

NUTRI-SCORE FREQUENTLY ASKED QUESTIONS

SCIENTIFIC & TECHNICAL



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Scientific and Technical FAQ

The latest modifications are shown in the document in blue.

I. Calculating the Score

HOW IS THE NUTRITIONAL SCORE CALCULATED?

The nutritional score is calculated using the data from the nutritional declaration for 100 g of the product as sold.

Note: see the special rubric for reconstituted products

WHAT REFERENCE IS USED TO CALCULATE THE CONTENT OF "FRUIT, VEGETABLES, PULSES, NUTS, AND RAPESEED, WALNUT AND OLIVE OILS" IN PROCESSED PRODUCTS?

A guidance document on quantifying the fruit, vegetable, pulse, nuts, and rapeseed, walnut and olive oils content of a processed product is attached in Appendix 1.

It is based on the following reference document: *'Application of the Nutrient profiling model: Definition of 'fruit, vegetables and nuts' and guidance on quantifying the fruit, vegetable and nut content of a processed product - Peter Scarborough, Mike Rayner, Anna Boxer and Lynn Stockley - British Heart Foundation - Health Promotion Research Group, Department of Public Health, University of Oxford - December 2005'*.

DO CONCENTRATED JUICES COUNT WHEN WORKING OUT "FRUIT, VEGETABLE, PULSES, NUTS, AND AND RAPESEED, WALNUT AND OLIVE OILS CONTENT?

With regards to concentrated fruits and vegetables:

Can be counted: fruit juices made from 100% concentrates

E.g. orange juice made from 100% concentrate that is rehydrated to 100% (or coconut juice when rehydration results in 100% juice)

Cannot be counted: concentrated fruit juices that have not been rehydrated to 100%

E.g. juice/concentrated lemon syrup used in a sorbet cannot be counted as fruit

SHOULD THE NSP OR AOAC METHOD BE USED FOR FIBRE?

The reference method is the **AOAC** method.

The recommended methods are AOAC 985.29 and AOAC 991.43.

It is possible to use a generic table, however testing will still be carried out in line with the AOAC method.

WHAT COUNTS AS A SIMPLE SUGAR?

Simple sugars include mono and disaccharides.

HOW IS THE FINAL SCORE DETERMINED?

The overall score for a food is found by **subtracting the total number of favourable points from the total number of unfavourable points**.

In addition, the level of unfavourable points (up to 11) can cause the favourable points to vary depending on whether points for protein have been counted (see special rules).

The score calculation method is detailed in Appendix 2.

WHEN CALCULATING THE SCORE, SHOULD THE RESULTS BE ROUNDED?

Example: if the simple sugar content is 9.001, will the system count the rounded value as 9 and thus assign 1 point, or will it find that $9.001 > 9$ and assign 2 points?

Points are assigned for a given nutrient based on the content of the nutrient in question in the food, with a **rounded value corresponding to one additional number** with regard to the point attribution threshold. When calculating the score for fibre, thresholds are defined to one decimal place. For sugars, thresholds are defined to round numbers or to one decimal place. For proteins, thresholds are defined to one decimal place, except for the upper threshold which is defined to a round number. All others are always defined to a round number with no decimal places (energy, saturated fatty acids, sodium, fruit, vegetables, pulses, nuts, and rapeseed, walnut and olive oils total saturated fatty acids/lipids ratio).

For the given example, the threshold is 9g/100g (2 points are counted if the simple sugar content is greater than 9 and 1 point is counted if the content is less than or equal to 9), and the number is rounded to one decimal place. For a measurement of 9.001, the figure is rounded to 9.0. Thus, only 1 point is assigned. If the content were 9.05 or 9.06, then the rounded figure would be 9.1 and 2 points would have to be assigned. Using the same simple sugar example: for a threshold of 4.5 (1 point if the value is greater than 4.5g/100g, and 0 if it is less than or equal to it), the rounded figure includes two decimal places. For a product with a value of 4.502, the rounded value is 4.50 and no points are assigned. For a product with a value of 4.505 or 4.506, the rounded figure is 4.51 and one point is assigned.

HOW IS THE SALT - SODIUM CONVERSION CALCULATED?

The sodium content corresponds to the salt content listed in the mandatory declaration divided by a **conversion coefficient of 2.5**.

When the salt value is expressed in centigrams (2 decimal places if expressed in grams), then the rounding rule described in the 'When calculating the score, should the results be rounded?' section of this FAQ apply.

To avoid the rare but conceivable discrepancies in points assigned to the 'sodium' component in the score calculation process resulting from converting the amount of salt listed in the nutritional declaration into sodium, the solution is to privilege salt content expressed in mg (3 decimal places if expressed in grams) and include it in the nutritional declaration on the package. The declared value is calculated according to the methods described in Article 31-4 of EU regulation no. 1169/2011.

HOW ARE COMPOSITE PRODUCTS CALCULATED?

The nutritional score is calculated **using the nutritional data listed on the package for 100 g of the product**, whose nutrients form part of the **mandatory nutritional declaration** or are included as supplemental information, in accordance with Article 30 of the INCO regulation no. 1169/2011.

In the case of a prepared dish sold with a sauce packet that displays the nutritional values of the dish + sauce, the Nutri-Score should also be calculated for the dish + sauce.

If two nutritional statements are provided, two Nutri-Scores may be displayed on the front – there is a graphic charter available for displaying 2 Nutri-Scores on the front of the packaging.

DOES THE PRODUCT'S NUTRI-SCORE NEED TO BE CALCULATED BASED ON AS IT'S SOLD OR ONCE IT'S PREPARED?

Nutritional values must be given per 100 g or 100 mL of the product as sold. The INCO regulation specifies in article 31.3 that, where applicable, it is possible to provide this information for the prepared foodstuff as long as the preparation method is described in sufficient detail and the information relates to the food once it is ready to eat.

Therefore, for certain products it is possible to provide information on the foodstuff in its prepared state. For those products, the information can be provided only for 100 g or 100 mL of ready-to-eat product after it has been prepared in accordance with the producer's instructions, and provided this is indicated to the consumer (e.g. puree flakes, dehydrated soups, pre-prepared couscous, or products whose packaging medium is not consumed).

In these cases, the Nutri-Score can be calculated for the product as sold and/or as prepared, **provided that the corresponding nutritional label is affixed for 100 g or 100 mL and that the food's preparation method is described in detail.**

*Clarification: for reconstitutions with milk, if the type of milk is not indicated, then **semi-skimmed milk** will be considered **the default**.*

WHAT IS THE NUTRI-SCORE FOR FRIED PRODUCTS?

Pre-packaged fried products (such as chips or breaded fish) are usually given a Nutri-Score of A or B. These products will normally have undergone an industrial pre-frying process that has a low impact on the amount of fat in the product.

Some products may be designed for cooking in an oven or frying pan, whereas other packaging may mention that it can be cooked in a fryer, which leads to a far greater quantity of oil in the final consumed product. **As a result, cooking in a fryer translates to a Nutri-Score that is one or two bands higher, depending on the type of oil used.**

In the exclusive case of fried products that cannot be eaten as sold and where the packaging indicates a fryer as a cooking method, it is recommended that the producer inform consumers of the changes such a preparation method would cause in terms of the product's Nutri-Score, by adding the following generic sentence to the packaging: **"When cooking in a fryer, the product's Nutri-Score may vary by one letter if**

the frying oil is low in saturated fatty acids (sunflower or peanut oil), or by two letters if the frying oil used is very rich in saturated fatty acids (coconut, palm kernel or palm oil)."

IS THE NUTRI-SCORE CALCULATED FOR THE PRODUCT WITH THE COVERING LIQUID?

The nutritional score is calculated using the nutritional data listed on the package for 100 g of the product, whose nutrients form part of the **mandatory nutritional declaration** or are included as supplemental information, in accordance with Article 30 of the INCO regulation no. 1169/2011.

If the covering liquid is taken into account in the mandatory nutritional declaration, the Nutri-Score should also be calculated for the product + the covering liquid and vice versa. [To calculate the percent of “fruits, vegetables, pulses, nuts and oils », you have to use the same basis as the table of nutritional values. If the covering liquid is taken into account, the calculation should include it. If the nutritional values do not take the covering liquid into account, then it should be recalculated without the covering liquid.](#)

WITH LIQUID FOODS, IS THE SCORE CALCULATED FOR 100 G OR 100 ML?

With liquid foods such as soups, oils or milk, the value used is the one given as a unit on the nutrition label, and not a unit that is not written on the packaging (to ensure transparency for the consumer). If two values are mentioned (per 100 g and per 100 ml), the one per 100 g is to be taken into account.

WHY THE “FRUITS, VEGETABLES, PULSES, AND NUTS” COMPONENT HAS BEEN MODIFIED AND WHAT IS THE TIME FRAME FOR ACHIEVING COMPLIANCE WITH THE NEW PROVISIONS?

The “fruits, vegetables, pulses, and nuts” component has been modified in October 2019 to better take into account the nutritional recommendations for oils in Europe.

The percent of rapeseed, walnut and olive oils in the products is now included in the positive component “fruits, vegetables, pulses, and nuts” for the score calculation. Following this modification, the rapeseed, walnut and olive oils are all ranked as “C-yellow” in order to reflect the public health recommendations that advocate to favour these oils compared to other fats.

The usage regulation states that “The Industry actor has a reasonable time frame determined, if required, by Santé publique France for achieving compliance with the new provisions in the Usage regulation. “ To date, this time frame has not been defined yet, in order to allow the committed companies to make the necessary changes. Thus, during this period, it is possible that an oil (for example olive oil) have different scores “C-yellow” or “D-orange” for a same product, the time that the new labels “C-yellow” are put in place.

II. Modifying the Score for Foods and Beverages

WHICH ADDED FATS ARE COVERED BY THE MODIFIED NUTRI-SCORE?

'Added fats' refer to fats sold as finished products, not to fats used as ingredients in a recipe. For instance, the following are considered **added fats: vegetable oils, margarines, butter, cream or dairy products used as added fats.**

Plant-based preparation for cooking (for instance made of soja, coconut...), as well as whipped cream should be considered as added fats.

Besides, cream used in a recipe (or butter, sunflower oil, etc.) will be included in the overall score for the recipe, using the information from the nutritional declaration for 100 g of the food. Recipes are considered in their entirety as a mixture of ingredients, including any fats. The score applies to the final mixture. As is the case for fats, cheeses (which, like fats, are also excepted when calculating the score) are not considered separately when included in a recipe.

WHICH CHEESES ARE COVERED BY THE NUTRI-SCORE MODIFICATION?

The following are considered cheeses, as defined by Decree 2007-628, when calculating the modified score:

- **Cheeses**
- **Processed cheeses**
- **Cheese specialties**

However, ***is not considered*** cheese for the purposes of calculating the Nutri-Score.

- ***quark***. Calculations for this product category are performed the same way whether it is cheese or not, as products rarely have a score higher than 11 for their 'negative' component, which means their protein content is counted.
- ***spreadable plant-based foods***.

WHICH BEVERAGES ARE COVERED BY THE NUTRI-SCORE MODIFICATION?

The Nutri-Score modification applies to the following beverages **if they include a nutritional declaration**, except bottled waters for which a Nutri-Score A / dark green can be displayed without mandatory nutritional declaration:

- **Mineral water and spring water** (score A – dark green)
- **Flavoured water (with and without added sugars)**. This category is different from mineral water and spring water and cannot be scored A – dark green ;
- **Fruit juices, nectars and smoothies**
- **Vegetable juices;**
- **Drinks with added sugar and/or sweeteners**
- **Teas, infusions or coffee reconstituted exclusively with water**

The energy, energy density, sugars and fruit and vegetables columns in the conversion grid for drinks replaces those used for other food categories. The other columns (saturated fatty acids, salt, proteins, fibre) remain similar and must be taken into account.

However, milk, drinkable yoghurt, flavoured or chocolate milk beverages containing more than 80% milk, beverages reconstituted with a liquid other than water, soups and gazpacho, and plant-based drinks are not considered beverages for the purposes of calculating the Nutri-Score.

Calculating the score and attributing a Nutri-Score for milk products is based on the calculation for solid products, so that the nutritional quality of these products can be better taken into account (the presence of proteins and calcium especially). As such, it seems essential to differentiate between products that contain milk as main ingredient and those that contain less and are closer related to sugary drinks. To reinforce this distinction, a threshold of 80% milk is necessary for the product to be classified as a solid product when calculating the Nutri-Score. This threshold has been defined by expert consensus, to ensure a clear distinction between milk products (especially compared to beverages such as café au lait) while also continuing to allow a certain degree of innovation within this product sector.

DOES IT APPLY TO ALCOHOLIC DRINKS?

As they are not subject to nutritional declarations per Article 16.4 of the INCO regulation from 25/10/2011, the Nutri-Score **does not apply** to alcoholic drinks containing more than 1.2% alcohol.

Conversely, alcohol-free beverages must include a mandatory nutritional declaration in a similar way to sodas (be this for alcohol-free beers, or beverages such as alcohol-free Mojitos). As such, as soon as a manufacturer decides to display the Nutri-Score on one of its products, it must also do likewise for its alcohol-free beverages.

III. Foods Covered by the Nutri-Score

WHICH PRODUCTS ARE COVERED BY THE NUTRI-SCORE?

The food products covered by the Nutri-Score are those with a mandatory nutritional declaration in accordance with regulation no. 1169/2011, known as the INCO regulation. Except for very specific cases discussed elsewhere in this FAQ, the available data on the mandatory nutritional declaration is that which must be used to calculate the Nutri-Score.

Although infant food for children aged 0-3 has a mandatory nutritional declaration, it is not recommended to apply the Nutri-Score to these products. This is because children have specific nutritional needs, particularly in terms of lipid intake, for which the Nutri-Score is unsuitable.

Similarly, given the specificities in terms of the nutritional composition, supervision and purpose of food products designed for special diets covered by the regulation UE n°609/2013, it is not recommended to apply the Nutri-Score to these products. This includes:

- preparations for infants and follow-on formula;
- cereal-based preparations and food products for babies;
- food products designed for special medical purposes;
- substitutes to the total daily ration for weight control, etc.

WHICH PRODUCTS ARE NOT COVERED BY THE NUTRI-SCORE?

Food products that are not covered by the mandatory nutritional declaration are listed in Appendix V of regulation no. 1169/2011. They are:

1. Unprocessed products that comprise a single ingredient or category of ingredients (such as fresh fruits or vegetables, cut raw meat, honey, etc.)
2. Processed products where the only processing they have been subjected to is maturing and that comprise a single ingredient or category of ingredients
Note: here the products in question are mainly meat products
3. Waters intended for human consumption, including those where the only added ingredients are carbon dioxide and/or flavourings
4. Herbs, spices or mixtures thereof
5. Salt and salt substitutes
6. Table top sweeteners
7. Products covered by Directive 1999/4/EC of the European Parliament and of the Council of 22 February 1999 relating to coffee extracts and chicory extracts, whole or milled coffee beans, and whole or milled decaffeinated coffee beans
8. Herbal and fruit infusions, tea, decaffeinated tea, instant or soluble tea or tea extract, decaffeinated instant or soluble tea or tea extract, which do not contain other added ingredients than flavourings which do not modify the nutritional value of the tea
9. Fermented vinegars and substitutes for vinegar, including those where the only added ingredients are flavourings
10. Flavourings
11. Food additives
12. Processing aids
13. Food enzymes
14. Gelatine
15. Jam setting compounds
16. Yeasts
17. Chewing gums
18. Food in packaging or containers the largest surface of which has an area of less than 25 cm²
19. Food, including handcrafted food, directly supplied by the manufacturer of small quantities of products to the final consumer or to local retail establishments directly supplying the final consumer

To this point, it should be noted that the exemption criteria are considered cumulatively, meaning that the concept of 'small quantities' must be considered alongside all the other criteria.

- *With regard to 'local retail establishments directly supplying the final consumer'*

'Retail shops' include large and medium-sized shops and supermarkets as well as convenience stores that sell food.

- *With regard to the concept of 'local'*

A radius of around 100 km at the departmental and regional level seems acceptable. This distance could be extended for producers located in less densely populated areas that develop distribution channels with consumers and retailers (gourmet shops, cheese shops, etc.) in the closest urban centres (such as the Paris

metropolitan area for the Burgundy and Centre regions). This analysis applies to cross-border trade when compliant with the recommendations of the member state in question.

- With regard to the 'directly supplying the final consumer' criterion

A producer directly supplying the final consumer includes producer sales through farms, markets, short supply chains, CSAs, and production shops such as those run by artisans (butchers, delicatessens, fishmongers, bakeries, etc.), and also internet sales, as long as these sales do not constitute the sole source of revenue for the producer.

Products displayed during trade fairs in order to promote regional products may also be included.

In the vast majority of cases, when the above criteria are fulfilled the producer to whom this measure applies *de facto* satisfies the criterion of 'small quantities' as understood by the law.

In addition to the criteria listed above, the amount of foodstuffs produced by operators that meet the national definition of a microenterprise as described in Article 3 of Decree no. 2008-1354 from 18 December 2008 relating to the criteria that determine whether a company belongs to the category for statistical and economic analysis purposes can be considered as falling under the definition of 'small quantities'; these companies employ fewer than ten people and have a total annual sales revenue or total assets of no more than 2 million euros.

Dietary supplements are also excluded from the application of the Nutri-Score given that they are not covered by the mandatory nutritional declaration (Article 29 of the INCO Regulation).

CAN THE NUTRI-SCORE BE DISPLAYED ON PRODUCTS THAT ARE NOT SUBJECT TO MANDATORY NUTRITIONAL DECLARATION?

The Nutri-Score can be displayed on food products that are not subject to mandatory nutritional declarations, e.g. the list of food products not covered by INCO in Appendix V of INCO regulation no. 1169/2011 (unprocessed products made of one ingredient or one category of ingredients (fresh fruits and vegetables, cut raw meat, honey, etc.) and water), **but only if they possess a nutritional declaration** that complies with the INCO regulation.

Notably, with products that are packaged on-site in stores, the Nutri-Score may be added if there is a nutritional declaration on the product.

IS IT POSSIBLE TO APPLY THE NUTRI-SCORE TO RECIPES?

This remains a grey area, and the answer is subject to change depending on the outcome of the work planned by PNNS4.

In the case of recipes, the calculation is based on the quantities and nutritional values of the various ingredients that constitute the dish, once the ingredients that require cooking have been cooked. In the event that an ingredient's nutritional values are unavailable because there are not covered by the INCO regulation (raw products, for example), the values listed in the CIQUAL table shall be referred to instead. Calculations are worked out using the rule of three.

The list of ingredients used in the recipe, and their respective quantities, must be clearly indicated. A table of the recipe's nutritional values must be presented.

IF THERE IS A BUSINESS RELATIONSHIP BETWEEN A CLIENT COMPANY AND ITS SUPPLIER, CAN THE NUTRI-SCORE OF A RECIPE'S "INGREDIENTS" BE USED WITHOUT SIGNING UP TO NUTRI-SCORE?

Where there is a business relationship between two companies, the technical datasheet of the "ingredient", intended for the manufacturer and not the final consumer, may include a Nutri-Score letter without the manufacturer having to apply it for all the products in its brand that are marketed to the final consumer in stores or online.

FOR ASSORTMENTS, MUST MULTIPLE NUTRI-SCORES BE DISPLAYED?

For assortments:

- When the nutritional values are different, one Nutri-Score for each nutritional declaration must be displayed; Santé publique France offers a graphic charter that makes it possible to display several Nutri-Scores on the front.
- In the event that the nutritional tables produce the same Nutri-Score result, a single Nutri-Score can be displayed on the front (in the case of a compote with different flavours or products with one average nutritional statement)
- If this is an assortment where each person is expected to consume the entire product, an average Nutri-Score can be calculated (such as a 'dessert sampler' assortment comprising a crème brûlée, a macaroon and a chocolate cake for each person, which are consumed as a single product)

IV. Legal Issues Pertaining to the Nutri-Score Plan

WHO MAY DISPLAY THE NUTRI-SCORE LOGO ON THEIR BRANDS AND PRODUCTS?

Use of the Nutri-Score trademark is reserved for producers and distributors of products marketed in France and/or Europe.

HOW CAN THE DOCUMENTS REQUIRED TO USE THE NUTRI-SCORE BE OBTAINED?

To receive these documents, the operator must sign up to the following website (French only): https://www.demarches-simplifiees.fr/commencer/enregistrement_nutri-score by clicking the blue "Créer un compte" button.

They will then provide their contact information and details about their company (SIRET number, VAT number, etc.) as well as information about which product segments will receive the Nutri-Score.

Once all the required information has been provided and the application has been submitted, the applicant will receive an email containing a link to the documents required to use the Nutri-Score (as a .zip file).

HOW ARE THE NUTRI-SCORE SCORES CALCULATED?

An English table for professionals who would like to take part in the scheme can be downloaded from the Santé publique France website (French only): <http://www.santepubliquefrance.fr/Sante-publique-France/Nutri-Score>

In addition, software publishers that have developed programs for calculating the Nutri-Score must comply with all the calculation guidelines laid out in the Nutri-Score usage regulation and obtain a licence from Santé Publique France.

For more information, consult the note on the nutritional information system from the High Council of Public Health (HCSP) (French only): <http://www.hcsp.fr/explore.cgi/avisrapportsdomaine?clefr=519> .

IS IT POSSIBLE TO CONDUCT A TEST PHASE BEFORE COMMITTING?

To obtain the required documents for using the logo, you must register on the following site (French only): https://www.demarches-simplifiees.fr/commencer/enregistrement_nutri-score .

Businesses have 24 months to put the logo on all the categories of food products that they market under their own brands. They could thus decide to put it only on products sold online at first. But the ultimate goal – that aligns with the use of the collective mark – is to display the Nutri-Score logo on the packages of every product a brand sells, for every format, mode or point of sale.

MUST OPERATORS PUT THE NUTRI-SCORE ON ALL THEIR BRANDS AND ON ALL THE PRODUCTS FOR THE SAME BRAND?

Decree no. 2016-980 from 19 July 2016 on additional nutritional information for food products stipulates that 'the commitment made by the producers and distributors as part of the voluntary initiative to use the complementary form of presentation applies to all categories of food products that they market under their own brands'.

As a result, a company that owns several brands could choose to only put the Nutri-Score on one or some of its brands, but when used for a brand, it must be used for all categories of food products for that brand.

However, if some or all of a brand's products are not subject to the INCO regulation, the operator is not obligated to display the Nutri-Score on all of its brand's products. However, any products that do display the Nutri-Score must also show the mandatory nutritional declaration.

WHAT IS THE SCOPE OF ENGAGEMENT FOR A BRAND THAT WISHES TO USE THE NUTRI-SCORE LABEL?

A brand is a distinctive sign that enables consumers to distinguish the product or service of one company from those offered by competitors. The brand may be embodied by a proper noun, a word, an expression or a visual symbol. It acts as a benchmark for the consumer, and perhaps even a "guarantee" of quality.

If there are **separate brands**, the producer or distributor **may choose to register one or more of its brands**. However, if a **brand, range or clientele is extended**, the producer or distributor **must affix the Nutri-Score to both the parent brand and any affiliated sub-brands**.

The definitions of:

- **brand extension:** the use of an existing brand to launch a product in another market
- **range extension:** a product extension in the same category or that meets the same type of need offered by the same brand or producer in the same market
- **clientele extension:** an extension strategy under the same brand (for example, expanding a brand originally targeted at professionals to include the general public)
- **parent/sub brand:** a sub-brand is a product brand or product line that complements a parent brand, the latter of which acts as a guarantee for the former.

MUST THE NUTRI-SCORE ALSO BE PUT ON PRODUCTS MADE FOR THE FOODSERVICE INDUSTRY?

Companies commit to using it for all the ranges they sell under a brand, whatever the final destination of the product may be, as the INCO regulation also applies to products that will be used by communities. So, if the products for use by the foodservice industry are sold under the 'Alpha' brand, they must include the Nutri-Score

On the other hand, if the brand name is different (something other than 'Alpha'), the company is not obligated to put the Nutri-Score on a foodservice-only brand.

This rule is applicable when the products are visible to consumers. When the products are intended for professionals, it is possible not to affix the Nutri-Score even if the brand is engaged in the Nutri-Score.

WHAT ARE THE SPECIFICS FOR APPLYING THE NUTRI-SCORE OVERSEAS?

The Nutri-Score order is applied directly in the overseas French departments (DOMs) of Martinique, Guadeloupe, Réunion and French Guiana, as well as in Mayotte and the overseas French collectivities (COMs) of Saint-Martin, Saint-Barthélemy and Saint-Pierre-et-Miquelon: overseas territories where health laws apply directly. However, the order does not apply to the COMs of Wallis and Futuna, New Caledonia and French Polynesia.

DOES THE NUTRI-SCORE APPLY OUTSIDE OF FRANCE?

The commitment made by producers and distributors as part of the voluntary initiative to use the recommended complementary form of presentation applies to all categories of food products that they sell on the French market under their own brands. The abovementioned Decree no. 2016-980 and the order from 31 October 2017 determining the complementary form of presentation for the nutritional declaration recommended by the government (pursuant to Articles L. 3232-8 and R. 3232-7 of the Public Health Code) form part of the French regulation.

Thus, there is no obligation to put the Nutri-Score logo on products exported outside of France.

However, if a business also wishes to put the Nutri-Score on the market in one or more European Union member states, it is possible to do so while complying with the usage regulation. At this stage, we do not authorise the use of Nutri-Score in countries outside of the European Union.

The Nutri-Score brand is protected within the European Union and has been registered with the WIPO (World Intellectual Property Organization) in the following countries: *Australia, Brazil, Canada, Switzerland, China, India, Iceland, Japan, Republic of Korea, Morocco, Mexico, Norway, Russia, Turkey, Ukraine, USA,*

Benin, Burkina Faso, Cameroon, Central African Republic, Republic of Congo, Ivory Coast, Gabon, Guinea, Guinea-Bissau, Equatorial Guinea, Mali, Mauritania, Niger, Senegal, Chad, Togo, Comoros.

For any use outside the European Union, the Operator must ensure that the logo does not contravene national law.

For any use in one or more countries where the Nutri-Score has not been registered with the WIPO, the Operator must notify Santé Publique France in order to consider a possible deposit.

CAN A REPRESENTATIVE COMPLETE THE NUTRI-SCORE REGISTRATION PROCESS?

Any eligible person who wishes to use the 'Nutri-Score' trademark notifies Santé Publique France of their intention by registering on the website:

https://www.demarches-simplifiees.fr/commencer/enregistrement_nutri-score

A duly authorised representative would be fully capable of completing the registration process on behalf of a principal. Santé Publique France cannot be involved in handling and structuring the portfolio of brands for a producer or distributor wishing to use the Nutri-Score.

It is thus entirely possible to use the services of a representative, if the operator wishes. The representative must however complete one separate registration for each different principal.

WHY ARE THERE PENALTIES IN THE NUTRI-SCORE USAGE REGULATION?

Regarding the penalties mentioned by the usage regulation, it is important to remember that the usage regulation is concerned with protecting the Nutri-Score collective mark. This protection is thus grounded in intellectual property and industrial property rights (the trademark was registered with INPI and EUIPO).

As with any trademark, the purpose of the usage regulation is to protect industrial products and ensure the 'Nutri-Score' collective mark is used properly by businesses to prevent illegal behaviours, fraud and/or unfair competition. Thus, penalties are only invoked if businesses are using Nutri-Score incorrectly, for instance, displaying a false score, as this would be dishonest.

HOW CAN A COMPANY STOP USING THE NUTRI-SCORE?

After registering, the Operator has 24 months to put the Nutri-Score logo on all product categories available on the market.

The Operator may stop using the Nutri-Score for one or all of their brands at any time, provided Santé Publique France is informed of this change.

HOW CAN SOMEONE OBTAIN THE ENGLISH TRANSLATION OF THE NUTRI-SCORE USAGE REGULATION?

An English translation of the usage regulation is now available. It can be downloaded from the Santé publique France website (French only): <http://www.santepubliquefrance.fr/Sante-publique-France/Nutri-Score>.

IS IT POSSIBLE TO MODIFY THE NUTRI-SCORE USAGE REGULATION?

The usage regulation may not be modified by unilateral amendment: all the prerogatives must therefore be complied with in order to use the 'Nutri-Score' logo.

Article 9 of the usage regulation stipulates the methods by which modifications can be made.

IS IT POSSIBLE TO MODIFY THE NUTRI-SCORE GRAPHIC CHARTER?

As an integral part of the usage regulation to which it is appended, the graphic charter may not be unilaterally modified.

IS THERE A GRAPHIC CHARTER THAT LAYS OUT THE RULES FOR USING THE LOGO ON E-COMMERCE SITES?

For this application, the size of the logo is not set and it is not subject to the proportionality rules for packages. However, it is important to ensure the logo is perfectly legible.

The other conditions for using the logo on e-commerce sites are the same as those required when products are sold in shops.

CAN THE LOGO BE USED FOR PROMOTIONAL PURPOSES?

Article 6 of the usage regulation covers these provisions.

For generic communication regarding the Nutri-Score logo, the Operator can put the following on its communication media:

1. The Neutral Logo,
2. And/or at least 3 of the 5 Classifying Logos arranged in such a way as not to mislead the consumer regarding the classification of the brand's Products, in particular by implying that all of the brand's products have the same classification.

Communications regarding a Product must use the appropriate Classifying Logo in compliance with the provisions of Article 6.2 of the usage regulation.

WHAT ARE THE RULES FOR USING THE NUTRI-SCORE FOR PROMOTIONAL PURPOSES?

The rules for using the Nutri-Score for sales communications and promotions are detailed in the graphic charter.

In these cases, the producer can choose to include the communication logo only (without emphasis on one of the letters) and/or 3 to 5 Nutri-Score modules, all the same size and in full colour.

However, if the brand's entire engaged product range has only one or two colours, it is possible to only display the colours that match those of the brand.

The use of the Nutri-Score logo on catalogues, flyers, etc. is optional; only its use on packaging is mandatory. As soon as the logo is displayed on the front of the packaging, it is possible to add an explanation of the logo at the back of the packaging. The information provided there must only

mention elements related to the score calculation. It should not mention other information related to additives or preservatives for instance, that could give the impression that these components are part of the calculation.

HOW CAN THE NUTRI-SCORE LOGOS BE OBTAINED FOR EDUCATIONAL, SCIENTIFIC OR JOURNALISTIC PRESENTATIONS?

Certain logos can be obtained by writing to the nutriscore@santepubliquefrance.fr address and including a description of the intended use.

CAN THE NUTRI-SCORE MARK BE REPRODUCED WITHOUT PERMISSION FROM SANTÉ PUBLIQUE FRANCE?

Wherever the Nutri-Score is used as a trademark in business, prior written permission must be obtained from Santé publique France.

Appendix 1: Guidance on quantifying the fruit, vegetable, pulse, nut, and rapeseed, walnut and olive oils content of a processed product

Prior comment: only the fruits, vegetables, pulses, nuts, and rapeseed, walnut and olive oils that belong to the groups mentioned in this appendix (as per the foundational works of Scarborough et al.) are used to calculate the quantity of fruits, vegetables, pulses, nuts, and rapeseed, walnut and olive oils in a processed product.

By Peter Scarborough, Mike Rayner, Anna Boxer and Lynn Stockley. British Heart Foundation Health Promotion Research Group, Department of Public Health, University of Oxford. December 2005¹.



The fruit, vegetables, pulses and nuts component of the Food Standard Agency (FSA) score was initially developed in the 2000s and was based on a food classification named Eurocode 2. An English version is available online¹.

The purpose of this document is to clarify certain points in order to standardise the **manner in which the quantity of 'fruit, vegetables, pulses, nuts and rapeseed, walnut and olive oils' in a food is evaluated** so that the score can be calculated. The points covered are:

1. Which foods are included in the vegetables category when calculating the 'fruit, vegetables, pulses, nuts, and rapeseed, walnut and olive oils' component for the score calculation.
2. Should pureed, concentrated, dried or powdered fruits, vegetables and pulses, as well as fruit and vegetable juices, be included when calculating the quantity of fruits and vegetables in a product to determine the score? If so, how are the amounts of these processed fruits and vegetables calculated?
3. Should the quantities of fruits, vegetables, pulses and nuts in a product be calculated before or after cooking?

1. DEFINING FRUITS, VEGETABLES, PULSES AND NUTS AND RAPESEED, WALNUT AND OLIVE OILS

The Eurocode 2 classification (in English) defines the food groups. Under this system 'Fruits' are defined as products in Group 9, 'Vegetables' as products in Group 8, 'Pulses' as products in Group 7.10, and 'Nuts' as products in Groups 7.20 and 7.40.

The groups are defined according to this classification:

- i. Group 7.10 (Pulses);

¹ accessed from

https://www.researchgate.net/publication/267194254_Application_of_the_Nutrient_profiling_model_Definition_of_'fruit_vegetables_and_nuts'_and_guidance_on_quantifying_the_fruit_vegetable_and_nut_content_of_a_processed_product

ii. Group 8.10 (Leaf vegetables); 8.15 (Brassicas); 8.20 (Stalk vegetables); 8.25 (Shoot vegetables); 8.30 (Onion-family vegetables); 8.38 (Root vegetables); 8.40 (Fruit vegetables); 8.42 (Flower-head vegetables); 8.44 (Pod vegetables); 8.45 (Seed vegetables and immature pulses); 8.47 (Sprouted seed vegetables); 8.50 (Edible fungi); 8.55 (Seaweeds and algae); 8.60 (Vegetable mixtures)

iii Group 9.10 (Malaceous fruit); 9.20 (Prunus species fruit); 9.25 (Other stone fruit); 9.30 (Berries); 9.40 (Citrus fruit); 9.50 (Miscellaneous fruit); 9.60 (Fruit mixtures).

iv Group 7.20 (underground pulses); 7.40 (nuts)

A list of the various foods in these codes is found in the abstract at the end of this appendix.



Clarifications:

- **Coconut** presents particular issues because it is eaten in a different way to other nuts.

Depending on how it is eaten, it can be included in the following groups:

- fresh coconut **flesh** should be scored as **fruit**
- the **water** in the centre of the coconut, which is part of the flesh, should be scored as **fruit juice**
- the **juice squeezed** from the flesh (coconut milk) should be scored as **fruit**. However, to calculate coconut milk score, it has to be considered as **food**.
- **coconut cream** should be scored as **added fat**
- **desiccated** and **dried** coconut are equivalent to **dried fruit**
- coconut which is processed beyond the original product should not be included.

- **Pickles** are a variety of CUCUMIS SATIVUS, like cucumber. In light of the botanical name, they are listed as vegetables.
- **Capers** are not listed, they are not included in vegetable calculations.
- Rapeseed, walnut and olive oils are included in the calculation.



The following are not counted:

- × **Tubers**, particularly potatoes and **other starchy vegetables** (such as yams or manioc from Group 8.34) are excluded from the calculations.
- × **Pulse and maize flours** are not counted for the fruit and vegetables calculations either.
- × **Quinoa**, the nutritional composition of which is similar to that of cereals, is not considered a vegetable.
- × **Spices**: do not belong to generic Eurocode group 8 (which contains vegetables), but to group 4 instead.
- × **Chia, poppy, sunflower, flax seeds and pine nuts** that belong to Eurocode group 7.30 not covered by the FSA document.
- × **Other foods that do not belong to Eurocode groups 9, 8, 7.10, 7.20 and 7.40.**

2. CALCULATING THE QUANTITY OF FRUITS, VEGETABLES AND PULSES IN PROCESSED PRODUCTS

- **Acceptable levels of processing for inclusion in the calculation**

The health benefits of fruits and vegetables are associated with the whole product, **including the vitamins they provide.**

Processing can result in loss of fibre and vitamins. Therefore, it would not be appropriate for ingredients such as concentrated fruit juice sugars that are added to foods to increase sweetness to count for the purpose of calculating a score in the same way as intact fruit and vegetables.

Intact fruit and vegetables (including those that are cooked and dried) and minimally processed fruit, vegetables and pulses (peeled, sliced, tinned, frozen, purees, pulp, grilled or marinated) count for the purpose of calculating a score. Remember that fruits, vegetables and pulses only count when their content exceeds 40%.

Concentrated juices may be taken into account for the calculations, but only if they are composed of 100% juice.

However, fruits and vegetables that are subject to further processing (e.g. concentrated fruit juice sugars, powders, candied fruits, fruits in stick form, and flours leading to loss of water) do not count. *As an example, corn in the form of popcorn or soy proteins cannot be considered as vegetables.*

- **Methods for calculating processed fruits, vegetables and pulses**

Previous work has found that:

- 15-20 g of dried fruit and 25-30 g of ready-to-eat (semi-hydrated) fruit are equivalent to 80 g of fresh fruit.
- 40 g of dried pulses are equivalent to 80 g of fresh pulses.
- 20 g of tomato concentrate and 25 g of tomato ketchup are equivalent to 80 g of fresh tomato.

This would suggest that, for the purposes of calculating nutrient profiling scores, the amount of dried fruit or vegetables/pulses or concentrated vegetable present in a food should be multiplied by a standard factor when calculating the amount per 100 g of a product. However, this procedure could result in anomalous results. For example, if the amount of dried fruit in a 'fruit and cereal bar' were to be multiplied by 2, then a bar weighing 75 g and containing 50 g dried fruit would appear to have a fruit content of $100/75 = 133\%$, despite there being 25 g of non-fruit constituents.

That is why the decision was made to multiply the amount of fresh or concentrated fruit or vegetables/pulses by an agreed amount and divide by the weight of the non-fruit/vegetable constituents, plus that of the fruit or vegetable multiplied by the agreed amount. A multiplier of 2 was viewed as optimal.

Therefore, so as not to over-emphasise their importance to a healthy diet, the weight of dried or concentrated fruit and vegetables/pulses should be **multiplied by 2** when calculating the amount of fruit and vegetables/pulses in 100 g of food.

In the above example, using a multiplier of 2, the fruit content of the fruit and cereal bar would be:
 $(50 \times 2) / (25 + (50 \times 2)) = 100/125 = 80\%$.

The factor of 2 applies, regardless of the concentration factor. It is not possible to use the reconstitution factor in accordance with the 2012/122/EC directive. Moreover, even if the grammage or percentage of tomato is given in the list of ingredients once reconstituted in accordance with the 2012/122/EC directive, the score must be calculated based on the concentrated product (before reconstitution) by applying the factor of 2.

The multiplier of 2 should only be applied to prepared concentrated purees such as tomato puree. For a triple-concentrated tomato puree, the same multiplier of 2 is applied.



Clarifications:

- **Pureeing** (e.g. when making fruit smoothies) often involves no concentration of the product.
- **Roasted foods** (roasted hazelnuts or almonds) are not considered to be dried because little water is lost during the roasting process.
- Fruit or vegetable crisps do not count as they are too processed.
- **Dried fruits and vegetables** such as dehydrated mushrooms are considered.
- However, **freeze-dried fruits and vegetables** are **not** considered.

3. CALCULATING SCORE BEFORE OR AFTER COOKING

The amount of fruit, vegetables and pulses (in g per 100 g) in the product can be calculated before or after cooking. However, when calculating the quantity of fruits, vegetables and pulses in a composite food, all the ingredients should be in the same state – either raw or cooked.

SUMMARY OF RECOMMENDATIONS

The **percentage of fruits, vegetables, pulses, nuts and rapeseed, walnut, and olive oils** in 100 g of food is calculated as follows:

The % of f, v, p n & o* in a product =

$$\text{(Weight of f, v, p, n \& o) + (2 x weight of dried f, v \& p)}$$

$$\frac{\text{(Weight of f, v, p, n \& o) + (2 x weight of dried f, v, p)}}{\text{(Weight of f, v, p, n \& o) + (2 x weight of dried f, v, p) + (Weight of non-f, v, p, n \& o ingredients)}} \times 100$$

f, v, p, n & o: fruits, vegetables, pulses, nuts, and oils, including juices and purees;

Dried f, v, p: includes vegetable concentrates

- **List of food products considered when calculating scores**

'Fruit, vegetables, and pulses' include products from the following families:

Fruits:

- *Prunus* species fruit
- Apple, pear, quince, medlar
- Date, lychee, persimmon
- Berries, grapes, cherries, blackcurrants, strawberries, red currants, blackberries, cranberries, bilberries, etc.
- Citrus fruit: lemon, orange, grapefruit, kumquat, tangerine, etc.
- Banana, kiwi fruit, pineapple, melon, fig, mango, passionfruit, guava, papaya, pomegranate, cashew fruit, carambola, durian, rambutan, sweetsop, prickly pear, sapodilla, breadfruit, tamarillo, tamarind

Vegetables:

- Leaf vegetables: endive, lettuce (all types: leaf lettuce, arugula, escarole, etc.), spinach, lamb's lettuce, dandelion greens, nettle, beet greens, sorrel, etc.
- Brassicas: cabbage (all types: cauliflower, red cabbage, Brussels sprouts, curly kale, green cabbage, Chinese cabbage, watercress, radish, broccoli, etc.)
- Stalk vegetables: celery, fennel, rhubarb
- Shoot vegetables: asparagus, chicory, globe artichoke, palm hearts, bamboo shoots, taro shoots, etc.
- Onion, shallot, leek, garlic, chive, parsley, other herbs
- Root vegetables: carrot, salsify, celeriac, radish, parsnip, beetroot, chicory root

- Fruit vegetables: tomato, aubergine, cucumber, courgette, sweet pepper, chilli pepper, squash, various gourds, green banana, plantain, avocado, olive, pickle
- Flower-head vegetables: pumpkin flower
- Sprouted vegetables: pea, broad bean, sweet corn, soya bean
- Edible fungi
- Seaweeds and algae

Pulses:

- Peas (various types: chickpea, green pea, pigeon pea, etc.)
- Beans (various types: Lima, red, etc.)
- Lentils (various types: green, yellow, French, etc.)
- Cowpea, soya bean, carob bean, broad bean, etc.

Nuts include:

- Walnut, hazelnut, pistachio, [Brazil nut](#), cashew, pecan, coconut (see clarifications above), peanut, almond, chestnuts

Oils include:

- Rapeseed, walnut and olive oils

Elements that are not counted in the score calculation are detailed in the previous section.

• **Calculating the amount of fruit, vegetables, pulses and nuts in a processed product**

Only intact and minimally processed fruits, vegetables and pulses should count for the purpose of calculating a score. Fruits and vegetables that have been subject to further processing should not count (see details of processing above).

Nuts count, whether they are whole, roasted, chopped, grated or ground.

• **Calculating score before or after cooking**

The amount of fruits and vegetables in the product (g per 100 g) can be calculated before or after cooking. However, when calculating the quantity of fruits and vegetables in a composite food, all the ingredients should be in the same state – either raw or cooked.

EXAMPLES

Two examples of application of the generic formula:

The % of f, v, p, n & o* in a product =

$$\frac{(\text{Weight of f, v, p, n \& o}) + (2 \times \text{weight of dried f, v \& p})}{(\text{Weight of f, v, p, n \& o}) + (2 \times \text{weight of dried f, v, p}) + (\text{Weight of non-f, v, p, n \& o ingredients})} \times 100$$

f, v, p, n & o: fruits, vegetables, pulses, nuts, and oils, including juices and purees;

Dried f, v, p: includes vegetable concentrates

1. Suppose a portion of fruit cake weighing 150 g consists of

- 15 g of cherries,
- 25 g of raisins,
- 15 g of mixed nuts,
- 95 g of other non-fruit, vegetable, pulse or nut ingredients

The percentage of fruits, vegetables, pulses, nuts, and oils is:

$$\frac{15 (\text{cherries}) + 15 (\text{nuts}) + (2 \times 25 (\text{raisins}))}{15 + 15 + (2 \times 25) + 95 (\text{other ingredients})} \times 100 = 46\%$$

2. Suppose a pizza weighing 320 g consists of

- 50 g of cooked vegetables
- 20 g of tomato concentrate
- 250 g of other ingredients

The percentage of fruits, vegetables, pulses, nuts, and oils is:

$$\frac{50 (\text{vegetables}) + (2 \times 20 (\text{concentrate}))}{50 + (2 \times 20) + 250 (\text{other ingredients})} \times 100 = 26\%$$

Appendix 2: Methods for calculating the nutritional score

The nutritional score is distinct from the Nutri-Score:

- The nutritional score uses the nutrients and ingredients within the food that have a significant impact on health to derive a unique estimated value of the nutritional quality of the food on an ordinal scale ranging from "negative fifteen" -15 (more nutritious) to "positive forty" +40 (less nutritious).
- **The Nutri-Score** is a graphic scale that divides the nutritional score into 5 classes (expressed by a colour and a letter), the purpose being to help the consumer better see, interpret and understand the nutritional quality. The point is not to separate 'good' foods from 'bad' foods, but rather to use the 5 classes to distinguish foods that are healthier from those that are less healthy. This also helps food producers to decide how to reformulate their products so they can move to a higher class and helps consumer think about their health as they are making choices about food.

The nutritional calculation algorithm as described in the order notified to the Commission and the method for determining Nutri-Score classification thresholds are publicly available; this was done to make the system more transparent and reproducible.

The nutritional score is calculated using the nutritional data listed on the package for 100 g of the product, whose nutrients form part of the mandatory nutritional declaration or are included as supplemental information, in accordance with Article 30 of the INCO regulation no. 1169/2011:

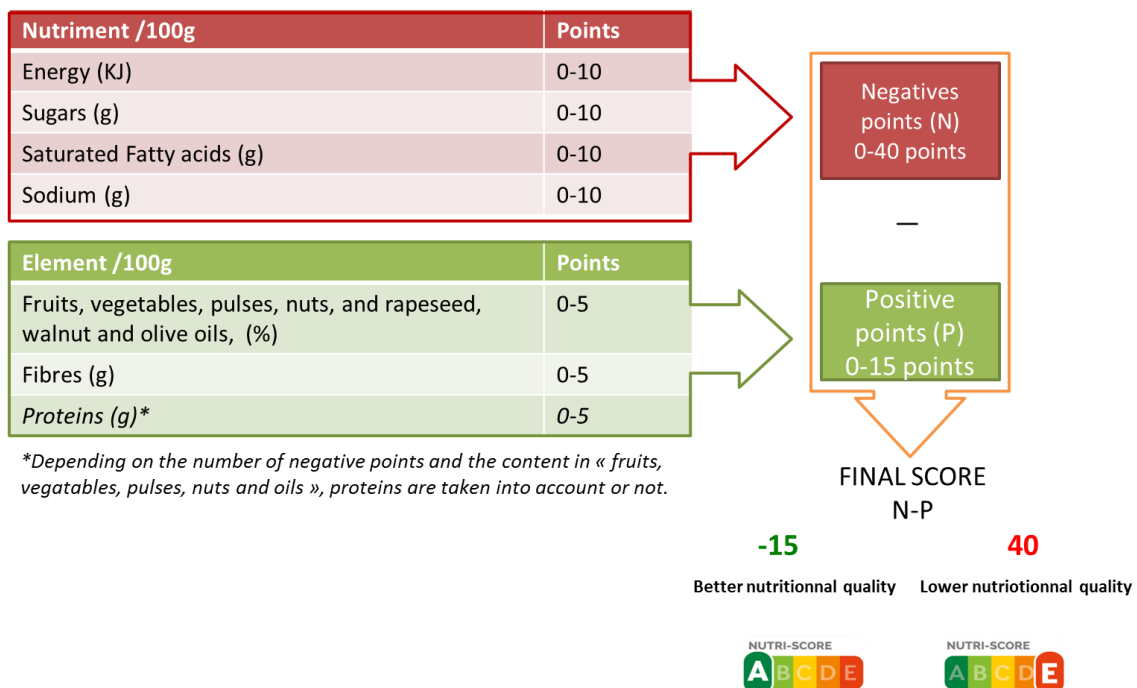
- Calories (Kcal/KJ)
- Amount of fat (g)
- Amount of saturated fatty acids (g)
- Amount of carbohydrates (g)
- Amount of sugars (g)
- Amount of protein (g)
- Amount of salt (mg)
- Fibre (g)

Through the vitamins they contain, fruits, vegetables, pulses and nuts are major contributors to public health and help ensure that the information provided is consistent with nutritional guidelines. They are also counted for the FSA score. As the food must contain at least 40% fruits, vegetables pulses and nuts, the information is available in the ingredient list, to the extent that for these products, the fruits and vegetables are mentioned in the legal name of the product (Article 9 of INCO regulation no. 1169/2011, (Europa Summary of EU legislation 2012)).

- **Score Calculation Methods: General**

The score comprises two dimensions: positive points (corresponding to the 'unfavourable' components, an excess of which is considered unhealthy: calories, sugars, sodium and saturated fatty acids²) and negative points (corresponding to 'favourable' components: fruits, vegetables, pulses, nuts, and rapeseed, walnut and olive oils, protein and fibre, an adequate amount of which is considered healthy).

- Between 0 and 10 points are awarded for each of these 4 'unfavourable' components, based on the amount in 100 g of the food. Points are assigned based on the reference intake for the nutrient in question. First, the 'unfavourable' components are totalled, resulting in a number of positive points (maximum of +40).
- Between 0 and 5 points are awarded for the 3 'favourable' components (0 to 10 points for beverages), based on the amount in 100 g of the food (maximum of -15).



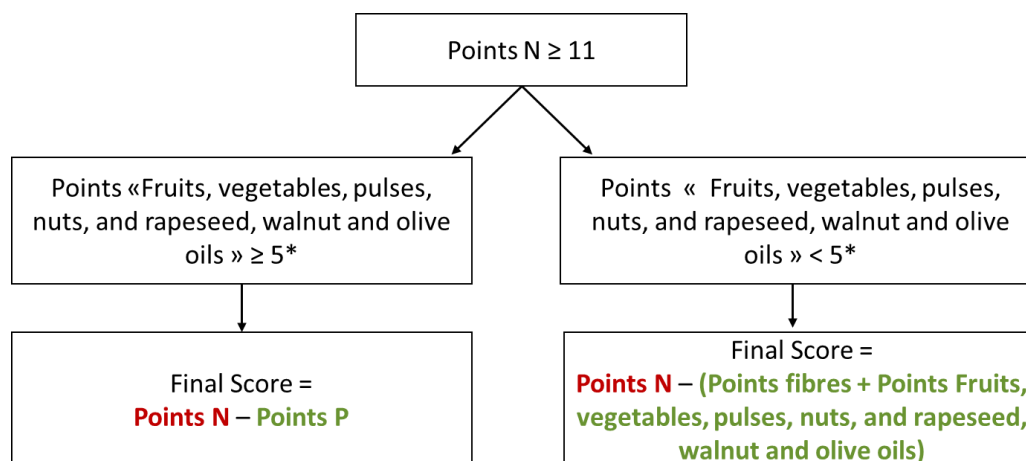
Depending on the number of positive points, either all of the 'favourable' components are subtracted, or only the fibre and, the “fruits, vegetables, pulses, nuts, and rapeseed, walnut and olive oils” components, according to the following rules.

- If the total for the N component is less than 11 points, then the nutritional score is equal to the total N component points minus the total for the P component.
- If the total for the N component is greater than or equal to 11 points and
 - If the total for “Fruits, vegetables, pulses, nuts, and rapeseed, walnut and olive oils” is equal to 5 (10 for beverages), then the nutritional score is equal to the total N component points minus the total for the P component.

² See: EU framework for national initiatives on selected nutrients (salt, energy and saturated fatty acids, added sugars (2008, 2011, 2015)

- If the total for “Fruits, vegetables, pulses, nuts, and rapeseed, walnut and olive oils” is less than 5 (10 for beverages), then the nutritional score is equal to the total N component points minus the sum of the points for “fibres” and “Fruits, vegetables, pulses, nuts, and rapeseed, walnut and olive oils”. In this case, the protein content is therefore not taken into account in the calculation of the nutritional score.

The diagram below summarises the formula to be applied in the listed scenarios.



**the score may be 10 for beverages (see the specific attribution table below)*

The point table **generally** used to calculate the nutritional score is as follows:

- Points assigned for nutrients that have a negative impact on the nutritional score (N)

Points	Energy density (kJ/100g)	Sugars (g/100g)	Saturated fatty acids (g/100g)	Sodium (mg/100g) ¹
0	≤ 335	≤ 4.5	≤ 1	≤ 90
1	> 335	> 4.5	> 1	> 90
2	> 670	> 9	> 2	> 180
3	> 1005	> 13.5	> 3	> 270
4	> 1340	> 18	> 4	> 360
5	> 1675	> 22.5	> 5	> 450
6	> 2010	> 27	> 6	> 540
7	> 2345	> 31	> 7	> 630
8	> 2680	> 36	> 8	> 720
9	> 3015	> 40	> 9	> 810
10	> 3350	> 45	> 10	> 900

¹: the sodium content corresponds to the salt content listed in the mandatory declaration divided by 2.5.

- Points attributed for nutrients that have a positive impact on the nutritional score (P)

Points	Fruits, vegetables, pulses, nuts, and rapeseed, walnut and olive oils (%)	Fibre (g/100g)	Protein (g/100g)
		AOAC method	
0	≤ 40	≤ 0.9	≤ 1.6
1	> 40	> 0.9	> 1.6
2	> 60	> 1.9	> 3.2
3	-	> 2.8	> 4.8
4	-	> 3.7	> 6.4
5	> 80	> 4.7	> 8.0

- **Methods for calculating the score: adaptations**

The main purpose of the Nutri-Score is to help the consumer determine what the nutritional composition of a given food product will contribute to a balanced diet. For each product category, the Nutri-Score helps reveal the degree to which product compositions vary in terms of the selected nutrients: depending on the category, products can be divided into 3 to 5 classes. **This is not true for added fats** (oils, butter or cream), which are almost entirely made up of fatty acids or **cheeses** which are grouped into only 1 or 2 classes (ANSES 2015a). For **beverages**, due to the lack of a significant quantity of the majority of the components used to calculate the nutritional score and due to the liquid nature of the products, it is necessary to count the category-specific components (sugar and calories) when calculating the nutritional score. Thus, modifications were made to improve the consistency of Nutri-Score and nutritional guideline classifications (Haut Conseil de la Santé Publique 2015).

Cheeses

Cheeses are included under the definition of dairy products, which should be consumed several times a day. The guidelines encourage consumers to take note of the amount of fat (to be avoided) and calcium (to be encouraged).

There is a strong correlation between the protein and calcium content of dairy products (Rayner et coll. 2005). Calcium is not one of the nutrients subject to mandatory declaration. That is why the score modification consists solely of ensuring that the amount of protein in cheeses is always counted (which would otherwise be precluded by their salt, calorie and saturated fatty acid content, as these result in a total N value that exceeds 11). This ensures that their relative calcium content is accounted for.

Thus, the protein content is counted, whether the N point total is <11 or not, and the thresholds for the other food categories remain the same. Cheeses are divided into three Nutri-Score classes.

Cheese nutritional score = Total N points – Total P points

Added fats

The French national nutrition health programme (PNNS) recommends privileging plant-derived fats and limiting animal fats (butter and cream). The classification obtained with the original FSA score calculation that put all added fats in the 'dark orange/E' category does not seem consistent with nutritional guidelines. Thus, the FSA score algorithm must be optimised to better account for saturated fatty acid contents³. The points table for fatty acids is calculated based on the total saturated fatty acid/lipid component (as a percentage) with the table for assigning points starting at 10% and increasing by steps of 6%.

The total saturated fatty acids/lipids calculation replaces the saturated fatty acids column, but the other columns must be used.

Points	Ratio total saturated fatty acids/lipids (%)
0	<10
1	<16
2	<22
3	<28
4	<34
5	<40
6	<46
7	<52
8	<58
9	<64
10	≥64

Beverages:

For beverages, the nutritional composition specific to this category must be accounted for, especially the sugar content. Modifications have been made in order to improve consistency between the Nutri-Score classification and nutritional guidelines (Haut Conseil de la Santé Publique 2015). Water is the only beverage recommended by international bodies. That is why water is always kept distinct from all other beverages (including those with 0 calories). Furthermore, the latest scientific research suggests that drinking sweetened (calorie-free) beverages has a negative impact on health (Fowler et coll. 2008; Narain et coll. 2017) or at least that there is no benefit from consuming these products (ANSES 2015b).

Scores for drinks are calculated using the following tables:





The calculation of the energy, total sugars and fruit and vegetables columns replaces the previous columns, but the other columns must be used.

³ EU framework for national initiatives on selected nutrients saturated fatty acids (2011)

Points	Energy density (kJ/100g or 100mL)	Sugars (g/100g or 100mL)	Fruits, vegetables, pulses, nuts, and rapeseed, walnut and olive oils (%)
0	≤0	≤0	≤40
1	≤30	≤1.5	
2	≤60	≤3	>40
3	≤90	≤4.5	
4	≤120	≤6	>60
5	≤150	≤7.5	
6	≤180	≤9	
7	≤210	≤10.5	
8	≤240	≤12	
9	≤270	≤13.5	
10	>270	> 13.5	>80

- **Assigning Colours**

The Nutri-Score logo is attributed based on the score obtained (see table below).

Points		Logo
Solid foods	Beverages	
Min to -1	Waters	
0 - 2	Min - 1	
3 - 10	2 - 5	
11 - 18	6 - 9	
19 - max	10 - max	