

PANEL

UNPROCESSED

Taking Back Our Plates!

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prescription
CONFERENCE 26



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- CEO, UK & International Health Coaching Association
- UKIHCA Registered Health Coach
- Once Upon a Cook/Author
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Our Speakers



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Association for Nutrition



- Chef
- Food Writer
- TV Personality
- Founder, Ballymaloe Cookery School



Rosalind Rathouse



- Cookery Teacher
- Entrepreneur
- Food Educator





Summer slush warning: Glycerol in slush ice drinks unsafe for children under 7 and should be limited for children aged 7 to 10?

In addition, the FSA advises that children aged 7 to 10 should have no more than one 350ml 'slushie' drink per day – roughly the size of a fizzy drink can. Retailers have been asked to support this advice by not offering free refills to children aged under 10. The manufacturers of slush ice drink concentrates have also been reminded to use only the minimum amount of glycerol necessary to achieve the frozen effect.?

As the UK embraces high summer temperatures, the FSA has issued [revised industry guidance](#). This, and the public awareness campaign, are timed to coincide with the seasonal spike in slush ice drink sales at children's indoor play areas, leisure facilities and outdoor events.?

"As we head into the summer holidays, we want parents to be aware of the potential risks associated with slush ice drinks containing glycerol. While these drinks may seem harmless and side effects are generally mild, they can, especially when consumed in large quantities over a short time, pose serious health risks to young children. That's why we're recommending that children under seven should not consume these drinks at all, and children aged 7 to 10 should have no more than one 350ml serving. We're working closely with industry to ensure appropriate warnings are in place wherever these drinks are sold, but in the meantime, we are asking parents and carers to take extra care when buying drinks for young children, particularly during warmer months when consumption of 'slushies' typically increases."?

FSA Chief Scientific Advisor, Professor Robin May

At very high levels of exposure, typically when several servings of these products are consumed by a child in a short space of time, glycerol can cause shock, very low blood sugar levels and loss of consciousness. ?

Parents should ask sellers whether drinks contain glycerol and review product labels or signage at point of sale. The FSA [advises consumers](#) to avoid products if they're unsure about ingredients and seek medical advice if a child develops symptoms.?

This advice also applies to ready-to-drink slush ice drinks with glycerol in pouches and home kits containing glycerol slush concentrates. The FSA's updated guidance is based on the latest scientific evidence and is designed to help families make informed choices and keep children safe.?

The FSA will be monitoring the situation carefully and will take further action in the future if necessary.?

If a child becomes unwell with headaches, nausea or vomiting soon after consuming slush ice drinks, you should immediately give them drinks or food containing sugar and call 111 for medical advice. If a child becomes drowsy or confused, you should call 999 for urgent medical attention.?

These slush ice drinks or 'slushies' contain glycerol

- Children under 7 should not consume these drinks
- Children under 10 should have a maximum of one 350ml 'slushie' per day – that's about the size of a fizzy drink can.

Glycerol can cause sickness and headaches in young children



More information on glycerol:

- Visit [food.gov.uk/glycerol](https://www.food.gov.uk/glycerol)
- Scan this QR code:





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