



## COVERS THAT WERE DIFFICULT TO REMOVE:

Clippasafe (4 for £1.99), Boots (4 for £2.94), John Lewis (6 for £2.50), Red/Grey Electrical (4 for £1.99)

## EASIER TO REMOVE:

Emmay Care, Lindham, Maxim Electrical, Mercury Telecraft, Mothercare, Power Plus, Safe Tots, Tulka, Upsy Daisy

## Covers examined

**W**hich? believes that plug socket covers may be a waste of money and our testing showed that, in a worst case scenario, some could actually increase the risk of your child being electrocuted.

You may think the covers prevent children from accessing a plug socket's live terminals. But all British plug sockets, by law, have safety shutters that do this. And in our tough safety tests on 12 brands of socket covers, we found that some may be too easy to remove, even for a child.

If a young child removes a cover, it's possible that they could replace it upside down, opening the socket's safety shutters and allowing access to the live terminals, as the image (right) shows.

If you do want to use covers, choose one of the four brands that our tests revealed were extremely difficult to

remove (see left). The others could be removed with varying degrees of difficulty. Our child safety expert found the Upsy Daisy covers easiest to remove – they were quite loose with easy-to-grip edges. The Mothercare and Safe Tots covers were very difficult to remove – but our expert thought a child could prise them off by poking something under the holes in the design.



**The safety shutters only open when an earth pin is inserted. If a plug socket cover is put in upside down, as above, the live terminals are exposed**

## Sweet temptation

**N**early half of those who agree that supermarkets shouldn't sell sweets at checkouts say it's because it's unhealthy for them or their children, according to a Which? survey of 1,031 people.

Most supermarkets said that sweets are sold on or near checkouts in some of their shops. Sainsbury's and Waitrose said that in convenience

stores, it's a question of space. The Co-operative told us that it doesn't sell sweets at checkouts in any stores.

And Marks & Spencer said that half of all its tills with conveyor belts are now sweet-free.

Which? policy adviser Sue Davies said: 'We'd like to see supermarkets using this prime spot to help promote healthier choices, rather than less healthy foods.'

## SUPERMARKETS SHOULD NOT SELL SWEETS AND CHOCOLATE AT CHECKOUTS

AGREE

44%

DISAGREE

28%

NEITHER AGREE NOR DISAGREE

28%

## Style over substance?

**Y**ou'd think that a £320 highchair would be the best you can get for your baby, but, in our latest highchair tests, the mothers in our user panel weren't impressed with the Fresco Bloom (not pictured).

One said it was 'more a style statement than a practicality'. Others criticised the awkward base and the backrest, which they found difficult to adjust.

The full test results can be found at [www.which.co.uk/highchairs](http://www.which.co.uk/highchairs).

We've tested 13 highchairs from leading manufacturers. For £85 you could get the Best Buy Graco Contempo, which stands upright and is 89cm high when folded.



**300** the number of times we test the folding mechanism on each highchair to make sure it won't fold up when in use

**15KG** the weight we use to test if the chair would tip over when a child leans out

**40** the number of times we knock each chair over and check for damage

## Health claims on trial

**M**anufacturers using unproven nutrition or health claims to promote supplements and food should soon be a thing of the past.

The European Food Safety Authority is currently assessing claims. It is aiming to standardise the way products are sold across the EU, so that

consumers aren't misled. Several products available in the UK have already been assessed, and some health claims have been rejected (see below).

A list of approved health claims is set to be published next year. After this, claims that haven't been approved will be prohibited.

### HOW HAVE POPULAR UK PRODUCTS FARED?

#### ACCEPTED



**CLAIM** Lowers blood cholesterol, which may reduce the risk of coronary heart disease

#### REJECTED

**CLAIM** Helps reduce urinary tract infections in women



**CLAIM** Supports immune system, helps maintain healthy gastro-intestinal function



**CLAIM** Supports central nervous system development of foetuses during the last trimester and breastfed infants up to six months



**CLAIM** Helps maintain concentration levels and brain functions



## Do you want carrot sticks with that?

**M**cDonald's introduced carrot sticks to its children's happy meals as a healthier alternative to fries, but when we visited 10 McDonald's restaurants, only half had them in stock.

The manager of one store told our researcher that when they do have carrot sticks, no one buys them and they end up in the bin, so he's stopped ordering them in.

To find out what children are eating at fast-food restaurants, turn to p66.



# 50%

of the 10 McDonald's branches we visited didn't have sticks in stock

## Too much salt in our daily diet

**W**e consume around 8.6g of salt a day in the UK, but we should be eating no more than 6g a day. A diet that's high in salt can lead to high blood pressure.

Although many food manufacturers have started to reduce the level of salt in their products, there is still too much in many of the foods we eat.

Below, we've shown how easy it is to exceed 6g a day (we chose some leading brands for our example). To find out how to cut your intake, go to [www.salt.gov.uk](http://www.salt.gov.uk).

**TOTAL**  
**7.4g**

#### BREAKFAST

**SALT**  
**0.5g**



Bowl of branflakes (30g) with whole milk

#### LUNCH

**SALT**  
**1.0g**

**SALT**  
**3.7g**



Pret A Manger ham and greve baguette; ½ tin of Heinz soup

#### DINNER

**SALT**  
**1.7g**



Bolognese made with sauce (125g); salad with dressing (15g)

#### SNACK

**SALT**  
**0.9g**



Walkers ready salted crisps (34.5g)