THE NUTRITIONAL VALUE

OF UK COMMERCIAL READY MEALS

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Findings

£4.7 billion spent every year in the UK on ready meals
61.4% of adults either overweight or obese

To assess the nutritional value of UK commercial ready meals

Indian ready meals were analysed



Nutritional information inc. Energy, fat, saturated fat, carbohydrate, sugar, protein, fibre & salt was recorded per 100g & per portion



Data collected from Tesco, Sainsburys, Asda & Morrisons



Meals were categorised as standard, value, luxury & healthy

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High in saturated fat

Low - medium in sugar

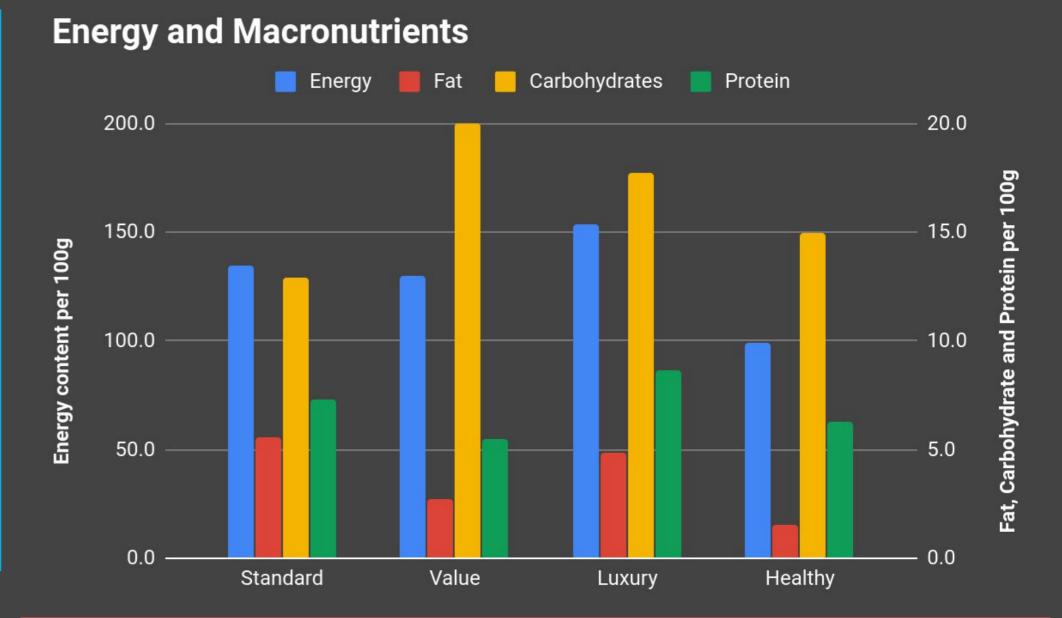




Low in fibre

High in salt





Saturated Fat Sugar Fibre Salt

6.0

2.0

Standard Value Luxury Healthy

Luxury ready meals report the highest fat, saturated fat, carbohydrates, sugar, protein, & fibre content per portion

Healthy ready meals report the lowest in fat, saturated fat, sugar, fibre & salt content per portion

conclusion

Most ready meal options for consumers have low nutritional value, especially 'luxury' ready meals. The 'healthy' ready meals show that reformulation is possible to provide more nutritionally balanced products. The results show consumers have a wide choice of ready meals to purchase.

^{1.} Euromonitor (2019). Ready meals in the United Kingdom. [online] Euromonitor.com. Available at: https://www.euromonitor.com/ready-meals-in-the-united-kingdom/report [Accessed 12 Jan. 2019].

^{2.} Office National Statistics (2016). Health Survey for England, 2015. [online] Webarchive.nationalarchives.gov.uk. Available at: https://webarchive.nationalarchives.gov.uk/ 20180307193646/http://digital.nhs.uk/catalogue/PUB22610 [Accessed 29 Mar. 2019].