

Nutri-Score



Answers to fake-news on Nutri-Score

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Answers to fake-news on Nutri-Score

“Nutri-Score has no interest and is misleading to the consumer, the proof is that some ultra-processed foods containing additives or pesticides are well classified with Nutri-Score !”

“Nutri-Score has no interest and is misleading to the consumer, the proof is that some ultra-processed foods containing additives or pesticides are well classified with Nutri-Score !”

= a real misunderstanding of the purpose of Nutri-Score and all FOP nutrition labels

Nutri-Score refers to a nutritional information system. It does not include other health dimensions: additives, degree of processing, or pesticides.

Impossible, to develop a single synthetic indicator able to cover all these dimensions

(<https://theconversation.com/le-nutriscore-mesure-la-qualite-nutritionnelle-des-aliments-et-cest-deja-beaucoup-99234>)

1. *Relationships between nutrient/food and chronic disease risk → high level of scientific evidence (epidemiological, clinical and experimental work)
Additives, neoformed compounds or contaminants (pesticides, antibiotics, endocrine disruptors): assumptions about health, but different levels of evidence (especially in terms of studies in humans)*
2. *Impossible to weight the relative contribution of each dimension of a food, to provide a synthetic score that would ideally be predictive of an overall health risk level*



However complex this issue may be, this does not preclude, **as part of an effective public health nutrition policy, to recommend**, as it is done in the food-based dietary guidelines, **to choose foods with the best Nutri-Score, without additives or with the shortest list of additives** (in the list of ingredients) and **to prefer unprocessed foods** and, if possible, **organic** (with a certifying logo). And to add to Nutri-Score **a graphic mark (black edge) for UPF.**

Fake-news: “Nutri-Score promotes ultra-processed foods (UPF) ...”

▶ Nutritional composition and ultra-processing are likely to affect, each and independently, the risk of chronic diseases through different specific and complementary mechanisms.

▶ If there is a concordance between being an **ultra-processed food (NOVA4)** and, on average, of **lower nutritional quality**, it is not surprising that some foods presenting a **favourable nutritional quality** can be **ultra-processed**:

For example, wholemeal sandwich loaves or fruit compotes without sugars added can be ultra-processed and rated A by Nutri-Score.

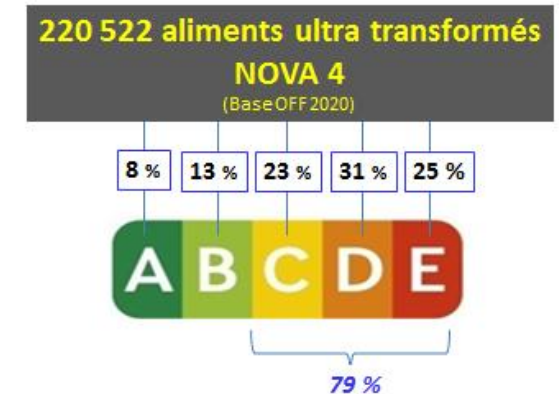
▶ However among the foods considered as «not ultra-processed» (NOVA 1, 2, and 3), some are not of good nutritional quality (high in saturated fat, sugar or salt, etc.).

For example, pure grape juices are NOVA1 (unprocessed or minimally processed) and classified E by Nutri-Score (because they contain more than 160g of sugar/l)

▶ Finally, some **culinary ingredients** (NOVA2), such as sugar, salt, oil or butter, are **not classified as ultra-processed** foods, but their nutritional composition justifies being identified as food items/ingredients that **should be consumed in limited amount and/or not too frequently** in line with public health recommendations.

In fact, the NOVA classification does not integrate the variability in the nutritional composition of products within each of its categories. For ex, for the NOVA2 products, there is no differentiation between vegetable and animal fats; and even, for vegetable oils, it does not allow to recognize those whose nutritional composition is the most favourable and has to be preferred in terms of public health, such as olive oil or rapeseed oil, compared to other vegetable oils (sunflower, corn, peanut, coconut, palm, etc.).

*In contrast, **Nutri-Score discriminates between these different oils** with rating from C to E, making it possible to recognize the most beneficial oils, in line with public health recommendations.*



Perspective: to add to the Nutri-Score which informs on overall nutritional quality, specific graphic information on ultra-processing and the presence of pesticides residues

- If scientifically it is impossible to combine all these 3 dimensions (nutritional composition, ultra-processing, pesticides) into a single synthetic quantitative indicator able by itself to summarize the overall health value of foods, at least they can be associated graphically
- It is possible to add to the Nutri-Score, a dark border for instance, permitting to characterize ultra-processed foods and displaying beside, for organic foods, the corresponding official label



Organic food label



Communication that would be associated to the front-of-pack labels

- 1) *favour the consumption of “non-ultra-processed” foods (without dark border), and select those with the best possible Nutri-Score ;*
- 2) *if you still wish to consume ultra-processed food (with dark border), choose those with the most favourable Nutri-Score;*
- 3) *favour whenever possible organic foods if this alternative exists (especially for plant foods).*

Nutri-Score on pack of non ultra processed foods



Organic food label



Although Nutri-Score only informs about the nutritional composition of foods, it already represents a lot in terms of public health (as demonstrated by numerous scientific studies showing its favourable effect on consumer choice and its expected impact on morbidity and mortality),

For more information about the issue of Nutri-Score and ultra-processed foods (nutriscore.blog)



NUTRI-SCORE

- Le blog Nutri-Score de l'Equipe de Recherche en Epidémiologie Nutritionnelle (EREN) Inserm/Inrae/Cnam/Université Sorbonne Paris Nord -

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Nutri-Score and Ultra-Processing: two dimensions, complementary and not contradictory

7 novembre 2020
Modifier

Galan P, Kesse-Guyot E, Touvier M, Deschasaux M, Srour B, Chazelas E, Baudry J, Fialon M, Julia C, Hercberg S¹

- versions -

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Nutri-Score: la eterna lucha entre la salud pública y los intereses económicos en el ámbito de la nutrición 17 mars 2022

The ever-continuing battle between



NUTRI-SCORE

- Le blog Nutri-Score de l'Equipe de Recherche en Epidémiologie Nutritionnelle (EREN) Inserm/Inrae/Cnam/Université Sorbonne Paris Nord -

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PAPERS IN ENGLISH

Nutri-Score and other health dimensions of foods : how to better inform consumers ?

28 novembre 2021
Modifier

For the past years, research has shown that foods incorporate several dimensions that are likely to have an impact on health: 1) their nutritional composition, including the presence of favourable nutrients (e.g., fibre, protein, minerals, vitamins, etc.) or nutrients that should be limited (e.g., sugar, saturated fats, salt, etc.), and their energy density, 2) their level of transformation and particularly in the case of ultra-processed foods (corresponding to foods that have undergone multiple industrial processes

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Nutri-Score: la eterna lucha entre la salud pública y los intereses económicos en el ámbito de la nutrición 17 mars 2022

<https://nutriscore.blog/2020/11/07/nutri-score-and-ultra-processing-two-dimensions-complementary-and-not-contradictory/>

<https://nutriscore.blog/2021/11/28/nutri-score-and-other-health-dimensions-of-foodshow-to-better-inform-consumers/>

Answers to fake-news on Nutri-Score

«Nutri-Score has no interest and is misleading to the consumer, the proof is that olive oil is less well ranked than Coca-Cola Zero or breakfast cereals; fries that are not good for health are better ranked than sardines that contain lots of good components; smoked salmon is badly classified, and pizzas are healthy....

« ...Nutri-Score ranks better Coca-Cola Light than olive oil ... »
« ...Olive oil is classified as unhealthy, and Coca-Cola Zero as healthy ... »

The Nutri-Score not to classify foods as “healthy” or “unhealthy”



- Comparing olive oil to Coca Cola Light makes no sense. The question does not arise in this way for consumers at the point of purchase or food consumption !

Indeed, it is very unlikely that consumers would consider seasoning their salad with Coca-Cola or refreshing themselves with olive oil...

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Indeed, it is very unlikely that consumers would consider seasoning their salad with Coca-Cola or refreshing themselves with olive oil...
- In reality, consumers need to be able to compare the nutritional quality of foods that are relevant to be substituted in their consumption, use or purchasing conditions

If they want to choose a bottle of oil they will easily see on supermarket shelves thanks to the display of the Nutri-Score, that olive oil is in the best ranking compared to other oils.

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Indeed, it is very unlikely that consumers would consider seasoning their salad with Coca-Cola or refreshing themselves with olive oil...
- **In reality, consumers need to be able to compare the nutritional quality of foods that are relevant to be substituted in their consumption, use or purchasing conditions**

If they want to choose a beverage they will easily see on supermarket shelves that water is the only beverage classified in A and that regular soft drinks are classified in E...

*



The classification of the sweetened drinks will be discussed at the ongoing Nutri-Score update (2022) due to results of new scientific work

«Nutri-Score ranks better breakfast cereals than olive oil ... »
« ...Olive oil is classified as unhealthy, and breakfast cereals as healthy ...»

The Nutri-Score not to classify foods as “healthy” or “unhealthy”



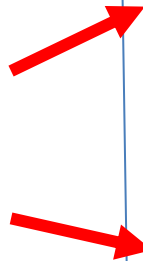
- Comparing olive oil to breakfast cereals makes no sense. The question does not arise in this way for consumers at the point of purchase or food consumption !
Indeed, it is very unlikely that consumers would consider seasoning their salad with breakfast cereals or drinking a bowl olive oil for breakfast...
- **In reality, consumers need to be able to compare the nutritional quality of foods that are relevant to be substituted in their consumption, use or purchasing conditions**

If they want to choose breakfast cereals they will easily see on supermarket shelves that they are classified from A to E depending of the types and the brands...

Nutri-Score is **not a binary front-of-pack nutritional** label characterizing the overall health value of foods in an absolute way. It does not classify foods as “**healthy**” or “**unhealthy**”: **ranking A/B do not corresponds to “healthy” products and C/D/E to « unhealthy » products** .

Gradual, with its 5 categories of colors/letters, Nutri-Score helps consumers to compare, in a relative way, the nutritional quality of foods that have relevance to be compared in terms of consumption, use or purchasing conditions (usually presented in the same shelves of supermarkets)

At the time of purchase, the consumer does not seek to compare the nutritional quality of olive oil with that of breakfast cereals



At the time of purchase, the consumer seeks to compare the nutritional quality of olive oil with that of other added fats



no
A or B

At the time of purchase, the consumer seeks to compare the nutritional quality of the different breakfast cereals



“Nutri-Score is false, the proof: fries that are not good for health are better ranked than sardines that contain lots of good components; or olive oil is less well ranked than Coca-Cola zero...!”.

= pseudos contradictions in the ability of the Nutri-Score to classify foods according to their nutritional qualities

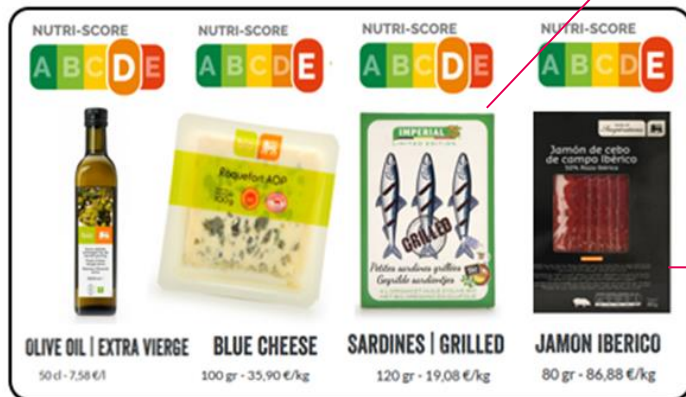


- Purpose of a FOP nutrition label such as Nutri-Score:
 - is not to classify foods as “**healthy**” or “**unhealthy**”, **in absolute terms**, as a binary nutritional logo would do (good vs. bad),
 - to provide consumers with information, **in relative terms**, that allows them, at a glance, **to compare easily** the nutritional quality of foods.
- But this **comparison** between foods is of interest only if it is **relevant**, especially if it concerns foods which the consumer needs to **compare in real life situations** (at the time of his act of purchase or his consumption).
- Moreover, by definition, the Nutri-Score does not invent anything. It simply reproduces in a synthetic form the elements of nutritional composition that appear on the mandatory nutritional declaration at the back of the package.

“Nutri-Score is false, the proof: fries that are not good for health are better ranked than sardines that contain lots of good components; or olive oil is less well ranked than Coca-Cola zero...!”.

= pseudos contradictions in the ability of the Nutri-Score to classify foods according to their nutritional qualities

Not all canned sardines are classified D....



Not all hams are classified E....

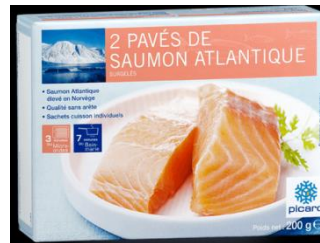


« Nutri-Score is false, the proof: salmon (a fatty fish)
is badly classified D or E ! »



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Salmon is sold in a variety of forms: fresh, canned, smoked, tartar, patty, breaded, etc.



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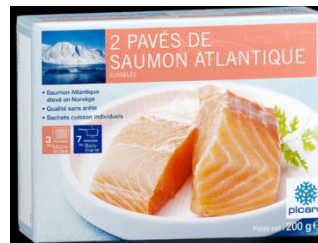
0,08 g salt/100g



1,4 g salt/100g



0,08 g salt/100g



2,7 g salt/100g



3,5 g salt/100g



0,9 g salt/100g



0,77 g salt/100g



1,02 g salt/100g



1,1 g salt/100g



Salmon (or other fatty fish), depending on its form of sale may contain 0 to 4g salt/100g

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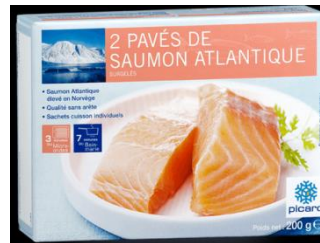
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1,02 g salt/100g



1,1 g salt/100g



Salmon (or other fatty fish), depending on its form of sale may contain 0 to 4g salt/100g



Salt: risk factor of HTA, cardiopathy and stroke



**WHO recommendation for salt
< 5 g salt/day**

« Nutri-Score is false, the proof: salmon (a fatty fish) is badly classified D or E ! »

Salmon is sold in a variety of forms: fresh, canned, smoked, tartar, patty, breaded, etc.



The Nutri-Score makes it possible to recognize the differences in nutritional composition of the different forms of salmon (particularly related to differences in salt content): useful information for consumers (smoked salmon may be consumed but not in large quantities or too frequently)

“Nutri-Score makes no sense: pizzas are classified B ! The pizza is healthy !”



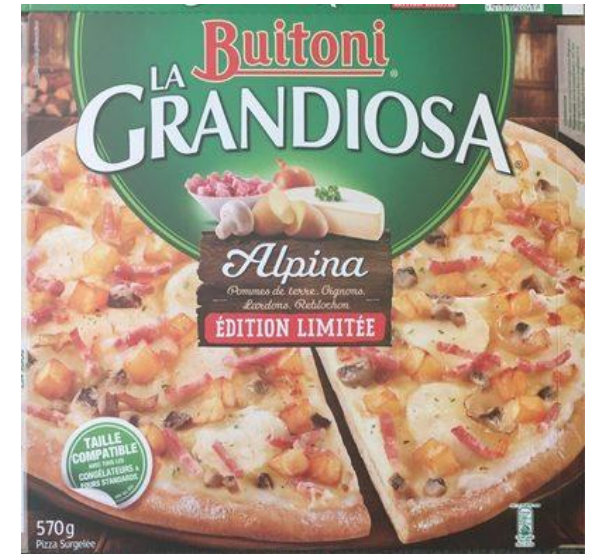
Nutritionists do not recommend the regular consumption of industrial pizzas, but for consumers who decide to consume them, they might as well recognize those with the least unfavourable nutritional profile.

NutriScore allows to compare the nutritional compositions of different types and brands of pizzas

.

How to recognize the nutritional quality of industrial pizzas?

Which ones have the best/worst nutritional composition?



How to recognize the nutritional quality of industrial pizzas?

Use the table of the nutritional declaration on back of packs ???



Tableaux illisibles et incompréhensibles



How to recognize the nutritional quality of industrial pizzas?

Interest of the Nutri-Score: it permits to compare, at a glance, the differences in nutritional quality of different pizzas



One might expect that all cheese pizzas have the same nutritional composition...



No! all cheese pizzas, even with the same name, do not have the same nutritional composition (different according to the brands)



How is it possible that French fries rank A or B?

Frozen French fries sold on the market display a Nutri-Score A or B.

► **Not pre-cooked frozen French fries** are simply peeled and cut potatoes. So they are classified A by Nutri-Score

► **Frozen French fries** are usually Nutri-Score A ou B

*These products have generally undergone an industrial pre-frying process **with a small impact on the quantities of fat in the product.***

■ **Cooked in the oven**, frozen French fries do not change categories of Nutri-Score after cooking.

■ On the other hand, **cooking in a deep fryer** leads to a greater oil penetration in the products, **leading to 1 or 2 upper classes of the Nutri-Score depending on the type of oil used** (more or less rich in saturated fatty acids).

→ Therefore, it is recommended that the manufacturer indicate on the packaging the statement:
“ *When cooking in a deep fryer, the Nutri-Score of the product can vary by one letter if the frying oil is low in Saturated Fatty Acids (sunflower, peanut) or by two if the frying oil is very rich in saturated fatty acids (coconut, palm)*”.



Of course, to preserve the nutritional quality of fries, it is recommended **not to add a lot of salt or consume them with mayonnaise or fat sauces** (*this is also true for tomatoes or raw vegetables*) and not consume very large quantities (they are still caloric)....

How is it possible that Mc Donald French fries are classified B?

The Nutri-Score does not invent anything. It simply translates the nutritional composition of products into a synthetic form.

Mc Donald French fries are only cut potatoes that are cooked in a blend of rapeseed and sunflower oils (which contains less than 12% saturated fatty acids).

After cooking, Mc Donald French fries contain (per 100g of French fries)

- *low saturated fat (1.3g),*
- *very few sugars (0.3g),*
- *a moderate amount of salt (0.47g),*
- *a little fiber (3.5g),*
- *a little protein (3.4g).*

In terms of nutrition, French fries therefore have a composition that is not unfavourable contrary to their negative image in the collective imagination.

If the Nutri-Score of Mc Donald French fries is correct (B), it is necessary to take into account the caloric intake according to the size of proposed portions (which is displayed next to the Nutri-Score): 231 Kcal for the small serving, 328 for the medium and 434 for the large!

And the main nutritional problem may be due if consumer add **salt** (*they are already salty*) or if they are consumed with ketchup (*Nutri-Score C*) and especially with **saucers and mayonnaise** which are *Nutri-Score D*.

For more information about Nutri-Score (nutriscore.blog)



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Misunderstandings and fake news about Nutri-Score. How to try to destabilize a disturbing public health tool...?

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21 avril 2019

Modifier

Over the past few months, a number of negative opinions and misleading information about the front-of-pack nutrition label Nutri-Score (adopted by France in 2017, and more recently by Belgium, Spain, Germany and the Netherlands) have

Nutri-Score: la eterna lucha entre la salud pública y los intereses económicos en el ámbito de la nutrición 17 mars 2022



NUTRI-SCORE

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Front-of-pack nutritional label Nutri-Score and food-based dietary guidelines: complementarity and synergic objectives

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5 mars 2020

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Nutritional risk factors, and especially unhealthy diet, are considered as some of the main drivers of non-communicable diseases in Europe, including obesity, cardiovascular diseases, diabetes and some types of cancers. In order to tackle the growing burden of these chronic diseases, government-led strategies have been developed worldwide to improve the diet and the nutritional status of populations

Nutri-Score: la eterna lucha entre la salud pública y los intereses económicos en el ámbito de la nutrición 17 mars 2022

The ever-continuing battle between

<https://nutriscore.blog/2019/04/21/misunderstandings-and-fake-news-about-nutri-score-how-to-try-to-destabilize-a-disturbing-public-health-tool/>

<https://nutriscore.blog/2020/03/05/front-of-pack-nutritional-label-nutri-score-and-food-based-dietary-guidelines-complementarity-and-synergic-objectives//>

Answers to fake-news on Nutri-Score

*«Nutri-Score attacks 'Made in Italy' products and
Mediterranean foods !*

*The Nutrinform proposed by Italy is more
interesting »*

LA FREGATURA



DEL "NUTRI-SCORE"



Speranza a Ue, non discrimini Italia

Ministro vede nuova commissaria, sistema Nutriscore fuorviante

**NUTRISCORE NEI SUPERMERCATI
ECCO COSA L'EUROPA
VUOLE FARCI MANGIARE**



DA BRUXELLES VOGLIONO IMPORRE
COSA MANGIAR



GERMANIA E FRANCIA CONTRO IL #MADEINITALY

Alimentare, scontro finale
a Bruxelles sulle nuove etichette



**DIFENDIAMO
I NOSTRI PRODOTTI**



un altro trattato segreto:
ci frega pure sul cibo



SALUTE Lunedì 9 dicembre 2019 - 20:41

**Speranza difende dieta mediterranea
contro semaforo Nutri-score**



PROSCIUTTO CRUDO
PROSCIUTTO SAN DANIELE
PARMIGIANO REGGIANO
PECORINO ROMANO

**NUTRI-SCORE È
BOIATA**

ALIMENTAZIONE E SALUTE

Nutri-score, Il ministro Speranza:
«Dico no all'etichetta a semaforo per
il cibo»

Il responsabile della salute a un
in Italy» in quanto segnala i prod
dall'Oms

**IL BOICOTTAGGIO EUROPEO
DEI PRODOTTI ITALIANI**

**Alimentare, scontro finale a Bruxelles
sulle nuove etichette**

Federalimentare: questa scelta può costarci fino al 50% del nostro export
Germania e Francia premono per adottare in fretta il Nutriscore



**DIFENDIAMO IL MADE IN ITALY!
#STOPNUTRISCORE**



**EUROPA BOICOTTATA
PRODOTTI ITALIANI**



nel governo:
e Meloni

Nutri-Score does not attack products « made in Italy » !

Italian cheeses are no classified worse by the Nutri-Score than other cheeses in Europe, whether they are French, Spanish, Dutch, German, Greek or Swiss...


Gorgonzola




Pecorino




Provolone




Roquefort




St Nectaire




Camembert




Mimolette




Fourme d'Ambert




Mozzarella




Ricotta




Edam




Fêta




Manchego




Gruyère




Munster



Among the very rare Nutri-Score C-rated traditional cheeses are the famous Italian cheeses Mozzarella and Ricotta, etc.

Nutri-Score does not attack products « made in Italy » !

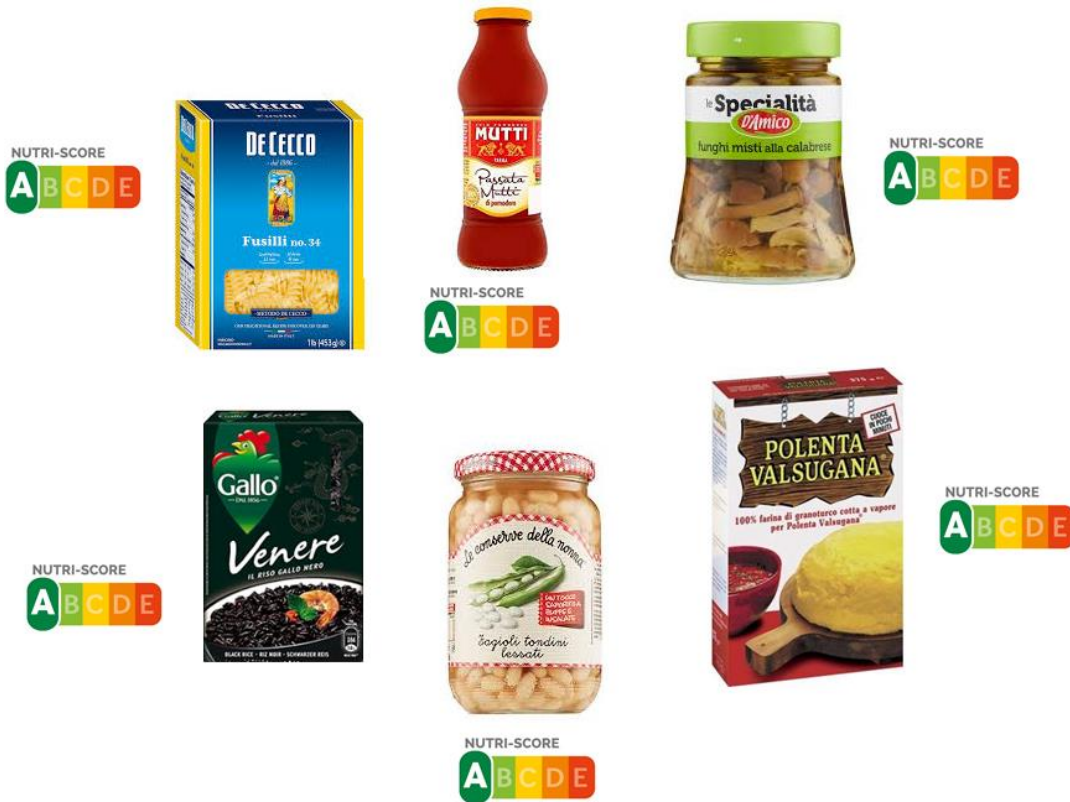
Italian deli meats are no worse ranked by the Nutri-Score than other deli meats in Europe, whether they are French, Spanish, German, etc.

If San Daniele ham is classified D, it is also the case of Bayonne ham or Spanish Serrano ham, etc. When it comes to salami, it is at the same level as the Rosette de Lyon, the Spanish chorizo and all the other sausages in Europe.



Nutri-Score does not attack products « made in Italy » !

Traditional foods “Made in Italy” with a favourable nutritional quality



Foods « Made in Italy » with an unfavourable food composition (fats, sugars,...)



“.... the Nutri-Score is opposed to the Mediterranean diet because it classifies the Pecorino Romano, the Gorgonzola, the Prosciutto, the San Daniele ham and the olive oil in the categories less favorable categories »

Nutri-Score is absolutely not opposed to the Mediterranean diet.
On the contrary! Nutri-Score is totally in line with the traditional model of the Mediterranean diet

The Mediterranean diet is not limited to eating Pecorino romano, Gorgonzola, Prosciutto or San Daniele ham...

It is characterized by

- the **abundant** consumption of **fruits, vegetables, pulses, cereals** (especially **whole grains**),
- **moderate** consumption of **fish**
- **limited** consumption of **dairy products** (including **cheese**)
- **low** consumption of **meat, cold cuts** and **sweet, fatty and salty** products
- and **favour olive oil** among the added fats but does not recommend its consumption ad libitum...



Total consistency between Nutri-Score and the principles of Mediterranean food

“.... the Nutri-Score is opposed to the Mediterranean diet because it classifies the Pecorino Romano, the Gorgonzola, the Prosciutto, the San Daniele ham and the olive oil in the categories less favorable categories »

Nutri-Score is absolutely not opposed to the Mediterranean diet.
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Cheeses and cold meats (*and not only Italian ones*) are mostly classified in **D** and sometimes in **E** because they contain large amounts of **saturated fat** and **salt** and are also **caloric**...

But like all products classified D or E, they can perfectly be consumed as **part of a balanced diet** but **in limited quantities/ frequencies** (*in coherence with the principles of the Mediterranean diet and with Nutri-Score*).

Olive oil is not red/E, but C = **the best grade for added vegetable fats and oils** (with rapeseed oil and walnut oil) and better classified than soya oil, sunflower oil, corn oil (D), coconut oil or palm oil (E) and butter (E).

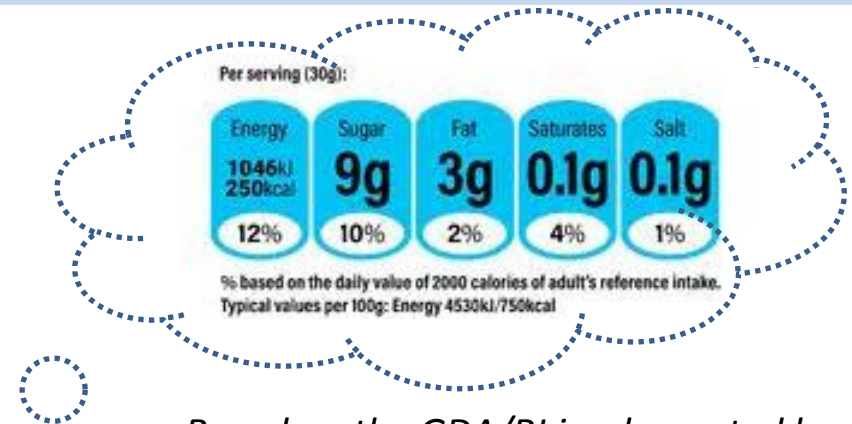
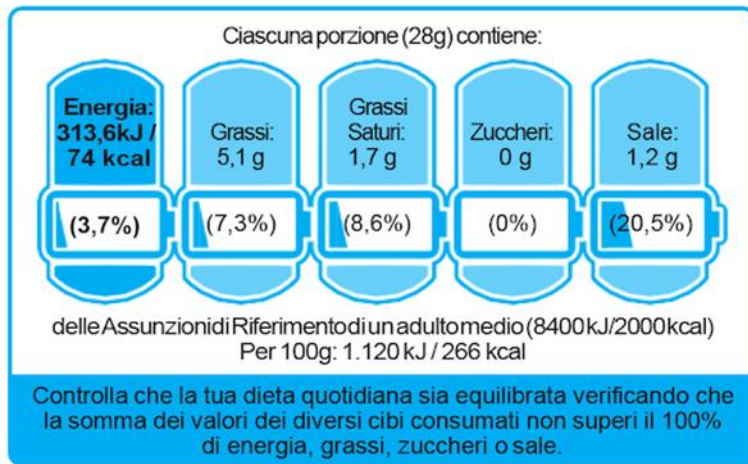


Results of the spanish SUN cohort . The algorithm underpinning the computation of Nutri-Score is consistent with the Mediterranean diet model (Adherence to Mediterranean Diet Score; Trichopoulou, BMJ 2003)

The Italian alternative to Nutri-Score

The Battery system « Nutrinform »

supported by the Italian Government and the Italian food lobbies (Coldiretti, Federalimentare, Confagricoltura)



Based on the GDA/RI implemented by food companies in the 2000s and whose numerous works have shown the total inefficiency....

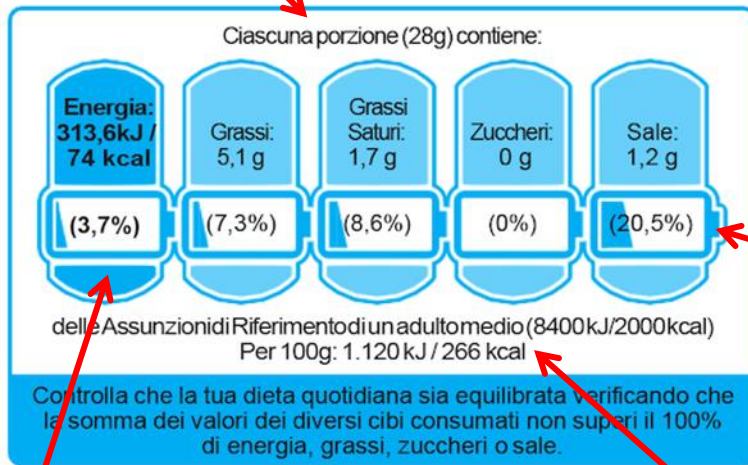
Italian studies claim that Nutrinform is preferred to Nutri-Score by consumers. These studies (whose methodology is debatable) only focus on preference and therefore do not prejudge objective understanding and impact on food choices of Nutrinform. No published scientific studies showing its good understanding and effectiveness on consumer purchasing behaviour and on improving the nutritional quality of purchases (whereas for Nutri-Score > 50 scientific publications)

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supported by the Italian Government and the Italian food lobbies (Coldiretti, Federalimentare, Confagricoltura)

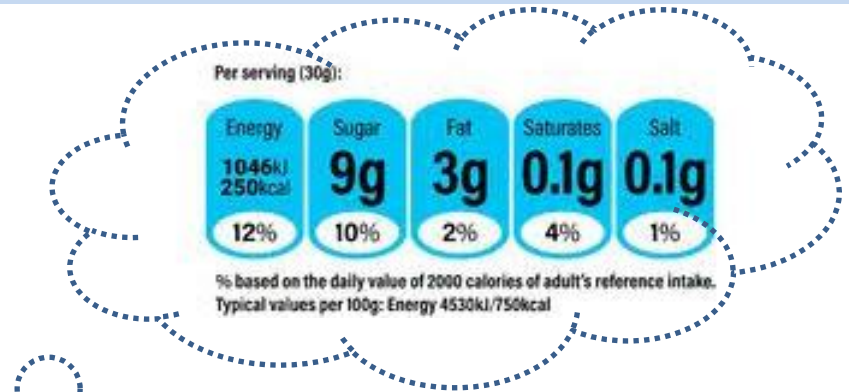
per portion (fixed by the manufacturer)



Percentages of the recommended intake of an average adult (2000 Kcal/j)

calories expressed per 100g

a counter-intuitive battery system compared to the usual phone battery symbol (which works in reverse)



Based on the GDA/RI implemented by food companies in the 2000s and whose numerous works have shown the total inefficiency....

There is no scientific study showing its good understanding and effectiveness on consumer purchasing behaviour and on improving the nutritional quality of purchases (vs Nutri-Score > 50 scientific publications)

We hope that data from scientific research and public health will be the elements taken into account for the choice of the unique and mandatory European FOP nutrition label in 2022 !

- The Nutri-Score is not intended to penalize «made in Italy», nor the “made in France” or “made in Spain”...
- It aims to provide **transparency** on the nutritional quality of all foods and help consumers to guide their choices (*without ever saying that a badly classified product should not be consumed but that it should be replaced as part of a balanced diet and consumed in limited amounts/frequencies...*).
- The Nutri-Score was developed on a **scientific basis** for the interest of consumers and meets their demand, even if it goes against certain economic interests.
- The Nutri-Score is not «made in France» or «made in elsewhere», but it is **«made in Public Health»!**



Supported by prominent italian scientists

Nutri-Score: perché non dobbiamo averne paura

ALIMENTAZIONE

Paolo Vineis¹, Elio Riboli², Walter Ricciardi³, Mauro Serafini⁴, Silvio Garattini⁵

1 Imperial College, Londra

2 Humanitas University, Milano; Imperial College, Londra

3 Università Cattolica del Sacro Cuore, Roma

4 Università degli Studi di Teramo

5 Istituto di Ricerche Farmacologiche Mario Negri, Milano

For more information about the instrumentalization of Nutri-Score in Italie (nutriscore.blog)



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- Le blog Nutri-Score de l'Equipe de Recherche en Epidémiologie Nutritionnelle (EREN) Inserm/Inrae/Cnam/Université Sorbonne Paris Nord -

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No to the political instrumentalization of the Nutri-Score in Italy by Mr Matteo Salvini(1). No to the denial of science and public health!

Sélectionner une catégorie ▾

- Articles récents -

17 décembre 2019

Modifier

During interviews given to various media outlets and interventions on social networks, Mr Matteo Salvini accuses the front-of-pack nutrition label Nutri-Score of being the support of an **operation secretly led by the European Union** against the Mediterranean diet and products «made in Italy» (<https://twitter.com>)

Nutri-Score: la eterna lucha entre la salud pública y los intereses económicos en el ámbito de la nutrición 17 mars 2022

<https://nutriscore.blog/2019/12/17/no-to-the-political-instrumentalization-of-the-nutri-score-in-italy-by-matteo-salvini1-no-to-the-denial-of-science-and-public-health/>



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Information on the Italian counter proposal to Nutri-score: the Nutrinform battery system

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- Articles récents -

25 mars 2021

Modifier

The Italian Nutrinform nutritional front-of-pack label is born out of a process of rejection of the Nutri-Score linked in fact, not to discussions of public health strategies, but to purely internal political and economic issues in Italy.

Alongside the arguments (irrelevant and unfounded) against Nutri-Score and widely taken up by the Italian agro-food lobbies and under their pressure, 4 Italian ministries have proposed their alternative to Nutri-Score: the Nutrinform battery

Nutri-Score: la eterna lucha entre la salud pública y los intereses económicos en el ámbito de la nutrición 17 mars 2022

The ever-continuing battle between

<https://nutriscore.blog/2021/03/25/information-on-the-italian-counter-proposal-to-nutri-score-the-nutrinform-battery-system/>

Answers to fake-news on Nutri-Score

*«The Nutri-Score attacks traditional foods.
It penalizes good products with
PDO and PGI labels... »*

Does Nutri-Score penalize traditional foods? (... as stated by the producers of cheeses, deli meats, etc.)

- If cheeses or cold cuts (PDO or not) are mostly classified as Nutri-Score D or E (some in C), this is related to their high content in saturated fat and salt. This does not indicate that they should not be consumed, but that they should be consumed in limited quantities or at a lower frequency, in accordance with public health recommendations
- It is not because a product is considered traditional i.e. linked to the terroir, produced according to a know-how often ancestral and forming part of the culinary heritage (*so many important notions on which it is possible to communicate*), that this allows them to refuse to give consumers transparency on their nutritional quality and therefore refuse to display Nutri-Score
- **Even with a PDO or a PGI, a fatty, sweet or salty product, even traditional remains a fatty, sweet or salty product!**
- Although traditionally produced PDO/PGI foods should be supported and their methods of production promoted, information on their nutritional composition should not be obscured, as for all other foods. **It is the consumer's right to be informed !**
- Obviously nothing prevents to communicate that, among cheeses, it is interesting to **privilege those with PDO/PGI** over those that are not, but not by hiding their nutritional quality: **consume less but better**

Le Roquefort, visé par un classement défavorable par le Nutri-Score, demande à être exempté

Nutri-Score: Parmigiano Reggiano e Grana Padano contro l'etichetta a semaforo adottata in mezza Europa

Economie ▼ Entreprises Conso Entrepreneurs ▼ Décideurs Bourse Médias



El jamón ibérico pide ser excluido del semáforo nutricional tras el 'indulto' del

Le nutriscore, une menace pour le Gruyère suisse? que solo aprobará Nutriscore o excluidos" del semáforo nutricional

The Gorgonzola Consortium together with AFIDOP say no to Nutri-score with a public meeting and a social

Il Prosciutto San Daniele bollato da un sistema Nutri-Score che sembra inaffidabile

Content Lab 10 dicembre 2019 15:35



More information on Nutri-Score and traditional foods (nutriscore.blog)



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Nutri-Score: even with a sign of quality or origin (PDO, PGI, TGS, Bio, etc.), a fatty, sweet or salty product remains a fatty, sweet or salty product !

2 septembre 2021

Modifier

Serge Hercberg^{1,2}, Chantal Julia^{1,2}, Mathilde Touvier¹, Pilar Galan¹

¹ Sorbonne Paris Nord University, Inserm U1153, Inrae U1125, Cnam, Nutritional Epidemiology Research Team (EREN), Epidemiology and Statistics Research Center – University of Paris (CRESS), Bobigny, France/

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Nutri-Score: la eterna lucha entre la salud pública y los intereses económicos en el ámbito de la nutrición 17 mars 2022

<https://nutriscore.blog/2021/09/02/nutri-score-even-with-a-sign-of-quality-or-origin-pdo-pgi-tgs-bio-etc-a-fatty-sweet-or-salty-product-remains-a-fatty-sweet-or-salty-product/>

Answers to fake-news on Nutri-Score

«The Nutri-Score has no interest and is misleading for the consumer, it is calculated for 100g but nobody eat 100 g Roquefort or 100 g of olive oil »

Why Nutri-Score is computed on the basis of 100g of food and not per serving (*as requested by manufacturers*) ?

- the elements underlying the computation of Nutri-Score (*calories, sugars, fats, saturated fatty acids, salt, proteins, etc.*) that currently appear on packs **on the mandatory “nutrition declaration”** (european INCO regulation n°1169/2011) **are expressed per 100g or 100ml.**
- the portion size is difficult to define for food as it varies depending *on age, gender, physical activity/sedentary lifestyle...* → **difficult to calculate an universal nutritional label based on different portion sizes or display several labels on the packaging according to the different population groups....**
- as portion sizes cannot be standardized on a scientific basis, they are **defined by the manufacturers themselves** and very often well below the actual portions consumed
 → *risk of manipulation: it is enough for manufacturers to use smaller portion sizes for artificially reducing the amount of fat, sugar provided by one portion of their product.*
Usually breakfast cereal manufacturers suggest servings of 30g... while the majority of teens consume 60 or 80 grams per serving...
It is usual for chocolate bar manufacturers to suggest serving sizes of 1 bar on the 2 of the bag.... And propose to calculate a logo for a portion of only 1 bar
- as size portions are defined by the manufacturers themselves they can vary from one manufacturer to another. For instance, for pizzas, they can be **123 g, 150g, 175 g, 200g, 210g et 420g...** according to the brands
- even if it were possible to give the nutritional information “per serving”, it is **difficult for the consumer to assess what that corresponds to in practice: what is 35 g of Roquefort ? 123 g of pizza ? 40 g of rillettes ?**
- A scientific study** has shown that the ENL label proposed in 2016 by the Big6 (*Coca-Cola, Pepsi, Nestlé, Mars, Mondelez, Unilever*) that allowed the colors of the logo to fade was **falsely reassuring for consumers** leading them to consume of bigger serving size for low nutritional quality foods (spreads).

Valeurs nutritionnelles moyennes pour 100 g	
Energie	1514 kJ (362 kcal)
Matières grasses	2,4 g
dont acides gras saturés	0,7 g
Glucides	79 g
dont sucres	<0,5 g
Protéines	6,6 g
Sel	0,03 g



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Protéines	6,6 g
Sel	0,03 g



it is not possible to use the portion reference for the calculation of a FOP nutrition label. Taking into account a standard quantity, such as 100g (100 ml) is a reasonable choice, a common denominator, allowing a valid comparison between foods without inducing estimation error: compare 100 ml of olive oil to 100 ml of another oil; 100g of breakfast cereals to 100g of other cereals; 100g of a pizza to 100g of another pizza; 100g of Comté, 100g of Camembert or Roquefort or Mozzarella.....

For more information about why Nutri-Score is calculated by 100g and not per serving (nutriscore.blog)



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Why Nutri-Score is computed on the basis of 100g of food and not per serving (as requested by manufacturers) ?

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2 décembre 2021

Modifier

Many industrial and agricultural sectors hostile to the Nutri-Score front-of-pack (FOP) nutrition label (only because it highlights the reality of the nutritional composition of

Nutri-Score: la eterna lucha entre la salud pública y los intereses económicos en el ámbito de

<https://nutriscore.blog/2021/12/02/why-nutri-score-is-computed-on-the-basis-of-100g-of-food-and-not-per-serving-as-requested-by-manufacturers//>

Answers to fake-news on Nutri-Score

*«The Nutri-Score was created and is supported
by the manufacturers of junk foods.
It promotes industrial foods and especially
those ultra-processed»*

Nutri-Score created and supported by junk food manufacturers? ABSURD! !!!

2014

Official proposal of Nutri-Score based on scientific studies



0 food company in favour of Nutri-Score

lobbys

lobbys

lobbys

During almost four years, almost everything was done by **powerful lobbies** to prevent the implementation of Nutri-Score

But different **actors of the society mobilized** to convince and demonstrate the interest of Nutri-Score: *scientists, health professionals, consumer associations, ...*



BIG 6:
Nestlé, Coca-Cola, PepsiCo, Mars, Mondelez, Unilever

2017

Official adoption of Nutri-Score in France (decree 31/10/2017)



3 food companies and 3 retailers adopted Nutri-Score

lobbys



lobbys



The pressure from consumers and civil society pushed Nestlé and other food companies to reverse their position that they initially rejected

2020

Announcement Farm to Fork strategy



815 food companies have adopted Nutri-Score (95 % are SME and VSME)

lobbys



2021

and many other companies, continue to fight Nutri-Score!

Nutri-Score: the tug-of-war in Europe

SCIENTIFIC ACTORS

- **417 academic european scientists** (32 european countries)
- **30 associations of experts** (nutrition, public health, oncology, pediatrics, cardiology,...)



- **International Agency for Cancer Research (IARC/WHO)**

to adopt Nutri-Score as a harmonised and mandatory logo for Europe as soon as possible for the interest of consumers and public health.

CONSUMERS AND PATIENTS ACTORS



foodwatch

Patients associations

ECONOMIC ACTORS



No to the Nutri-Score (defense of economic interests)

For more information about Nutri-Score:

- <https://www.santepubliquefrance.fr/determinants-de-sante/nutrition-et-activite-physique/articles/nutri-score>
- <https://solidarites-sante.gouv.fr/prevention-en-sante/preserver-sa-sante/nutrition/article/articles-scientifiques-et-documents-publies-relatifs-au-nutri-score>
- <https://nutriscore.blog/>
- **Mange et tais-toi. Un nutritionniste face au lobby agro-alimentaire*** (*éditions HumenSciences*)



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