

# Annually



13

types of cancer are caused by being overweight



6,697

deaths from coronary heart disease



2,181

deaths from stroke



31%

P1 children have dental decay



29%

of the adult population have high blood pressure



89%

of type-II diabetics are overweight or obese

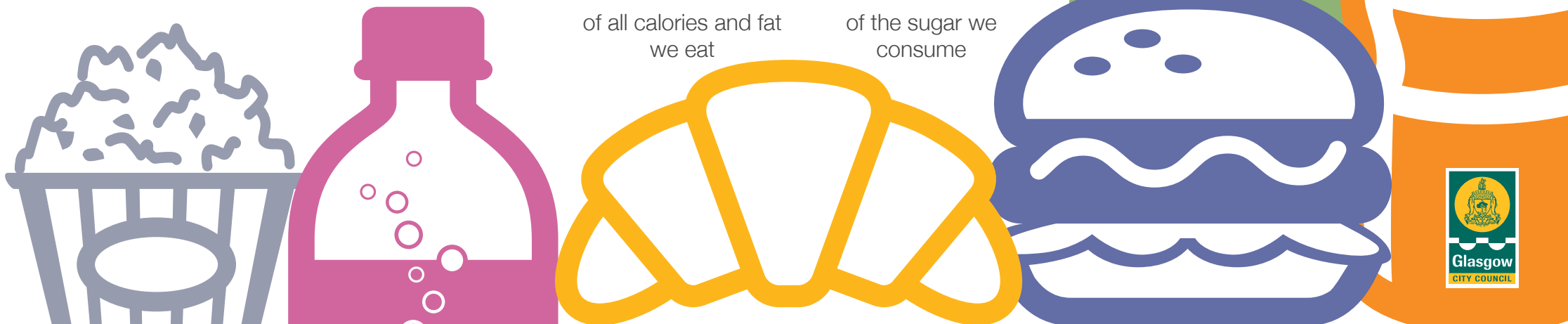
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# Scottish Dietary Goals

The Scottish Dietary Goals are recommended food intakes for a healthy diet. Currently the Scottish diet falls short of achieving these goals. Even though 77% of Scots believe their diet is healthier than it really is. The Scottish Dietary Goals include;

Item	Target/Goal	Current Intake
Fruit & Veg.	5 portions	3.2 portions
Fibre	30g	15.6g
Fat	35% of food energy	38.9% of food energy
Saturated Fat	11% of food energy	15.1% of food energy
Sugar	5% of food energy	14.4% of food energy
Salt	6g	7.8g



# Time To Change Our Scottish Diet

Energy density of the average diet is



40%

over the Scottish Dietary Goal

Cakes, biscuits, pastries, savoury snacks and sugary drinks account for:



20%

of all calories and fat we eat



50%

of the sugar we consume



# Glasgow Food Pledge

Food businesses in Glasgow are being encouraged to sign a pledge to introduce small changes that will improve the overall nutritional quality of the food on sale.

The types of change include:

- Changing the cooking oil to a healthier alternative
- Reducing portion size
- Reducing salt
- Offering healthier options in promotions
- Offering fruit
- Promoting low sugar drinks or water

Wherever you see the following logo it indicates that the business has pledged to make improvements for the benefit of the local community.



The Glasgow Food Pledge is operated by Glasgow City Council Environmental Health and also indicates that the business has been inspected by Food Safety Officers and has been rated as a PASS for Food Hygiene. (see [www.food.gov.uk/ratings](http://www.food.gov.uk/ratings)).

## Why Should A Business Make The Pledge?

Participation in the pledge recognises that a business is taking steps to improve the nutritional quality of the food it sells. This in turn is making a contribution towards the Scottish Dietary Goals.

It is also providing an improved choice of food on sale in the community. Consumers are increasingly demanding healthier choices.

Businesses taking the pledge will benefit from promotion within the local community and wider afield.

## Who Is Eligible?

The pledge can be made by any food business operating in Glasgow.

## Why Make The Changes?

There is a link between what we eat and our health.

- Too much salt in our diet can cause high blood pressure, which increases the risk of heart disease and stroke.
- Too much fat and sugar in the diet increase risk of being overweight, which increases the risk of type 2 diabetes and heart disease.
- Fruit and vegetables help protect against heart disease and cancer.

People are increasingly eating outside of the home. In surveys, people say:

- They want healthier choices on the menu when they are eating outside the home.
- It is the responsibility of the caterer to provide healthier choice.

## The Scottish Diet Includes:

Too many calories, too much fat, sugar and salt.

Not enough fruit, vegetables, high fibre foods and oil rich fish.

The consequence of this is leading to health problems.



**65%**

people are overweight or obese



**29%**

children are overweight or obese

