



**bite  
by bite**

## **'WE COUNT FOR YOU'**

Your customers will be able to make an informative choice about the food they want to eat.



## **NEW SERVICE PROVIDER**

Hospitality | Food Manufacturing | Retail | HealthCare | Education Board | Hotels | Restaurants | Cafes  
Food Chains | Deli / Hot Food Counters | Schools | Universities | Hospitals | Food Companies and Caterers

**Do You Know how many Calories are in your Meal?**  
**Do You Know the Nutritional Breakdown of your Product?**  
**Do You Know your Serving Suggestions/Sizes?**  
**Do You Know Government Pledges for Reducing Salt/  
Saturated & Trans Fats and Sugar?**

Your customers will be able to make an informative choice about the food they want to eat.

## **Montgomery Food Consulting**

Montgomery Food Consulting was established in 2010 by Rhonda Montgomery who is a service provider to the Food & Drink Industry. Services provided range from Food Safety/Quality Management System Consultancy, Training & Development, Cleaning & Hygiene, Auditing, Interim Technical Support and Food Nutrition & Labelling. The company holds an exemplary record to date and is striving in its success & achievements to supply the UK & Ireland with an efficient & dependable service.

## **Do You Require Nutritional Expertise?**

- Nutritionally analyse your menus or products?
- Provide your customers with calorie information, GDA's and RDA's?  
(GDA'S - Guided Daily Allowance/RDA'S – Recommended Daily Allowance)
- Calories and advice on portion control and serving suggestion
- Are your menus or products nutritionally balanced?
- Need help planning your menus?
- Have you cooking or moisture loss?
- Trying to ensure that you are offering healthier meals?
- Are your menus meeting nutritional standards and legislation?
- Want to reduce your costs and introduce portion size?
- Results will be given per 100g or in addition pack size or portion size
- Do you want to know the nutrition and vitamin breakdowns of your meals or products?
- Want to improve the nutritional value of your food provision?
- Are your menus meeting nutritional standards & dietary goals set by Local Government?
- Confused by food allergies?

**“Research shows that 75% of people in N. Ireland would like to see more information on healthy options when eating outside the home.”** (Source: Food Standards Agency)

## What are calories?

**Calories are a measure of the amount of energy in food. Knowing how many calories are in our food can help us to balance the energy we put into our bodies with the energy we use. And that's the key to a healthy weight.**

An average man needs around 2,500 calories a day to maintain his weight. For average women that figure is around 2,000 calories a day & children 1800 calories per day. These values can vary depending on age and levels of physical activity, among other factors. Your recommended carbohydrates, fat and proteins for a day usually consist of the following;

- **45% to 65%** of calories eaten should come from **carbohydrates**. \*(1g of carbohydrate = 4 calories)
- **20% to 35%** of calories eaten should come from **fat**. \*(1g of fat = 9 calories)
- **10% to 35%** of calories eaten should come from **protein**. \*(1g of protein = 4 calories)

**Monounsaturated fats and polyunsaturated fats** are known as the “**good fats**” because they are good for your heart, your cholesterol, and your overall health. Saturated fats and trans fats are known as the “**bad fats**” because they increase your risk of disease and elevate cholesterol.



## The Services we can provide for you:

Using specialised software we can provide Nutritional information that saves on analytical costs and is based on McCance & Widdowson 6th edition (Composition of foods).

- Calorie Counts based on GDA's and RDA's
- Allergen identification in products/recipes (Mandatory legal requirement Dec 2014)
- Nutritional Breakdowns per 100g or per serving if required (Mandatory requirement by Dec 2016)
- Advice on Portion Control / Serving suggestions
- Traffic Lights - Front of pack labelling
- Produce Ingredient Declarations that forms the basis for food labels
- QUID's

- Help you with Allergen Risk Assessments
- Help you with Product Development
- Guide Development
- Help Reduce Saturated and trans fats in your products
- Help Reduce Salt and Sugar contents
- Provide Reports & Graphical Evidence
- Applies Government Requirements set out in legislation (EC 1169/2011)
- Software is recognised by Food Standards Agency, CoFIDS, USDA

Labelling rules in European Directives 2003/89/EC and 2006/142/EC ensure that all consumers are given comprehensive ingredient listing information and make it easier for people with food allergies to identify ingredients they need to avoid. The EU rules will be changing in December 2014 when the Food Information for Consumers Regulation 1169/2011 comes into force.

The new regulation will build on current allergen labelling provisions for prepacked foods and will introduce a new requirement for allergen information to be provided for foods sold non-packed or prepacked for direct sale in December 2014. Nutrition information is becoming a mandatory requirement under this regulation in December 2016. Display of calorie counts on menus, use of traffic light system and Front of pack labelling at this moment in time is remaining voluntary. Retailers are pledging strong support to the national front of pack labelling scheme which offers consumers clear and consistent nutritional information on the food they buy. The scheme combines traffic light, colour coding and nutritional information, and is supported by the British Retail Consortium and Food & Drink Federation.

## Do you know your Allergens?

Food manufacturers & providers need to know and communicate the ingredients and possible cross-contaminants in their food(s) to allergic people, as they must avoid the offending food(s) even in trace amounts. It is a legal requirement for them to provide safe foods and to label food products properly with a 'contains' or 'may contain' statement.

Cereals Containing Gluten (Wheat, Rye, Barley, Oats)	Peanuts
Crustaceans	Nuts
Molluscs	Soybeans
Eggs	Milk
Fish	Celery
Mustard	Sesame
Lupin	Sulphur Dioxide



## Food Standards Agency/ Department of Health Dietary Goals 2013

<b>Calories</b>	Reduction in calorie intake by 120 kcal/person/day
<b>Fruit &amp; Vegetables</b>	Take 5 portions per day (>400g per day)
<b>Oily Fish</b>	Oil rich fish consumption to increase to 1 portion per person (140g) per week
<b>Red Meat</b>	Average intake of red & processed meat to be pledged at round 70g per person per day Average intake of the highest consumers of red and processed meat (90g per person per day) not to increase
<b>Fats</b>	Average intake of total fat to be no more than 35% food energy Average intake of saturated fat to reduce to no more than 11% food energy Average intake of trans fatty acids to remain below 1% food energy
<b>Sugar</b>	Average intake of NNES (Non-Milk Extrinsic Sugars) to reduce to less than 11% of food energy in children and adults
<b>Salt</b>	Average intake of salt to reduce to 6g per day
<b>Fibre</b>	Consumption of fibre to increase by 18g/day by increasing consumption of whole grains, pulses and vegetables

(NNES are free sugars found in sweets, biscuits, soft drinks, added to breakfast cereals, table sugar, honey and fruit juice. They are not in milk or integrally present in the cells of food such as fruit and vegetables)

### Use of Symbols

Do you want to include information on your menus or products using symbols?

You can use these symbols for allergens or nutrition claims?



**EACH CUSTOMER WILL BE GIVEN A POINT OF SALE NOTICE TO DISPLAY IN YOUR SHOP OR ON A MENU TO SHOW CONSUMERS CREDITABILITY.**

# m montgomery food consulting

100 Knockmany Road, Clogher, Co. Tyrone

**Tel:** +44 (0) 28 8554 9906

**Mobile:** +44 (0) 77 6639 5738

**Email:** [info@montgomeryfoodconsulting.com](mailto:info@montgomeryfoodconsulting.com)

**Web:** [www.montgomeryfoodconsulting.com](http://www.montgomeryfoodconsulting.com)



**Nutritional PRO**

Food Data Services: Nutrition calculation Specialists



## Data Sources:

The Food Standards Agency (FSA) UK Nutrient Databank

The Food Standards Agency (FSA) maintains the UK Nutrient Databank, which contains extensive information on the nutrient content of foods commonly consumed in the UK. The McCance and Widdowson's The Composition of Foods book series, i.e. the 6th Summary Edition and supplement publications, contains nutrient composition data based on information from this databank.

**Director:** Rhonda Montgomery Bsc Hons, Pg Dip, MIFST, AMCIEH

**Sales & Marketing:** Grace Collins **Technical Team:** Mary Magee and Niamh Maguire