



Nutrition policy

As a leading supplier to the foodservice sector Brakes ensures it provides a wide range of products that enables its customers to create healthy and appealing menus for consumers of all ages.

Brakes are well positioned to understand the requirements of new legislation and will comply with all aspects of food legislation. New labelling regulations will be met by the end of 2014, the main changes will mean the nutrition table will be in a revised format and allergens will appear in bold typeface within the ingredient list and there will no longer be an allergy advice line for allergens contained in the products. The allergen advice line will remain for any 'may contains' voluntary statements. Caterers will need to have allergen information available for consumers so this will be available on packaging, on line and on request in other formats.

Brakes include full nutrition labelling on all Brakes brand packaged products with front of pack labelling for energy with kcal and kJ per portion as well as the % of the Reference Intake on products with consumer facing packaging,. The nutritional value of all Brakes brand products is also available to view through [the List Online](#).

We are involved in many of the government programmes to improve health through better diets and access to foods of a good nutritional value and are partners in the Department of Health's Responsibility Deal. Established in 2011 this is an innovative collaboration between government and industry in which we have made pledges on trans fats, salt and promoting consumption of fruit and vegetables. We are proud to be playing our part in improving health through nutrition information, advice and product choice.

Brakes offer a large and varied range of products including many inherently healthy foods such as lean meat, fish, dairy products, wholegrain cereals, fruits and vegetables. This is supported by the 5-a-day logo for fruit and vegetables. The Healthier Choices range offers prepared foods that are either low fat or have reduced fat content and meet our own strict criteria for salt and sugar.

In addition, to reduce the trans-fat content of Brakes products they no longer contain hydrogenated vegetable oils. Brakes have a continuous programme of product improvement through which we are reducing salt to meet Responsibility Deal 2012 voluntary targets wherever possible.

Our proactive product development programme considers the nutritional value and portion size of the foods where this is appropriate, and aims to have products that help caterers meet any standards appropriate for them.

Brakes are aware of the requirements of the Government Buying Standards for caterers. Within this standard all foods can be provided but there is a need to offer a proportion of foods that meet either higher welfare standards or particular nutrition criteria. Brakes are also aware of catering standards required in education and in healthcare

We have a database for all our products containing the information required to develop menus and catering services that meet government buying standards, school food regulations and the requirements of the Care Quality Commission, and can advise on products to meet any of these standards