.eatwell.gov.uk/asksam/foodlabels/asksamlabellingrules/?lang=en> [19 May 2009]

<sup>4</sup> Gammell, C. (2007) Trans fats to be banned to halt rise in obesity. *The Telegraph*. London. 16 October 2007

<sup>5</sup> Food Standards Agency (2009) *Trans fats*. Available: <http://www.eatwell.gov.uk/healthydiet/fss/fats/transfats/?lang=en> [19 May 2009]

The Children's Food Campaign reported this to the Food Standards Agency in January 2009, and the Agency has stated that they have taken action to notify Cow&Gate of the requirement to label such ingredients as "partly hydrogenated", informed their trading standards office of this, and have written to the company to ask why they had not removed hydrogenated vegetable oils from their products.

The FSA also issued the following public statement: "In light of advice from the Scientific Advisory Committee on Nutrition on the adverse effects of trans fats on the risk of coronary heart disease, the Agency welcomes the voluntary action by the UK food industry to reduce the levels of artificial trans fats in our foods. We encourage food producers to reduce the levels of artificial trans fats in our foods to a minimum, without raising saturated fat levels. This can be achieved through the removal of partially hydrogenated vegetable oils (that contain high levels of trans fats) and through the use of fats and oils in food production in which trans fats have been reduced to a minimum (1-2%)."<sup>6</sup>

Since our findings have been made public, Cow&Gate have said that they will discontinue this product, along with others in the same range, although at time of writing it continues to be available in stores as stocks are run down. The Children's Food Campaign welcomes this move, but we are concerned that the company ever allowed trans fats in their baby products in the first place.

Public health nutritionist Julia Wolman said: "Trans fats are a particularly unhealthy type of fat for anyone to consume, adults, children and babies alike, due to their association with coronary heart disease. Food manufacturers should take responsibility to ensure that all products for babies and children do not contain trans fats."

## Our Survey

Following this finding, the Children's Food Campaign decided to carry out a survey to compare the nutritional quality of other foods marketed for babies and young children.

In March 2009 we requested nutritional information from the three main baby food manufacturers in the UK: Cow&Gate, Heinz and Hipp Organic. These companies have the largest ranges of food marketed for babies and young children (as opposed to infant formula, where other companies dominate the market). In the case of Hipp Organic, the information is available online<sup>7</sup>, and Heinz emailed detailed information when requested<sup>8</sup>. However, Cow&Gate failed to provide the information, stating in an email to our researcher that "Unfortunately we do not have a complete list of ingredients for all our foods to send you."

This demonstrates a worrying lack of transparency by Cow&Gate. As nutritional information is provided on product labels, failure to provide this information when requested suggests that the company does not want consumers to be able to have this information unless they are purchasing their products. For the purpose of our survey, we used back-of-pack nutritional information for the Cow&Gate products surveyed provided through the supermarket website [mySupermarket.co.uk](http://mySupermarket.co.uk) and verified against product packaging.

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<sup>6</sup> FSA (2009) *Email to Sustain*. Food Standards Agency. 16/04/09

<sup>7</sup> Hipp Organic (2009) *Hipp Organic recipes*. Available: <http://www.hipp.co.uk/products/introduction.htm> [29 April 2009]

<sup>8</sup> Heinz (2009) *Product data Jan 2009*. Received by email 13/03/09

Between 27 March and 31 March we analysed the nutritional information for 107 products based on the information provided by Heinz and Hipp Organic, and the nutritional information provided through mySupermarket.co.uk. The products included rusks and other biscuits, fruit and vegetable purees, and ready-to-eat porridge and yogurts, but excluded dried products such as cereals that were intended to be made up with milk or water. Particular attention was paid to levels of saturated fat, salt and sugar.

## Our findings

### High levels of sugar

One in fourteen products surveyed would be categorised as “high in sugar” according to the Food Standards Agency (more than 15g sugars per 100g)<sup>9</sup>, with this figure rising to one in nine for the Cow&Gate products, and one in five of the Heinz products. While in two products the sugars were from fruit, the remainder were biscuit-type products containing high levels of added sugar.

The worst offenders, with the top two containing more sugar per 100g than McVities Dark Chocolate Digestive biscuits,<sup>10</sup> were:

Company	Product	Sugar (g) per 100g	Serving	Serving size (g)	Sugar serving per in teaspoons <sup>11</sup>
Heinz	Farley's Original Rusks	29.0	1 rusk	17.0	1.0
Heinz	Organic Biscotti Baby Biscuits	28.0	2 fingers	10.0	0.6
Heinz	Organic Gingerbread Biscotti	28.0	2 fingers	10.0	0.6
Heinz	Farley's Rusks Reduced Sugar	20.3	1 rusk	17.0	0.7
Cow&Gate	Baby Balance Animal Friend Biscuits	18.8	1 packet	30.0	1.1

Of particular concern were the Heinz products, with even Heinz' reduced-sugar rusks still containing significantly higher levels of sugar than other brands' (such as Cow&Gate's) regular biscuits<sup>12</sup>.

High levels of sugar in these types of food are a particular concern because there is evidence that regular consumption of sugary foods by children makes it more likely that they will develop a taste for sweet food<sup>13</sup>. Over consumption of sugary foods is linked to overweight and obesity, and these products are also bad for children's teeth if consumed regularly and between meals.

If high sugar products such as these biscuits are replacing healthier snacks such as fruit and vegetables, there is also the risk of reducing young children's exposure to new healthier foods. This is crucial because, at the age of 18 months to two years, toddlers often start to fear foods that they do not recognise, making it more difficult to introduce new foods<sup>14</sup>.

Public health nutritionist Ms Wolman said: “The levels of sugar in these products are worryingly high and, as such, foods like these should not be eaten as part of a child's daily diet. Frequent consumption of high sugar foods in early life can influence children's preferences and contribute to a liking for sweet tastes. This can then lead them to consume more sugary foods which, if eaten in excess, could increase the risk of obesity and tooth decay. Finger foods such as toast, plain rice cakes or fruit would be healthier snacks for this age group.”

<sup>9</sup> Food Standards Agency (2009) *Sugars*. Available: <http://www.eatwell.gov.uk/healthydiet/fss/sugars> [29 April 2009] This level refers to adult foods, so for babies and young children, whose sugar intakes should be more restricted, this amount of sugar could be even worse.

<sup>10</sup> McVities Plain Chocolate Digestive biscuits contain 27.4g sugar per 100g.

<sup>11</sup> 1 teaspoon of sugar = 5g

<sup>12</sup> Cow&Gate Baby Balance Bear Biscuits contain 17.8g sugar per 100g; Heinz Farley's Reduced Sugar Rusks contain 20.3g sugar per 100g – 14 per cent more than the Cow&Gate product.

<sup>13</sup> See for example Liem, D.G., Mennella, J.A. (2002) Sweet and sour preferences during childhood; role of early experience, *Development psychobiology* 2002; 41: 388-395

<sup>14</sup> Fookes, C. (2008) *Georgie Porgie Pudding and Pie. Exposing the truth about nursery food*. Bristol: Soil Association

## Little improvement since 2000

Perhaps most worryingly, a similar investigation by the Food Commission in 2000 highlighted high levels of sugar in baby snack foods, and called upon manufacturers to reduce levels<sup>15</sup>. The results of our investigation have shown how little has changed, with even reduced-sugar products (such as Heinz Farley's Rusks Reduced Sugar) containing amounts of sugar well above FSA high levels. It is also unclear why companies continue to market the full sugar versions of these products when a lower (although not low) sugar alternative is available.

This evidence strongly suggests that improving the healthiness of products cannot be left to voluntary action by manufacturers. We believe it will take government action to protect babies and young children from products such as those found in this survey.

## **High levels of saturated fat**

A number of products surveyed had high levels of saturated fat, based on Food Standards Agency (FSA) official levels (more than 5g per 100g).<sup>16</sup>

The worst offenders, with the top two containing more saturated fat per 100g than a McDonalds Quarter Pounder with cheese<sup>17</sup>, were:

Company	Product	Saturated fat (g) per 100g	Serving	Serving size (g)	Saturated fat per serving (g)
Cow&Gate	Baby Balance Berry Bear Biscuits	7.4	1 pack (2 biscuits)	25.0	1.85
Heinz	Toddler's Own Mini Cheese Biscuits	7.3	1 pack	25.0	1.83
Cow&Gate	Baby Balance Animal Friend Biscuits	6.5	1 pack	30.0	1.95
Cow&Gate	Baby Balance Bear Biscuits	6.2	1 pack (2 biscuits)	29.2	1.81

All three of the Cow&Gate products listed above also contained high levels of sugar, making these products particular cause for concern.

While babies and young children do need to eat a higher proportion of fat than adults, the amount of *saturated* fat in these products is high when it is simply not necessary. For example, human breast milk has levels of saturated fat between one and two per cent, while whole milk (recommended for children between one and two years of age) contains 2.4 per cent saturated fat<sup>18</sup>.

Public health nutritionist Ms Wolman said: "Although babies and young children need higher fat diets than older children and adults, baby food companies should not use this as an excuse to manufacture products with unnecessarily high levels of saturated fats."

<sup>15</sup> Food Commission (2000) Good for sales – bad for babies. *Food Magazine* 48, Jan/March 2000: 11-13

<sup>16</sup> Food Standards Agency (2009) *Saturated fat*. Available: <http://www.eatwell.gov.uk/healthydiet/fss/fats/satfat> [29 April 2009]

<sup>17</sup> McDonalds Quarter Pounder with cheese contains 6.7g saturated fat per 100g. Source: McDonalds (2008) *Nutritional Breakdown*. Available on tray liners in restaurant.

<sup>18</sup> Food Standards Agency (2002) *McCance and Widdowson's The Composition of Foods*, Sixth summary edition. Cambridge: Royal Society of Chemistry



## Health claims

Almost all the products highlighted in this report for containing high levels of sugar and/or saturated fat carry health claims such as “Added vitamins”, “No added salt” or “No added flavours, colours or preservatives”.

The Children’s Food Campaign considers that, while such claims may be factually true, they distract consumers’ attention from less healthy attributes of the product. This is likely to give a misleading impression of the overall healthiness of a product, making it more difficult for consumers to choose healthy products.

Recent European regulation<sup>19</sup> has been introduced to ensure that health claims cannot be made on less healthy products so that consumers are not misled and can make informed choices. Baby foods are excluded from this regulation because babies and young children have different nutritional requirements than adults. It is concerning that babies and young children are not protected by legislation, as it makes it more difficult for parents to make healthy choices for their children at such a crucial stage in their development.

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<sup>19</sup> Regulation (EC) 1924/2006 of the European Parliament and of the Council of 20 December 2006 on nutrition and health claims made on foods

## **Policy demands**

In the light of the evidence that manufacturers cannot be relied upon to improve foods marketed for babies and young children, the Children's Food Campaign is calling on the government to take the following action to protect children's health:

**Obtain a commitment from all companies that produce food marketed for babies and young children to reformulate their products to remove trans fats and reduce the amount of saturated fat and sugar.**

It is clear that manufacturers are unwilling to improve these foods voluntarily, and so the government, through the Food Standards Agency, must obtain a commitment from manufacturers that they will remove any trans fats and reduced levels of saturated fat, sugar and salt in food marketed for babies and young children, with penalties for those companies that do not comply. Such requirements would ensure a level playing field for manufacturers.

Our survey showed that there was less cause for concern about levels of salt in these foods, as this is already strictly regulated in baby foods and has been reduced in other foods through voluntary action following pressure from the government and campaigners. This shows that manufacturers can meet standards for their products to protect consumers' health without damaging the quality of the product or sales.

**Develop labelling that enables parents to see at a glance whether the food they are buying for their baby or toddler is healthy.**

Most parents do not have the luxury of unlimited time when shopping to examine food labels in detail and, arguably, should not have to. A simple scheme, such as a form of traffic light labelling, that allows consumers to see at a glance how healthy different products are would support parents to make healthier choices for their babies and toddlers. Such a scheme should be mandatory for all companies producing foods marketed for babies and young children to ensure that foods with high levels of sugar, saturated fat or salt do not go unnoticed or misinterpreted by shoppers, and to avoid confusion between schemes. Such a scheme would also help to encourage further product reformulation.

**Stop health claims on products high in sugar, saturated fat or salt.**

European Regulation (EC) 1924/2006 has been introduced to ensure that health claims cannot be made on less healthy products so that consumers are not misled and can make informed choices. While baby foods are excluded from the legislation and there are some concerns that the standards for products being able to carry claims are too low, we believe that a similar model could, and should, be introduced in the UK specifically for foods marketed for babies and young children. This should ensure that health claims are only permitted on foods that do not have high levels of sugar, saturated fat or salt. Such legislation would make it easier for parents to choose the healthiest products for their children.

## **Conclusion**

Despite the health claims on food marketed for babies and young children, many products are a lot less healthy than they may appear, with high levels of sugar and saturated fat, and the presence of trans fats being serious concerns.

Previous attempts to shame the food industry into taking action voluntarily to improve these products have failed, and it is now time for the government to step in; obtaining a commitment from manufacturers to improve their products marketed for babies and young children; developing a labelling scheme that allows parents to see at a glance which foods are healthiest for their babies and toddlers; and restricting health claims on product packaging to products that are genuinely healthy, in line with the requirement for adult foods.

## Survey results

All nutrient levels are per 100g product as given on product packaging.

According to the Food Standards Agency, foods are considered if they contain more than the following amounts of a nutrient per 100g:

Saturated fat 5g  
 Sugar 15g  
 Salt 1.5g

### Cow&Gate

Product	Saturated fat (g)	Sugar (g)	Salt (g)
Baby Balance Animal Friend Biscuits	6.5	18.8	0.5
Baby Balance Apple & Banana Swirl	0.3	6.8	Trace
Baby Balance Autumn Orchard Chicken	0.4	2.9	Trace
Baby Balance Baby Berry Yogurt	Trace	9.0	Trace
Baby Balance Bean & Pork Casserole	0.4	1.0	Trace
Baby Balance Bear Biscuits	6.2	17.8	Trace
Baby Balance Beef Stroganoff	1.1	2.7	Trace
Baby Balance Berry Bear Biscuits	7.4	18.1	0.7
Baby Balance Chicken & Tasty Vegetables	0.4	1.8	Trace
Baby Balance Tasty Cottage Pie	0.9	1.6	Trace
Baby Balance Creamed Cottage Pie	1.0	2.3	Trace
Baby Balance Creamy Chicken Curry	0.4	1.8	Trace
Baby Balance Creamy Mushroom & Chicken Noodle Doodle	0.6	1.7	Trace
Baby Balance Grandpa's Sunday Lunch	0.4	2.5	Trace
Baby Balance Juicy Pear & Banana	0.0	10.7	Trace
Baby Balance Mango Surprise	0.0	13.2	Trace
Baby Balance Mediterranean Vegetable Bake	0.2	2.1	Trace
Baby Balance Mediterranean Vegetables & Lamb	0.7	1.3	Trace
Baby Balance My First Bolognese	1.1	2.2	Trace
Baby Balance Orchard Chicken	1.1	4.3	Trace
Baby Balance Scrummy Tuna Penne	0.3	1.7	Trace
Baby Balance Succulent Pork Casserole	0.6	1.5	Trace
Baby Balance Summer Fruit Salad	0.0	10.6	Trace
Baby Balance Sweet Potato Bake	0.2	2.5	Trace
Baby Balance Taste of Autumn Vegetables	0.2	1.7	Trace
Baby Balance Vegetable & Chicken Noodle Doodle	0.3	1.6	Trace
Baby Balance Vegetable Lasagne	1.0	1.8	Trace
Baby Balance Yummy Harvest Chicken	0.4	2.0	Trace
Fruit Cups Banana, Peach & Strawberry	Trace	11.4	Trace
Frutapura Apple & Banana	Trace	12.5	Trace
Frutapura Apple, Apricot & Strawberry	Trace	11.4	Trace
Frutapura Fruit Cocktail	Trace	13.1	Trace
Frutapura Pear & Pineapple	Trace	15.9	Trace
Toddler Balance Chunky Vegetable & Beef Casserole	1.0	2.4	Trace
Toddler Balance Fishermans Tuna & Vegetable Bake	0.4	3.5	Trace
Toddler Balance Scrummy Sunday Lunch	0.3	2.0	Trace

Products surveyed: 36

Products high in at least one of saturated fat, sugar or salt: 4 (11%)

## Heinz

Product	Saturated fat (g)	Sugar (g)	Salt (g)
It's All Good Apple & Mango Puree	0.1	9.4	Trace
Banana Delight	Trace	8.4	Trace
Cauliflower Cheese, Pasta & Potatoes	0.8	1.9	0.3
Chocolate Pudding	0.2	8.7	0.3
Creamed Porridge	1.3	6.7	Trace
Egg Custard with Rice	0.3	6.9	Trace
Farley's Rusks Original	3.4	29.0	Trace
Farley's Rusks Reduced Sugar	4.2	20.3	Trace
Fruity Custard Banana	0.5	15.3	Trace
Fruity Custard Fruit Medley	0.5	14.0	Trace
Mum's Own Apple & Mango Breakfast Cereal	0.3	8.5	Trace
Mum's Own Casserole with Vegetables & Lean Beef	0.5	2.9	0.3
Mum's Own Cheesy Vegetable Pasta	1.8	5.4	0.3
Mum's Own Cottage Pie	1.2	2.1	0.2
Mum's Own Fruit Salad	0.1	12.5	Trace
Mum's Own Pumpkin & Lamb Dinner	1.0	0.7	Trace
Mum's Own Pumpkin & Lamb Stew	0.8	0.2	0.3
Mum's Own Seaside Pasta	1.5	4.2	0.3
Mum's Own Sweet Vegetable Pasta	1.7	3.7	0.1
Organic Biscotti Baby Biscuits	3.9	28.0	0.3
Organic Gingerbread Biscotti	3.9	28.0	0.8
Rice pudding	0.3	8.3	Trace
Strawberry Cheesecake	1.5	6.4	0.3
Toddler's Own Mini Cheese Biscuits	7.3	12.0	1.0

Products surveyed: 24

Products high in at least one of saturated fat, sugar or salt: 6 (25.0%)

## Hipp Organic

Product	Saturated fat (g)	Sugar (g)	Salt (g)
Apple & Banana Puree	0.0	11.6	Trace
Apple & Blueberry Dessert	Trace	10.3	Trace
Apple & Cranberry Breakfast	Trace	9.4	Trace
Apple & Pear Pudding	Trace	9.0	Trace
Apple & Vanilla Dessert	0.8	11.4	Trace
Banana & Blueberry Yogurt	0.9	10.1	Trace
Banana & Peach Dessert	Trace	12.1	Trace
Banana & Rice Pudding	Trace	11.1	Trace
Banana Custard	1.6	9.5	Trace
Blueberry & Apple Yogurt	0.9	9.2	Trace
Cheesy Spinach & Potato Bake	0.9	1.8	Trace
Cottage Pie	0.6	2.0	Trace
Cottage Pie 7mth+	0.6	1.9	Trace
Creamed Porridge	1.2	7.3	Trace
Creamy Parsnip, Potato & Cauliflower	0.8	3.5	Trace
Creamy Rice Breakfast	1.2	8.1	Trace
Fruit Duet Apple & Pineapple with Yogurt	0.8	11.8	Trace
Growing Up Dessert Creamy Rice Pudding with Apple	2.1	9.9	Trace
Growing Up Meals Vegetable with Noodles & Chicken	0.5	2.2	Trace
Lancashire Hotpot	0.9	1.5	Trace
Mango and Banana Melba	Trace	10.1	Trace
Mediterranean Potato & Lamb	1.0	1.2	Trace
Mixed Vegetable Medley	0.2	2.2	Trace
Pancakes with Apple & Cinnamon Sauce	0.3	11.8	Trace
Pasta in Tomato & Ham Sauce	0.7	2.2	Trace
Pasta Italiana with Ham	0.7	1.6	Trace
Pasta with Tomatoes & Mozzarella	0.7	3.3	Trace
Penne with Tomato & Courgette	0.3	2.7	Trace
Purely Fruits Apple & Pear	0.0	9.3	Trace
Rice Pudding	1.2	8.1	Trace
Rice Pudding with Apple & Pear	1.2	9.0	Trace
Rigatoni Napoli	0.4	2.4	Trace
Spaghetti Bolognese	0.6	1.8	Trace
Spaghetti Carbonara 7mth	1.4	1.5	Trace
Spaghetti with Tomatoes & Mozzarella	0.7	2.8	Trace
Strawberry & Raspberry Yogurt	0.9	9.6	Trace
Sweet Squash & Chicken	0.5	3.0	Trace
Tender Carrots & Potatoes	0.0	3.0	Trace
Growing Up Meal Spaghetti Bolognese	0.4	3.6	Trace
Tomato & Chicken Neapolitan	0.4	1.8	Trace
Tropical Fruit Salad	Trace	10.0	Trace
Vegetable & Beef Hotpot	0.7	2.4	Trace
Vegetable & Chicken Risotto	0.6	1.1	Trace
Vegetable Lasagne	1.3	2.3	Trace
Vegetable, Pork & Apple Roast Dinner	0.6	2.4	Trace
Vegetable, Turkey & Cranberry Dinner	0.4	3.1	Trace
Vegetables with Noodles & Chicken	0.6	1.8	Trace

Products surveyed: 47

Products high in at least one of saturated fat, sugar or salt: 0 (0%)