



Social cooking project 2011-2013
Appendix II

NUTRITIONAL ANALYSIS COMPARISON

**FIGHT
FOR EVERY
HEARTBEAT**

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England and Wales (225971) and in Scotland (SC039426)

NUTRITIONAL ANALYSIS COMPARISON

Phase I; pre-and post-intervention comparison

GREENFORD	BASELINE PRE-INTERVENTION (DEC 2011)	POST INTERVENTION (MAR 2012)	% CHANGE
PORTION SIZE (g)	770	595	-23
ENERGY (kcal)	1143	814	-29
FAT (g)	42	15	-65
SATURATED FAT (g)	11	4	-64
SUGAR (g)	33	28	-15
SALT (g)	5	3	-40
PROJECT TARGET 5-10% REDUCTION IN SATURATED FAT AND SALT			

Phase 2; pre-intervention and second phase comparison (Nov 2012)

GREENFORD	BASELINE PRE-INTERVENTION (DECEMBER 2011)	POST-INTERVENTION (NOV 2012)	% CHANGE
PORTION SIZE (g)	770	668	-13
ENERGY (kcal)	1143	942	-18
FAT (g)	42	39	-7
SATURATED FAT (g)	11	10	-15
SUGAR (g)	33	15	-55
SALT (g)	5	5	0
PROJECT TARGET 5-10% REDUCTION IN SATURATED FAT AND SALT			

The foods on the three trays sampled in Phase 2, for Greenford, varied considerably. Two trays had five foods and the last was part of a festive evening, with seven foods. Festive foods traditionally contain higher amounts of fat and salt.

WOLVERHAMPTON	BASELINE PRE-INTERVENTION SAMPLES (DEC 2011)	POST INTERVENTION (MAR 2012)	% CHANGE
PORTION SIZE (g)	610	422	-30
ENERGY (kcal)	1026	683	-33
FAT (g)	33	16	-51
SATURATED FAT (g)	12	8	-33
SUGAR (g)	35	32	-8
SALT (g)	7	4	-43
PROJECT TARGET 5-10% REDUCTION IN SATURATED FAT AND SALT			

WOLVERHAMPTON	BASELINE PRE-INTERVENTION SAMPLES (DEC 2011)	POST INTERVENTION (MAR 2012)	% CHANGE
PORTION SIZE (g)	610	482	-21
ENERGY (kcal)	1026	587	-43
FAT (g)	33	17	-48
SATURATED FAT (g)	12	8	-33
SUGAR (g)	35	22	-37
SALT (g)	7	3	-58
PROJECT TARGET 5-10% REDUCTION IN SATURATED FAT AND SALT			