

## Nutrition Audit

Venue: Pollock Halls, the University of Edinburgh

Inspection Date: 29<sup>th</sup> October 2014

Inspected By: Fiona McDonald Joyce

Annual Inspection Due: October 2015

### Audit Hosts

Ian Macaulay (Asst. Director - Catering)

Gordon Dochard (Kitchens Manager)

Craig Rowley (Head Chef)

It was extremely nice to return to Edinburgh and receive such a warm welcome from both familiar and new faces. The University continues to showcase its high standards of catering, with excellent varied menus and focus on freshly prepared dishes. The offering for catered halls includes breakfast and dinner and the audit itself encompassed the usual review of previous recommendations and of the current menu cycle as well as a tour of the kitchen and food stores.

### Summary of Findings

The catering team remain laudably committed to the principles of Food for the Brain, striving to provide nutritious, balanced meals to their students alongside other awards held, which include 'Food for Life', 'Healthy Living' and 'Love Food Hate Waste' schemes.

#### Key Strengths

1. High proportion of dishes prepared in-house using fresh produce. Minimal reliance on manufactured, processed foods.
2. Excellent variety offered to students, such as the extensive daily salad bar, daily changing fish dish and five week menu cycle.
3. Strong commitment to food provenance standards, for example sourcing Farm Assured meat for their entire menu (a challenge which the team rose to admirably in successfully striving for their Food for Life Bronze award)
4. Efforts to include whole foods such as dried pulses, fresh herbs and nuts, seeds and whole grains including brown rice, wholemeal pasta and quinoa regularly in dishes.

#### Key Areas for Improvement

1. Replace the current yoghurt with a live/bio version, which supports digestion and a healthy immune system.
2. Introduce herbal teas to the students' hot drinks choices at both breakfast and supper.
3. Switch to a virgin rapeseed oil rather than the extended life oil currently being used for deep frying.

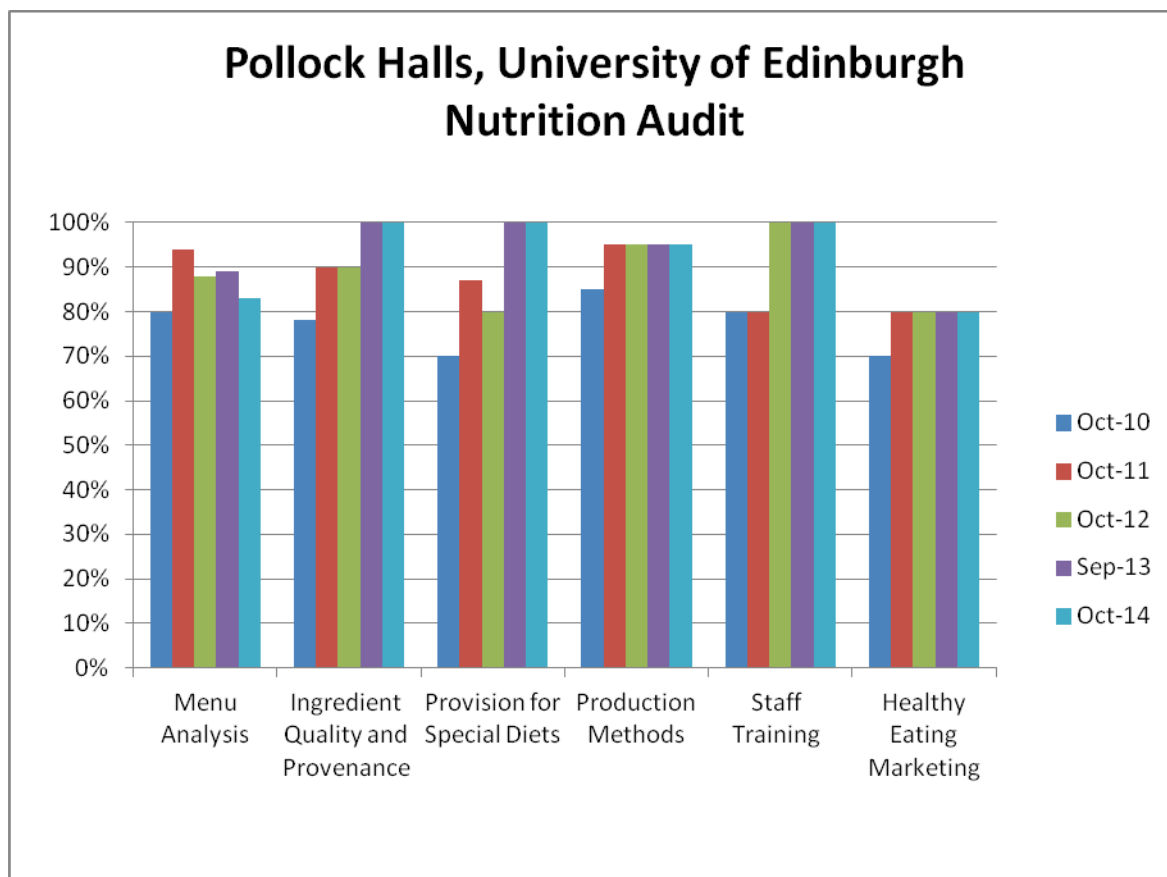
## Conclusion

The team's continued efforts to support Food for the Brain principles are impressive. The balanced menus feature a wide variety of nutritious, freshly prepared dishes and Head Chef Craig is receptive to suggestions to further improve the offering, outlined here. The very small drop in score since last year reflects the lack of herbal teas and live yoghurts made available to students, both of which would be well worth trying to include on a daily basis as discussed, but I am nonetheless delighted to confirm their continued Food for the Brain accreditation and look forward to returning in a year's time to see the developments discussed come to fruition: for example the 'Street Food' concept to expand the variety of vegetarian dishes.

## Assessment Criteria and Score Sheet

Criteria	Score
<b>Menu Analysis</b>	<b>29/35 (83%)</b>
1. Carbohydrate quality (levels of sugar/refined grains/potatoes)	5/5
2. Protein provision (animal foods plus beans/pulses and grains)	5/5
3. Essential fat provision (levels of oily fish, nuts and seeds)	5/5
4. Fibre content (fruit/veg/whole grains/beans and pulses)	4/5
5. Probiotic/prebiotic content (live yoghurt, fruit and veg)	3/5
6. Quality of snacks	4/5
7. Quality of drinks	3/5
<b>Ingredient Quality and Provenance</b>	<b>20/20 (100%)</b>
8. Level of processed fats (trans/hydrogenated)	5/5
9. Level of artificial additives	5/5
10. Free range eggs	5/5
11. Provenance (local or organic produce)	5/5
<b>Provision for Special Diets</b>	<b>15/15 (100%)</b>
12. Vegetarian/vegan (protein content and quality)	5/5
13. Wheat/gluten free	5/5
14. Dairy free	5/5
<b>Production Methods</b>	<b>19/20 (95%)</b>
15. Ratio of fresh: processed food	5/5
16. Cooking methods	4/5
17. Cooking oils used	5/5
18. Quality and level of salt in food	5/5
<b>19. Staff Training in Nutrition</b>	<b>5/5 (100%)</b>
<b>20. Healthy Eating Marketing</b>	<b>4/5 (80%)</b>
<b>Total score</b>	<b>92/100 92%</b>

## Score Chart



### Grading

<50% = unsatisfactory

50-65% = satisfactory

66-75% = very good

>75% = excellent

### Food for the Brain Accreditation

An overall score of 75% or above, and no less than 60% in each section, is required for those operations wishing to gain Food for the Brain accreditation. We are delighted therefore to confirm that you have surpassed this standard. An annual audit inspection is required in order to maintain this award, which will be arranged through The Russell Partnership at the standard rate of £895.

## Report

Criteria	Current Status	Actions
<b>Menu Analysis</b>		
<b>1. Carbohydrate quality</b> Required for energy E.g. Grains, root veg, beans and pulses, fruit.	Whole grain versions of rice, pasta, bread and cereals feature regularly on menus (e.g. oat and rye flakes in muesli, oats in crumble topping). Root vegetables, beans and pulses also feature widely in hot dishes, soups and compound salads. Quinoa appears daily. Plenty of fruit available in puddings or whole to take away.	Continue and review as required.
<b>2. Protein provision</b> Eg meat, fish, eggs, nuts and seeds, beans and pulses. Supports brain function, as well as helping to steady the release of energy from food.	Good level and variety of protein from both salad bar and main meals and fish served daily. Fry's meat substitute and some Quorn used. Seeds and nuts available from salad bar. Daily quinoa salad available and quinoa also appears twice a week on the hot menu.	I will be pleased to see the planned introduction of the Street Food range to expand the vegetarian options, especially as a means of featuring whole food, plant-based proteins such nuts, seeds, eggs and beans and pulses, rather than heavily processed meat substitutes, which can contain additives, preservatives and flavourings.
<b>3. Essential fat provision</b> Eg oily fish, nuts and seeds. Supports brain function as well as skin, heart and hormonal health.	Daily fish dish, always fresh not frozen (except for a premium quality fish cake). Fish also features on salad bar, as do raw nuts and seeds to further enhance the omega 3 and 6 content of dishes.	Continue to source new oily fish dish ideas and to offer the nuts and seeds at both breakfast and supper.
<b>4. Fibre content</b> Eg fruit, veg, whole grains. Maintains digestive health.	Extensive salad bar, with salads all made in-house. Noted that last year's recommendation to ensure a non starchy vegetable at the hot food counter has been taken on board. Plenty of fruit available.	Still scope for more cruciferous vegetables such as broccoli, cauliflower and cabbage on the hot vegetable menu cycle.
<b>5. Pro- and prebiotic content</b> Eg live yoghurt, fermented foods, bananas, onions,	Impressive level of fruits, vegetables and whole grains on menus. We've repeatedly discussed the lack of live	It would be very good to return next year and see live yoghurts on display, despite the increased cost

garlic, Jerusalem artichokes, chicory, and rye. Supports probiotic intestinal bacteria to help healthy immune and digestive function.	yoghurts on offer.	implication. Craig and I discussed ways to cut costs elsewhere such as offering a reduced range of fruit yoghurts or perhaps making your own fruit yoghurt by blending live natural yoghurt and fruit.
<b>6. Quality of snacks</b> Low/no sugar, unrefined items preferable in terms of energy, mood and concentration.	The food offer is for breakfast and dinner only but students are allowed to take a piece of fruit away. Salad pots, sandwiches and yoghurt/granola/fruit compote pots are made in-house for distribution throughout the campus outlets.	Continue and review as required.
<b>7. Quality of drinks</b> Sugar and caffeine free choices help avoid dips in blood sugar levels.	Fruit juices (from concentrate), water, tea, coffee and carbonated soft drinks are available. No herbal teas.	Introduce herbal teas at both breakfast and supper, as discussed.
<b>Ingredient Quality and Provenance</b>		
<b>8. Level of processed fats</b> Eg trans fats, hydrogenated/partially hydrogenated fats. Linked to health problems as well as weight gain.	As usual, no hydrogenated fats visible upon inspection. Pomace olive used for cooking, extra virgin olive for dressings and extended life rapeseed for deep frying. All but one salad dressing are made in-house.	Consider switching from extended life to virgin rapeseed oil for all round cooking and dressing purposes as discussed, for a more natural, nutritious product. There are a number of British producers, including R-Oil (as used by Loughborough University) and Farrington's.
<b>9. Level of artificial additives</b> Eg E numbers and artificial sweeteners like aspartame. Many linked to health concerns.	Very low level of processed food. Canned fruit always bought in juice not syrup and canned vegetables are always in water not brine. Beans and pulses are usually cooked from dried. Stock, soups and muesli made in-house.	Continue and review as required.
<b>10. Free range eggs</b> Preferable in terms of nutrient profile and risk of contamination, as well as welfare issue.	Only use free range eggs and also use free range egg mix for cooking and free range egg mayo.	Commendable policy.
<b>11. Provenance (local or organic produce)</b> Preferable in terms of nutrient profile and food	High proportion of food is sourced from local suppliers and producers in keeping with the requirements of the	Commendable policy.

miles.	Food for Life scheme. 100% Farm Assured meat. Some organic goods (e.g. pumpkin seeds, dried apricots, rye flakes, quinoa and soy milk).	
<b>Provision for Special Diets</b>		
<b>12. Vegetarian/vegan</b> Need to pay particular attention to protein provision, ensuring adequate protein through foods such as nuts, seeds, beans and pulses and quinoa, and avoid highly processed meat substitutes.	Extensive salad bar featuring daily quinoa, bean and pulse based dishes. Nuts and seeds available to finish breakfast and supper dishes. Processed meat substitutes (Fry's and Quorn) feature fairly regularly on menus.	Plans to expand vegetarian range via 'Street Food' offer, focussing on Asian dishes to avoid an overreliance on wheat and dairy based vegetarian meals. This is a good alternative to heavily processed meat substitutes which can be high in additives, flavourings and preservatives.
<b>13. Gluten/wheat free</b> Common allergen/intolerance. Need to avoid wheat, oats, rye and barley, and any foods that contain these gluten-grains.	The Hall does not aim to cater for students with food allergies. Nonetheless, the extensive variety of options makes it easy to avoid wheat. In addition, there is an extensive range of gluten and wheat free alternatives, from muesli to gluten free bread and pasta. Dressings served separately to salads make it easier those with dietary restrictions. No flour added to soups.	Continue and review as required.
<b>14. Dairy free</b> Common allergen/intolerance. Need to avoid cows, sheep and goat's milk products.	As above, the University does not recommend catered accommodation for students with food allergies. Nonetheless, the extensive variety of options makes it easy to avoid dairy products. Soya milk and yoghurt out on display for breakfast.	Continue and review as required.
<b>Production Methods</b>		
<b>15. Ratio of fresh: processed food</b> Fresh food preferable in terms of nutrient content and avoidance of potentially harmful additives.	Strong emphasis on fresh and freshly prepared foods (muesli, soup, stock, most hot dishes and puddings and dressings). Minimal use of manufactured processed foods. All fish is fresh (except for a premium quality haddock fish cake).	Continue and review as required, with special consideration for vegetarian dishes to limit heavily processed meat products.

<p><b>16. Cooking methods</b> Gentler methods like steaming and baking help to preserve nutrients. Deep frying not only contributes more oil to the dish but fat can be damaged by heat to form harmful trans fats.</p>	<p>Occasional deep frying on the menu cycle and on theme nights.</p>	<p>Continue to limit deep frying in favour of gentler, lower fat cooking methods.</p>
<p><b>17. Cooking oils used</b> Rapeseed and mild/medium olive oil relatively stable at high temperatures, to limit damage and production of harmful trans fats.</p>	<p>Pomace olive oil used for general cooking, extra virgin for dressings and extended life rapeseed oil for deep frying.</p>	<p>Consider switching from extended life to virgin rapeseed oil as discussed earlier, for a less processed, more nutritious product.</p>
<p><b>18. Quality and level of salt</b> Sea and rock salt preferable in terms of nutrient profile and avoiding processing that table salt and low-salt undergo.</p>	<p>Rock salt used in cooking. Plentiful use of fresh and dried herbs and of spices to add maximum flavour naturally. Lo-Salt sachets available alongside condiments.</p>	<p>Continue and review as required.</p>
<p><b>19. Staff Training in Nutrition</b> Necessary to ensure consistency of delivery and understanding of the importance of issues such as special diets.</p>	<p>Craig and key kitchen staff booked to attend Nutrition and Allergy course in the New Year. Annual refresher courses on catering awards held: Food for the Brain, Healthy Living, Food for Life and Love Food Hate Waste. Original key staff members attended RP nutrition workshop at start of their FFTB initiative.</p>	<p>Continue to build training into the team's annual calendar to refresh and update knowledge.</p>
<p><b>20. Healthy Eating Marketing</b> Signage to indicate suitability for special diets and specific benefits of nutrients/ingredients to encourage healthy eating.</p>	<p>Food for the Brain, Food for Life, Healthy Living, Love Food, Hate Waste logos displayed. Various RP healthy eating leaflets on display and available to take away.</p>	<p>As before, more clarity and visibility of the Food for the Brain message would be helpful.</p>