

Children in the most deprived fifth of households ate 20 percent less fruit and vegetables than those from the wealthier fifth and were nearly twice as likely to be obese. Deprived groups were also much more likely to be affected by type 2 diabetes and tooth decay.

The study also found that food manufacturers and retailers were much more likely to promote unhealthy foods. Only 2 percent of all advertising was for fruit and vegetables while more than a third was for confectionary, snacks, deserts and soft drinks.....

.....Anna Taylor, of the Food Foundation said; "Our Broken Plate report shows that our food system is failing to provide large swathes of the population with the basic nutrition needed for them to stay healthy and thrive. There is a tragic imbalance in the UK between the food that is marketed, available and affordable and foods that are healthy and sustainable. Not only can lack of nutrition lead to serious health conditions, it can also lead to children being unable to concentrate in school, and have a lasting effect on mental health, entrenching inequalities from a young age."

The Food Foundation wants the Labour Party to bring in new taxes to encourage businesses to reformulate food and drink in a similar way to the soft drinks levy. It also wants VAT removed from healthy meals in restaurants and fast food outlets and restrictions on unhealthy food advertising.
