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European governance of Nutri-Score

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Jean-Christophe Comboroure, French Ministry of health
Martin Liehr, German Federal Ministry of Food and Agriculture

Description of Nutri-Score

Development of the label

- **Summary, graded and color-coded** system characterizing the **nutritional value** of food products, in complementarity and synergy with overall dietary guidelines in Europe
- Development by **researchers**, and based on the **validated Food Standards Agency nutrient profiling system** developed in the UK
- **Validation by multiple scientific studies in France and other countries** (including multiple EU countries)
- **Support by consumer organizations and scientific bodies** (e.g. International Agency for Research on Cancer)



International Agency
Research on Cancer



Description of Nutri-Score

Calculation of the Nutri-Score

The nutritional content per 100g/100mL

Unfavourable elements

- Energy
- Sugars
- Saturates
- Salt

Favourable elements

- Proteins
- Fibers
- Fruits, vegetables, legumes, nuts and olive, rapeseed and nut oils



Specific adaptations for beverages, cheese and fats in the current algorithm

1. Help consumers compare nutritional values :

Similar foods from different brands



Within a food category



Between comparable food categories (ex. foods consumed for breakfast)



2. Encourage food reformulation to improve nutritional quality of food offer

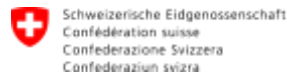
3. Facilitate nutritional advice by health professionals



Steering committee

Context and construction of governance

- **Adoption in France** in 2017, followed by **Belgium** in 2018, **Switzerland** in 2019, **Germany** in 2020 and **Luxemburg** in 2021 ; **Spain** and **the Netherlands** announced their intention to adopt it
- Need to **coordinate the Nutri-Score rollout** on the various territories to ensure a **simple and effective tool for food business operators and consumers** : **construction of a transnational governance** through a **Steering committee** and a **Scientific committee**
- **Launching** of the Steering committee in **January 2021**, composed by two **representatives from national authorities** in charge of the Nutri-Score implementation in each of the 7 countries



Steering committee

Main activities

- Elaboration of **standardized procedures** to **coordinate** the Nutri-Score
 - **Mandates** of both Steering and Scientific committees, **providing a global framework and the stakes**
 - **Common version of the Conditions of use** with shared provisions and specific annexes
 - **Common platform** so that food business operators can make a **unique registration** to use the Nutri-Score
 - Discussions to provide **harmonized technical support to stakeholders**

- **Validation of stakeholders' requests** sharing their questions on Nutri-Score, in accordance with the mandate, for assessment by the Scientific committee

- **Coordination in the current European context:**
 - Coordinate and **collectively communicate** on Nutri-Score and the governance work
 - As **inclusive** as possible by **discussing with interested parties** (e.g. member states, consumer associations) and **inviting interested countries** to participate in the Steering committee as **observers**

Scientific committee

Composition of committee

- **Launching** of the Scientific committee in **February 2021**

- **Composition of the committee**
 - 1 or 2 experts nominated by each engaged country: **11 experts**
 - **Independent experts** in nutrition, public health, food composition, nutrition information including nutrition labeling, nutrient profile and epidemiological studies
 - Represent science and public health in an international scope and not their country of origin or specific interests of sectors in their own country
 - Publication of the list of experts with conflicts of interest declarations

- **Work on consensus mode with a voting procedure if needed**

Scientific committee

Objectives and methodology

- **In charge of the underlying algorithm revision**
 - **Assessment of the possible evolutions** of the Nutri-Score algorithm, for better health of the consumers, including the **synergy with overall dietary guidelines** in European countries
- **Methodology and revision procedure**
 - Works in accordance with the **mandate**: respect of **key principles** of Nutri-Score (i.e. transversal approach, per 100g, main components of the algorithm, etc.)
 - Propose some **potential recommendations** on the algorithm, **based on scientific knowledge in nutrition and health** and **stakeholders' requests**
 - Summer 2021: **call for requests** on Nutri-Score from stakeholders (i.e. food industry, consumers organizations, etc.)
 - Validation of **~100 requests** by the Steering committee and transmission to the Scientific committee for assessment : **publication of the list of national requests** by each country



Scientific committee

Main areas of investigation

- **In 2021, identification of priorities by the Scientific committee**
 - Identification of several **food groups or nutrients** for which Nutri-Score could allow a **better discrimination between** foods, in **consistency with dietary guidelines**
 - Current works on: fish and seafood, oils and fats, whole-grain foods, beverages, dairy products including cheese, salt and sugar
 - For transparency purpose, **publication of an intermediate report** in March 2022 providing information on Scientific committee functioning, methodology and main areas of investigation

- **First recommendations** expected for **summer 2022** on which the Steering committee will decide



Update of the Nutri-Score algorithm
Yearly report from the Scientific Committee of the Nutri-Score
2021

This 2021 yearly report of the Scientific Committee on the Nutri-Score was issued on January 14, 2022 and approved unanimously by the members of the SC.

Scientific committee

Main areas of investigation

➤ Food groups being evaluated by the Scientific committee



- **Oils and fats:** potential modifications to **improve the classification of some oils, including olive oils, with better nutritional composition** (higher contents in unsaturated fats)



- **Fish and seafood:** potential evolutions in order to **allow consumers to identify fish and seafood as healthy foods** (i.e. sources of omega 3), and to **compare the different forms of fish** (e.g. fresh, smoked, etc).



- **Whole-grain foods:** potential modifications in order to **improve the discrimination between whole grains rich in fiber and refined products**, in consistency with the European dietary recommendations



- **Beverages:** ongoing **reflections to assess** whether potential modifications to the algorithm could **improve discrimination between sweetened beverages and encourage reformulation** by manufacturers



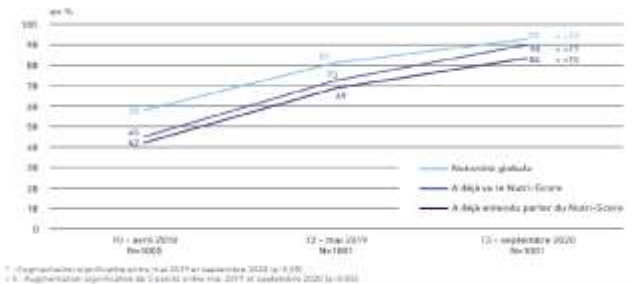
- **Dairy products:** some areas for improvement in the classification of dairy products were highlighted, while the Nutri-Score is recognized by the experts as **currently allowing for greater differentiation between dairy product groups, than within dairy product groups** (e.g. types of milk, types of cheese)

Nutri-Score in France

Rollout and consumers awareness

- **Progressive and dynamic commitment** of food business operators
(Oqali)
 - June 2020: **~415 food business operators** engaged, corresponding to approximately **50% of market shares** (under the assumption that all foods are labeled since commitment)
 - June 2021: **702 food business operators** engaged, corresponding to **57% of market shares**
 - January 2022 : **875 food business operators engaged**

- **Growing awareness and use by consumers** *(Santé publique France, 2020)*
 - **90%** of consumers know the Nutri-Score indicates the nutritional quality of foods
 - **~94% support** the Nutri-Score rollout on food packages
 - **Increase** of the number of consumers declaring having **changed at least one purchasing habit** thanks to Nutri-Score (57% in 2020 vs. 43% in 2019)



Nutri-Score in Germany

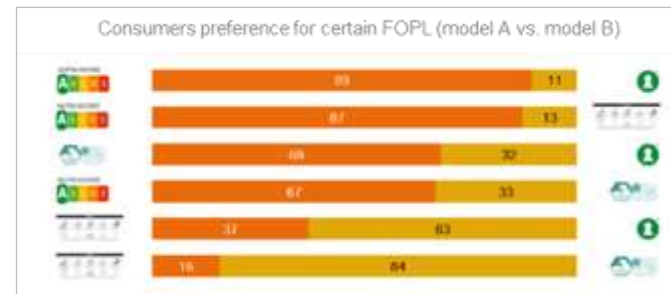
Rollout and support by food business operators (FBOs)

➤ Decision for the introduction

- Open process based on:
 - Scientific evaluation (Federal Research Institute of Nutrition and Food)
 - Multiple rounds of stakeholder discussions
 - Consumer research: investigating 4 different Front of pack labels (FOPLs)

➤ Permanent and linear commitment of German FBOs

- Sep 2020: 56 FBOs engaged with 146 brands
- April 2022: 292 engaged FBOs with 566 brands (including also mid- and small sized companies from various branches committed to the Nutri-Score)



Resources

- **Mandate of the Steering committee:** https://solidarites-sante.gouv.fr/IMG/pdf/nutri_score_general_agreement.pdf
- **Mandate of the Scientific committee:** https://solidarites-sante.gouv.fr/IMG/pdf/mandate_of_the_scientific_committee.pdf
- **List of experts with conflicts of interest declarations:** <https://solidarites-sante.gouv.fr/prevention-en-sante/preserver-sa-sante/nutrition/nutri-score/article/nutri-score-un-etiquetage-nutritionnel-pour-favoriser-une-alimentation>
- **Activity report of the transnational governance of Nutri-Score for 2021:** https://solidarites-sante.gouv.fr/IMG/pdf/report_2021_-_steering_committee.pdf
- **Intermediate report 2021 from the Scientific committee:** https://solidarites-sante.gouv.fr/IMG/pdf/annual_report_2021.pdf
- **List of stakeholders' requests transmitted for France:** <https://solidarites-sante.gouv.fr/prevention-en-sante/preserver-sa-sante/nutrition/nutri-score/article/nutri-score-un-etiquetage-nutritionnel-pour-favoriser-une-alimentation>
- **International version of the Conditions of use on Nutri-Score:** <https://www.santepubliquefrance.fr/media/files/02-determinants-de-sante/nutrition-et-activite-physique/nutri-score/reglement-usage-en>
- **Assessment report after 3 years of Nutri-Score implementation in France:** https://solidarites-sante.gouv.fr/IMG/pdf/nutri-score_follow-up_report_3_years_26juillet2021.pdf
- **Scientific studies on Nutri-Score:** <https://solidarites-sante.gouv.fr/prevention-en-sante/preserver-sa-sante/nutrition/nutri-score/etudes-et-rapports-scientifiques/>
- **Press release from the International Agency for Research on Cancer:** https://www.iarc.who.int/wp-content/uploads/2021/09/pr301_E.pdf
- **Scientific Evaluation of the Federal Research Institute on Food and Nutrition:** https://www.bmel.de/SharedDocs/Downloads/DE/Ernaehrung/Lebensmittel-Kennzeichnung/MRI-finaler-Bericht-Naehrwertkennzeichnung.pdf?__blob=publicationFile&v=2
- **Consumer research on front of pack labelling in Germany (2019):** https://www.bmel.de/SharedDocs/Downloads/DE/Ernaehrung/Lebensmittel-Kennzeichnung/Ergebniszusammenfassung_eNWK.pdf?__blob=publicationFile&v=3
- **Public Information on Nutri-Score:** <https://www.nutri-score.de>



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