Best-ReMaP

Healthy Food for a Healthy Future

M5.2 List of the priority food groups

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The French Agency for Food, Environmental and Occupational Health & Safety (ANSES)

WP5

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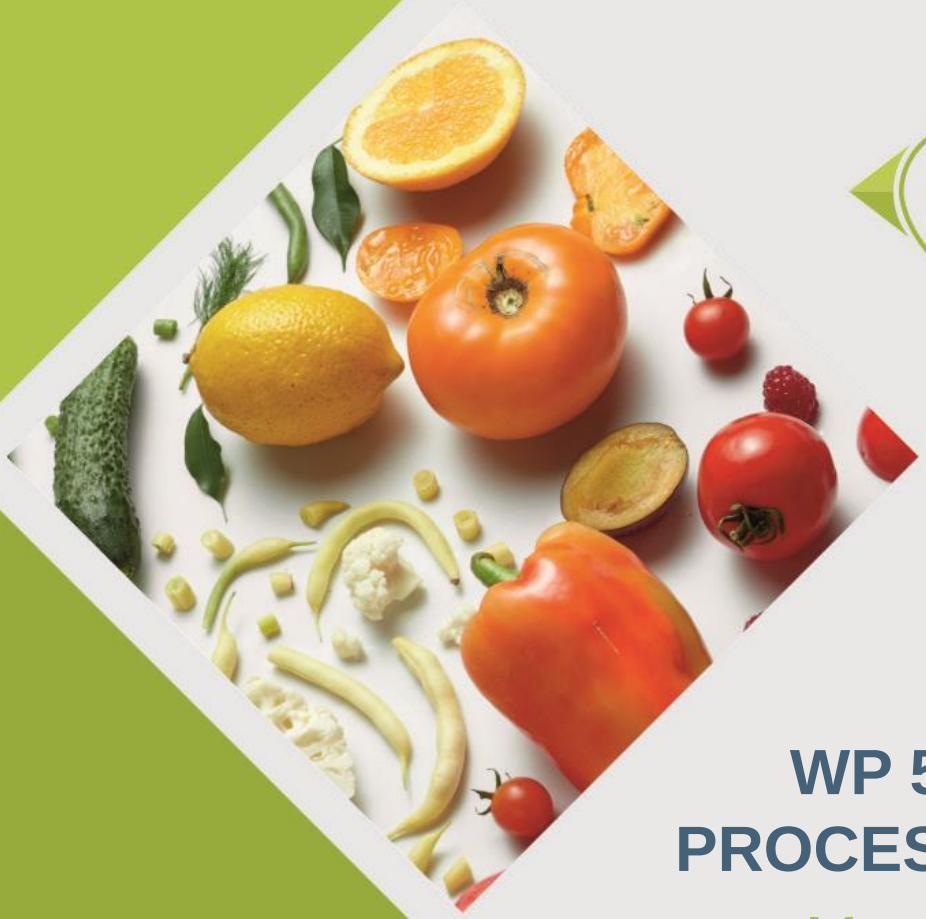

Best-ReMaP

Healthy Food for a Healthy Future

WP 5 - REFORMULATION AND PROCESSED FOOD MONITORING

Monitoring the food market for a healthy Europe

ANSES

19.03.2021

Task 5.1.1 : Results

Co-funded by the European Union's Health Programme (2014-2020)

WORK Package 5 - Reformulation and processed food monitoring

- **Consumption data processing**

➢ Selection of the most relevant consumption surveys from the public Food comprehensive database (FCD) for each country partner available at this time (Oct 2020)

/!\ Some countries had more up to date data transmited to EFSA but not available yet in the public FCD

➢ Agreement of the MS regarding data selected (email exchanges + webinar Nov 2020)

→ **Consumption data codified in Foodex2 from 18 UE countries**

Countries	Survey selected
Austria	AT-NATIONAL-2016 AT-ADOLESCENTS-2018-2
Germany	NATIONAL NUTRITION SURVEY II
Belgium	National-FCS-2014
Bosnie	No data
Greece	Regional Crete
Bulgarie	NUTRICHILD
Croatia	NIPHNOP-HAH-2011-2012
Cyprus	CY 2014-2017-LOT2 CY 2014-2017-LOT1
Danemark	DANSDA 2005-08
Estonie	DIET-2014-EST-A DIET-2014-EST-C
Finland	FINDIET2012
France	INCA 3
Hungary	National Repr Surv
Italy	INRAN-SCAI 2005-06
Ireland	NANS 2012
Malta	No data
Netherlands	FCS2016_CORE
Poland	No data
Portugal	IAN.AF 2015-2016
Romania	DIETA PILOT ADULTS
Slovenia	SI.MENU-2018

- **Composition data processing**

➢ Call for composition data encoded in Foodex2 from countries partners

➢ Link of the french food composition database to the food comprehensive database (FCD)

➢ */!\ If there was missing values from FR databases there were completed by data available from NL and EE database*

➢ Link of the dutch and estonian composition database to the food comprehensive (FCD)

/!\ If there was missing values from one of these databases there were completed by data available from FR database

→ **Composition data from France (FR), Estonia (EE) and Netherlands (NL)**

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- **Linkage between BestReMap food categories and Foodex2**

➢ Manually linkage between Foodex2 groups and BestReMaP categories

/!\ For most of the countries there is no composite dishes reported in the consumption data used (only decomposed in ingredients)

Underestimation of the groups containing composite dishes (pizzas, sandwiches...)

Overestimation of groups including the ingredients composing composite dishes (Cheese, bread products)

→ **BestReMaP food categories encoded with Foodex 2 nomenclature**

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Model source : https://www.officetimeline.com/office-timeline

Consumption data **X** Composition data

- **Cross over between consumption and composition data to estimate the intakes in sugar, salt, fat and saturated fat**
  - 3 scenarios according to the composition data used (FR, NL, EE)
  - 4 nutrients : fat – saturated fatty acids – sugars- salt
  - 18 countries
  - 3 populations of interest (when data available) : **children – adolescents – adults**

/!\ For each surveys of the FCD population groups are redefine according to EFSA recoding :
Children = 3 to 9 years old
Adolescents = 10 to 17 years old
Adults = 18 to 64 years old

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- **For each scenario, country, population, nutrient and food group**

  - Assessment of the intakes for each food groups (g/day)

  - For each nutrients country and population, identification of the 10 main contributors (excluding products not monitored among BestReMaP nomenclature)

→ **For results with FR data see the Excel file :** *"rank by country population with FR data.xlsx"*
→ **For results with EE data see the Excel file :** *"rank by country population with EE data.xlsx"*
→ **For results with NL data see the Excel file :** *"rank by country population with NL data.xlsx"*

/!\ Most of the time the rank begin with the value 2. It is because value 1 is assigned to the category « Other products » gathering foods not monitored among BestReMap nomenclature and regrouping miscellaneous products

/!\ one file per composition data
/!\ one tab per nutrient

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*Example of the rank of the 10 BestReMap food groups most contributors to the intake of **sugars** for **Children** in **France** with **FR data***

Population Group	BestReMap food groups	Rank of contribution
Children (3-9 years)	Cakes and biscuits	2
	Fruit juices and nectars	3
	Chocolate products	4
	Fruit purees, compotes and desserts	5
	Bread products	6
	Soft drinks	7
	Fresh dairy products and desserts	8
	Confectionery	9
	Breakfast cereals	10
	Jams	11

/!\ Value 1 refers to the category « Other products » gathering foods not monitored among BestReMap nomenclature, thus it was excluded

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- **For each nutrients and population, global ranking for each food groups to summarize results from the 18 countries**

1) We have summing the rank of all countries by food groups to create the column « Sum of the rank »
2) We have made a final ranking regarding the sum of the rank per each population and nutrient
3) We have selected values from 1 to 10 to highlight the groups of interest.

Population Group	Number of countries concerned	BestRemap food groups	Sum of the rank for the 11 countries concerned (1)	Final rank (2)
Children (3-9 years)	11 (3)	Fruit juices and nectars	38	1
		Cakes and biscuits	48	2
		Soft drinks	50	3
		Chocolate products	61	4
		Bread products	68	5
		Ready-to-eat	93	6
		Breakfast cereals	94	7
		Ice creams and sorbets	94	8
		Jams	117	9
		Fresh dairy products and desserts	124	10

*Exemple of the global ranking of the foods groups most contributor to the intakes of **sugars among Children***

→ **For results with FR data see the Excel file :** *"global ranking with FR data.xlsx"*
→ **For results with EE data see the Excel file :** *"global ranking with EE data.xlsx"*
→ **For results with NL data see the Excel file :** *"global ranking with NL data.xlsx"*

If you want to see results for a particular population :

1) Select the desired population in the column A «Population_Group»
2) Select only values from 1 to 10 in the column E « Final Rank »

/!\ one file per composition data sources
/!\ one tab per nutrient

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- **Compilation of the results obtained for each scenario and comparison of the results**

➢ List of 19 food groups (=10 first groups for each nutrients)

- ❖ Bread products
- ❖ Cakes and biscuits
- ❖ Delicatessen meat and similar
- ❖ Chocolate products
- ❖ Cheeses
- ❖ Breackfast cereals
- ❖ Fresh dairy products and desserts
- ❖ Soft drinks
- ❖ Cold sauces
- ❖ Fruit juices and nectars
- ❖ Margarines
- ❖ Ice creams and sorbet
- ❖ Dessert mixes
- ❖ Hot sauces
- ❖ Fresh delicatessen products
- ❖ Crackers
- ❖ Confectionery
- ❖ Processed potato products
- ❖ Jams

Prioritization regarding seveal parameters :

- For which nutrients, the food groups are vectors?
- For which population?
- Are the food groups included in the preexisting data for a majority of country partners?

→ *Identification of data already available for these food groups (EUREMO, JANPA, other)*

- Are the food groups let a possibility for reformulation?

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→ **For compilation of the results see the Excel file** "compilation of results"

- *To see the compilation of results with composition data sources see Tab "compilation of the 3 sources"*
- *To see the global synthesis see Tab "Synthesis" or see the next slide*

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BestReMaP category	Rank contribution per food groups (from 1 to 10)	Number of nutrients for which the group is within the main vectors for at least one population	Number of countries with preexisting data for at least a part of the food category (16)	Sources of preexisting data	Room for reformulation	Synthesis
Breakfast cereals	1 to 5	4	16	Euremo Other Janpa	yes	main contributor for all nutrients / preexisting data ++ (including Janpa) / reformulation ++
Fresh dairy products and desserts	6 to 10	3	16	Euremo Other	yes	main contributor for 3 nutrients / preexisting data ++ / reformulation ++
Bread products	1 to 5	4	15	Euremo Other	yes	main contributor for all nutrients / preexisting data ++ / reformulation ++
Cakes and biscuits	1 to 5	4	15	Euremo Other	yes	main contributor for all nutrients / preexisting data ++ / reformulation ++
Chocolate products	1 to 5	4	15	Euremo Other	limited	main contributor for all nutrients / preexisting data ++ / reformulation ?
Delicatessen meats and similar	1 to 5	3	15	Euremo Other	yes	main contributor for 3 nutrients / preexisting data ++ / reformulation ++
Cold sauces	1 to 5	2	15	Euremo Other	yes	main contributor for 2 nutrients / preexisting data ++ / reformulation ++
Soft drinks	1 to 5	1	15	Euremo Other Janpa	yes	main contributor for sugar / preexisting data ++ (including Janpa) / reformulation ++
Fruit juices and nectars	1 to 5	1	15	Euremo Other	only for nectars	main contributor for sugar / preexisting data ++ / reformulation --
Ice creams and sorbets	6 to 10	4	15	Euremo Other	yes	main contributor for all nutrients / preexisting data ++ / reformulation ++
Crackers	6 to 10	3	15	Euremo Other	yes	main contributor for 3 nutrients / preexisting data ++ / reformulation ++
Confectionery	6 to 10	2	15	Euremo Other	limited	main contributor for 2 nutrients / preexisting data ++ / reformulation ?
Processed potato products	6 to 10	2	15	Euremo Other	yes	main contributor for 2 nutrients / preexisting data + / reformulation ++
Fresh delicatessen products	6 to 10	1	15	Euremo Other	yes	main contributor for 1 nutrients / preexisting data + / reformulation ++
Hot sauces	6 to 10	1	15	Euremo Other	yes	main contributor for 1 nutrients / preexisting data + / reformulation ++
Cheeses	1 to 5	3	14	Euremo Other	limited (milk is the main contributor of fat and saturated fatty acids)	main contributor for 3 nutrients / preexisting data ++ / reformulation --
Margarines	1 to 5	1	4	Other	yes	main contributor for 3 nutrient / preexisting data --
Jams	6 to 10	1	4	Other	limited	main contributor for 1 nutrient / preexisting data --
Dessert mixes	6 to 10	1	3	Other	yes	main contributor for 1 nutrient / preexisting data --

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Thank you for your attention!

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The Joint Action focusing on the implementation of validated best practices in nutrition – Best-ReMaP

This presentation arises from the Joint Action Best-ReMaP. This JA is addressing the adaption, replication and implementation of effective health interventions, based on practices that have been proven to work in the areas of food reformulation, framing of food marketing and public procurement of healthy food in public settings. This presentation was funded by the European Union's Health Programme (2014-2020). The content of this presentation represents the views of the author only and is his/her sole responsibility; it cannot be considered to reflect the views of the European Commission and/or the Consumers, Health, Agriculture and Food Executive Agency (CHAFEA) or any other body of the European Union. The European Commission and the Agency do not accept any responsibility for use that may be made of the information it contains.