USING SOFTWARE FOR NUTRITION CALCULATIONS AND PROVISION OF FOOD INFORMATION

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Scientific & Regulatory Affairs
Nutritics
EU Regulation 1169/2011 on the provision of Food Information to Consumers (FIC)

Aims to standardise and simplify labelling across the EU
<table>
<thead>
<tr>
<th><strong>Nutritics</strong> supports compliance with new labelling rules</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Allergens</strong></td>
</tr>
<tr>
<td>• Emphasised in ingredients list</td>
</tr>
<tr>
<td>• Available for non-prepacked foods</td>
</tr>
<tr>
<td><strong>Nutrition Labelling</strong></td>
</tr>
<tr>
<td>• Required for most pre-packed foods</td>
</tr>
<tr>
<td>• Consistent format (minimum font size)</td>
</tr>
<tr>
<td><strong>Country of Origin</strong></td>
</tr>
<tr>
<td>• Required for fresh, chilled and frozen meat of sheep, pigs, goats and poultry</td>
</tr>
<tr>
<td><strong>Quantity of Certain Ingredients</strong></td>
</tr>
<tr>
<td>• Ingredient included in the product name</td>
</tr>
<tr>
<td>• Associated with the food or emphasised by graphics</td>
</tr>
<tr>
<td><strong>List of Ingredients</strong></td>
</tr>
<tr>
<td>• Where two or more ingredients are used all ingredients must be listed</td>
</tr>
<tr>
<td>• Includes ingredients of ingredients (e.g. sponge cake in a trifle)</td>
</tr>
<tr>
<td><strong>Drinks with High Caffeine Content</strong></td>
</tr>
<tr>
<td>• Must be labelled as not recommended for children or pregnant and breastfeeding women, with the actual caffeine content quoted</td>
</tr>
<tr>
<td><strong>Added water over 5% in meat and fish</strong></td>
</tr>
<tr>
<td>• Declared in the name for meat products/ prepreparations which appear to be a cut, joint, slice, portion or carcass of meat. Also applies to fishery products that appear to be a cut, joint, slice, portion, fillet or whole fishery product</td>
</tr>
</tbody>
</table>
supports compliance with new labelling rules

Nutrition Labelling

• Required for most pre-packed foods
• Consistent format (minimum font size)

<table>
<thead>
<tr>
<th>NUTRITION INFORMATION TYPICAL VALUES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrient</td>
</tr>
<tr>
<td>Energy</td>
</tr>
<tr>
<td>Fat</td>
</tr>
<tr>
<td>of which saturates</td>
</tr>
<tr>
<td>Carbohydrate</td>
</tr>
<tr>
<td>of which sugars</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Salt</td>
</tr>
</tbody>
</table>

• Back of Pack – Mandatory since December 2016

• Mandatory declaration of Energy (kJ, kcal), Fat, Saturated Fat, Carbohydrate, Sugar, Protein, Salt

• Front of Pack – Voluntary

Each 270g portion contains:

<table>
<thead>
<tr>
<th>Energy</th>
<th>Fat</th>
<th>Saturates</th>
<th>Sugars</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>447kJ</td>
<td>34.1g</td>
<td>15.9g</td>
<td>3.4g</td>
<td>1.4g</td>
</tr>
</tbody>
</table>

22% of an adult's reference intake

Typical energy as sold per 100g: 165kJ/38kcal
EXEMPTIONS FROM NUTRITION LABELLING

• Herbs & Spices
• Unprocessed products / single ingredient foods
• Food in small packs (less than 25cm²)
• Food produced in small quantities
• Alcoholic beverages
• Most non-prepacked foods
Getting the correct nutritional information

Q) What methods are permitted?

A) The Calculation of Nutrition Declaration can be from:

(a) The manufacturer’s analysis of the food;
(b) A calculation from the known or actual average values of the ingredients used; or
(c) A calculation from generally established and accepted data.

EU Regulation 1169/2011
ACCEPTED METHODS FOR DETERMINING NUTRITION INFORMATION

Food Composition data is the generally established data that can be used for labelling - UK/Ireland ‘McCance & Widdowson’s – The composition of foods
Nutrition analysis software combines validated food composition data and validated software calculations to enable the user to determine nutritional information for recipes based on the quantities of ingredients used.
NUTRITION COMPOSITION AVAILABLE FOR MOST FOODS

- Cereals & Cereal products
- Meat & Meat products
- Soups, sauces & Miscellaneous foods
- Milk & Milk Products
- Fish & Fish Products
- Alcoholic beverages
- Beverages
- Herbs & Spices
- Fruits & Vegetables
- Fats & Oils
- Eggs & egg dishes
- Sugar, preserves and snacks
- Nuts & Seeds
USING VALIDATED CALCULATIONS:
DETAILS TO CONSIDER

Raw or cooked:
Water absorption (Rice / Pasta / Noodles etc.)
Nutrient retention (Vitamin C losses in water)

Edible portions:
Weighed with bone / skin / peel / whole fruit

Fat loss / absorption:
Deep / shallow fry
Grilled fatty meat / fish
GETTING STARTED - GET YOUR KITCHEN IN ORDER

Organise stock:
- Approved Suppliers: Meet your rep
- Define Brands: agree Substitutions
- Work with EHO: Utilise expertise

Organise Staff:
- Ensure staff are trained: Integrate with HACCP practices
- Everyone has a role to play: Define specific responsibilities
- Regular audits: Review and modify practices
GETTING IT RIGHT - PRECISE DOCUMENTATION OF RECIPES

- Think of components as individual recipes
- Standardise your recipes
- Be specific when listing ingredients and quantities
- Allocate specific utensils for specific ingredients
- Prepare for change
It is accepted that nutrition information is an indication.

Nutrition information changes due to natural variation, variation in processing, changes in composition due to storage etc.

EU Guidance on tolerance available [here](#).
WHEN IS IT NOT OK TO USE COMPOSITION DATA

- Gluten Free
- Fortified Foods
- Allergen labelling
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