

Appendix 1: Average daily energy and nutrient intake provided by an emergency food parcel in the UK.

Analysis carried out using Windiets Professional v.2017-03-21 (Robert Gordon University, Aberdeen, UK)

Highlighted boxes show the three foods making the greatest contribution to the intake of each nutrient

Food	Wt g	Energy kcal	Protein g	Fat g	Sat. fat g	Free sugars g	Fibre g	Vit A µg	Vit B1 mg	Vit B2 Mg	Vit B3 mg	Vit B12 µg	Folate µg	Vit C mg	Vit D µg	Calcium mg	Salt g	Iron mg	Zinc mg
White bread	114	250	9.0	1.8	0.3	0	2.8	0	0.27	0.09	4.1	0	28	0	0	202	1.16	1.8	0.9
Semi-sk. milk	286	132	9.4	4.6	3.1	0	0	63	0.11	0.51	2.6	0.57	6	0	0	315	0.36	0.5	1.1
Pasta	71.4	245	8.1	1.1	0.2	0	0	0	0.12	0.02	4.1	0	14	0	0	17	0	1.1	0.9
Long grain rice	71.4	253	4.8	0.7	0.2	0	0.8	0	0.09	0	2.4	0	10	0	0	11	0	0.2	1.0
Potato (boiled)	257	190	4.6	0.3	0.1	0	4.1	0	0.54	0	2.3	0	45	23.1	0	15	0	0.9	0.5
Tomato soup	234	119	2.1	4.7	0.6	5.1	1.4	56	0	0.26	1.6	0.14	33	2.3	0	33	1.46	0.5	0.2
Baked beans	119	96	6.0	0.6	0.1	4	5.8	5	0.25	0.04	2.0	0	35	0	0	50	0.79	1.7	0.7
Tomato sauce	71.4	31	1.1	0.9	0.1	0.9	1.4	69	0.04	0.01	0.9	0	1	0	0	22	0.53	0.5	0.1
Tinned tomato	57.1	11	0.6	0.1	0	0	0.5	31	0.07	0.02	0.6	0	6	6.3	0	6	0	0.3	0.1
Carrots (boiled)	129	37	0.6	0.6	0.2	0	3.6	2386	0.12	0.03	0.5	0	10	3.9	0	40	0.09	0.4	0.1
Mushy peas	114	92	6.6	0.8	0.1	0	3.5	0	0	0	1	0	0	0	0	16	0.64	1.5	0.8
Tuna (drained)	20.0	22	5.0	0.2	0.1	0	0.4	5	0	0.02	3.3	0.68	1	0	0.22	2	0.15	0.3	0.3
Meatballs	54.3	67	5.4	3.9	1.5	1.5	0.5	30	0.1	0.05	2.3	0.33	6	10.9	0.22	22	0.08	0.6	0.8
Canned pork	28.5	55	8.6	2.3	0.8	0	0	0	0.25	0.09	2.2	0.28	1	0	0.20	3	0.04	0.4	1.2
Apples	64.3	33	0.4	0.3	0.1	0	0.8	1	0.03	0.03	0.1	0	0	3.9	0	3	0	0.1	0
Oranges	34.3	12	0.3	0.1	0	0	0.4	3	0.08	0.01	0.2	0	11	17.8	0	8	0	0	0
Custard	143	140	3.9	4.1	2.7	11.7	0	142	0.17	0.27	0.6	0.29	3	0	0	130	0.15	0.1	0.4
Shortbread	21.4	110	1.1	6.2	3.7	3.3	0.5	64	0.04	0.01	0.5	0	3	0	0.09	30	0.18	0.3	0.1
TOTAL		1896	77.6	33.3	13.9	26.7	26.2	2855	2.28	1.46	31.3	2.15	214	68.2	0.72	926	5.65	11.3	9.2
DRV ¹		2000	45	<75	<24	<27	30	600	0.8	1.1	13.2	1.5	200	40	10	700	<6.0	8.7	7.0
% DRV		95	172	44	58	101	87	475	275	133	236	143	107	171	7	132	95	130	131

¹ Dietary reference value (recommended intake) for women aged 50-64y

(https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/618167/government_dietary_recommendations.pdf)