



**"THE SUGAR CONTENT OF OUR DESSERT LINE  
HAS REDUCED BY OVER 21%!"**

Secondary and Academies

**Why?**

Consuming too much sugar can lead to higher levels of tooth decay, obesity and type 2 diabetes and therefore it is vital that we promote healthy eating habits into our customers to give them the best possible start in life.

Sugar consumption is making headlines causing not only industry experts such as ourselves but also Government bodies to take action. The latest SACN report (Scientific Advisory Committee on Nutrition) and the Childhood Obesity Strategy both set recommendations and targets to reduce the sugar consumption within our population, particularly in children.

**How?**

Over the last 12 months, Chartwells dedicated team of development chefs and nutritionists have worked closely together to provide a dessert line lower in sugar without compromising on taste, here's how we did it;

- ✓ Menu engineering with the launch of Global Adventures food offer
- ✓ Reformulated our recipes to reduce sugar content
- ✓ Reformulated portion sizes of high sugar items
- ✓ Set internal sugar targets for new recipes
- ✓ Analyse our menus to ensure reduced sugar content year on year
- ✓ Ensure responsible marketing and promotions

**Great News!**

The Autumn/ Winter 2017 menu has a 21.8% total sugar reduction from last year's seasonal menu, that's an average of over 5 grams removed per dessert!

Any enquiries, please contact [nutrition@compass-goup.co.uk](mailto:nutrition@compass-goup.co.uk)