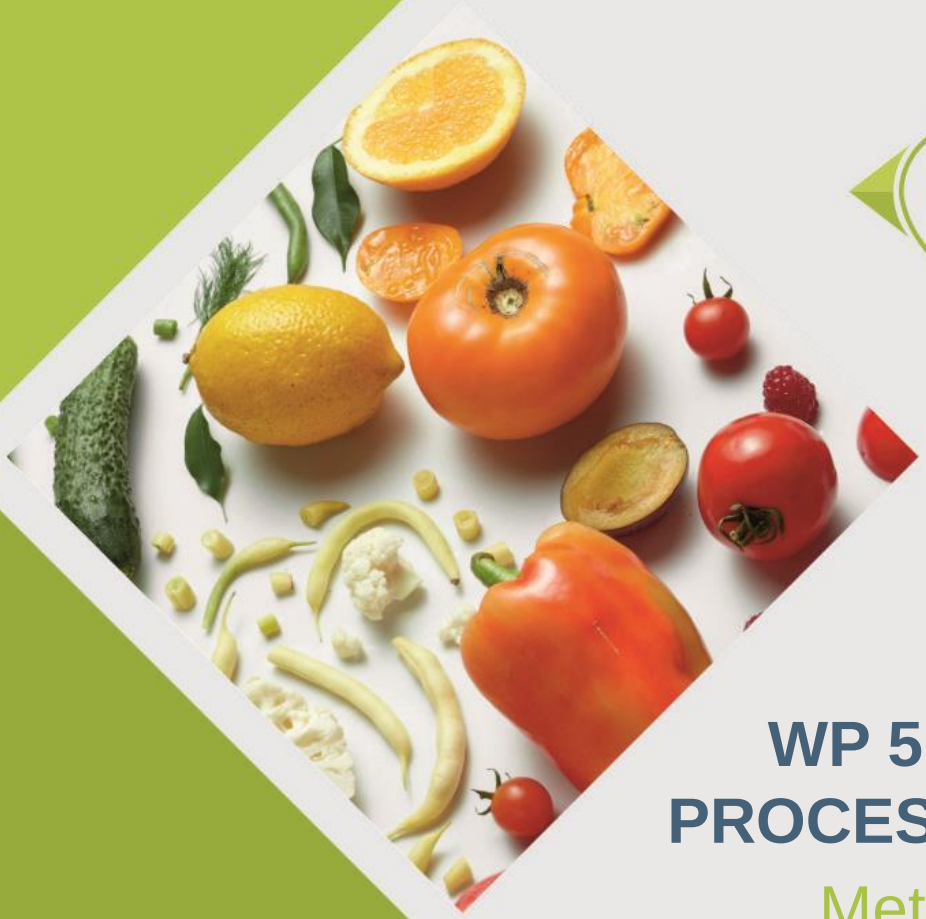

Best-ReMaP

Healthy Food for a Healthy Future

WP 5 – REFORMULATION AND PROCESSED FOOD MONITORING

Methodology for data collection

Anses

25.05.2021

Rules for the meeting

- **Mute your microphone**
- **Switch off your camera**
- **Use the chat if you have comments or questions**
- **Use the chat if you want to speak**
- **Give your name and your country before speaking**

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Presentation of the training

- Training to present the methodology for data collection for **Task 5.3** of WP5 : **First European snapshot**
- Online questionnaire about this training: taken into account for the evaluation of the WP5
- Written evaluation of this guide to be realized by the partners (as part of task 5.3.1)

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SUMMARY

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1) Selection of collection places

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1) SELECTION OF COLLECTION PLACES

- After the preliminary study on the market share for retailers in your own country, you have identified the retailers that need to be visited in order to cover a maximum percentage of the market.

- For data collection, it will be necessary to visit **1 shop of each retailers selected** and the **biggest stores** in terms of surface should be chosen in order to collect the most representative sample of the market of your country.

- For example :
  You have identified **5** different **retailers** in you preliminary study on the market share, then you will have to realize the data collection in **5** different **stores** (one for each retailer identified).

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1) SELECTION OF COLLECTION PLACES

- To best organize the data collection and to avoid the collection of similar products, we suggest to :

  - Select **2 of the biggest shops** (in surface) in the list of retailers selected during the previous step (except hard discount, specialised and specialised organic retailers). These 2 shops must be from **2 different** retailers.

→ collect all the targeted products available in those 2 stores : **national brands** and **retailer brands**

  - For the **rest** of retailers that need to be visited

→ only **retailer brands** can be collected
(depending on the shop, collect retailer brands, hard discount brands, entry level retailer brands, specialised retailer brands or specialised organic retailer brands)

Definitions of the different retailers and brands can be found **page 55** of this document.

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1) SELECTION OF COLLECTION PLACES

To ensure the smooth running of the collection, it is necessary to ask the **authorizations** to the **retailers** to come to their stores to realize the data collection (taking pictures). For this purpose, 2 steps should be followed :

1) First contacting the **head office or nutrition services** of the retailers in order to request a **written statement** to allow the data collection in the chosen store. This statement has to allow **taking pictures** of the products directly on the shelves, without buying them.

2) In a second time, getting in contact with the chosen stores to **schedule the visit** and to agree with the retailers the **dates** and **times** that suit them to carry out the data collection.

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1) SELECTION OF COLLECTION PLACES

- A **presentation leaflet** of the **WP5** of the Best-ReMaP Joint Action has been produced presenting the objectives and the expected outcomes of the work as well as the methodology to gather and treat the data. This tool will help you to **contact retailers**.

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2) Selection of products to be collected

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2) SELECTION OF PRODUCTS TO BE COLLECTED

- There are **5 prioritized food categories** that need to be collected :
  - Breakfast cereals
  - Soft drinks
  - Delicatessen meats and similar
  - Bread products
  - Fresh dairy products and desserts

- Before going to the stores, people who will be responsible for **data collection** (taking pictures) should be **clear** on which products need to be collected for those 5 categories.

- For that purpose, they must refer to the **classification guidelines** that have been produced for the 5 categories and which explain which products are **included** and **excluded** in the different categories.

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2) SELECTION OF PRODUCTS TO BE COLLECTED

- An overview of products included and excluded of a food category can be found in **pages 3 and 4** of classification guidelines for each of the 5 food categories.

Classification guidelines of « Breakfast cereals » food category

Classification guidelines of « Bread products » food category

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2) SELECTION OF PRODUCTS TO BE COLLECTED

- In the Best-ReMaP project, it has been proposed to **remove from monitoring** certain **subcategories** whose interest in the project is not significant (not consumed by children and/or not in EUREMO)
- The products belonging to these excluded subcategories will therefore **not be collected** (although they are present in the classification guidelines)

Subcategories excluded from the collection

Bread products	Delicatessen meats and similar	Fresh dairy products and desserts	Soft drinks
Breadcrumbs (730)	**Boudin, andouille and andouillette** (630)	**Fresh cakes** (714)	**Aperitif beverages without added sugar** (670)
Croutons (729)	**Cooked lamb (packaged)** (1)	**Fresh desserts with fruit** (715)	**Other sports drinks** (659)
Other rusks (744)	**Other delicatessen meats based on offal** (741)	**Fresh desserts without fruit** (716)	**Sugar-sweetened aperitif beverages** (671)
Pancakes (626)		**Other fresh desserts** (717)	**Sugar-sweetened sports drinks** (660)
Plain rusks (117)			
Puffed cakes (288)			
Wholemeal cereal grains rusks (67)			

2) SELECTION OF PRODUCTS TO BE COLLECTED

- Final list of subcategories excluded from the collection (approved)

Subcategories excluded from the collection

Bread products	Delicatessen meats and similar	Fresh dairy products and desserts	Soft drinks
Breadcrumbs (730)	**Boudin, andouille and andouillette** (630)	**Fresh cakes** (714)	**Aperitif beverages without added sugar** (670)
Croutons (729)	**Cooked lamb (packaged)** (1)	**Fresh desserts with fruit** (715)	**Other sports drinks** (659)
Other rusks (744)	**Other delicatessen meats based on offal** (741)	**Fresh desserts without fruit** (716)	**Sugar-sweetened aperitif beverages** (671)
Pancakes (626)		**Other fresh desserts** (717)	**Sugar-sweetened sports drinks** (660)
Plain rusks (117)			
Puffed cakes (288)			
Wholemeal cereal grains rusks (67)			

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3) How to collect the data

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3) HOW TO COLLECT THE DATA

Timeline of activities for task 5.3 : first European snapshot

Training (today)

2021								2022											
m	j	j	a	s	o	n	d	j	f	m	a	m	j	j	a	s	o	n	d
M8	M9	M10	M11	M12	M13	M14	M15	M16	M17	M18	M19	M20	M21	M22	M23	M24	M25	M26	M27

Task 5.3.1 : Data collection and data treatment (data entry and encoding)
July 2021 - **July 2022**

Collection of pictures in the different shops
July 2021 - **Oct 2021**

Data treatment (data entry and encoding)
Nov 2021 - **May 2022**
(July 2022 at the latest)

Task 5.3.2 : Production of statistics
May 2022 - **Nov 2022**

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3) HOW TO COLLECT THE DATA

Timeline of activities for task 5.3 : first European snapshot

- **Collection of pictures in the different shops :**

This step should be performed over a short period of time because the next step of data treatment takes much longer. This is why we propose a period between **July 2021** and **October 2021** for this step. In each store, you must take pictures of all the products in the categories of interest at once (you are not supposed to go back to a store you have already been).

- **Data treatment (data entry and encoding) :**

This step takes a long time to complete. We propose a period between **November 2021** and **May 2022** to achieve this step because the statistics production part starts in May 2022. In the best case, the data treatment step should be finished before starting production statistics.

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3) HOW TO COLLECT THE DATA

- To realize the data collection, you will need to go to **each supermarket** you have identified in the first step.

- The collection will be made by **taking pictures** of **each product** present in the shelves of interest. You must identify **where to find** the products (whether they are in the ambient, fresh or frozen section).

Reminder :
→ In the **2 biggest** shops identified, you will take pictures of **all the products** (National brands and retailer brands).
→ In the **rest** of the shops, you will take pictures of **only retailer brands products**.

- You will proceed food category by food category to be sure **not to miss** any products of a category.

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3) HOW TO COLLECT THE DATA

How to take pictures of a product ?

1) You take a readable picture of the **front of the product**

2) You take readable pictures of **each face of the product**

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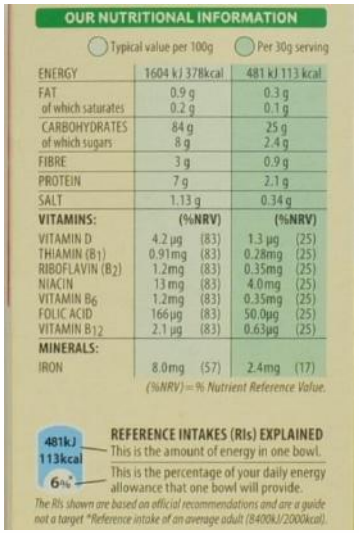
3) HOW TO COLLECT THE DATA

How to take pictures of a product ?

3) You can **zoom** on **parts of interest** for a better reading.
(for example : list of ingredients, nutritional values, etc.)



Before moving to another product, you need to make sure that you have taken pictures of all the faces of the product and that you have all the information needed for the next step (entering and codifying the data).
You must not mix pictures of different products. The order of the products when taking picture will be useful for entering and codifying the data.

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3) HOW TO COLLECT THE DATA

Particular case

If, for health security reasons, it is not possible to physically collect data in stores, other possibilities for data collection should be discussed with Anses to ensure that all the information necessary for the monitoring system is collected with the alternative data collection method.

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4) How to enter and codify data

A. **Template to fill** (page 24)
B. **Identification of the product** (page 32)
C. **Ingredient list / other information** (page 75)
D. **Nutritional content** (page 94)
E. **Nutritional content for products to be reconstituted** (page 104)

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4) HOW TO ENTER AND CODIFY THE DATA

- This step has to be carried out **at your office**, after having taken the pictures in the stores.
- You must **upload the pictures** to your computer to be able to start entering and codifying the data.
- An **excel template** is provided to enter all the information needed for each product
- All the products have to be included in the same template, whatever the food category.

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4) How to enter and codify data

A. Template to fill

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4) HOW TO ENTER AND CODIFY THE DATA

Template to fill

- The template to be completed for data collection is an excel document available on the Best-ReMap project intranet.

Data collections (nijz.si)
WP5/Working documents/Data collections

- This excel document includes 3 tabs:
  - ❑ ***User manual*** → a tab which gives the definition of each field of the template
  - ❑ ***Template for data collection*** → a tab with the template to fill
  - ❑ ***DO NOT USE – MODIFY*** → a tab that must not be used or modified because it allows the structure of the "template for data collection" tab

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4) HOW TO ENTER AND CODIFY THE DATA

Template to fill

- In the template : 48 fields to fill or codify for each products with the information found on the pictures that have been taken during the visits to the supermarkets

- 4 types of fields :
  - **Unique number** → unique number that you have to generate
  - **Automatic field** → automatically generated information
  - **Closed list : codification** → scrolling menu proposed in the template to enter data
  - **Data entry** → data entered manually

- Description of each field and where to find the information are given in the next pages

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The 48 fields of the template

Identification of the product		Ingredient list/other information	Nutritional content	Nutritional content for products to be reconstituted
Product_code (page 33)	**Brand_name** (page 52)	**FOP_labelling_type** (page 76)	**Nutrient_content_expression_unit** (page 95)	**Nutrient_content_expression_unit_as_consumed** (page 109)
Father_product_code (page35)	**Brand_owner** (page 53)	**Nutri_Score** (page 79)	**Energy_kJ** (page 99)	**Energy_as_consumed_kJ** (page 112)
Year (page 38)	**Type_of_brand** (page 55)	**Ingredient_list** (page 80)	**Energy_kCal** (page 99)	**Energy_as_consumed_kCal** (page 112)
Country (page 38)	**Legal_name Legal_name_english** (page 62)	**Net_weight** (page 82)	**Fat** (page 99)	**Fat_as_consumed** (page112)
Category_name (page 39)	**Commercial_name Commercial_name_english** (page 66)	**Net_weight_unit** (page 82)	**Saturated_fat** (page 99)	**Saturated fat_as_consumed** (page 112)
Subcategory_name (page 40)	**Preservation_method** (page 71)	**Number_of_units** (page 84)	**Carbohydrates** (page 100)	**Carbohydrates_as_consumed** (page 113)
Category_code (page 41)		**Portion_size** (page 88)	**Sugar** (page 100)	**Sugar_as_consumed** (page 113)
Subcategory_code (page 42)		**Portion_size_unit** (page 88)	**Protein** (page 100)	**Protein_as_consumed** (page 113)
Bar_code (page 43)		**Portion_size_comments** (page 92)	**Salt** (page 100)	**Salt_as_consumed** (page 113)
Assortment (page 44)		**Comment** (page 93)	**Fibre** (page 100)	**Fibre_as_consumed** (page 114)

4) HOW TO ENTER AND CODIFY THE DATA

Template to fill

- You need to fill the template **store by store** starting with the **first two biggest** stores in which you have collected national brands and retailer brands

- To be more efficient, we suggest to proceed food category by food category

- After entering and codifying the information for all the products of the 1st biggest store, you move on to the second biggest store

- As you have collected the national brands in the 2 biggest stores and to **avoid duplicates**, a verification step is necessary :

    - Therefore, for the 2nd biggest store, you need to check for every **national brand product** that the **bar code** has not already been entered in the template. If the bar code is already present, you must check if it is the same product by looking at the pictures. The detail of the verifications is detailed in the next slide.

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4) HOW TO ENTER AND CODIFY THE DATA

Template to fill

To be sure that no duplicates are remaining, we recommend the following verification step before entering a new product in the template:

- Select the column “bar_code” of the template
- Press Ctrl+f
- Enter the barcode of every national brand product of the 2nd store one by one.

- If an identical bar code is found, it means that 2 products from the 1st and the 2nd store may be the same. You need to look at all the information of interest (those gathered in the template) for both products to see if they are exactly the same (duplicates).

Duplicates = products that have exactly the same information for all the fields, even if the packaging is different.

- If the 2 products are **exactly the same** in the fields gathered (duplicates) → You can delete the pictures of the second product because you won’t need to enter and codify it.
- If the 2 products are **different** (any difference in the fields gathered) → You keep pictures of the two products and you will enter and codify both.

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4) HOW TO ENTER AND CODIFY THE DATA

Template to fill

- For the rest of the stores, as you have collected **only retailer brands**, there shouldn't be duplicates. But it exists different retailers who sell the same retailer brands so you have to be careful that similar products have not been collected.

- If you have any doubt, do not hesitate to do **this procedure** of searching a bar code already existing to make sure that 2 similar products have not been entered in the template (before realizing data analyses, this is going to be verified).

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4) HOW TO ENTER AND CODIFY THE DATA

Template to fill

When filling in the template, you will find yourself in 2 cases:

→ 1st case : **Inventory**
You don't have pre-existing data, this is your first data collection

→ 2nd case : **Follow-up**
You have pre-existing data to link with new data collected

- For these two cases, **only the first two fields** have to be managed differently : product_code and father_product_code
- The rest of the fields have to be completed without taking into account the case in which you are.

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4) How to enter and codify data

B. Identification of the product

- Product code (page 33)
- Father product code (page 35)
- Year (page 38)
- Country (page 38)
- Best-ReMap category and subcategory (page 39)
- Bar code (page 43)
- Assortment (page 44)
- Brand name (page 52)
- Brand owner (page 53)
- Type of brand (page 55)
- Legal name (page 62)
- Commercial name (page 66)
- Preservation method (page 71)

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Product_code	Unique code given to the product	unique number

1st case : Inventory

(no pre-existing data)

- This code will have to be assigned as follows :
  - The first product will have the code : **1**
  - The second product will have the code : **2**
  - And **so on**…
- Do not reuse the same code twice even for two different food categories

2nd case : Follow-up

(pre-existing data to link)

- First, you need to make sure that **all of your pre-existing data** products have a **unique code**. If not, you must **assign** a unique code to each product of your pre-existing data.
- Then, you have to start the numbering of your products in order **not to repeat** any existing codes (if your highest code was 6704 in your pre-existing data, we recommend for the new data collection that you start from 6705,6706,…)

➢ Each product from pre-existing data and new data must have a unique code for all food categories. There **cannot be 2 similar codes** in the new data and in the pre-existing data.

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4) HOW TO ENTER AND CODIFY THE DATA

Renaming the pictures

- After creating the unique product code, you need to rename the pictures of a product as follows: Product_code_number of picture

➢ The first picture of the product must be the front of pack (to better identify the product).
➢ Be careful not to mix pictures of different products!

Example :
You have a product which unique product_code is : *32*

Name of picture :

32_1

32_2


32_3

32_4

32_5

32_6

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Father_product_code	Unique code of the corresponding pre existing product (previous monitoring). One father_product_code can correspond to more than one product_code's	unique number

1st case : Inventory
(no pre-existing data)

- This field is not to be filled (leave it **blank**).
- You can go directly to page 38

2nd case : Follow-up
(pre-existing data to link)

- When you have a product from the **new data collection**, you need to check if the product exists in your pre-existing data in order to **identify paired products**. The steps for verification are explained in the next pages.

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4) HOW TO ENTER AND CODIFY THE DATA

2nd case : Follow-up
(pre-existing data to link)

You need to follow these steps **for each product** of the new data collection :

Step 1

You take the bar code of the product and you search for an identical bar code in your pre-existing data.

- You **don't find an identical bar code** in your pre-existing data → go to **step 2**
- You **find an identical bar code** → you need to verify that it is the **same reference**

Same reference = Same brand, the legal name and commercial name can be different but must be close, same flavor, same weight (the ingredient list and the nutritional values can be different)

- ❑ It is **not the same reference** → go to **step 2**
- ❑ It is the **same reference** → you enter the unique code of the product of the pre-existing data in the « **father_product_code** » field

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4) HOW TO ENTER AND CODIFY THE DATA

2nd case : Follow-up
(pre-existing data to link)

Step 2

As the **barcode of a same reference can change over time**, it may not have been found in step 1 or it may correspond to a different product.

For that purpose, you must **look for a same reference** in the pre-existing data using other product information such as **brand name**, **commercial name**, **legal name**, **flavor**, **net weight**.

Same reference = Same brand, the legal name and commercial name can be different but must be close, same flavor, same weight (the ingedient list and the nutritional values can be different)

- You find the **same reference** based on the product information → you enter the unique code of the product of the pre-existing data in the « father_product_code » field.

- You **don't find the same reference** based on the product information → leave the "father_product_code" field blank.

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Country	The name of your country	closed list : codification
Year	Year of product collection	closed list : codification

- **Country** = the country where the product has been collected (your country)
- **Year** = please give the year of data collection (and only the year)

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Category_name	The food category of the Best-ReMaP nomenclature (see Best-ReMaP guidelines for classification)	closed list : codification

Closed list with 5 propositions that you need to choose in a scrolling menu:

- « **Breakfast cereals** »
- « **Soft drinks** »
- « **Bread products** »
- « **Fresh dairy products and desserts** »
- « **Delicatessen meats and similar** »

➢ **Please, refer to the specific classification guidelines that have been produced for these 5 food categories**

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Subcategory_name	The food subcategory of the Best-ReMaP nomenclature (see Best-ReMaP guidelines for classification)	closed list : codification

- **15** subcategories for the « Breakfast cereals » category
- **31** subcategories for the « Soft drinks » category
- **26** subcategories for the « Bread products» category
- **25** subcategories for the « Fresh dairy products and desserts » category
- **24** subcategories for the « Delicatessen meats and similar » category

➢ A **closed list** of **subcategories** is proposed in a scrolling menu depending on the category previously chosen.

➢ **Please, refer to the specific classification guidelines that have been produced for the 5 food categories to assign the correct subcategory name for each product.**

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Category_code	The code associated to the food category of the Best-ReMaP nomenclature (see Best-ReMaP guidelines for classification)	automatic field

- Breakfast cereals : code = **1**
- Soft drinks : code = **9**
- Bread products : code = **18**
- Fresh dairy products and desserts : code = **3**
- Delicatessen meats and similar : code = **5**

➢ **These codes will be assigned automatically after choosing the category_name previously.**

➢ **You do not have to enter or codify anything.**

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Subcategory_code	The code associated to the food subcategory of the Best-ReMaP nomenclature (see Best-ReMaP guidelines for classification)	automatic field

- 15 subcategories for the « Breakfast cereals » category = **15 codes**
- 31 subcategories for the « Soft drinks » category = **31 codes**
- 26 subcategories for the « Bread products» category = **26 codes**
- 25 subcategories for the « Fresh dairy products and desserts » category = **25 codes**
- 24 subcategories for the « Delicatessen meats and similar » category = **24 codes**

➢ **These codes will be assigned automatically after choosing the category_name previously.**

➢ **You do not have to enter or codify anything.**

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Bar_code	Bar code of the product	data entry

- You must enter all the numbers present on the **bar code**
- readable pictures are essential

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Assortment	**Yes** or **no** : to identify if the product is composed of several different products under a same bar code IF YES : 2 cases : **1.** if several nutrient content are given (for each product of the assortment), then duplicates lines under the same bar code and indicate in the commercial name for which product/flavor the line is corresponding), **2.** if an average nutrient content is given, use only one line and indicate "ASSORTMENT" in the name of the product	closed list : codification

- For that field, you just need to enter **YES** or **NO**
- If it is **YES**, you need to look at the ingredient list and the nutrient content to properly enter the rest of the information of the product. There are 4 cases that are explained further.

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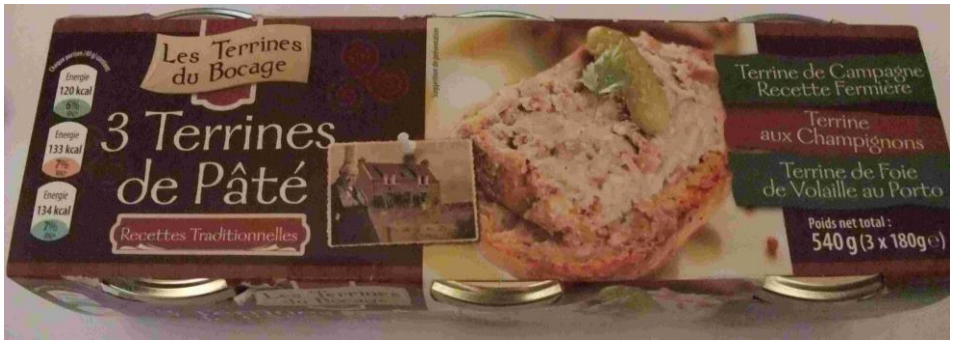
4) HOW TO ENTER AND CODIFY THE DATA

Examples of assortments :



Assortment of different pâtés : country terrine, mushroom terrine, poultry liver terrine

Assortment of greek yogurts with different flavors : peach and passion fruit

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4) HOW TO ENTER AND CODIFY THE DATA

Examples of assortments :

Assortment of yogurts with different flavors : cherry, strawberry, blackberry, raspberry

Assortment of dry sausages with different flavors : walnuts, hazelnuts, plain

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4) HOW TO ENTER AND CODIFY THE DATA

Case	Number of ingredient list	Number of nutrient content	Precision to make in the commercial name of the product	Number of line for the product in the file
1	1	1	« ASSORTMENT »	1 line
2	Several (1 by element of the assortment)	1	« ASSORTMENT »	1 line (the different ingredient lists are in the same box)
3	Several (1 by element of the assortment)	Several (1 by element of the assortment)	Specify the flavor/element	Several lines under the same bar code (1 line for each flavor/element of the assortment with its ingredient list and its nutrient content)
4	1	Several (1 by element of the assortment)	« ASSORTMENT » + specify the flavor/element	Several lines under the same bar code (1 line for each flavor/element of the assortment with its nutrient content but with the same ingredient list)

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4) HOW TO ENTER AND CODIFY THE DATA

Case 1 : The product contains **1 ingredient list** and **1 nutrient content** (for all elements of the assortment)

Assortment of yogurts with different flavors : cherry, strawberry, blackberry, raspberry

- One **average nutritionnal content**
- One **ingredient list**

→ You need to use only **one line** and indicate "**ASSORTMENT**" in the name of the product

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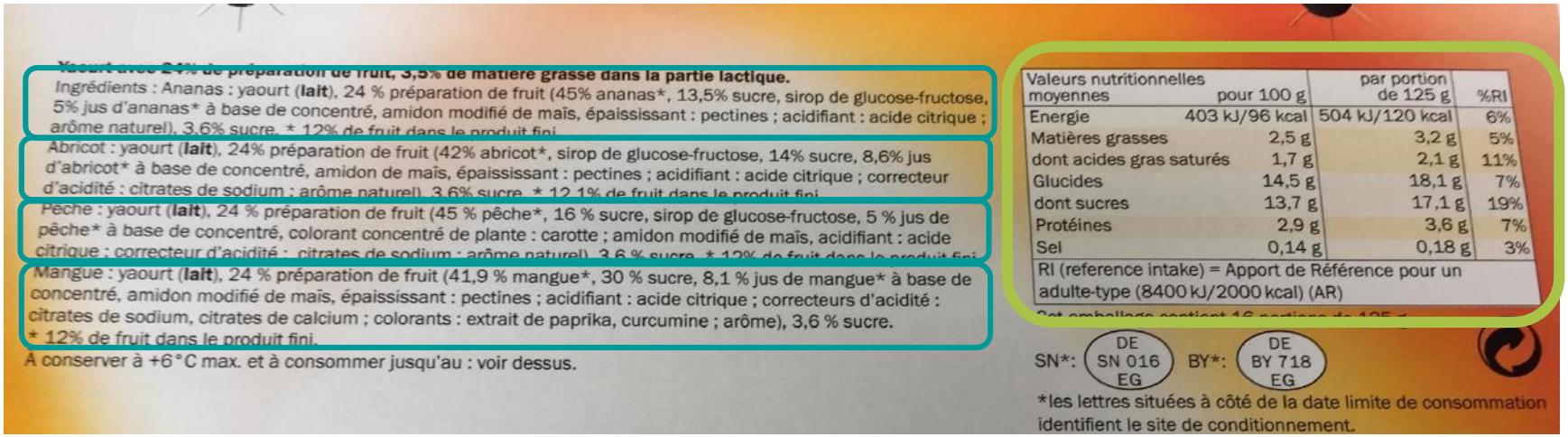
4) HOW TO ENTER AND CODIFY THE DATA

Case 2 : The product contains **several ingredient lists** and **1 nutrient content** (for all elements of the assortment)

Assortment of yogurts with different flavors : pineapple, apricot, peach, mango



Yaourt avec 24% de préparation de fruit, 3,5% de matière grasse dans la partie lactique.
Ingrédients : Ananas : yaourt (**lait**), 24 % préparation de fruit (45% ananas*, 13,5% sucre, sirop de glucose-fructose, 5% jus d'ananas* à base de concentré, amidon modifié de maïs, épaississant : pectines ; acidifiant : acide citrique ; arôme naturel), 3,6% sucre. * 12% de fruit dans le produit fini.

Abricot : yaourt (**lait**), 24% préparation de fruit (42% abricot*, sirop de glucose-fructose, 14% sucre, 8,6% jus d'abricot* à base de concentré, amidon de maïs, épaississant : pectines ; acidifiant : acide citrique ; correcteur d'acidité : citrates de sodium ; arôme naturel), 3,6% sucre. * 12,1% de fruit dans le produit fini.

Pêche : yaourt (**lait**), 24 % préparation de fruit (45 % pêche*, 16 % sucre, sirop de glucose-fructose, 5 % jus de pêche* à base de concentré, colorant concentré de plante : carotte ; amidon modifié de maïs, acidifiant : acide citrique ; correcteur d'acidité : citrates de sodium ; arôme naturel), 3,6 % sucre. * 12% de fruit dans le produit fini.

Mangue : yaourt (**lait**), 24 % préparation de fruit (41,9 % mangue*, 30 % sucre, 8,1 % jus de mangue* à base de concentré, amidon modifié de maïs, épaississant : pectines ; acidifiant : acide citrique ; correcteurs d'acidité : citrates de sodium, citrates de calcium ; colorants : extrait de paprika, curcumine ; arôme), 3,6 % sucre.
* 12% de fruit dans le produit fini.

À conserver à +6°C max. et à consommer jusqu'au : voir dessus.

Valeurs nutritionnelles moyennes	pour 100 g	par portion de 125 g	%RI
Energie	403 kJ/96 kcal	504 kJ/120 kcal	6%
Matières grasses	2,5 g	3,2 g	5%
dont acides gras saturés	1,7 g	2,1 g	11%
Glucides	14,5 g	18,1 g	7%
dont sucres	13,7 g	17,1 g	19%
Protéines	2,9 g	3,6 g	7%
Sel	0,14 g	0,18 g	3%

RI (reference intake) = Apport de Référence pour un adulte-type (8400 kJ/2000 kcal) (AR)

Cet emballage contient 16 portions de 125 g

SN*: DE SN 016 EG BY*: DE BY 718 EG

*les lettres situées à côté de la date limite de consommation identifient le site de conditionnement.

- One **average nutritionnal content**
- **4 ingredient lists (one for each element of the assortment)**

→ You need to use only **one line** and indicate **« ASSORTMENT »** in the name of the product.
The 4 ingredient list will be in the same box

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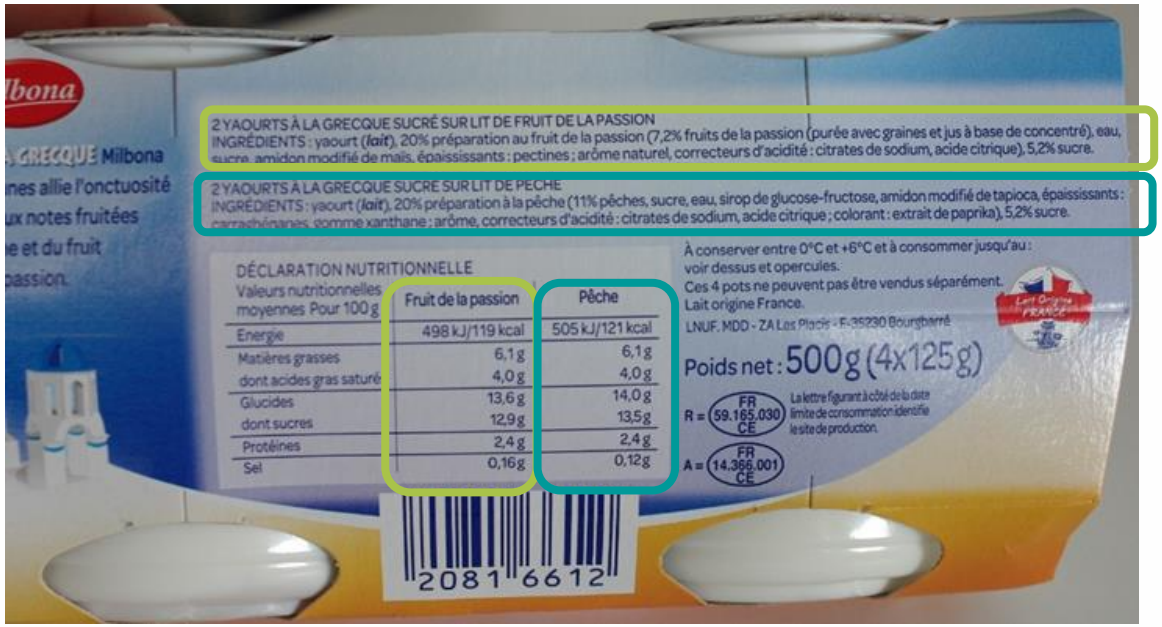
4) HOW TO ENTER AND CODIFY THE DATA

Case 3 : The product contains **several ingredient lists** and **several nutrient contents** (for each element of the assortment)



Assortment of greek yogurts with different flavors : peach and passion fruit

- Nutritional content and ingredient list for yogurts with **peach flavor**
- Nutritional content and ingredient list for yogurts with **passion fruit flavor**

→ You need to duplicate lines under the same bar code and indicate in the commercial name for which flavor the line is corresponding

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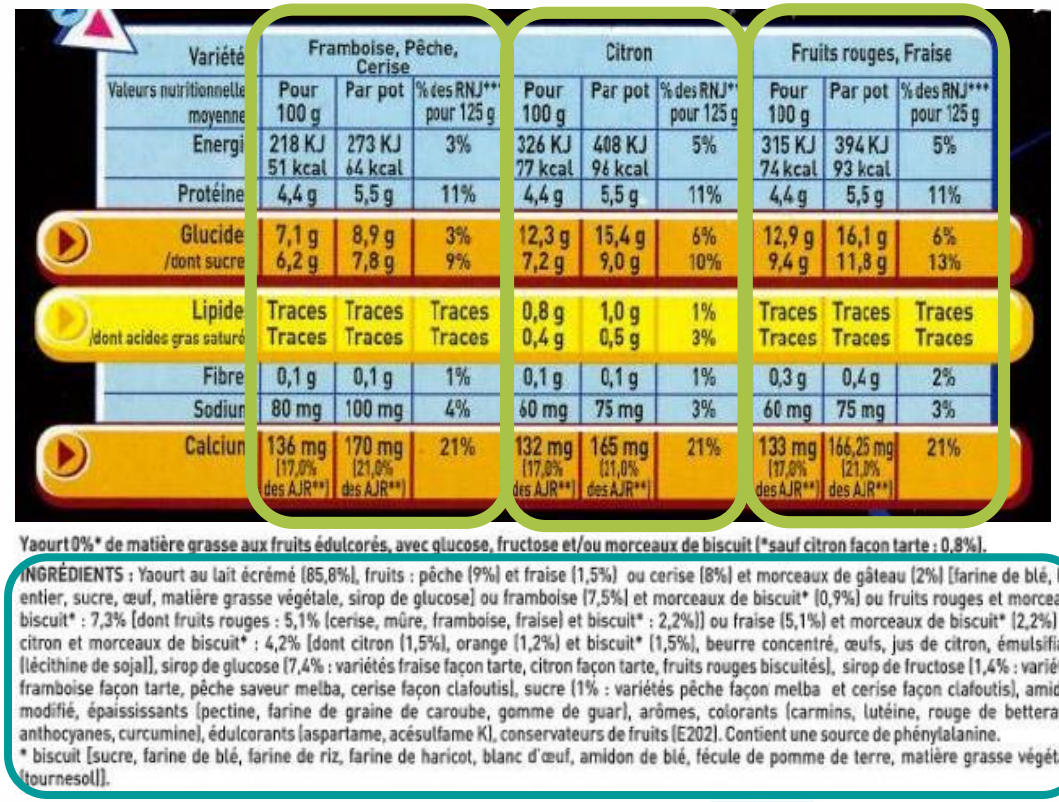
4) HOW TO ENTER AND CODIFY THE DATA

Case 4 : The product contains **1 ingredient list** and **several nutrient contents** (for all elements of the assortment)



Variété	Framboise, Pêche, Cerise			Citron			Fruits rouges, Fraise		
Valeurs nutritionnelles moyennes	Pour 100 g	Par pot	% des RNJ** pour 125 g	Pour 100 g	Par pot	% des RNJ** pour 125 g	Pour 100 g	Par pot	% des RNJ** pour 125 g
Energie	218 KJ 51 kcal	273 KJ 64 kcal	3%	326 KJ 77 kcal	408 KJ 96 kcal	5%	315 KJ 74 kcal	394 KJ 93 kcal	5%
Protéines	4,4 g	5,5 g	11%	4,4 g	5,5 g	11%	4,4 g	5,5 g	11%
Glucides /dont sucres	7,1 g 6,2 g	8,9 g 7,8 g	3% 9%	12,3 g 7,2 g	15,4 g 9,0 g	6% 10%	12,9 g 9,4 g	16,1 g 11,8 g	6% 13%
Lipides /dont acides gras saturés	Traces Traces	Traces Traces	Traces Traces	0,8 g 0,4 g	1,0 g 0,5 g	1% 3%	Traces Traces	Traces Traces	Traces Traces
Fibres	0,1 g	0,1 g	1%	0,1 g	0,1 g	1%	0,3 g	0,4 g	2%
Sodium	80 mg	100 mg	4%	60 mg	75 mg	3%	60 mg	75 mg	3%
Calcium	136 mg (17,0% des AJR**)	170 mg (21,0% des AJR**)	21%	132 mg (17,0% des AJR**)	165 mg (21,0% des AJR**)	21%	133 mg (17,0% des AJR**)	166,25 mg (21,0% des AJR**)	21%

Yaourt 0%* de matière grasse aux fruits édulcorés, avec glucose, fructose et/ou morceaux de biscuit (*sauf citron façon tarte : 0,8%).

INGRÉDIENTS : Yaourt au lait écrémé (85,8%), fruits : pêche (9%) et fraise (1,5%) ou cerise (8%) et morceaux de gâteau (2%) [farine de blé, la entier, sucre, œuf, matière grasse végétale, sirop de glucose] ou framboise (7,5%) et morceaux de biscuit* (0,9%) ou fruits rouges et morceaux biscuit* : 7,3% [dont fruits rouges : 5,1% (cerise, mûre, framboise, fraise) et biscuit* : 2,2%)] ou fraise (5,1%) et morceaux de biscuit* (2,2%) ou citron et morceaux de biscuit* : 4,2% [dont citron (1,5%), orange (1,2%) et biscuit* (1,5%), beurre concentré, œufs, jus de citron, émulsifiant [lécithine de soja]], sirop de glucose (7,4% : variétés fraise façon tarte, citron façon tarte, fruits rouges biscuités), sirop de fructose (1,4% : variétés framboise façon tarte, pêche saveur melba, cerise façon clafoutis), sucre (1% : variétés pêche façon melba et cerise façon clafoutis), amidon modifié, épaississants (pectine, farine de graine de caroube, gomme de guar), arômes, colorants (carmins, lutéine, rouge de betterave, anthocyanes, curcumine), édulcorants (aspartame, acésulfame K), conservateurs de fruits (E202). Contient une source de phénylalanine.
* biscuit [sucre, farine de blé, farine de riz, farine de haricot, blanc d'œuf, amidon de blé, fécule de pomme de terre, matière grasse végétale (tournesol)].

Assortment of yogurts with different flavors : strawberry, raspberry, lemon, red fruits, peach, cherry

- **Several nutrient contents**
- One **ingredient list (for all elements of the assortment)**

→ You need to **duplicate lines** under the same bar code and indicate in the **commercial name "ASSORTMENT" +** for which **flavor** the line is corresponding (each line will have the same ingredient list)

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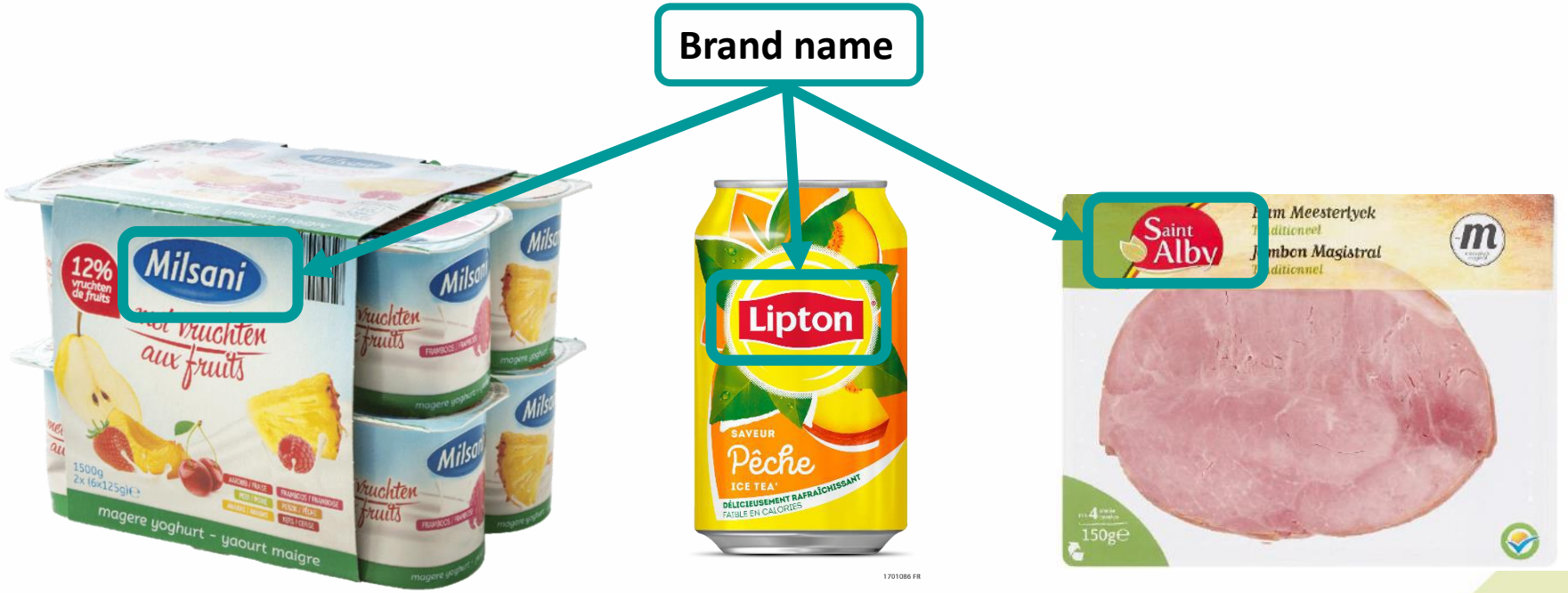
4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Brand_name	Commercial brand of the product (example : Kellogg's or Fanta).	data entry



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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Brand_owner	Whenever it's possible, indicate the name of the group owning the brand. For instance : the COCA COLA COMPANY or ALDI or UNILEVER (be careful, it's not always the producer but the brand owner)	data entry

- For some products, you can find the brand owner written on the packaging of the product.
- This field is **not mandatory**, if you don’t find the information, please leave it blank.

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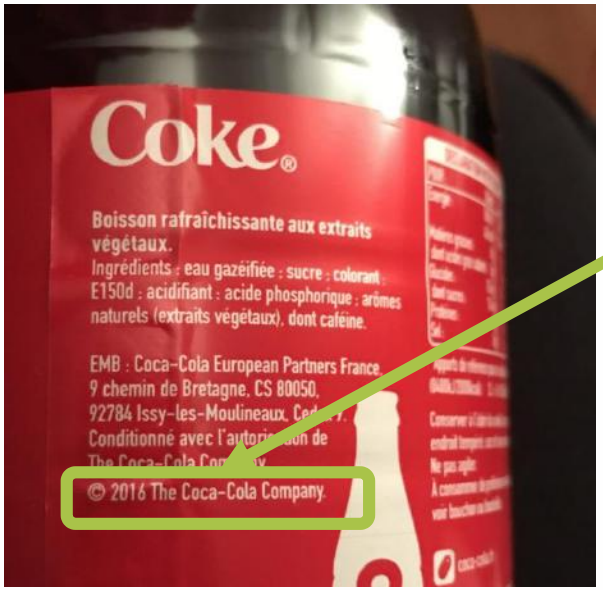
4) HOW TO ENTER AND CODIFY THE DATA

Examples of brand owners **written on the packaging**



Brand owner

Brand owner : The Coca-Cola Company
Brand name : Coke
brand_owner field = THE COCA-COLA COMPANY

Brand owner : Nestlé
Brand name : La Laitière
brand_owner field = **NESTLE**

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Type_of_brand	National brands, Retailer brand, Entry level retailer brand or Hard discount - **National brands**: product that is distributed worldwide or nationally under a brand name owned by the producer, as opposed to private label brands (products that carry the brand of the retailer rather than the producer) - **Retailer brand**: private label brand (own brand of the retailer) like carrefour or Tesco - **Entry level retailer brand**: first price private label brand - **Hard discount**: private label from a hard discount (low price) retailer like Aldi or Lidl - **Specialised retailer brands** : correspond to frozen products sold in freezer centres and by home delivery suppliers » - **Specialised organic retailer brands** : correspond to the products carrying the brand of the organic retailer rather than the producer and sold only in their own organic supermarket chain	closed list : codification

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4) HOW TO ENTER AND CODIFY THE DATA

Examples of national brand products

- **Coca-Cola** and **Kellogg's** are two national brands (not linked to any retailers)

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4) HOW TO ENTER AND CODIFY THE DATA

Examples of retailer brand products

- **Carrefour classic** and **Tesco** are two retailer brands from the retailers *Carrefour* and *Tesco* (several brands can be found for the same retailer, corresponding to different food sectors or level of quality)

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4) HOW TO ENTER AND CODIFY THE DATA

Examples of entry level retailer brand products

- **Carrefour discount** is the entry level retailer brand for the retailer *Carrefour*
- **Eco+** is the entry level retailer brand for the retailer *E.Leclerc*

(It is constituted by the more « basic » products sold under the retailer brand)

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4) HOW TO ENTER AND CODIFY THE DATA

Examples of hard discount products

- **Golden Bridge** is a brand from the hard discount retailer *Aldi*
- **Saint Alby** is a brand from the hard discount retailer *Lidl*

(Hard discount are specialized retailers selling low price products)

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4) HOW TO ENTER AND CODIFY THE DATA

Example of specialised retailer brand products (freezer center)

- *Picard* is a specialised retailer (specialised in frozen products)

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4) HOW TO ENTER AND CODIFY THE DATA

Examples of specialised organic retailer brand products (products carrying the brand of the organic retailer and sold only in shops specialized in organic products)

- *Biocoop* and *Naturalia* are two specialised organic retailers

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Legal_name	Name as defined by the regulation or the uses (example : Toasted flakes of golden corn), usually comes just before the ingredient list In original language	data entry
Legal_name_english	Translated legal_name in english	data entry

- The legal name is usually found just before the ingredient list but you can also find it elsewhere on the product.

- You must enter it in your **own language** AND translated in **English.**
  - If it is not possible to translate in English the legal name, put the **original name** in both **legal_name** and **legal_name_english** fields.
  - If the legal name is **already in English**, duplicate it in the **legal_name_english** field.

- Be careful **not to confuse** the legal name with the **commercial name**.

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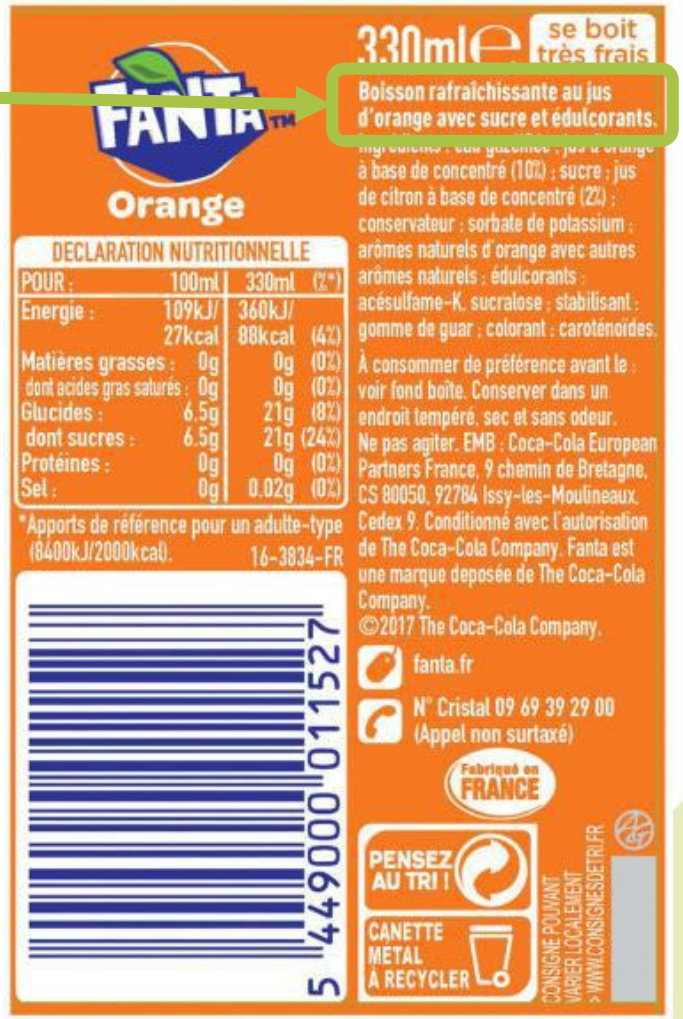
4) HOW TO ENTER AND CODIFY THE DATA

Legal name

Legal_name = Toasted flakes of golden corn



Legal_name = Boisson rafraîchissante au jus d'orange avec sucre et édulcorants (*french*)
Legal_name_english = Refreshing orange juice drink with sugar and sweeteners

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4) HOW TO ENTER AND CODIFY THE DATA

Legal_name = Jambon cuit supérieur (*french*)
Legal_name_english = Superior cooked ham

Legal name

Legal_name = Brioche tressée aux perles de sucre (*french*)
Legal_name_english = Braided brioche with sugar pearls

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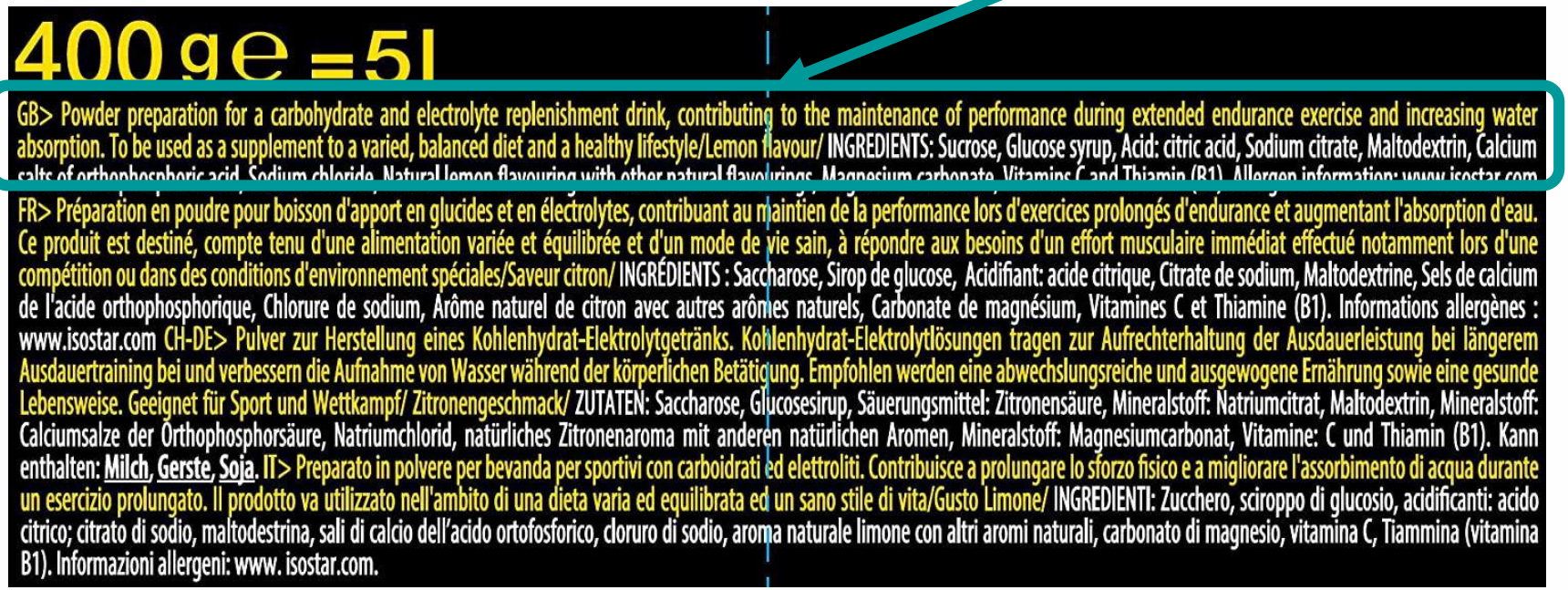
4) HOW TO ENTER AND CODIFY THE DATA



Legal_name = Powder preparation for a carbohydrate and electrolyte replenishment drink, contributing to the maintenance of performance during extended endurance exercise and increasing water absorption. To be used as a supplement to a varied, balanced diet and a healthy lifestyle, lemon flavour

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Commercial_name	Name freely chosen by the producer, mentioned on the front of the pack : all information on the front of pack product that defines a product, including flavor, product description such as "high fiber content" or "without added sugars" or "reduced in salt", or "organic" etc.	data entry
Commercial_name_english	Translated commercial_name in english	data entry

- You must enter it in your **own language** AND translated in **English.**
  - If it is not possible to translate in English the commercial name, put the **original name** in both **commercial_name** and **commercial_name_english** fields.
  - If the commercial name is **already in English**, duplicate it in the **commercial_name_english** field.

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4) HOW TO ENTER AND CODIFY THE DATA

Commercial name

Commercial_name = Hazelnut Crunchy Muesli with 5% hazelnuts, high on fibre

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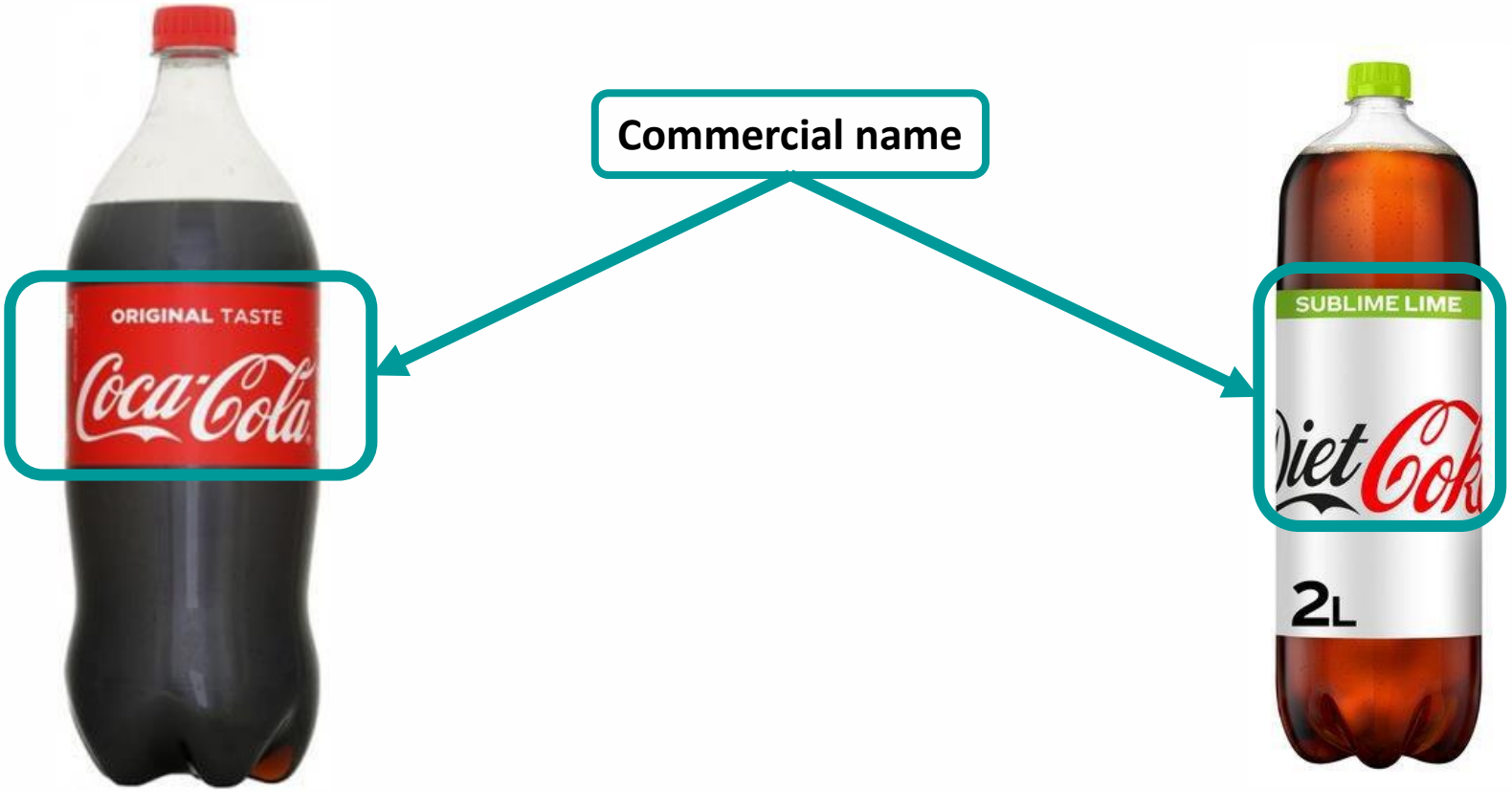
4) HOW TO ENTER AND CODIFY THE DATA



Commercial_name = Coca-Cola original taste

Commercial_name = Diet Coke sublime lime

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4) HOW TO ENTER AND CODIFY THE DATA

Commercial name

Commercial_name = Prosciutto cotto slices

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4) HOW TO ENTER AND CODIFY THE DATA

Commercial name

Commercial_name = Light greek style, sublime strawberry yogurt, 0% added sugar, fat free

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Preservation_method	Ambient or Chilled or Frozen	closed list : codification

- The preservation method is written on products
- If there is no precision on the preservation method
  →preservation_method = **Ambient**
- For **frozen** products, a symbol with a snowflake is often present on the package or it's indicated in the legal name.

- For **chilled** products, it is mentioned on the package to keep them in the **refrigerator**.

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4) HOW TO ENTER AND CODIFY THE DATA

Presevation_method = **Chilled**

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4) HOW TO ENTER AND CODIFY THE DATA

Presevation_method = **Ambient**

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4) HOW TO ENTER AND CODIFY THE DATA

Presevation_method = **Frozen**

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4) How to enter and codify data

C. Ingredient list / other information

- FOP labelling type (page 76)
- Nutri score (page 79)
- Ingredient list (page 80)
- Net weight (page 82)
- Net weight unit (page 82)
- Number of units (page 84)
- Portion size (page 88)
- Portion size unit (page 88)
- Portion size comments (page 92)
- Comment (page 93)

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
FOP_labeling_type	Type of Front of pack Nutrition labeling present (not mandatory) among these only : Reference intake, traffic light, choices, nutriscore, keyhole, finnish heart, nutrinform battery	closed list : codification

- You must indicate **what type** of Front of pack (FOP) nutrition labeling is present, among the 7 of interest, in a scrolling menu.
- If there is FOP nutrition labeling **other** than the 7 of interest or if there is **no** FOP nutrition labeling, please choose the « **None of the list** » choice in the scrolling menu.

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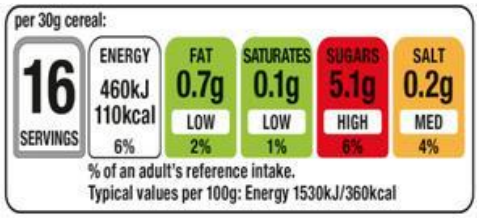
4) HOW TO ENTER AND CODIFY THE DATA

FOP labeling types of interest

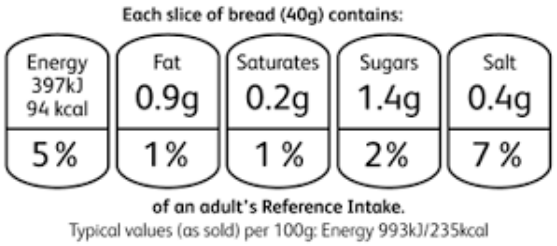


Traffic light

Nutri-score

Nutrinform battery

Keyholes



Reference intake

Choices

Finnish heart

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4) HOW TO ENTER AND CODIFY THE DATA

Examples of FOP labeling types unwanted

Energy content

European organic food

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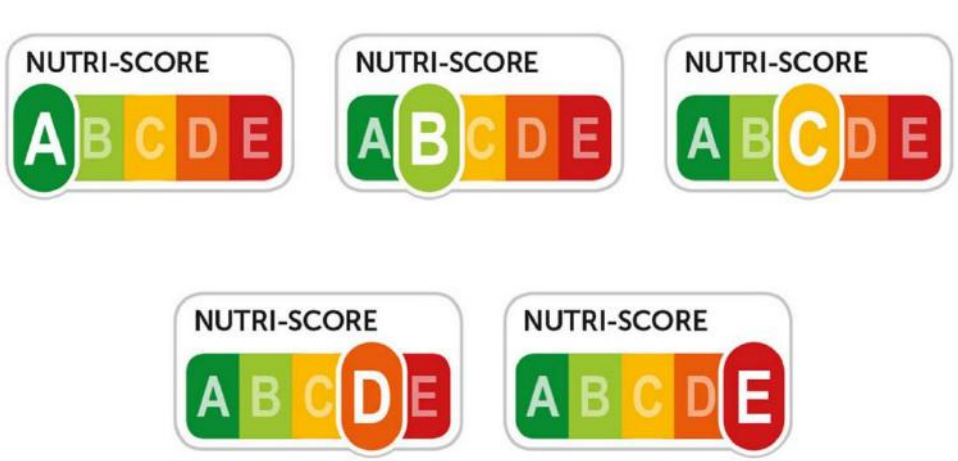
4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Nutri_Score	Letter of the Nutri-score if a Nutri-score is provided on the label	closed list : codification

- Enter the **score** of the product (A, B, C, D or E)



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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Ingredient_list	Complete ingredient list as labeled on the product respecting the order of the ingredients and keeping all informations (quantities,unit,…). If possible, not additional information that is often found on the packs, such as "can contain eggs" In original language	data entry

- The ingredient list has to be entered in your **own language**, no need for translation at this point.
- You must enter all the information in **one box** of the template, keeping **all the information** as it is written on the product.

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4) HOW TO ENTER AND CODIFY THE DATA

INGREDIENTS: BARLEYmax™ (Whole Grain Rolled Barley Flakes) (47%), Whole Grain Rolled Oats, Cranberries (8%) (Cranberries, Sugar, Sunflower Oil), Seeds (6%) (Buckwheat, Sunflower Seeds, Linseed), Golden Syrup, Almonds (4.5%), Brown Rice Syrup, Cinnamon (0.5%).

Contains: Gluten-containing Cereals and Tree Nuts.

May contain: Lupin, Milk, Peanuts, Sesame Seeds and Soy.

Ingredient list
(that has to be entered in the template as it is written here)

Information that does not need to be entered

Barley plus – Muesli cranberry, almond & cinnamon
(net weight = 500 g)

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Net_weight	Net quantity of the food: only number (total weight and not drained weight)	data entry
Net_weight_unit	g or mL	closed list : codification

- The net weight is the **total weight** of a product.
- It is **not** the weight of a **portion** or the weight of a **unit** in a pack of several products.

Example : a product indicates 6x130g → the net weight will be 780g.

- The net weight of a product will be expressed in **mL** or **g.** You will need to **convert the net weight** found on the product to mL or g if necessary.

For example :

- 2L = 2000mL
- 1.5 kg = 1500g
- 33 cL = 330 mL

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4) HOW TO ENTER AND CODIFY THE DATA

Net weight

Net weight
= **2000 mL**

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Number_of_units	The number of the smallest units in the pack (biscuits, yoghurt pot,...). For products to share, indicate 1	data entry

- The number of units is the number of products found in a same package and indicated on it. This is **not** a recommended portion size.

- If a products has several units with **no precise indication** on the number of these.
  → leave the field **blank**.

- If a product doesn't have several units, it is meant to be shared.
  → You must indicate **1** in the field « number_of_units ».

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4) HOW TO ENTER AND CODIFY THE DATA

Number of units

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4) HOW TO ENTER AND CODIFY THE DATA

Particular case

When the number of units is **not precise** or the exact number of units **cannot be counted**
→ **leave the field blank**

Here the number of units is not precise : « over 50 slices » → the field is left blank

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4) HOW TO ENTER AND CODIFY THE DATA

Examples of products to share (coded 1 in the field « number_of_units ») :

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Portion_size	Value of the portion size (only numbers, not information such as "2 biscuits", "a spoon", "a cup of tea",...). It can either be clearly stated in a claim, guideline daily amounts, or consumption recommendations or mentioned via a nutrition labelling per serving. Leave blank if there is no value.	data entry
Portion_size_unit	g or mL	closed list : codification

- The portion size is a size **different than the total net weight.** It represents the quantity (value only) that is recommended to consume in an eating occasion. In some cases, the portion size can be the size of a unit (a can of soda, a pot of yogurt, etc).

- This size has to be expressed in **g** or **mL** (you must do the conversion if necessary).
- If there is no portion size indication → leave the field **blank**.

You can find the portion size in different places on the product : in a claim, in a consumption recommendation or mentioned via a nutrition labelling per serving, etc.

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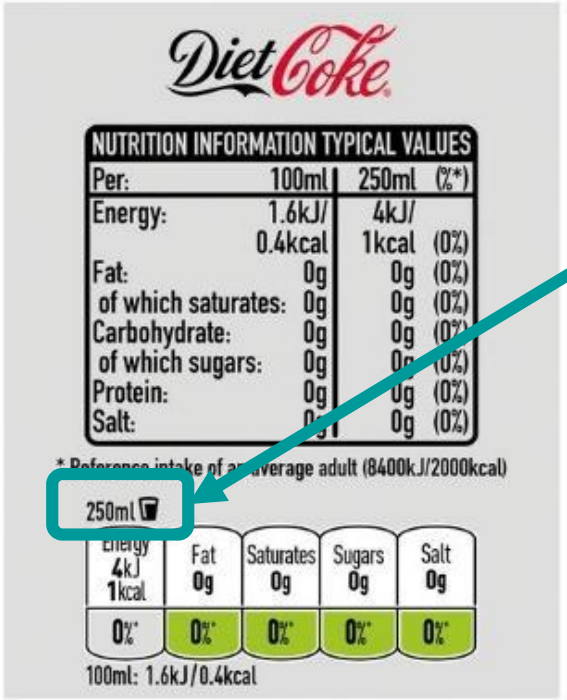
4) HOW TO ENTER AND CODIFY THE DATA



Diet Coke
(net weight = 2000 mL)
Portion size = 250 mL

Portion size

Kellogg's - Corn Flakes
(net weight = 500g)
Portion size = 30g

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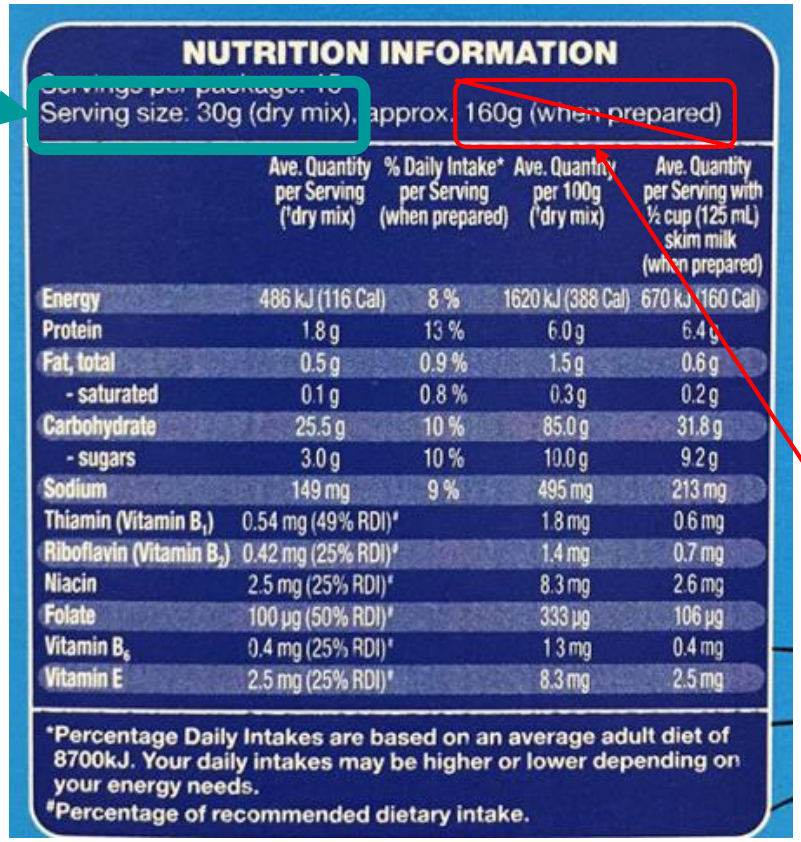
4) HOW TO ENTER AND CODIFY THE DATA

Portion size



NUTRITION INFORMATION

Serving size: 30g (dry mix), approx. 160g (when prepared)

	Ave. Quantity per Serving (*dry mix)	% Daily Intake* per Serving (when prepared)	Ave. Quantity per 100g (*dry mix)	Ave. Quantity per Serving with ½ cup (125 mL) skim milk (when prepared)
Energy	486 kJ (116 Cal)	8 %	1620 kJ (388 Cal)	670 kJ (160 Cal)
Protein	1.8 g	13 %	6.0 g	6.4 g
Fat, total	0.5 g	0.9 %	1.5 g	0.6 g
- saturated	0.1 g	0.8 %	0.3 g	0.2 g
Carbohydrate	25.5 g	10 %	85.0 g	31.8 g
- sugars	3.0 g	10 %	10.0 g	9.2 g
Sodium	149 mg	9 %	495 mg	213 mg
Thiamin (Vitamin B_1)	0.54 mg (49% RDI)#		1.8 mg	0.6 mg
Riboflavin (Vitamin B_2)	0.42 mg (25% RDI)#		1.4 mg	0.7 mg
Niacin	2.5 mg (25% RDI)#		8.3 mg	2.6 mg
Folate	100 µg (50% RDI)#		333 µg	106 µg
Vitamin B_6	0.4 mg (25% RDI)#		1.3 mg	0.4 mg
Vitamin E	2.5 mg (25% RDI)#		8.3 mg	2.5 mg

*Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.
#Percentage of recommended dietary intake.

This is not the portion size!

This is the size of the portion with an added ingredient : skim milk (= when prepared)

GoldenVale – Bugs Bunny's Breakfast bubbles (puffed rice)
(net weight = 450g)
Portion size = 30 g

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4) HOW TO ENTER AND CODIFY THE DATA

Particular case of product to be reconstituted (powder)

Preparación: mezclar 2 cucharadas (40 g) con 500 ml de agua.

Nutritional values/ Nährwertangaben/ Valeurs nutritives/Información nutricional/Valori nutrizionali	100 g Powder/ Pulver/ de poudre/de polvo/di polvere	Per portion/pro Portion/par portion de/por porción de/per porzione da 500 ml
Energy/Energie/Énergie/ Valor energético/Energia	1557 kJ 366 kcal	147 kcal
Fat/Fett/Matières grasses/Grasas/Grassi	0,3 g	0,1 g
- of which saturates/davon gesättigte Fettsäuren/dont acides gras saturés/ de las cuales saturadas/di cui grassi saturi	0,2 g	0,1 g
Carbohydrate/Kohlenhydrate/Glucides/ Hidratos de carbono/Carboidrati	88,5 g	35,4 g
- of which sugars/davon Zucker/ dont sucres/de los cuales azúcares/ di cui zuccheri	85,3 g	34,1 g
Fibre/Ballaststoffe/Fibres alimentaires/Fibra alimentaria/Fibre	0 g	0,0 g
Protein/Eiweiß/Protéines/ Proteínas/Proteine	0 g	0,0 g
Salt/Salz/Sel/Sal/Sale	1,8 g	0,7 g

Portion size (= reconstituted portion of product as consumed)

Prima Vita – Iso Sport drink lemon flavour (powder) (net weight = 750g)

Portion size = 500 mL

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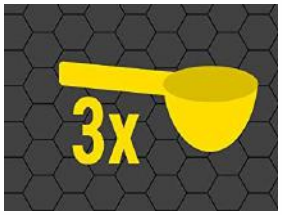
4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Portion_size_comments	Portion when it's not a size (2 biscuits, a spoon, 1 bar,…)	data entry

- This field has to be filled in when a **portion** is indicated **without precision of size**.
- It does **not** concern **all the products**.
- When a portion size is known, this field has to be left blank.

If you fill in this field, it means the previous fields « portion_size » and « portion_size_unit » are blanks.

Example



This picture is the only information for the portion size of the product
→ **Portion_size_comments = 3 spoons**
→ **Portion_size = *blanks***

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Comment	Any other information on the labeled product description which enable to distinguish the product among others or that the reconstituted portion is not written on the packaging,…	data entry

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4) How to enter and codify data

D. Nutritional content

- Nutrient content expression unit (page 95)
- Energy (kJ/kCal) (page 99)
- Fat and saturated fat (page 99)
- Carbohydrates and sugar (page 100)
- Protein (page 100)
- Salt (page 100)
- Fibre (page 100)

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Nutrient_content_expression_unit	100 g or 100 mL	closed list : codification

- The nutrient content expression unit is to choose between **100g** or **100 mL** depending on the product you have.

- This is **NOT** the content expression unit for :
- the portion size
- a unit of the product
- the product to be reconstitued when reconstitued (powedered products)
- the product with an added ingredient (example : cereal + milk)

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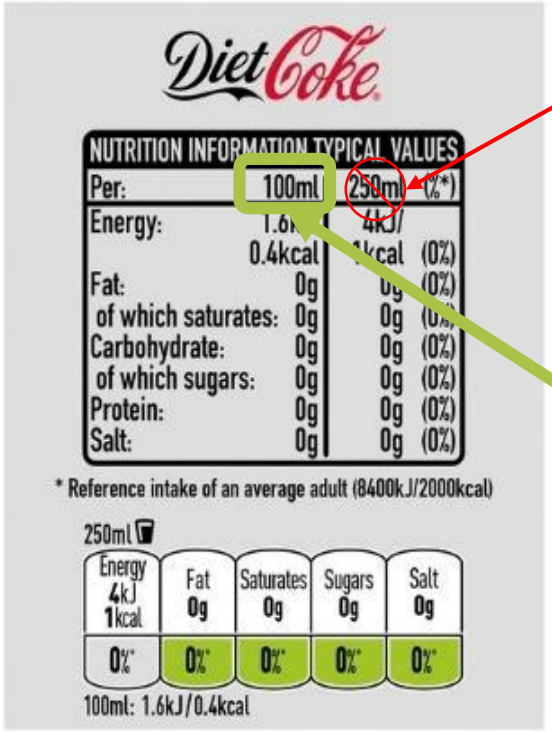
4) HOW TO ENTER AND CODIFY THE DATA

Diet Coke
(net weight = 2000 mL)
Nutrient content expression unit = 100 mL



Portion size
(not the information of interest)

Milbona -Turkish style yoghut
(net weight = 1000 g)
Nutrient content expression unit = 100 g

Nutrient content expression unit

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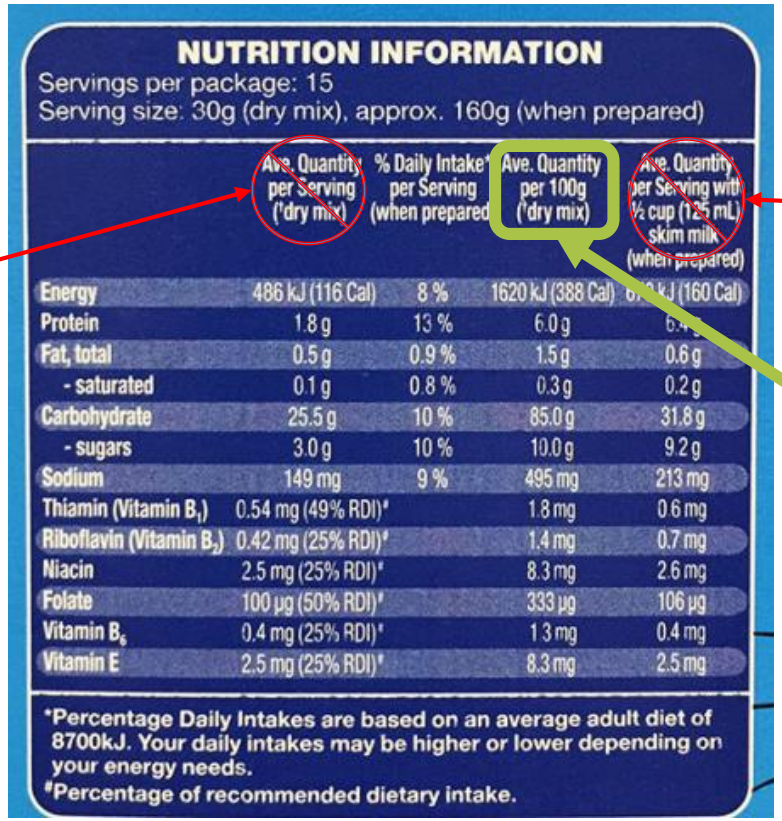
4) HOW TO ENTER AND CODIFY THE DATA

Portion size (not the information of interest)



NUTRITION INFORMATION

Servings per package: 15

Serving size: 30g (dry mix), approx. 160g (when prepared)

	Ave. Quantity per Serving (1 dry mix)	% Daily Intake* per Serving (when prepared	Ave. Quantity per 100g (1 dry mix)	Ave. Quantity per Serving with ½ cup (125 mL) skim milk (when prepared)
Energy	486 kJ (116 Cal)	8 %	1620 kJ (388 Cal)	kJ (160 Cal)
Protein	1.8 g	13 %	6.0 g	
Fat, total	0.5 g	0.9 %	1.5 g	0.6 g
- saturated	0.1 g	0.8 %	0.3 g	0.2 g
Carbohydrate	25.5 g	10 %	85.0 g	31.8 g
- sugars	3.0 g	10 %	10.0 g	9.2 g
Sodium	149 mg	9 %	495 mg	213 mg
Thiamin (Vitamin B_1)	0.54 mg (49% RDI)#		1.8 mg	0.6 mg
Riboflavin (Vitamin B_2)	0.42 mg (25% RDI)#		1.4 mg	0.7 mg
Niacin	2.5 mg (25% RDI)#		8.3 mg	2.6 mg
Folate	100 µg (50% RDI)#		333 µg	106 µg
Vitamin B_6	0.4 mg (25% RDI)#		1.3 mg	0.4 mg
Vitamin E	2.5 mg (25% RDI)#		8.3 mg	2.5 mg

*Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

#Percentage of recommended dietary intake.

Nutrient content expression unit for the portion size of the product with an added ingredient : skim milk (not the information of interest)

Nutrient content expression unit

GoldenVale – Bugs Bunny's Breakfast bubbles (puffed rice) (net weight = 450g)

Nutrient content expression unit = 100 g

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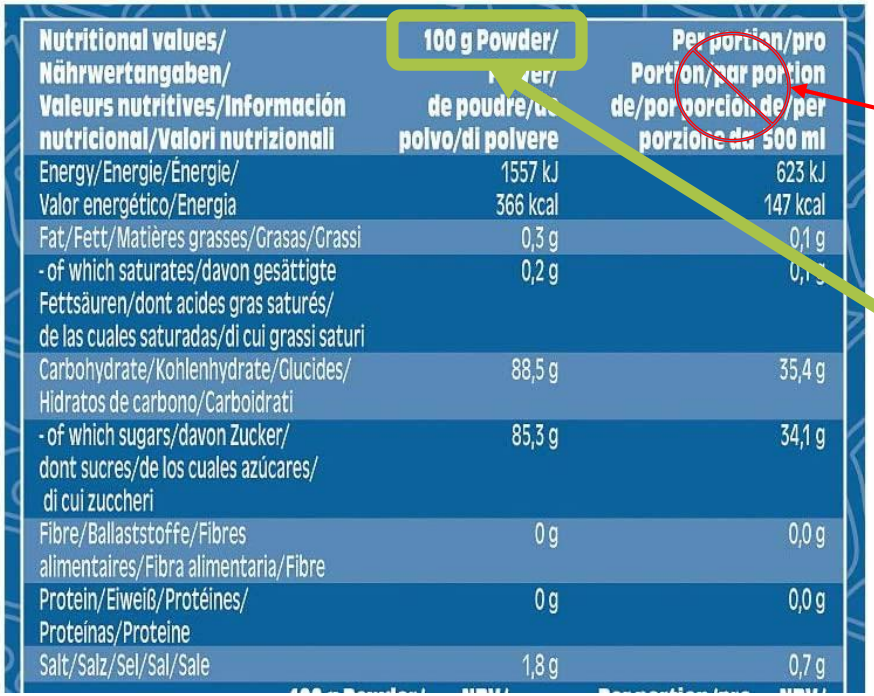
4) HOW TO ENTER AND CODIFY THE DATA

Case of a product to be reconstituted



Nutritional values/ Nährwertangaben/ Valeurs nutritives/Información nutricional/Valori nutrizionali	100 g Powder/ [illegible] de poudre/[illegible] polvo/di polvere	Per portion/pro Portion/par portion de/por porción de/per porzione da 500 ml
Energy/Energie/Énergie/ Valor energético/Energia	1557 kJ 366 kcal	623 kJ 147 kcal
Fat/Fett/Matières grasses/Grasas/Grassi	0,3 g	0,1 g
- of which saturates/davon gesättigte Fettsäuren/dont acides gras saturés/ de las cuales saturadas/di cui grassi saturi	0,2 g	[illegible]
Carbohydrate/Kohlenhydrate/Glucides/ Hidratos de carbono/Carboidrati	88,5 g	35,4 g
- of which sugars/davon Zucker/ dont sucres/de los cuales azúcares/ di cui zuccheri	85,3 g	34,1 g
Fibre/Ballaststoffe/Fibres alimentaires/Fibra alimentaria/Fibre	0 g	0,0 g
Protein/Eiweiß/Protéines/ Proteínas/Proteine	0 g	0,0 g
Salt/Salz/Sel/Sal/Sale	1,8 g	0,7 g

Prima Vita – Iso Sport drink lemon flavour (powder)
(net weight = 750g)

Nutrient content expression unit = 100 g

Nutrient content expression unit for the product when reconstitued (not the information of interest here)

→ **This information will be useful for other fields in the template**

(see page 109)

Nutrient content expression unit

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Energy_kJ	Energy value in kJ for 100g or 100mL Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentioned as "traces", indicate it also as "traces"	data entry
Energy_kCal	Energy value in kCal for 100g or 100mL Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentioned as "traces", indicate it also as "traces"	data entry
Fat	Fat content in g for 100g or 100 mL Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentioned as "traces", indicate it also as "traces"	data entry
Saturated_fat	Saturated fat content in g for 100g or 100mL Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentioned as "traces", indicate it also as "traces"	data entry

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4) HOW TO ENTER AND CODIFY THE DATA

Field	Field definition	Type of field
Carbohydrates	Carbohydrates content in g for 100g or 100mL Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentioned as "traces", indicate it also as "traces"	data entry
Sugar	Sugar content in g for 100g or 100mL Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentioned as "traces", indicate it also as "traces"	data entry
Protein	Protein content in g for 100g or 100mL Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentioned as "traces", indicate it also as "traces"	data entry
Salt	Salt content in g for 100g or 100mL Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentioned as "traces", indicate it also as "traces"	data entry
Fibre	Fibre content in g for 100g or 100mL Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentioned as "traces", indicate it also as "traces"	data entry

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4) HOW TO ENTER AND CODIFY THE DATA

Coca-Cola
(net weight = 1500 mL)

Information for the nutritional values for a portion of product (not the information of interest)

Information of interest for the nutritional values for 100 mL of product

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4) HOW TO ENTER AND CODIFY THE DATA

Information for the nutritional values for a portion of product (not the information of interest)

Information for the nutritional values for a portion of product with an added ingredient : skim milk (not the information of interest)

Information of interest for the nutritional values for 100 g of product

NUTRITION INFORMATION

Servings per package: 10 Serving Size: 50 g

	Per Serve (50 g)	%DI** Per Serve	Per Serve with 1/2 cup skim milk	Per 100 g
Energy	800 kJ 191 Cal	9%	1020 kJ 245 Cal	1600 kJ 382 Cal
Protein	6.7 g	13%	11.9 g	13.3 g
Fat, Total	5.5 g	8%	5.6 g	10.9 g
- Saturated	0.8 g	3%	0.8 g	1.5 g
Carbohydrate	23.6 g	8%	31.5 g	47.2 g
- Sugars	8.1 g	9%	15.7 g	16.1 g
Dietary Fibre	10.3 g	34%	10.3 g	20.5 g
- Insoluble	5.4 g			10.8 g
- Soluble	4.9 g			9.7 g
- Beta-glucan	2.0 g			4.0 g
- Resistant Starch	0.7 g			1.4 g
Sodium	5m g	0.2%	68 mg	10 mg
Glycemic Index (GI) - Low 46				

Barley plus – Muesli cranberry, almond & cinnamon
(net weight = 500 g)

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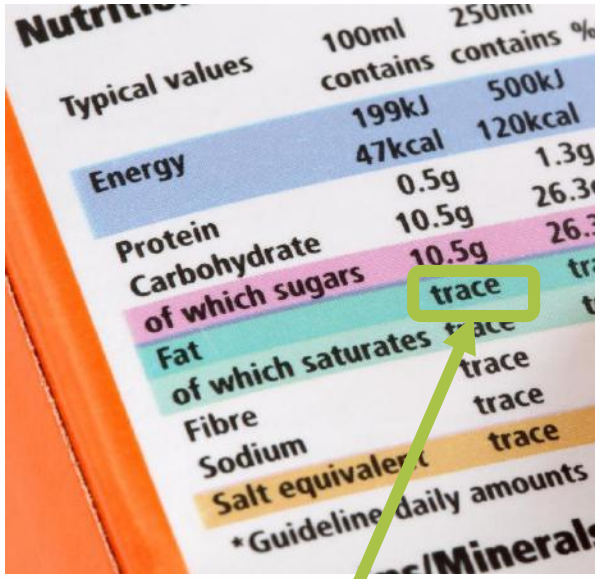
4) HOW TO ENTER AND CODIFY THE DATA



Indicate « **traces** » in the field

Indicate « **<0,1** » in the field

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4) How to enter and codify data

E. Nutritional content for products to be reconstituted

- Nutrient content expression unit as consumed (page 109)
- Energy as consumed (kJ/kCal) (page 112)
- Fat as consumed and saturated fat as consumed (page 112)
- Carbohydrates as consumed and sugar as consumed (page 113)
- Protein as consumed (page 113)
- Salt as consumed (page 113)
- Fibre as consumed (page 114)

This section only concerns specific products (if not concerned, go directly to page 117)

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4) HOW TO ENTER AND CODIFY THE DATA

Fields concerning products to be reconstituted ONLY

- The next fields concern exclusively the **products which have to be reconstituted**, that is to say that the products cannot be consumed as they are sold.

- In most cases, these products are sold in **powder form**.
  In the 5 food categories covered by the Best-ReMaP project, this should only concern a small part of the products, mainly in the **Soft drinks** category.
  - ➢ The information of interest for the products to be reconstituted is **NOT** the information of the **portion size** or the information of the portion size with an **added ingredient** (example: breakfast cereal + milk).
  - ➢ The nutritional values of the product before reconstitution must have been entered in the **previous fields**.

  - ➢ Do not fill the next fields if the product is not concerned and **go directly to** page 117**.**

4) HOW TO ENTER AND CODIFY THE DATA

Fields concerning products to be reconstituted

Product to be reconstitued with nutritional values after reconstitution

→ **Concerned by the next fields**

Edible product as it is with nutritional values after preparation (addition of milk)

→ **Not concerned by the next fields**

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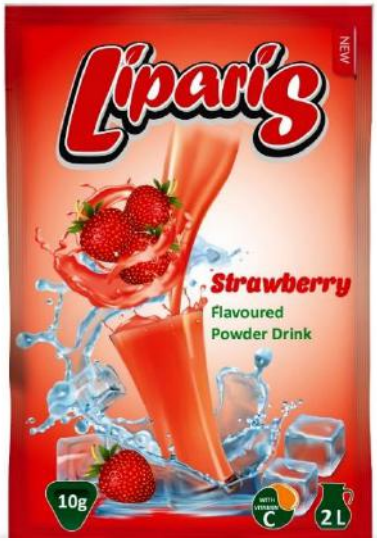
4) HOW TO ENTER AND CODIFY THE DATA

Fields concerning products to be reconstituted

Examples of products to be reconstitued that concern the next fields



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4) HOW TO ENTER AND CODIFY THE DATA

Information that must have been entered in the previous fields (see page 98)

Nutritional values/ Nährwertangaben/ Valeurs nutritives/Información nutricional/Valori nutrizionali	100 g Powder/ Pulver/ de poudre/de polvo/di polvere	Per portion/pro Portion/par portion de/por porción de/per porzione da 500 ml
Energy/Energie/Énergie/ Valor energético/Energia	1557 kJ 366 kcal	623 kJ 147 kcal
Fat/Fett/Matières grasses/Grasas/Grassi	0,3 g	0,1 g
- of which saturates/davon gesättigte Fettsäuren/dont acides gras saturés/ de las cuales saturadas/di cui grassi saturi	0,2 g	0,1 g
Carbohydrate/Kohlenhydrate/Glucides/ Hidratos de carbono/Carboidrati	88,5 g	35,4 g
- of which sugars/davon Zucker/ dont sucres/de los cuales azúcares/ di cui zuccheri	85,3 g	34,1 g
Fibre/Ballaststoffe/Fibres alimentaires/Fibra alimentaria/Fibre	0 g	0,0 g
Protein/Eiweiß/Protéines/ Proteínas/Proteine	0 g	0,0 g
Salt/Salz/Sel/Sal/Sale	1,8 g	0,7 g

Preparación: mezclar 2 cucharadas (40 g) con 500 ml de agua.

Prima Vita – Iso Sport drink lemon flavour (powder) (net weight = 750g)

Fields concerning products to be reconstituted

→ **By looking closely at the product you can see that it is a product to be reconstituted.**

Information of interest, of the product to be reconstituted, for the next fields

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4) HOW TO ENTER AND CODIFY THE DATA

Fields concerning products to be reconstituted

Field	Field definition	Type of field
Nutrient_content_expression_unit_as_consumed	100g of product as consumed or 100mL of product as consumed or by reconstituted portion of product as consumed (in that case, the portion size needs to be the one of the reconstituted products) That applies to products which need to be reconstituted first before they can be consumed. E.g. potato flakes, dehydrated soups,... Leave blank if not concerned (and also the nine following fields _as_consumed)	closed list : codification

- The nutrient content expression unit when a product is reconstituted (as consumed) will be :
  - **100g** of product as consumed
  - **100 mL** of product as consumed
  - **By reconstituted portion** of product as consumed

    The reconstituted portion of product as consumed is indicated in the field « portion_size » that must have been filled in previously (**see** page 91 **of this guide**)

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4) HOW TO ENTER AND CODIFY THE DATA

Fields concerning products to be reconstituted

Nutritional values/ Nährwertangaben/ Valeurs nutritives/Información nutricional/Valori nutrizionali	100 g Powder/ Pulver/ de poudre/de polvo/di polvere	Per portion/pro Portion/par portion de/por porción de/per porzione da 500 ml
Energy/Energie/Énergie/ Valor energético/Energia	1557 kJ 366 kcal	147 kcal
Fat/Fett/Matières grasses/Grasas/Grassi	0,3 g	0,1 g
- of which saturates/davon gesättigte Fettsäuren/dont acides gras saturés/ de las cuales saturadas/di cui grassi saturi	0,2 g	0,1 g
Carbohydrate/Kohlenhydrate/Glucides/ Hidratos de carbono/Carboidrati	88,5 g	35,4 g
- of which sugars/davon Zucker/ dont sucres/de los cuales azúcares/ di cui zuccheri	85,3 g	34,1 g
Fibre/Ballaststoffe/Fibres alimentaires/Fibra alimentaria/Fibre	0 g	0,0 g
Protein/Eiweiß/Protéines/ Proteínas/Proteine	0 g	0,0 g
Salt/Salz/Sel/Sal/Sale	1,8 g	0,7 g

Prima Vita – Iso Sport drink lemon flavour (powder) (net weight = 750g)

Nutrient content expression unit as consumed
(here the nutrient expression unit as consumed = **by reconstituted portion of product as consumed**)

→ You must verify that this is the value that have been entered in the "**portion_size**" field

→ Here, portion_size = **500 mL**

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4) HOW TO ENTER AND CODIFY THE DATA

Fields concerning products to be reconstituted

Nutrient content expression unit as consumed
(here the nutrient expression unit as consumed = **by reconstituted portion of product as consumed**)

→ You must verify that this is the value that have been entered in the "**portion_size**" field

→ Here, portion_size = **500 mL**

NUTRITIONAL VALUES / INFORMATION NUTRITIONNELLE / NÄHRWERTANGABEN / DICHIARAZIONE NUTRIZIONALE	100 g[2]	500 ml[3]	
Energy / Valeur énergétique / Brennwert / Energia /	1590 / 374	633 / 149	kJ / kcal
Fat / Matières grasses / Fett / Grassi /	0	0	g
of which saturated fatty acids / dont acides gras saturés / davon gesättigte Fettsäuren / di cui acidi grassi saturi /	0	0	g
Carbohydrates / Glucides / Kohlenhydrate / Carboidrati/	88	35	g
of which sugars / dont sucres / davon Zucker / di cui zuccheri /	70	28	g
Protein / Protéines / Eiweiß / Proteine /	0	0	g
Salt / Sel / Salz / Sale /	2,8	1,1	g
Vitamin C / Vitamine C / Vitamina C /	100 = 125%(1)	40 = 50%(1)	mg
Thiamin (Vitamin B1) / Thiamine (Vitamine B1) / Thiamine (B1) / Tiammina (Vitamina B1) /	0,58 = 53%(1)	0,23 = 21%(1)	mg
Calcium / Calcio /	400 = 50%(1)	160 = 20%(1)	mg
Magnesium / Magnésium / Magnesio /	155 = 41%(1)	62,0 = 17%(1)	mg

Isostar – Hydrate & Perform lemon flavour (powder)
(net weight = 400 g)

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

4) HOW TO ENTER AND CODIFY THE DATA

Fields concerning products to be reconstituted

Field	Field definition	Type of field
Energy_as_ consumed_kJ	Energy value in kJ for the product as consumed (for reconstituted products only) Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentionned as "traces", indicate it also as "traces" Leave blank if not concerned	data entry
Energy_as_ consumed_kCal	Energy value in kCal for the product as consumed (for reconstituted products only) Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentionned as "traces", indicate it also as "traces" Leave blank if not concerned	data entry
Fat_as_consumed	Fat content in g for the product as consumed (for reconstituted products only) Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentionned as "traces", indicate it also as "traces" Leave blank if not concerned	data entry
Saturated fat_as_consumed	Saturated fat content in g for the product as consumed (for reconstituted products only) Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentionned as "traces", indicate it also as "traces" Leave blank if not concerned	data entry

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4) HOW TO ENTER AND CODIFY THE DATA

Fields concerning products to be reconstituted

Field	Field definition	Type of field
Carbohydrates _as_consumed	Carbohydrates content in g for the product as consumed (for reconstituted products only) Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentionned as "traces", indicate it also as "traces“ Leave blank if not concerned	data entry
Sugar_ as_consumed	Sugar content in g for the product as consumed (for reconstituted products only) Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentionned as "traces", indicate it also as "traces" Leave blank if not concerned	data entry
Protein_ as_consumed	Protein content in g for the product as consumed (for reconstituted products only) Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentionned as "traces", indicate it also as "traces" Leave blank if not concerned	data entry
Salt_as_ consumed	Salt content in g for the product as consumed (for reconstituted products only) Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentionned as "traces", indicate it also as "traces" Leave blank if not concerned	data entry

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4) HOW TO ENTER AND CODIFY THE DATA

Fields concerning products to be reconstituted

Field	Field definition	Type of field
Fibre_as_ consumed	Fibre content in g for the product as consumed (for reconstituted products only) Only numbers except in 2 cases : when it's a less than value, indicate it with the symbol in the field (examples: "<0.5" or “<0,1”) or when it's mentionned as "traces", indicate it also as "traces" Leave blank if not concerned	data entry

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4) HOW TO ENTER AND CODIFY THE DATA

Fields concerning products to be reconstituted

Nutritional values/ Nährwertangaben/ Valeurs nutritives/Información nutricional/Valori nutrizionali	100 g Powder/ Pulver/ de poudre/de polvo/di polvere	Per portion/pro Portion/par portion de/por porción de/per porzione da 500 ml
Energy/Energie/Énergie/ Valor energético/Energia	155 kJ 366 kcal	623 kJ 147 kcal
Fat/Fett/Matières grasses/Grasas/Grassi	0,3 g	0,1 g
- of which saturates/davon gesättigte Fettsäuren/dont acides gras saturés/ de las cuales saturadas/di cui grassi saturi	0,2 g	0,1 g
Carbohydrate/Kohlenhydrate/Glucides/ Hidratos de carbono/Carboidrati	88,5 g	35,4 g
- of which sugars/davon Zucker/ dont sucres/de los cuales azúcares/ di cui zuccheri	85,3 g	34,1 g
Fibre/Ballaststoffe/Fibres alimentaires/Fibra alimentaria/Fibre	0 g	0,0 g
Protein/Eiweiß/Protéines/ Proteínas/Proteine	0 g	0,0 g
Salt/Salz/Sel/Sal/Sale	1,8 g	0,7 g

Information of interest for the nutritional values of the product as consumed

Prima Vita – Iso Sport drink lemon flavour (powder) (net weight = 750g)

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4) HOW TO ENTER AND CODIFY THE DATA

Fields concerning products to be reconstituted

Information of interest for the nutritional values of the product as consumed

NUTRITIONAL VALUES / INFORMATION NUTRITIONNELLE / NÄHRWERTANGABEN / DICHIARAZIONE NUTRIZIONALE	100 g(2)	500 ml(3)	
Energy / Valeur énergétique / Brennwert / Energia /	1590 / 374	633 / 149	kJ / kcal
Fat / Matières grasses / Fett / Grassi /	0	0	g
of which saturated fatty acids / dont acides gras saturés / davon gesättigte Fettsäuren / di cui acidi grassi saturi /	0	0	g
Carbohydrates / Glucides / Kohlenhydrate / Carboidrati/	88	35	g
of which sugars / dont sucres / davon Zucker / di cui zuccheri /	70	28	g
Protein / Protéines / Eiweiß / Proteine /	0	0	g
Salt / Sel / Salz / Sale /	2,8	1,1	g
Vitamin C / Vitamine C / Vitamina C /	100 = 125%(1)	40 = 50%(1)	mg
Thiamin (Vitamin B1) / Thiamine (Vitamine B1) / Thiamine (B1) / Tiammina (Vitamina B1) /	0,58 = 53%(1)	0,23 = 21%(1)	mg
Calcium / Calcio /	400 = 50%(1)	160 = 20%(1)	mg
Magnesium / Magnésium / Magnesio /	155 = 41%(1)	62,0 = 17%(1)	mg

Isostar – Hydrate & Perform lemon flavour (powder)
(net weight = 400 g)

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4) HOW TO ENTER AND CODIFY THE DATA

FINAL STEP

- After entering and coding all of your data, you need to do a **final step** of **checking for duplicates**.

Duplicates = products that have exactly the same information for all the fields, even if the packaging is different

- When you find duplicates of a product, you can **delete** them.

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5) Next steps

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Next steps

- **Contact** with the stores if not yet done
- **Planning** of store visits
- **Preparation** of collections (be sure which products to collect)
- **Taking pictures** in stores
- **Progress point** in **September** but do not hesitate to contact us beforehand if any difficulties (in particular with access to stores)

Reminder : A questionnaire concerning this training will be sent to you very soon

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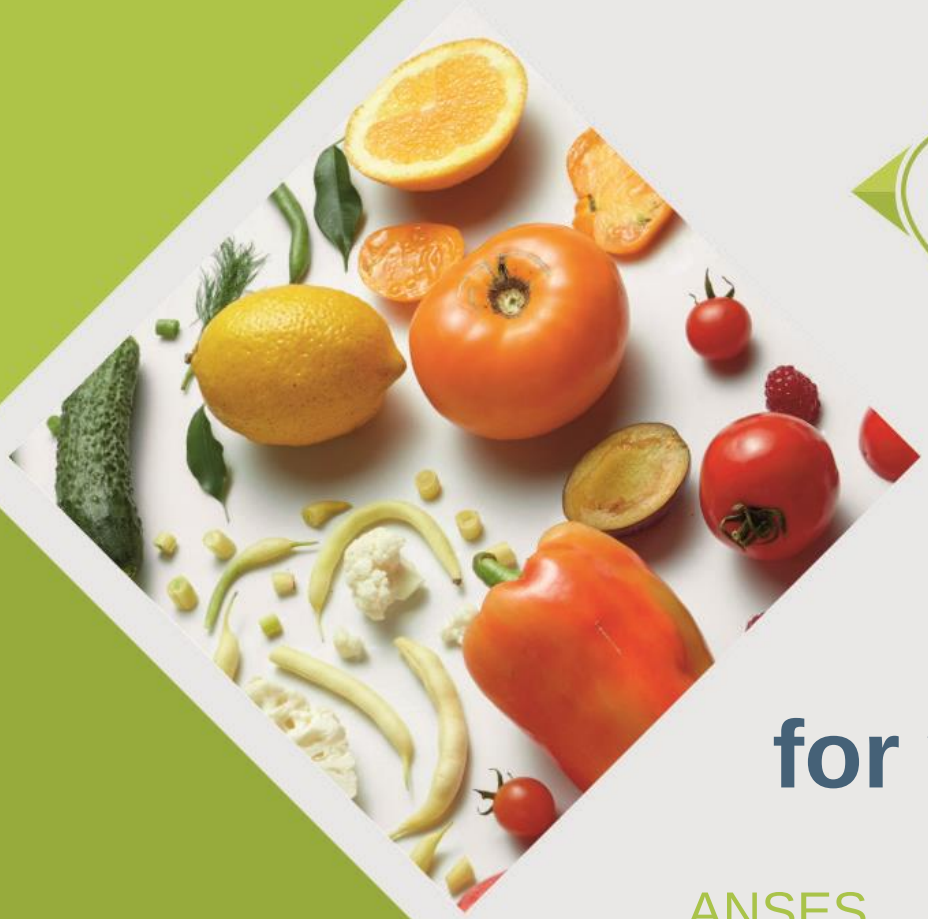

Best-ReMaP

Healthy Food for a Healthy Future

Thank you for your attention!

ANSES

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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.