Nutri-score

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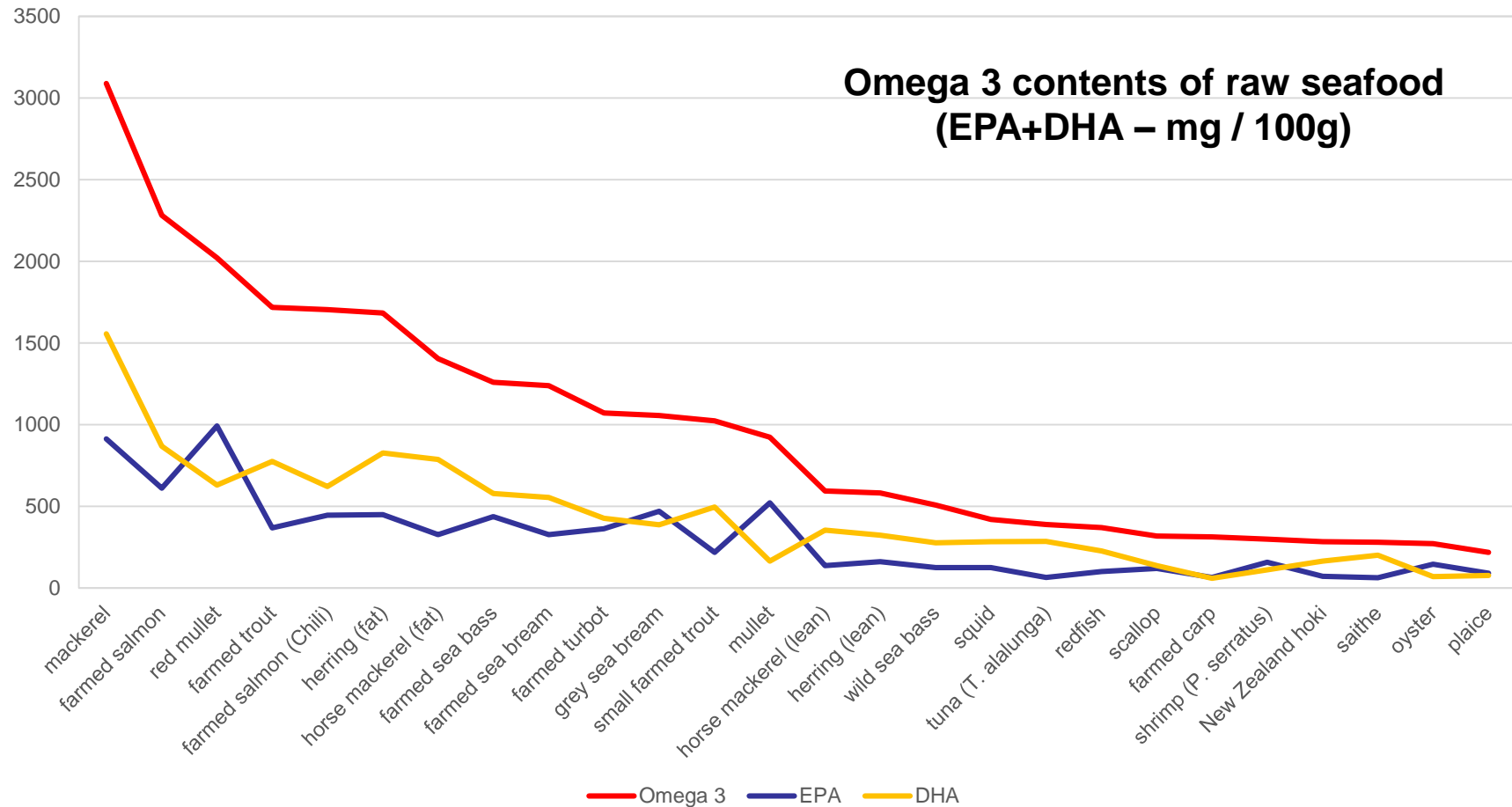Thursday June 4th

Nutri-score calculation method

- Points gathered by 'negative' nutrients (sum = N)
  - Energy
  - Saturated fatty acids
  - Sugars
  - Salt

- Points gathered by 'positive' nutrients (sum = P)
  - Fibres
  - Protein
  - Fruit & vegetables

- Nutri-score determined as follows
  - If N < 11 : Nutri-score = N-P
  - If N ≥ 11 : Most favorable nutrients are left out (unless F&V >80%)

Points		NUTRI-SCORE
≤ -1	→	A B C D E
0 – 2	→	A B C D E
3 – 10	→	A B C D E
11 – 18	→	A B C D E
≥ 19	→	A B C D E

Fish: favorable nutrients

**Omega 3 contents of raw seafood
(EPA+DHA – mg / 100g)**

Legend: Omega 3, EPA, DHA
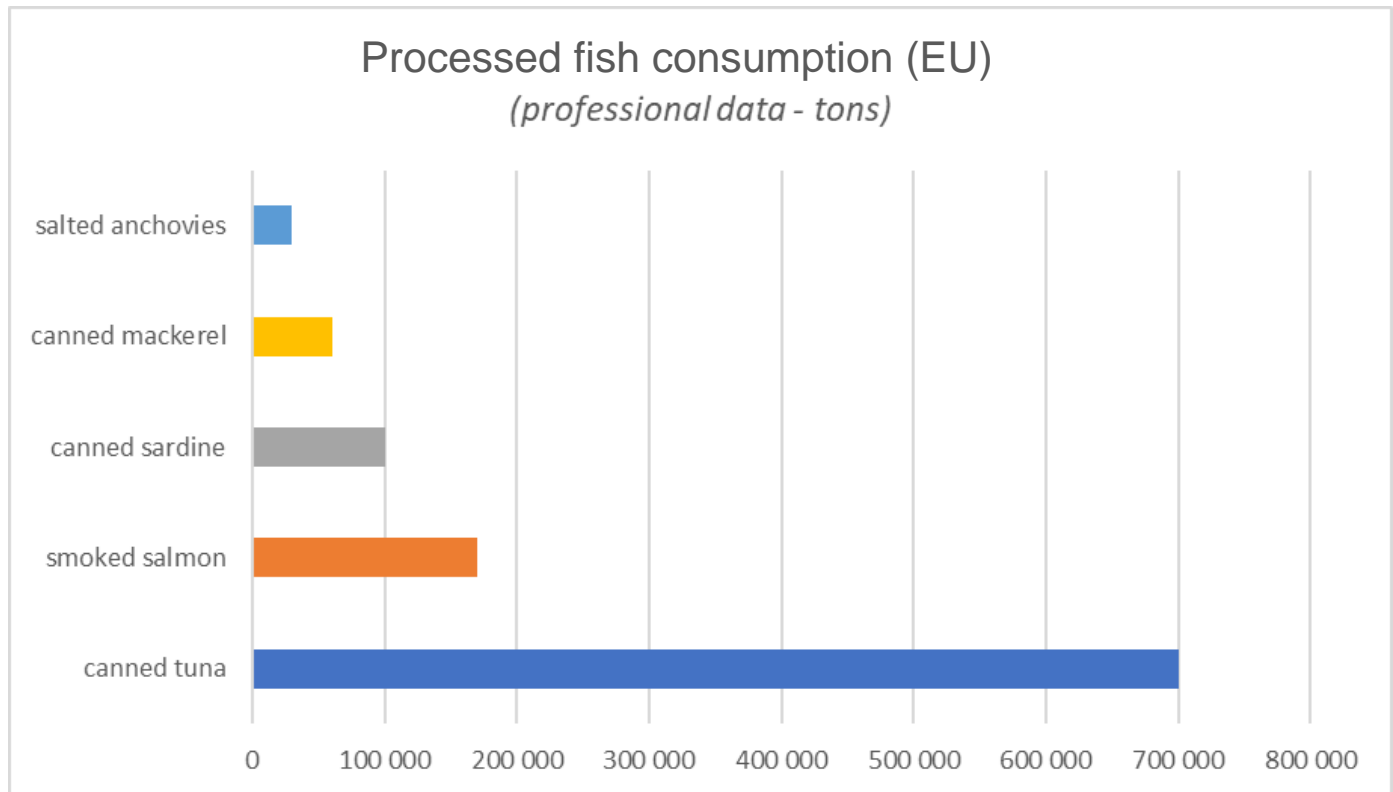
- Can be found in fatty fish: mackerel, herring, anchovies

Fish: favorable nutrients

- Most of these fatty fish are consumed in a processed form

Processed fish consumption (EU)
(professional data - tons)

Discrepancy

- Fatty fish :
  - High in omega-3
  - High in saturated fatty acids
  - High in energy

- Resulting in a poor score

Canned mackerel
and sardine

Smoked trout, salmon or herring,
Salted/ marinated anchovy

- Score fatty fish ≠ health recommendations

Suggested adaptation

- Take into account health claim nutrients, even if N ≥ 11

- Adapt point system for saturated fat
  - Taking into account the ratio of the saturated fatty acids
  - Only penalizing the actual saturated fat content

- Advice?
- Position paper?
- Question to the EC?

- Your thoughts please