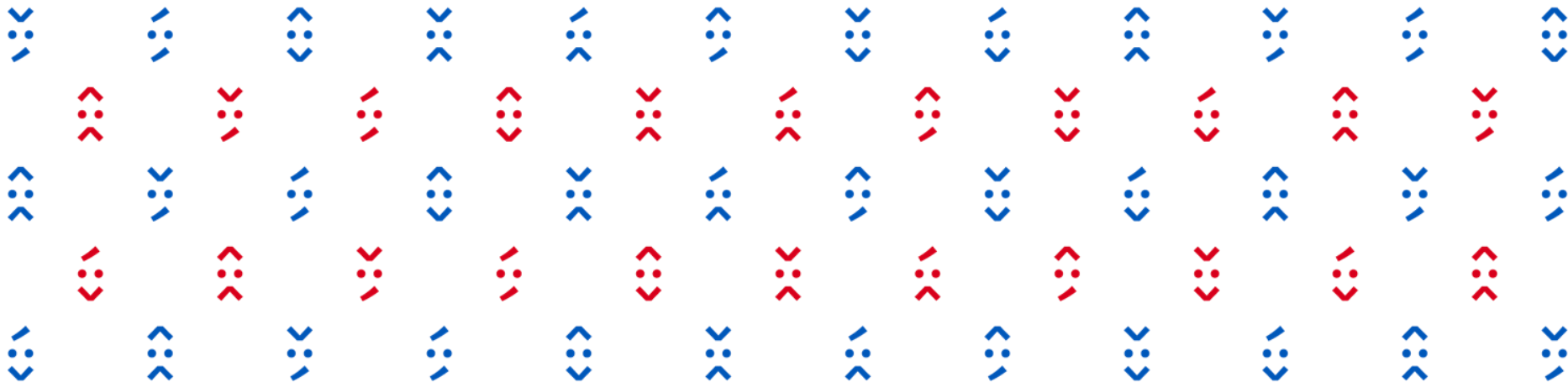


# SK EU2016

Slovak Presidency of the Council  
of the European Union



# Best practices of Members States on Food reformulation

– results from  
„trio questionnaire 2016“

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Public Health Authority of SR  
Ministry of Health of SR

## Food reformulation

Food reformulation is one of the strongest moments for the possibility to reduce nutrition risk factors such as saturated fats, trans fatty acids, sugars and salt

## The aim of SK PRES

- Strengthening of best practices of MS focused on food reformulation
- Continue with MS activities in the area of food reformulation
  - Collect best practices
  - Provide best practices of MS in the area of reduction of risk factors

## Trio questionnaire

The Netherlands – Slovakia - Malta

With the support from the European Commission and High Level Group

**Outputs** from “*Best practices of the Member States in food reformulation*” were presented

- At the High Level Conference “*Prevention of chronic non-communicable diseases and healthy lifestyle*”, 20 – 21 September 2016 in Bratislava
- At the Informal meeting of Ministers of Health, 3 - 4 October 2016 in Bratislava

## Food reformulation

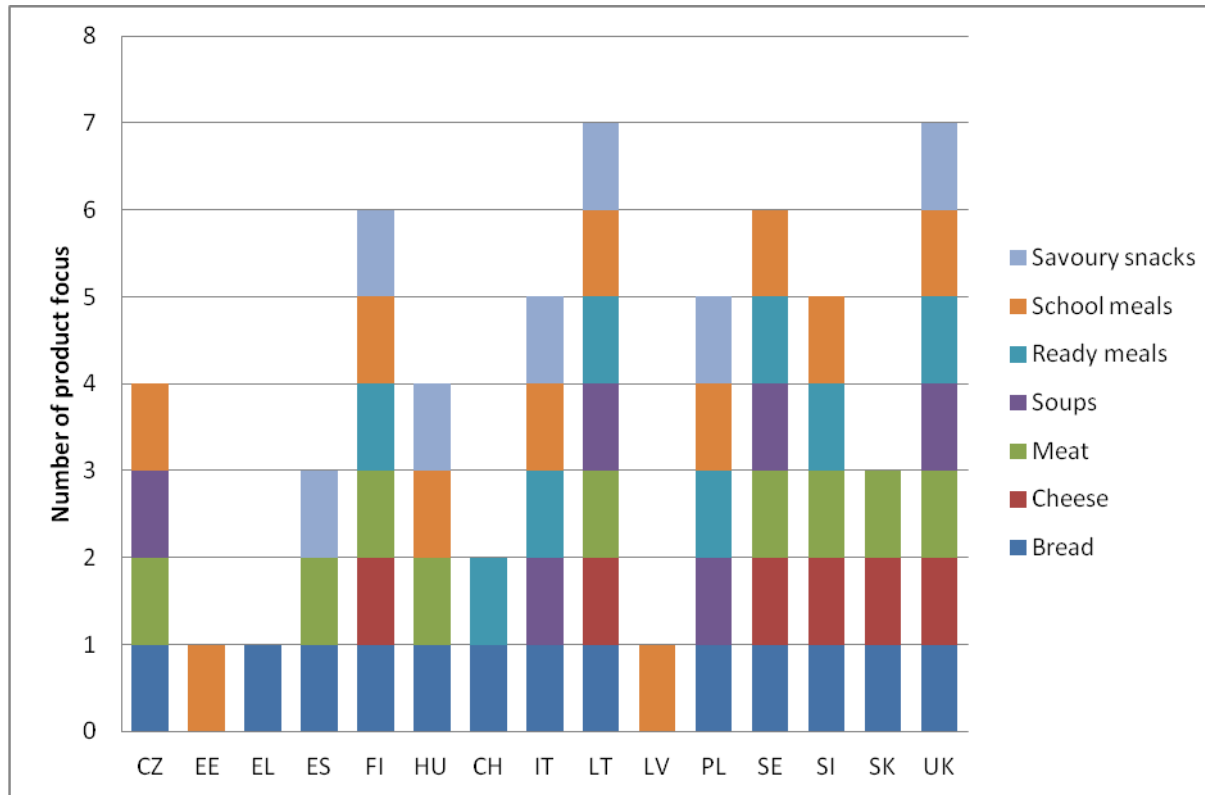
24 MS provided information on development in reformulation on national level about best practices

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<b>Focus on</b>	<b>Number of countries with reformulation</b>
<b>salt</b>	23
<b>trans fat</b>	20
<b>total fat</b>	20
<b>saturated fat</b>	18
<b>added sugar</b>	20
<b>total sugar</b>	15
<b>energy intake</b>	13
<b>portion sizes</b>	8
<b>wholegrain</b>	9

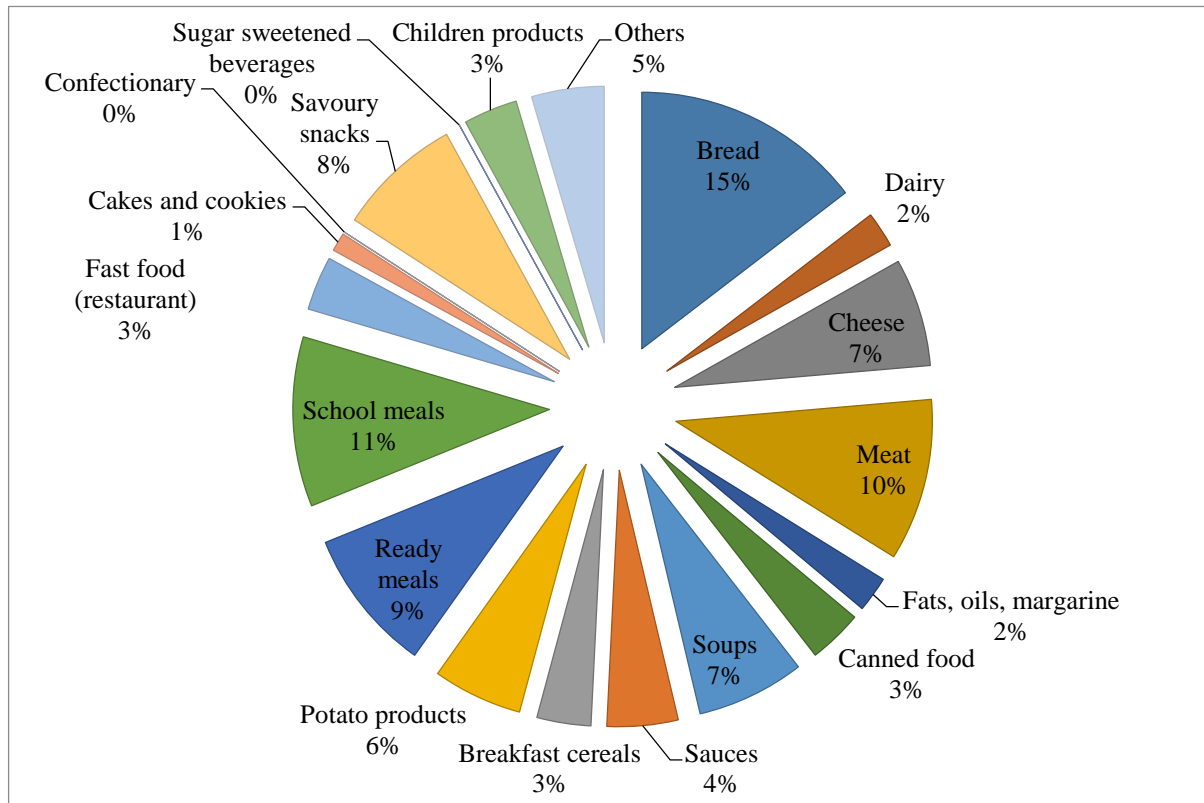
## Food reformulation with the focus on salt

- 23 countries stated food reformulation on salt content in 19 food commodities
  - 15 countries stated in more detail concrete food commodity



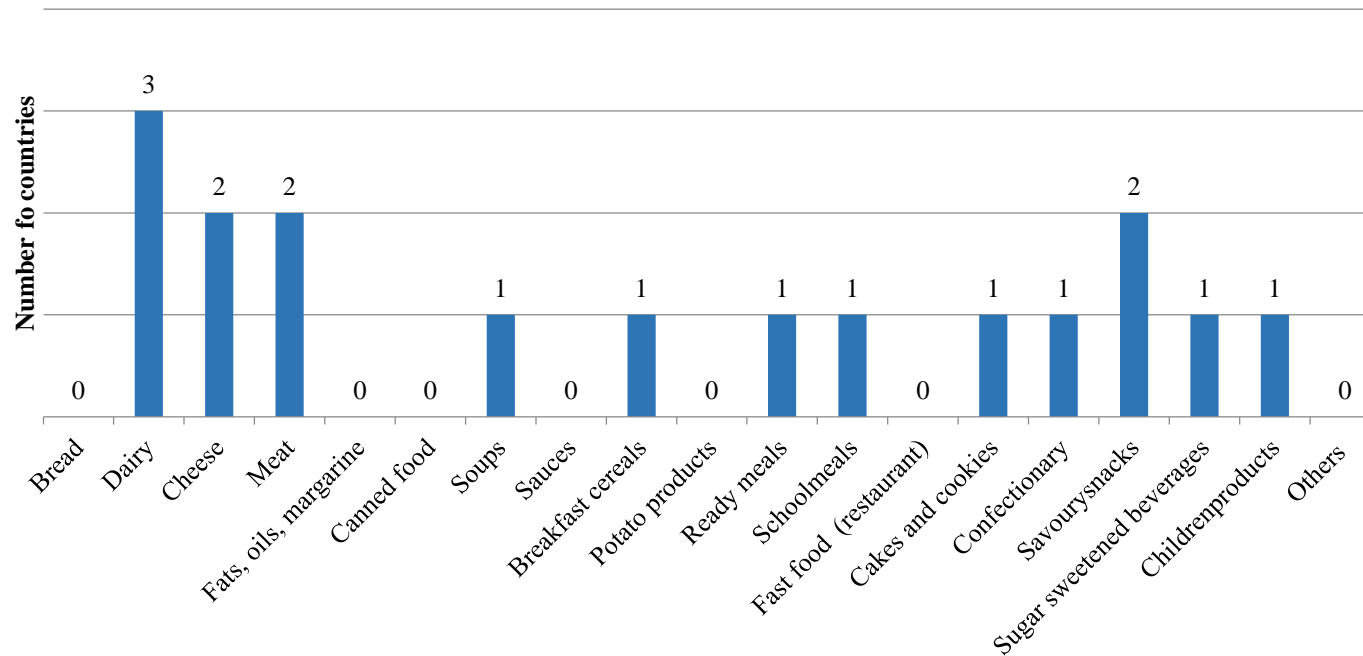
## Food reformulation with the focus on salt

- In 13 countries, the most frequent representation of reformulation is in commodity bread



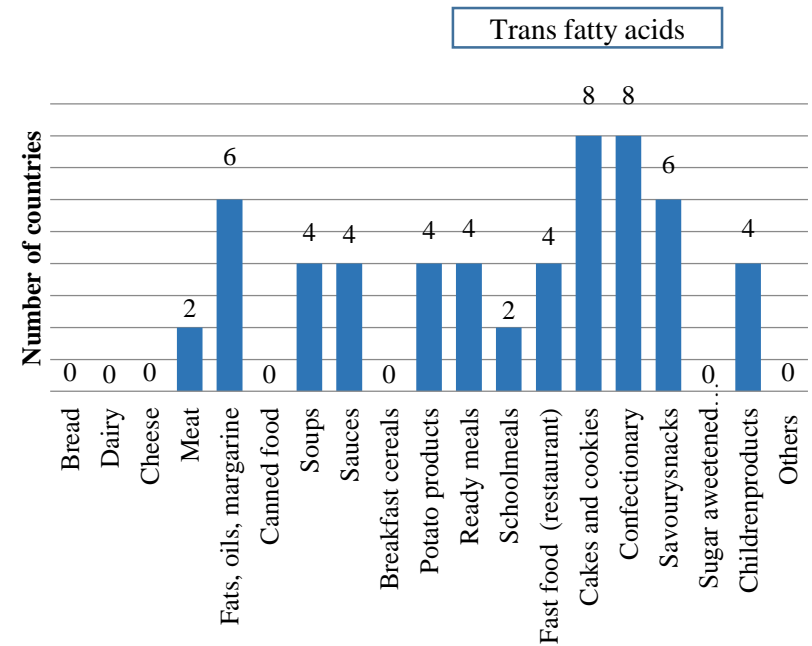
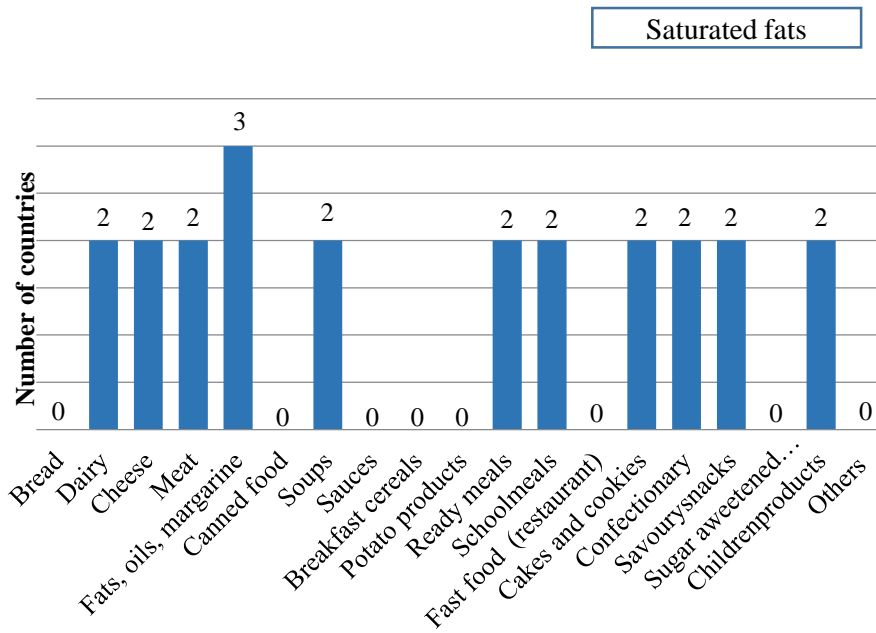
## Reformulation – fats

- 20 countries stated food reformulation on content of **total fats**
  - milk products, cheese, meat and savoury snacks



## Reformulation - fats

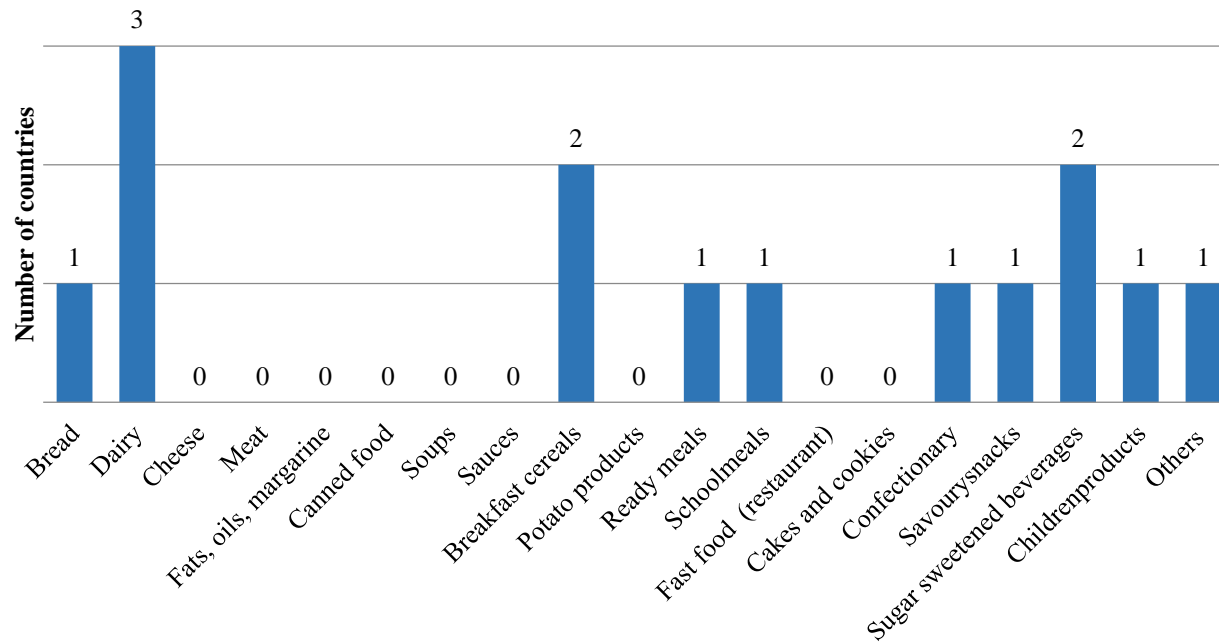
- 18 countries stated food reformulation on content of **saturated fats**
  - children products, savoury snacks, cakes and cookies, confectionary, school meals, ready meals, soup, fats, oils, meat, cheese
- 20 countries stated reformulation on content of **trans fatty acids**
  - fats, oils, margarine





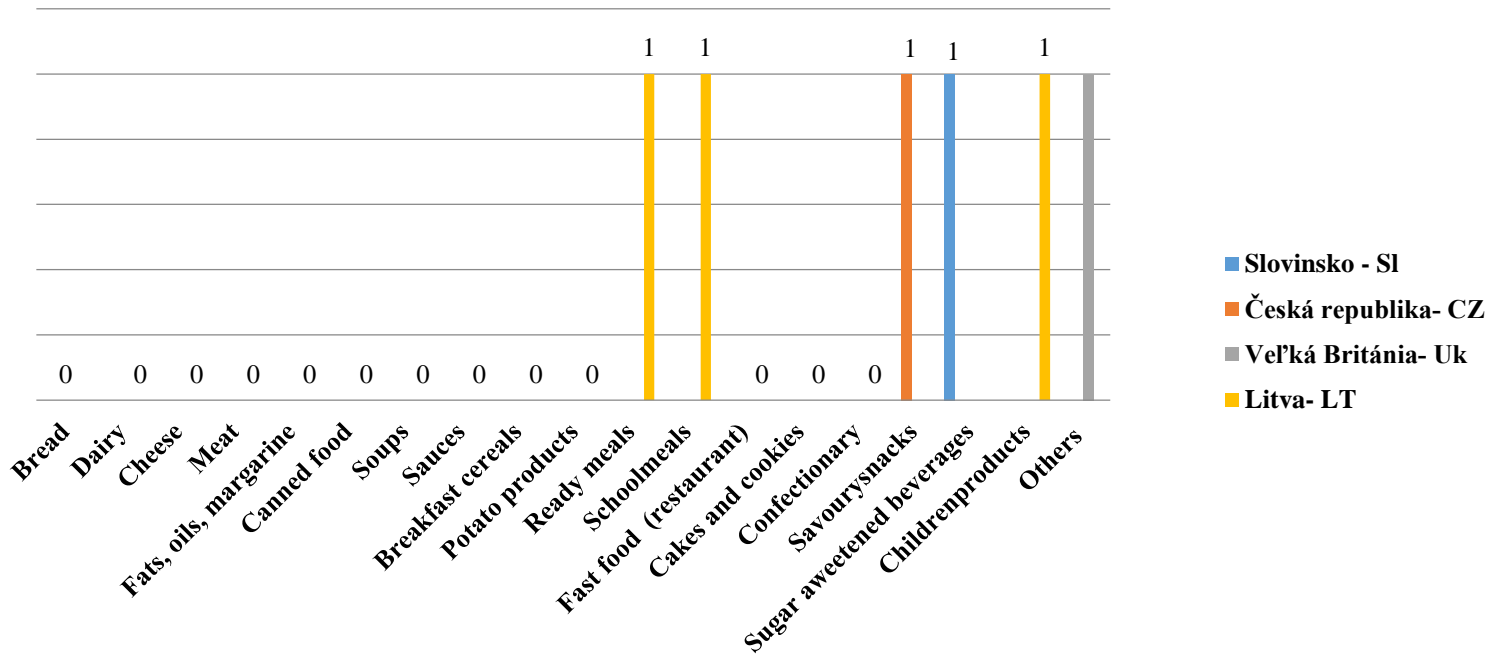
## Reformulation - sugar

- 15 countries stated reformulation on content of **total sugar**
- 20 countries stated reformulation on content of **added sugar** (chart)



## Reformulation - energy

- 15 countries stated focus on reduction of energy value of food
  - 4 countries closer specified concrete commodities



**Reformulation - Portion size**

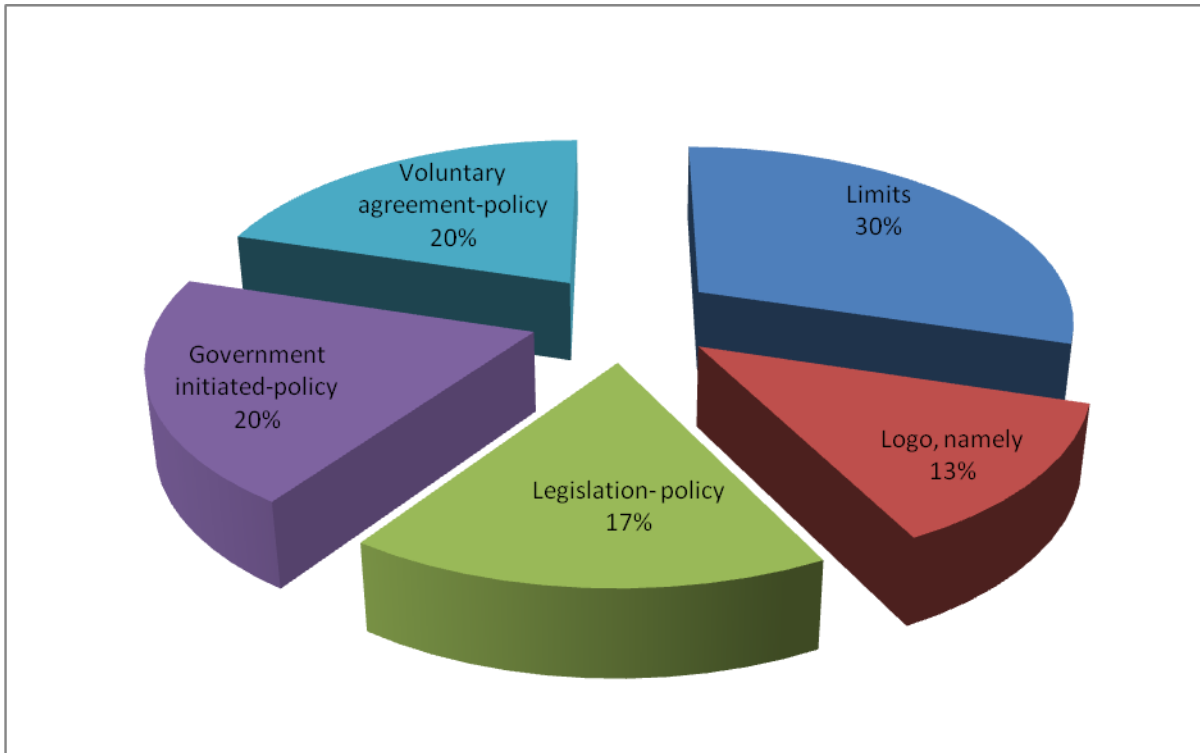
- 8 countries stated focus on portion size, e.g. commodity
  - soft drinks, confectionery

**Reformulation – Whole grain**

- 9 countries stated focus on whole grain (without stating commodity)

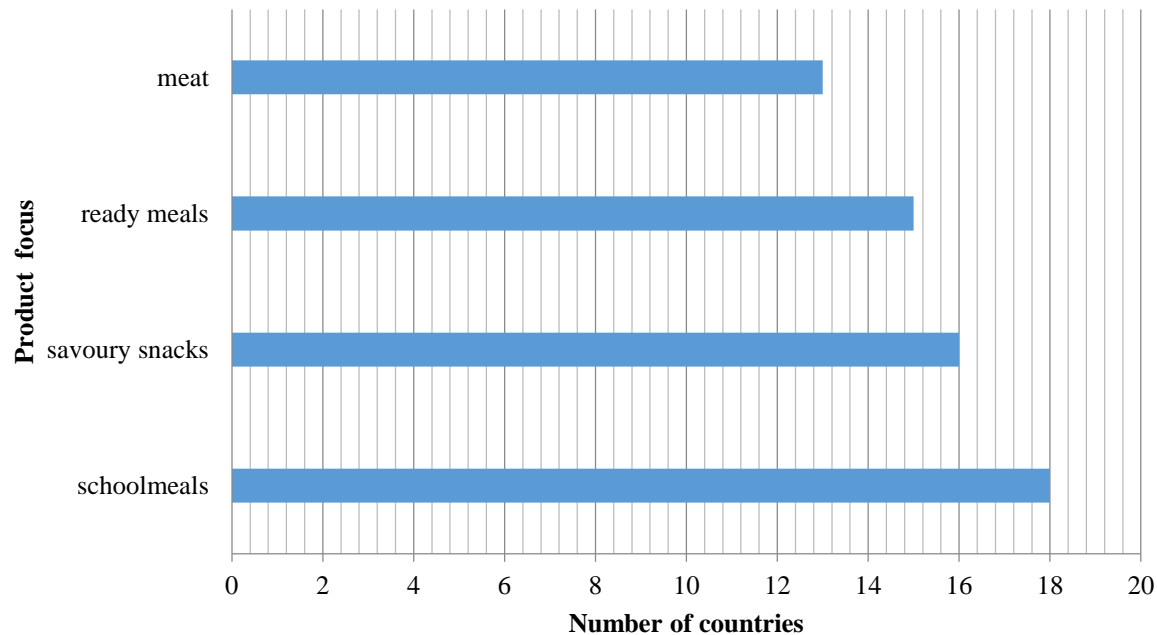
▪ **The ways of reformulation**

▪ The most frequently used practices of food reformulation in the area of main nutrients (salt, total fat, saturated fat, trans fat, total sugar, added sugar, energy and portion size) were stated:



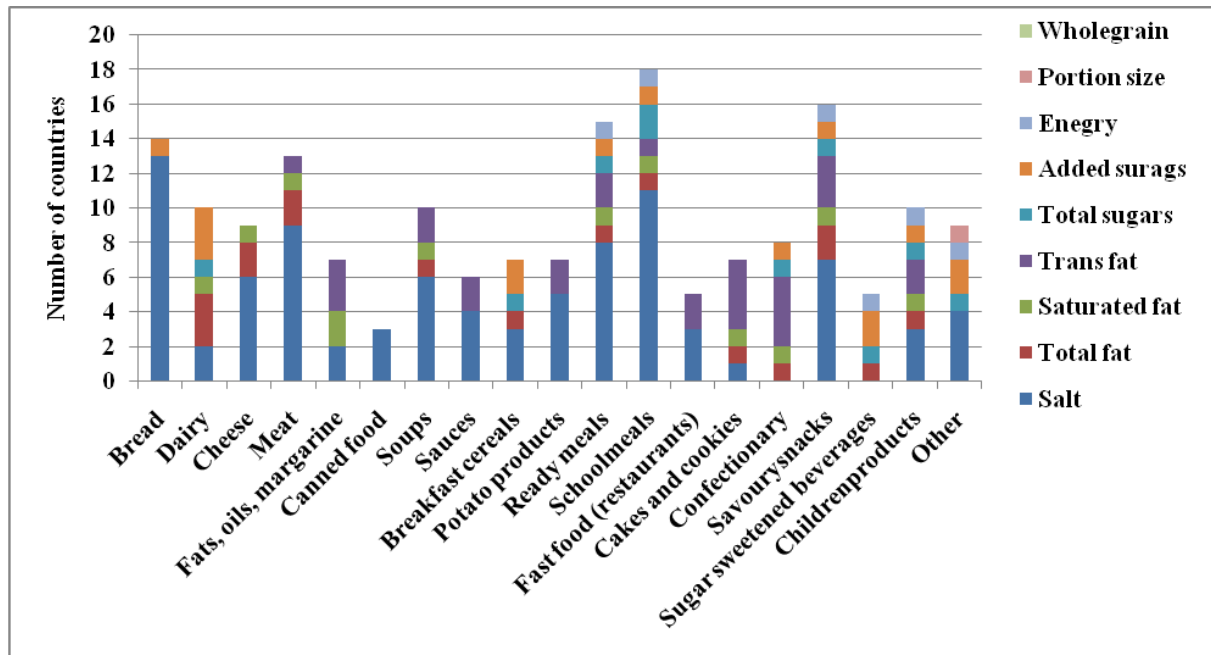
## The most frequent changes through food reformulation

- 18 countries **school meals** (salt, sugar, total fats, saturated fats, trans fats, energy)
- 16 countries **savoury snacks** (salt, total sugar, added sugar, saturated fats, trans fats and energy)
- 15 countries **ready meals** (salt, total sugar, added sugar, total fats, saturated fats, trans fats and energy)
- 13 countries **meat** (salt, total fats, saturated fats and trans fats)



## The most frequent changes through food reformulation

Comparison of activities of countries in the area of reformulation with the focus on nutrients, energy and portion size according to food commodities



## The biggest progress in MS in food reformulation was reached in:

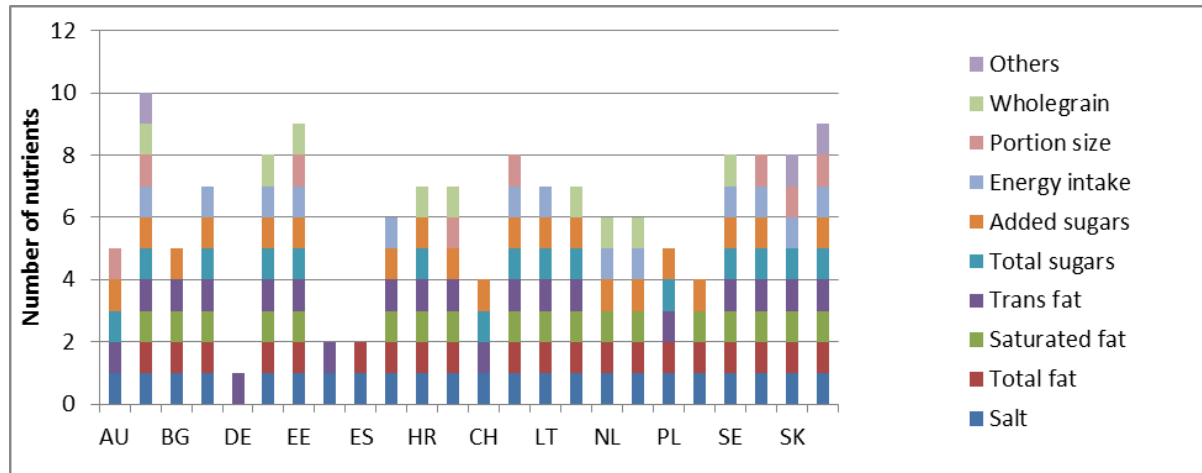
- reduction of **salt** content in commodities: bread (13 countries), school meals (11 countries), meat (9 countries), ready meals (8 countries)

## Gradual changes

- in the area of **saturated fats** in commodities: dairy, cheese, meat and **trans fat** in commodities: fats, oils, cakes, cookies

## Food reformulation seems to be positive in

- the area of **added sugar**, which is focused on several commodities, e.g.: dairy, breakfast cereals, sugar, sweetened beverages



## Example of good practice of MS in food reformulation

As an example of good practice in food reformulation it can be stated gradual reduction of salt content in commodity bread.

- **13 countries** stated their focus on reduction of salt content in bread using
  - initiatives
    - maximum limits (11 countries) and logo ( 5 countries)
  - based on policy
    - voluntary agreement (12 countries) and government initiated (9 countries).

**Mutual application of several initiatives and policies is important for reaching the goals.**



The best practices, gaps and changes for the future expressed in questionnaire by the MS

### **The Best practices**

- National action plan
- Agreement and cooperation
- Public awareness campaign, education
- Symbols, labels

### **The gaps**

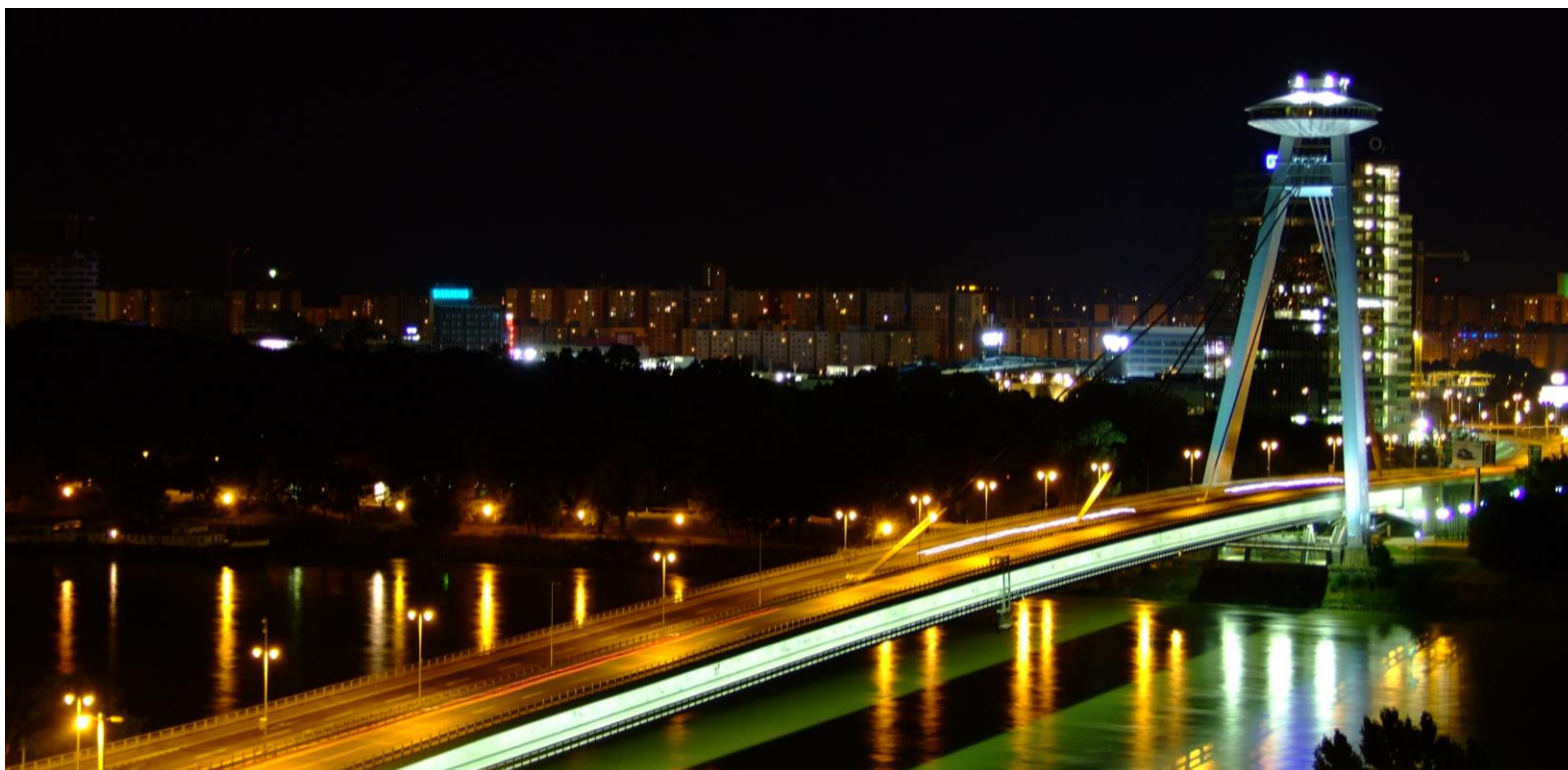
- Cooperation with industry
- Technological difficulties
- Lack of resources
- Conflict of interest the economical and public
- Increase an availability of healthier food
- Monitoring
- Consumers' unwillingness

### **Challenges for the future**

- Step by step approach in the dialog with food industry
- Improve the collaboration of food industry
- Close cooperation of all sectors
- Focus on monitoring program
- Monitor the action at national and local level

## Summary

- MS use spectrum of activities and **combination of initiatives** for reaching the goals
- **Emphasis** is put on all nutrition factors
- **The biggest progress** is in the area of food reformulation on content of salt, but also saturated fats, including trans fats
- **Positive** seem to be activities in the area of added sugars
- Activities on participation of producers are **improving**



In conclusion we express our acknowledgement to the European Commission and member states for providing of rich practices, which enabled the Slovak Republic during the Presidency to collect and provide best practices of member states for their mutual sharing and promotion of food reformulation.