

Chicken and chips – What's in it?

Chicken and chips is a popular meal for young people.

We sampled chicken and chips, from takeaways in the local community. We found this meal to be extremely high in calories, fats and salt. We want to provide our residents with information that will help them to make better and healthier food choices.

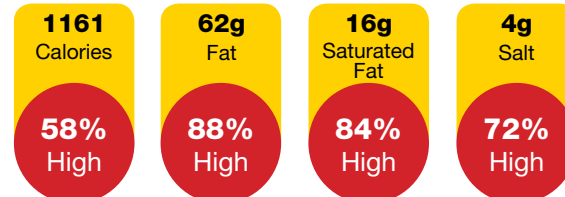
What we did

- Two pieces of chicken and chips and one sachet of salt were bought from 11 fried chicken takeaways across Waltham Forest.
- We sent each meal to the Public Analyst who carried out nutritional analysis under the Food Safety (Sampling and Qualifications) Regulations 1990.
- We used our results to show average nutritional contents of this meal in a guideline daily amount (GDA) using traffic light colours*.

*Food products with traffic light labels show you at-a-glance if the food you are thinking about buying has high, medium or low amounts of fat, saturated fat, sugars and salt.



On average one portion contains



Per cent of an adult's guideline daily amount per portion

Encouraging healthy eating

- Eating large amounts of calories, fats and salt can lead to child and adult obesity, heart disease, raised cholesterol, and diabetes. In turn these can and do induce heart attacks, strokes, blindness and premature death.
- Chicken and chips can form part of a balanced diet; however, regularly eating foods high in calories, fats and salt can lead to the health risks, as outlined above.

NHS Waltham Forest supports and encourages healthier eating, including raising awareness of a varied and balanced diet, helping towards improving the health of the borough.