

Report on	Results of a regional survey relating to the nutritional content of cheesecakes available from restaurants in Northern Ireland
Date of Meeting	12 th January 2021
Reporting Officer	Fiona McClements, Head of Environmental Health

Is this report restricted for confidential business? If 'Yes', confirm below the exempt information category relied upon	Yes	
	No	X

1.0	Purpose of Report
1.1	The purpose of this report is to advise elected members of the results of a regional survey, which the Environmental Health department participated in, relating to the nutritional content of cheesecake available from restaurants and hotels in Northern Ireland. The survey was undertaken in 2019.
2.0	Background
2.1	Obesity is one of the most important public health challenges currently facing Northern Ireland, with 62% of adults and 27% of children aged 2-15 classified as overweight or obese. Research shows the NI population is eating too much sugar, saturated fat and salt and not enough fruit, vegetables and wholegrain foods.
2.2	Research commissioned by the FSA in 2018 reported that 71% of NI consumers eat out at least once a month, meaning these businesses now have a greater part to play in helping to make the healthier choice the easy choice.
2.3	Public Health England (PHE) identified 'puddings' such as cheesecake, pies, tarts, crumbles, gateaux etc. as one of the top ten sources of sugar in the UK diet, and have therefore included this category in its reduction and reformulation programme. Cheesecake was recognised as a food of 'particular relevance' to the NI population as it is a popular option on dessert menus, with many restaurants and hotels offering it as a hand-made dessert on their menus.
3.0	Main Report
3.1	Mid Ulster District Council, along with the other 10 district councils in Northern Ireland, and in partnership with the Food Standards Agency (Northern Ireland), carried out a survey of cheesecakes served in restaurants and hotels to determine the typical portion sizes and nutritional composition of this popular pudding.
3.2	Between July and September 2019, across Northern Ireland a total of 47 samples of cheesecake sold in restaurants and hotels were collected by Environmental Health Officers. Samples of each cheesecake portion were sent for nutritional

	analysis. The samples included a range of cheesecake flavours which were categorised into four groups – luxury (e.g. salted caramel, raspberry and white chocolate), chocolate (e.g. white chocolate, chocolate bar flavoured), fruit and other flavours (e.g. passionfruit, blueberry and lemon) and baked.
3.3	<p>A summary of the regional results are highlighted below:</p> <ul style="list-style-type: none"> • The average portion of cheesecake weighed 145g • The largest portion of cheesecake weighed 273.9g • As portion size increased so did energy, sugar, fat, saturated fat and salt content • The average portion of cheesecake provided 534kcal • The portion with the highest amount of energy provided 972kcal – this is almost half an adults daily recommended energy intake • The highest amount of sugar in one portion was 68.0g – this is the equivalent of almost 14 teaspoons of sugar • The highest amount of fat in one portion was 72.8g – this is almost all the adult fat recommendation no more than 35% of daily energy intake
3.4	The full results of the survey are outlined in the Nutritional Content of Cheesecake Report. The findings of this report will inform targeted interventions with food businesses and manufacturers of puddings to help increase the availability of healthier products in local food businesses.
4.0	Other Considerations
4.1	Financial, Human Resources & Risk Implications
	Financial: N/A
	Human: N/A
	Risk Management: N/A
4.2	Screening & Impact Assessments
	Equality & Good Relations Implications: N/A
	Rural Needs Implications: N/A
5.0	Recommendation(s)
5.1	Members are asked to note the content of the attached report, and to continue to support the work of the Environmental Health Department in relation to any future initiatives undertaken in the area of nutritional content of foods, aimed at providing individuals with information and choice to improve dietary health.
6.0	Documents Attached & References
6.1	Survey report on the nutritional analysis of cheesecakes served in restaurants and hotels in Northern Ireland. Also available at the following link: https://www.food.gov.uk/sites/default/files/media/document/nutritional-content-of-cheesecake-report.pdf