A Food Science Perspective for the Classification of Processed Foods

Susana Socolovsky, PhD, CFS

President of the Argentine Association of Food Technologists

16:30-18:00 **Session 8 – Using processing as a touchstone for choosing grain-based foods – Fabulous or flawed?** (Don Alberto 1)

Chairs: *Julie Miller Jones, St. Catherine's University, US; Susana Socolovsky, AATA, AR*

Conflict of Interests Disclosure

The author works as an independent consultant in Scientific and Regulatory Affairs and in Food Innovation. Her main activity is related to the regulatory approvals of different ingredients and food additives in Latin American countries. She works with food ingredients and food additives companies, food producers and law firms.

She acts as an advisor at international food regulatory forums: Codex, Mercosur and others.

She is a member of several scientific advisory committees.

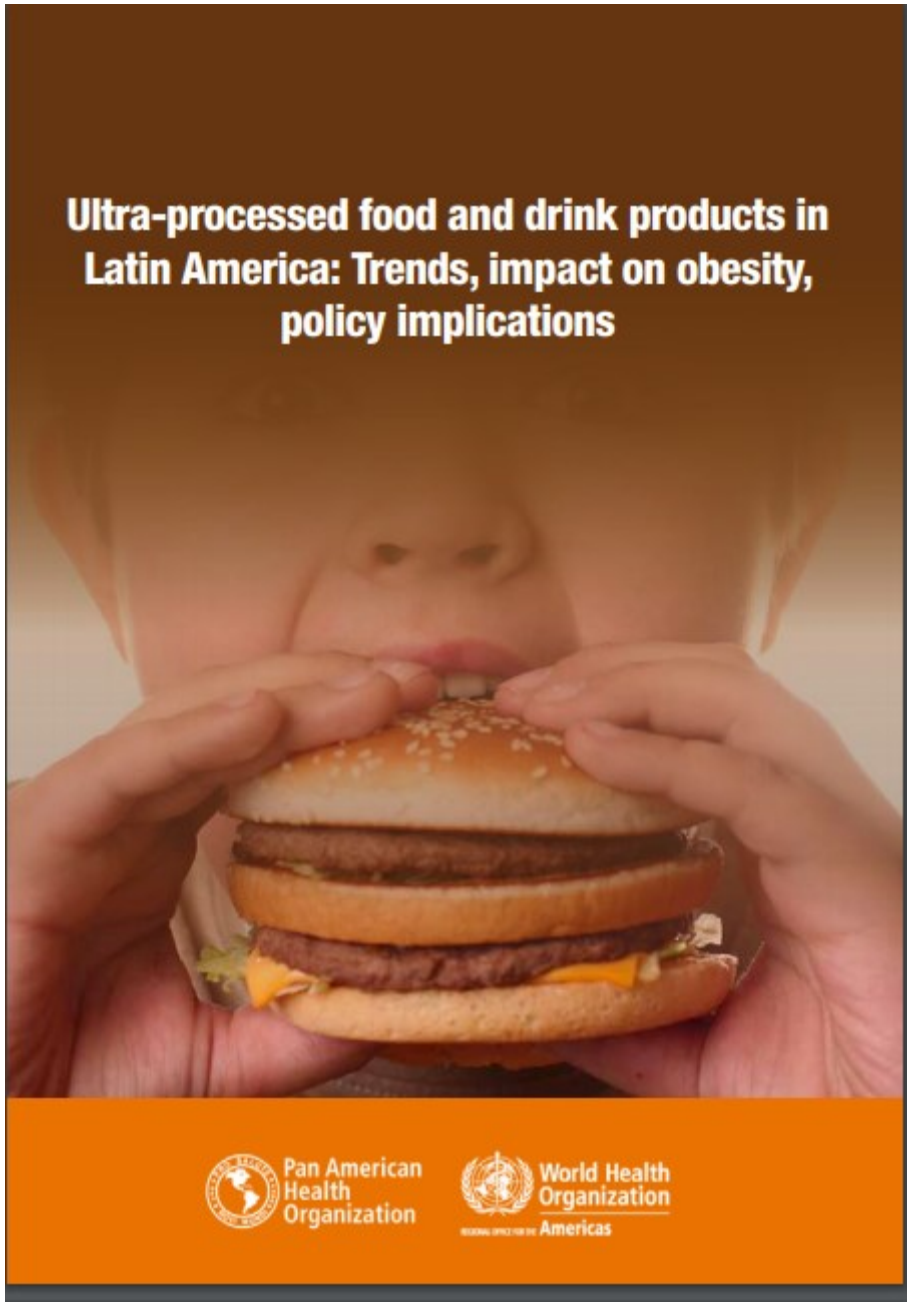
IUFoST " http://159.203.12.112/2010/01/19/guidelines-of-professional-behaviour/

THE LATIN AMERICAN REGULATORY LANDSCAPE

FRONT OF PACK LABELS IN LATIN AMERICAN COUNTRIES

PAHO 2015

- Introduces the NOVA classification of foods invented by Carlos Monteiro in Brazil
- Categorizes foods according to processing.
- Adopts the name **ultra-processed foods**
- Concludes that the **association** between annual sales per capita of ultra-processed foods and the increase of BMI **predicts obesity**

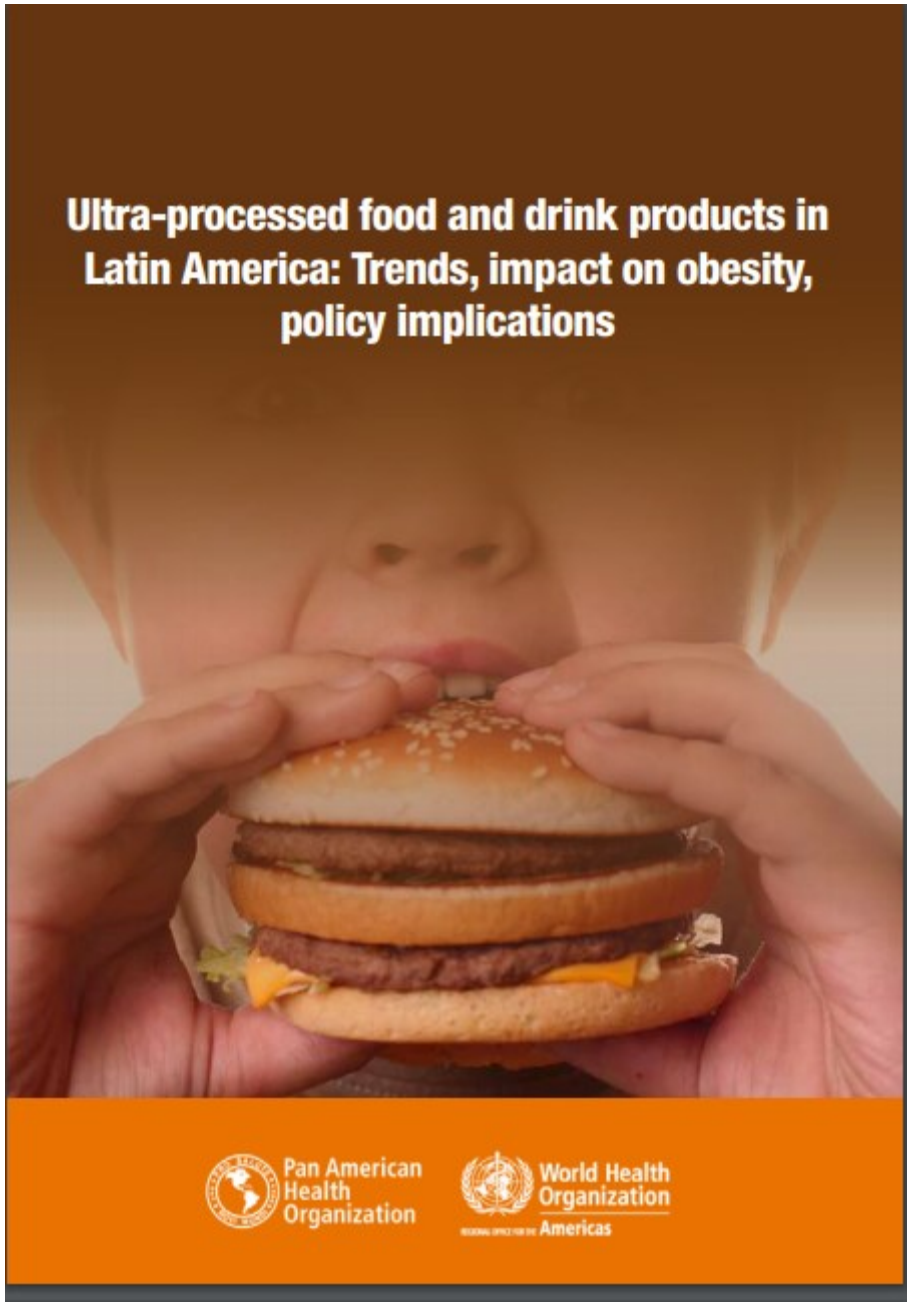


PAHO 2015

This report is based on the NOVA food classification system. The NOVA system groups food according to the nature, purpose, and extent of its processing (21,27).

It has four groups, specified below and in more detail in Annex A:

1. Unprocessed or minimally processed foods
2. Processed culinary ingredients
3. Processed foods
4. Ultra-processed food and drink products



NOVA Food Classification System

2009

- Monteiro CA. Nutrition and health. The issue is not food, nor nutrients, so much as processing. Public Health Nutr. 200912(5): 729–31.

2010

- Monteiro C. The big issue is ultra-processing. World Nutr. 20101(6):237–69.

2010

- Monteiro CA, *et. col*. A new classification of foods based on the extent and purpose of their processing. Cad Saúde Publica. 201026(11):2039–49.

2012

- Monteiro CA, *et. col*. The food system. Processing. The big issue for disease, good health, well-being. World Nutr. 2012,3(12):527–69

It has impacted not only communications but most importantly public policies

NOVA Food Classification System

1. Unprocessed or minimally processed foods
2. Processed culinary ingredients
3. Processed foods
4. Ultra-processed food and drink products

FoodEx2

LANGUAL

stands for

Langua Alimentaria (Language of Foods)

NOVA Food Classification System

1. Unprocessed or minimally processed foods
2. Processed culinary ingredients
3. Processed foods
4. **Ultra-processed food and drink products**

- Very low nutritional quality
- Hyper-palatable and quasi-addictive
- Imitative of food; falsely seen as healthy
- Conducive to snacking
- Aggressively advertised and marketed
- Socially and environmentally destructive

Ultra-processed food and drink products

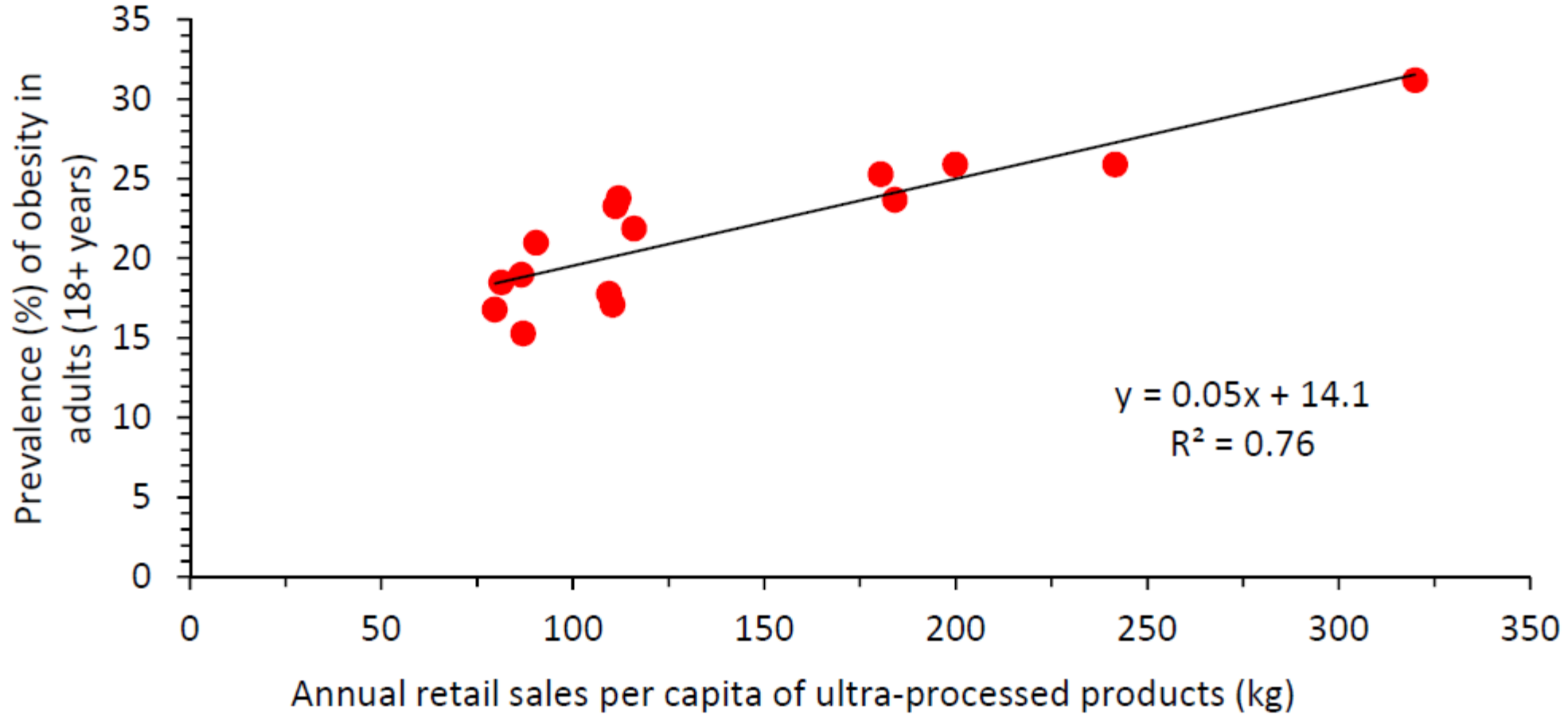
- Ultra-processed food and drink products are industrial formulations manufactured from substances derived from foods or synthesized from other organic sources.
- In their current forms, they are inventions of modern industrial food science and technology.
- Most of these products contain little or no whole food.
- They are ready-to-consume or ready-to heat, and thus require little or no culinary preparation

Ultra-processed food and drink products

- Figure 14 shows an **association** between sales per capita of ultraprocessed products and prevalence of obesity in adults (18+ years) in 14 countries in the Americas (all Latin American countries studied except Argentina, plus Canada and the United States).
- There was a positive, strong, and significant association ($R2 = 0.76$; $p < 0.001$) **between prevalence of adult obesity and higher sales per capita of ultra-processed products**. After controlling for confounders (GNI, urbanization, and deregulation), the association remained significant ($R2 = 0.84$; $p < 0.001$).

Figure 14

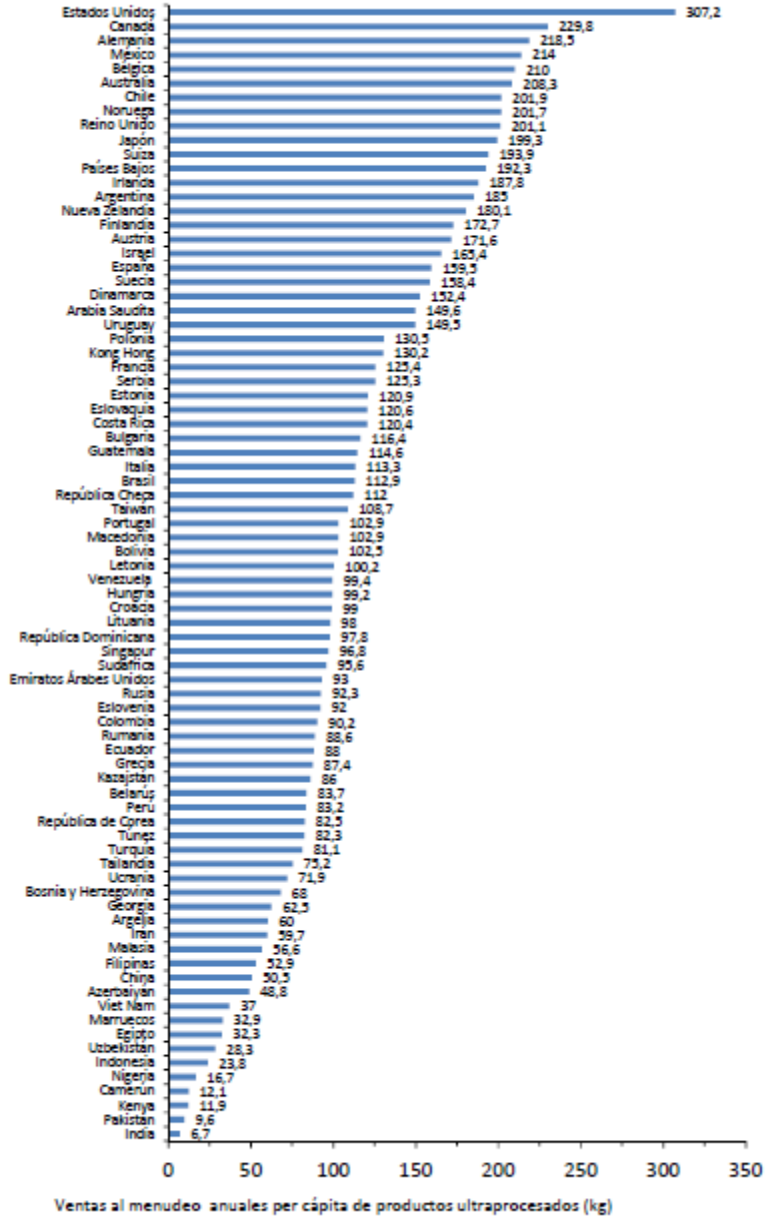
Annual retail sales per capita of ultra-processed food and drink products and prevalence of obesity (%) in adults in 14 countries in the Americas, 2013



Ultra-processed products here include carbonated soft drinks, sweet and savory snacks, breakfast cereals, confectionery (candy)

Figura 3

Ventas al menudeo anuales per cápita de alimentos y bebidas ultraprocesados en 80 países, 2013



Los alimentos y bebidas ultraprocesados referidos son: bebidas gaseosas, snacks, cereales para el desayuno, dulces y caramelos,

Ventas al consumidor

Los alimentos y bebidas ultra-procesados referidos son: bebidas gaseosas, snacks, cereales para el desayuno, dulces y caramelos, helados, galletas, jugos de frutas y verduras, bebidas deportivas y energizantes, té o café listos para beber, productos para untar, salsas y comidas listas.

Las cantidades en litros se convierten en kilogramos. Fuente: Base de datos Passport de Euromonitor International (2014) (38).

Figura 3

Ventas al menudeo anuales per cápita de alimentos y bebidas ultraprocesados en 80 países, 2013

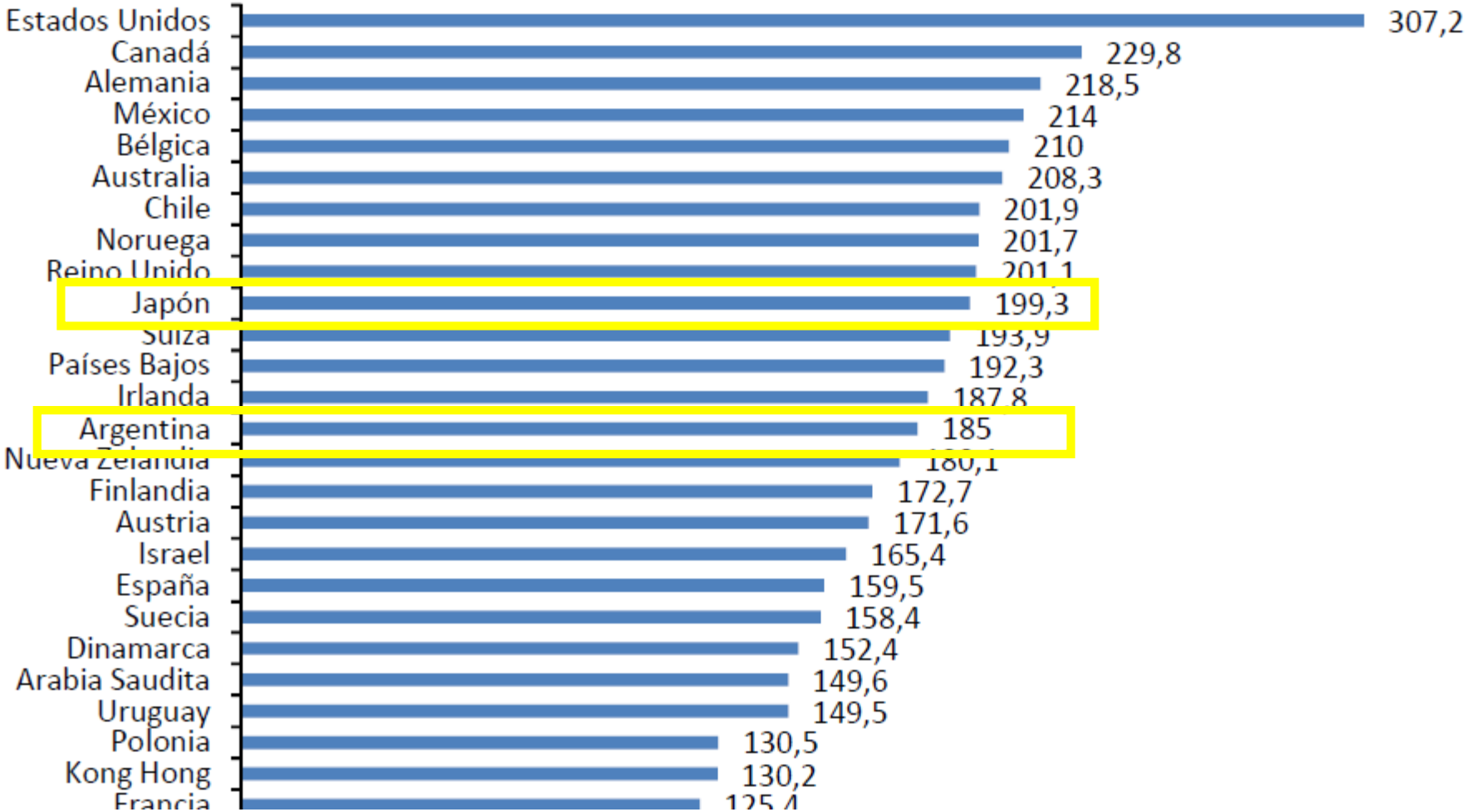


Figura 4

Ventas al menudeo anuales per cápita de alimentos y bebidas ultraprocesados en 13 países latino-americanos, 2000–2013

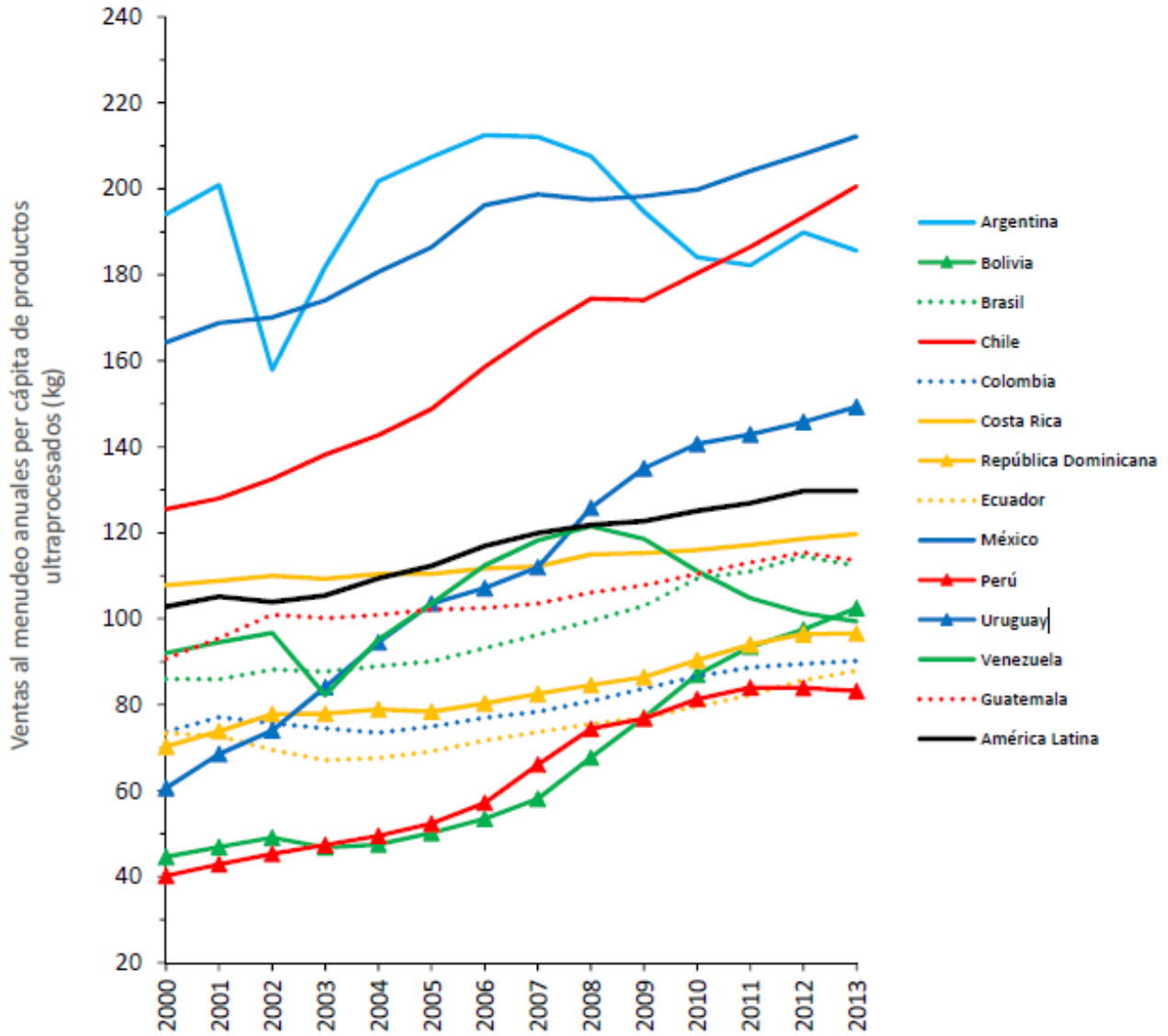
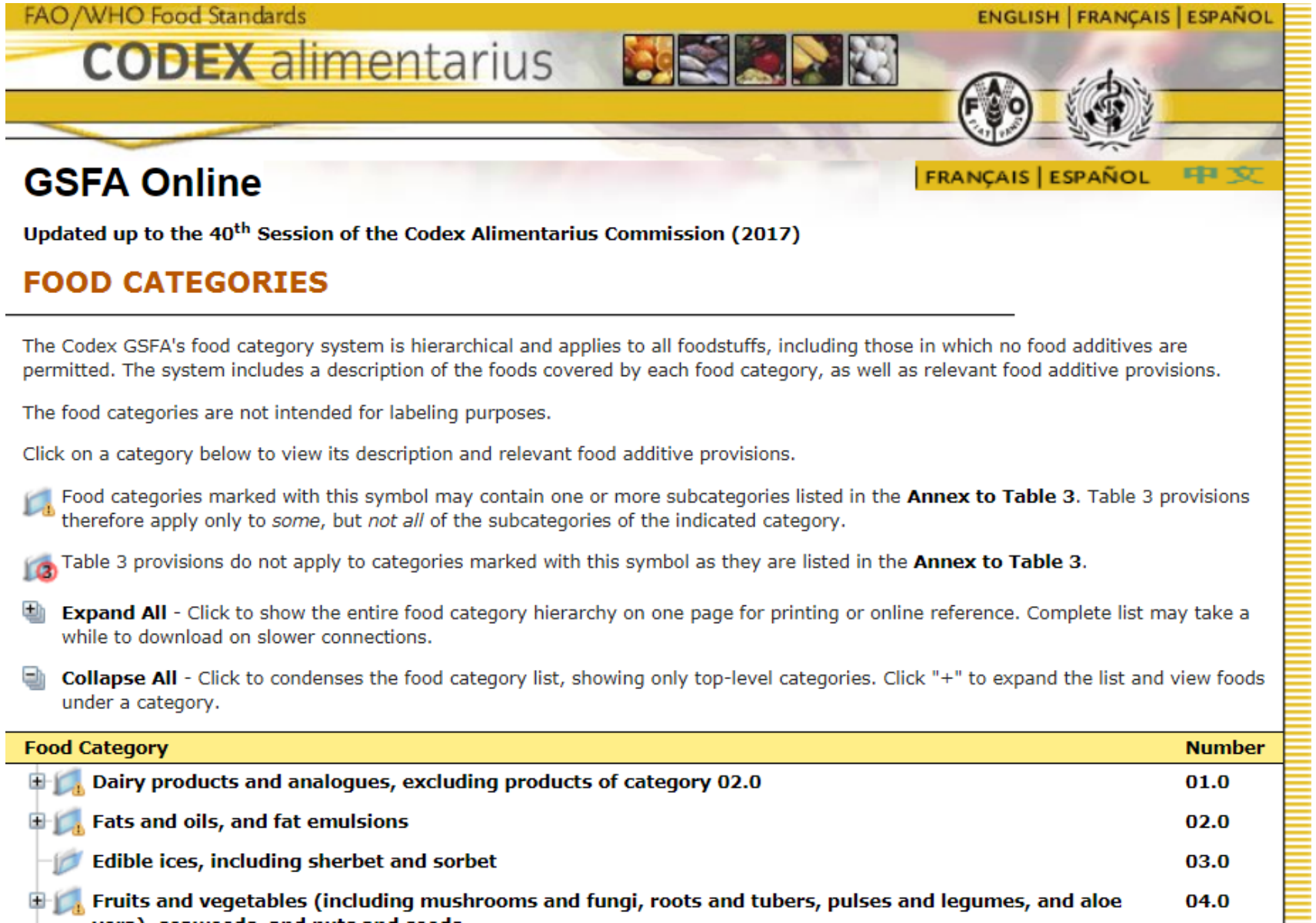


Figura 4
Ventas al menudeo anuales per cápita de alimentos y bebidas ultra-procesados en 13 países latinoamericanos, 2000–2013

CODEX Food Categories



FAO/WHO Food Standards

ENGLISH | FRANÇAIS | ESPAÑOL

CODEX alimentarius

FRANÇAIS | ESPAÑOL 中文

GSFA Online

Updated up to the 40th Session of the Codex Alimentarius Commission (2017)

FOOD CATEGORIES

The Codex GSFA's food category system is hierarchical and applies to all foodstuffs, including those in which no food additives are permitted. The system includes a description of the foods covered by each food category, as well as relevant food additive provisions.

The food categories are not intended for labeling purposes.

Click on a category below to view its description and relevant food additive provisions.

Food categories marked with this symbol may contain one or more subcategories listed in the **Annex to Table 3**. Table 3 provisions therefore apply only to *some*, but *not all* of the subcategories of the indicated category.

Table 3 provisions do not apply to categories marked with this symbol as they are listed in the **Annex to Table 3**.

Expand All - Click to show the entire food category hierarchy on one page for printing or online reference. Complete list may take a while to download on slower connections.

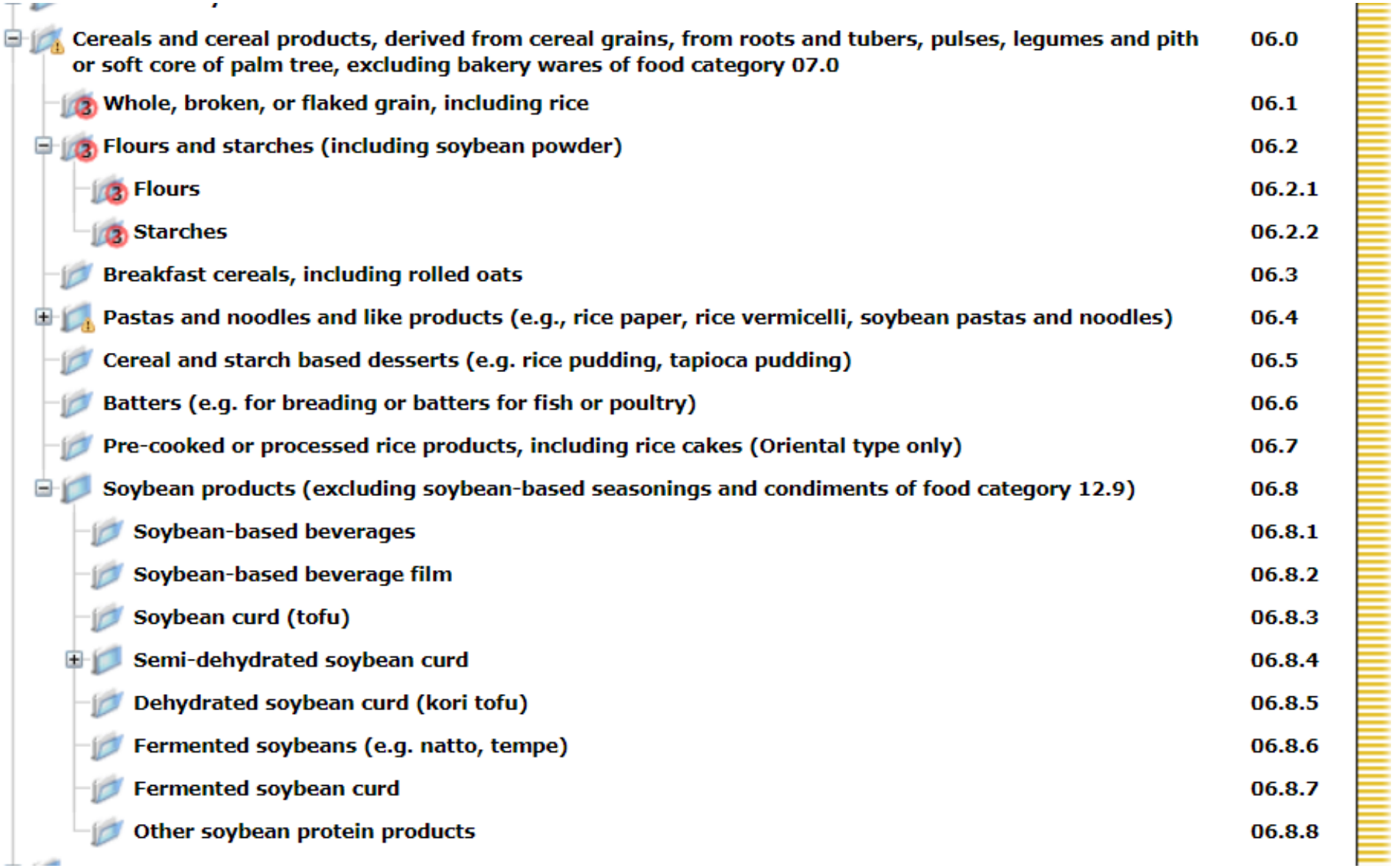
Collapse All - Click to condenses the food category list, showing only top-level categories. Click "+" to expand the list and view foods under a category.

Food Category	Number
Dairy products and analogues, excluding products of category 02.0	**01.0**
Fats and oils, and fat emulsions	**02.0**
Edible ices, including sherbet and sorbet	**03.0**
Fruits and vegetables (including mushrooms and fungi, roots and tubers, pulses and legumes, and aloe	**04.0**

CODEX Food Categories

Food Category	Number
Dairy products and analogues, excluding products of category 02.0	01.0
Fats and oils, and fat emulsions	02.0
Edible ices, including sherbet and sorbet	03.0
Fruits and vegetables (including mushrooms and fungi, roots and tubers, pulses and legumes, and aloe vera), seaweeds, and nuts and seeds	04.0
Confectionery	05.0
Cereals and cereal products, derived from cereal grains, from roots and tubers, pulses, legumes and pith or soft core of palm tree, excluding bakery wares of food category 07.0	06.0
Bakery wares	07.0
Meat and meat products, including poultry and game	08.0
Fish and fish products, including mollusks, crustaceans, and echinoderms	09.0
Eggs and egg products	10.0
Sweeteners, including honey	11.0
Salts, spices, soups, sauces, salads, protein products	12.0
Foodstuffs intended for particular nutritional uses	13.0
Beverages, excluding dairy products	14.0
Ready-to-eat savouries	15.0
Prepared foods	16.0

CEREALS AND CEREAL PRODUCTS



LanguaL™ Home
Thesaurus
Literature
Proposals
Downloads
Contacts
About the web pages
Links

Other DFI sites
DFI Home
SciName Finder™
Compilers' Toolbox™

LANGUAL™ - THE INTERNATIONAL FRAMEWORK FOR FOOD DESCRIPTION

Updated 2017-12-22

LanguaL™ is a Food Description Thesaurus

LanguaL™ stands for "**Langua aL**imentaria" or "language of food". It is an automated method for describing, capturing and retrieving data about food. The work on LanguaL™ was started in the late 1970's by the Center for Food Safety and Applied Nutrition (CFSAN) of the United States Food and Drug Administration as an ongoing co-operative effort of specialists in food technology, information science and nutrition.

Since then, LanguaL™ has been developed in collaboration with the US National Cancer Institute (NCI), and, more recently, its European partners, notably in France, Denmark, Switzerland and Hungary. Since 1996, the European LanguaL™ Technical Committee has administered the thesaurus.

The thesaurus provides a standardised language for describing foods, specifically for classifying food products for information retrieval. LanguaL™ is based on the concept that:

- Any food (or food product) can be systematically described by a combination of characteristics
- These characteristics can be categorised into viewpoints and coded for computer processing
- The resulting viewpoint/characteristic codes can be used to retrieve data about the food from external databases

LanguaL™ is a multilingual thesaural system using facetted classification. Each food is described by a set of standard, controlled terms chosen from facets characteristic of the nutritional and/or hygienic quality of a food, as for example the biological origin, the methods of cooking and conservation, and technological treatments.

One problem concerning multilingual thesauri is the multiplicity of natural languages: corresponding terms of different languages are not always semantically equivalent. It was chosen to render LanguaL™ language-independent, to be used in the USA and Europe for numeric data banks on food composition (nutrients and contaminants), food consumption and legislation. Each descriptor is identified by a unique code pointing to equivalent terms in different languages (e.g. Czech, Danish, English, French, German, Italian, Portuguese, Spanish and Hungarian).

LanguaL™ thus facilitates links to many different food data banks and contributes to coherent data exchange. LanguaL™ is the only generally recognised method in common use for describing, capturing and retrieving data about food, adapted to computerised national and international food composition and consumption databanks.

More than 40000 foods in food composition databases LanguaL™ indexed

More than 27000 foods in European food composition databases are now LanguaL™ indexed to facilitate search and retrieval in the context of the EuroFIR eSearch Prototype facility, and currently the EuroFIR FoodExplorer.
In addition, foods from USA, Canada, New Zealand and Australia have been indexed. The USDA National Nutrient Database for Standard Reference is now fully LanguaL™ indexed. The indexing files are available from the USDA ARS Nutrient Data site or the download pages of the Langual™ site.

The New Zealand FOODfiles 2014 Version 01 as well as the Canadian Nutrient File 2015 have also been fully indexed. The LanguaL™ indexed Australian food

News

New release of th Swedish food datab

2018-12-18
A new release of the Sw food database published the Swedish National F Administration websi

New release of the Da Food Compositio Database.

2017-12-15
The Danish Food Compo Database, FRIDA versi has been published See the DTU National I Institute website.

New release of the Fr Food Composition Ta

2017-12-07
The 2017 version of t French Food Composi Table is online.
See the ANSES-CIQU website.

New release of Braz Food Composition Ta

2017-10-17
Version 6.0 of the Braz Food Composition Tab now available.
See the TBCA websit

FoodEx2

TECHNICAL REPORT

APPROVED: 30 April 2015

PUBLISHED: 30 April 2015

The food classification and description system FoodEx2 (revision 2)

European Food Safety Authority

Abstract

FoodEx2 is a comprehensive food classification and description system aimed at covering the need to describe food in data collections across different food safety domains. After its first release in 2011, the system was broadly tested in various practical situations, allowing its evaluation and the identification of areas for improvement. As a consequence of this testing phase, FoodEx2 was reviewed and revised in order to match the needs expressed by the different users. In particular, the terminology was significantly expanded in the sections on raw commodities and natural sources, new hierarchies were added and the relationship between the terms and the most important facets was streamlined. This technical report, mainly aimed to data providers to EFSA, describes the revision of the system and also provides guidance for the harmonised use of the system and the quality control of the codes. Revision 2 of FoodEx2 replaces the revision 1.

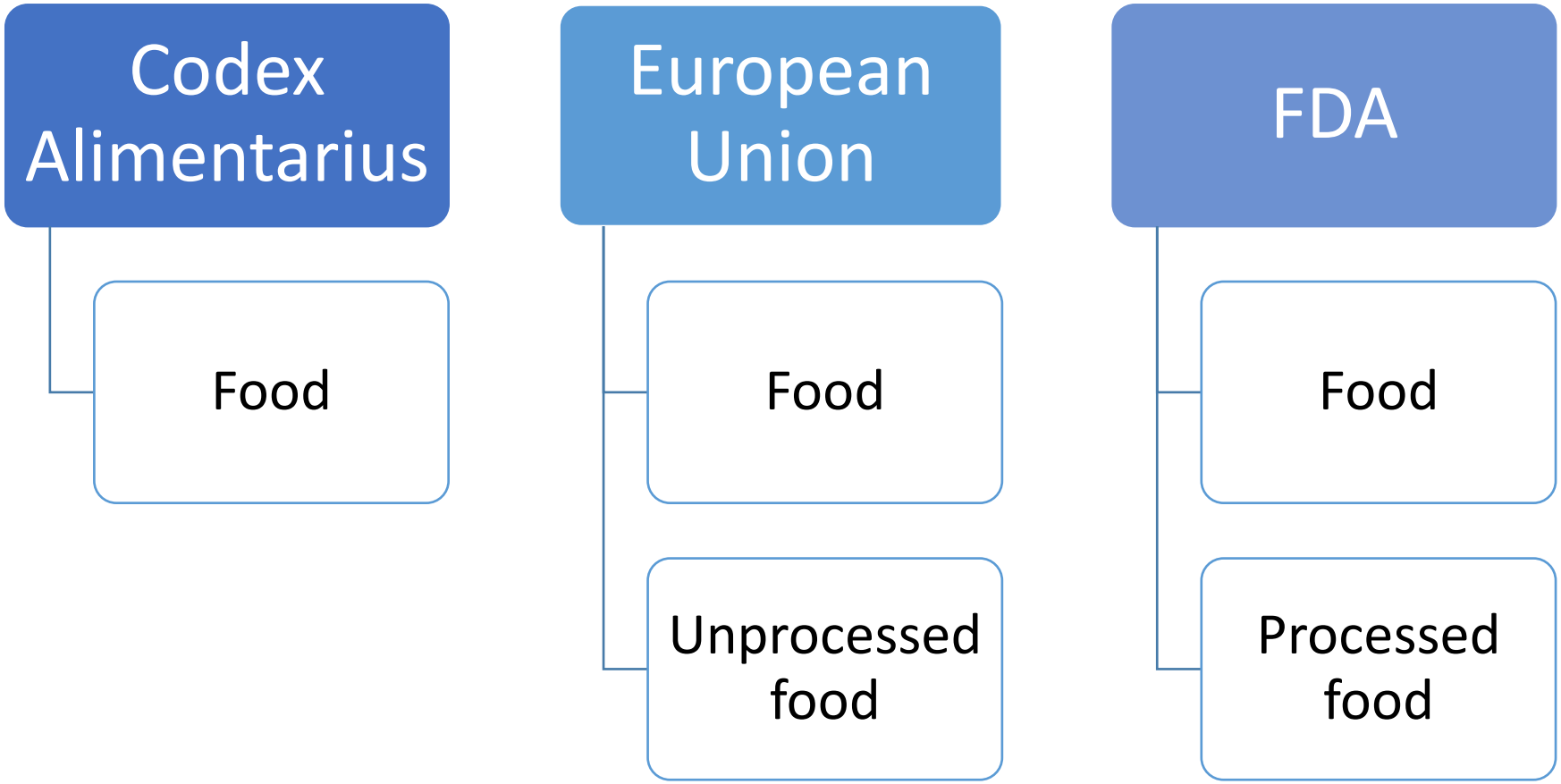
Key words: food classification, food description, food groups, food categories, core list, extended list, facets

Requestor: EFSA

Question number: EFSA-Q-2014-00143

Correspondence: data.collection@efsa.europa.eu

Food Definitions - International Regulations



Codex Alimentarius

Food means any substance, whether processed, semi-processed or raw, which is intended for human consumption, and includes drink, chewing gum and any substance which has been used in the manufacture, preparation or treatment of “food” but does not include cosmetics or tobacco or substances used only as drugs.

European Union

Definition of "food“

For the purposes of this Regulation, "**food**" (or "**foodstuff**") means any substance or product, whether processed, partially processed or unprocessed, intended to be, or reasonably expected to be ingested by humans.

"**Food**" includes drink, chewing gum and any substance, including water, intentionally incorporated into the food during its manufacture, preparation or treatment. It includes water after the point of compliance as defined in Article 6 of Directive 98/83/EC and without prejudice to the requirements of Directives 80/778/EEC and 98/83/EC.

EU Legislation

Regulation (EC) No 178/2002 (OJ L31, p1, 1/02/2002) of 28 January 2002 laying down the general principles and requirements of food law, establishing the European Food Safety Authority and laying down procedures in matters of food safety.

FDA

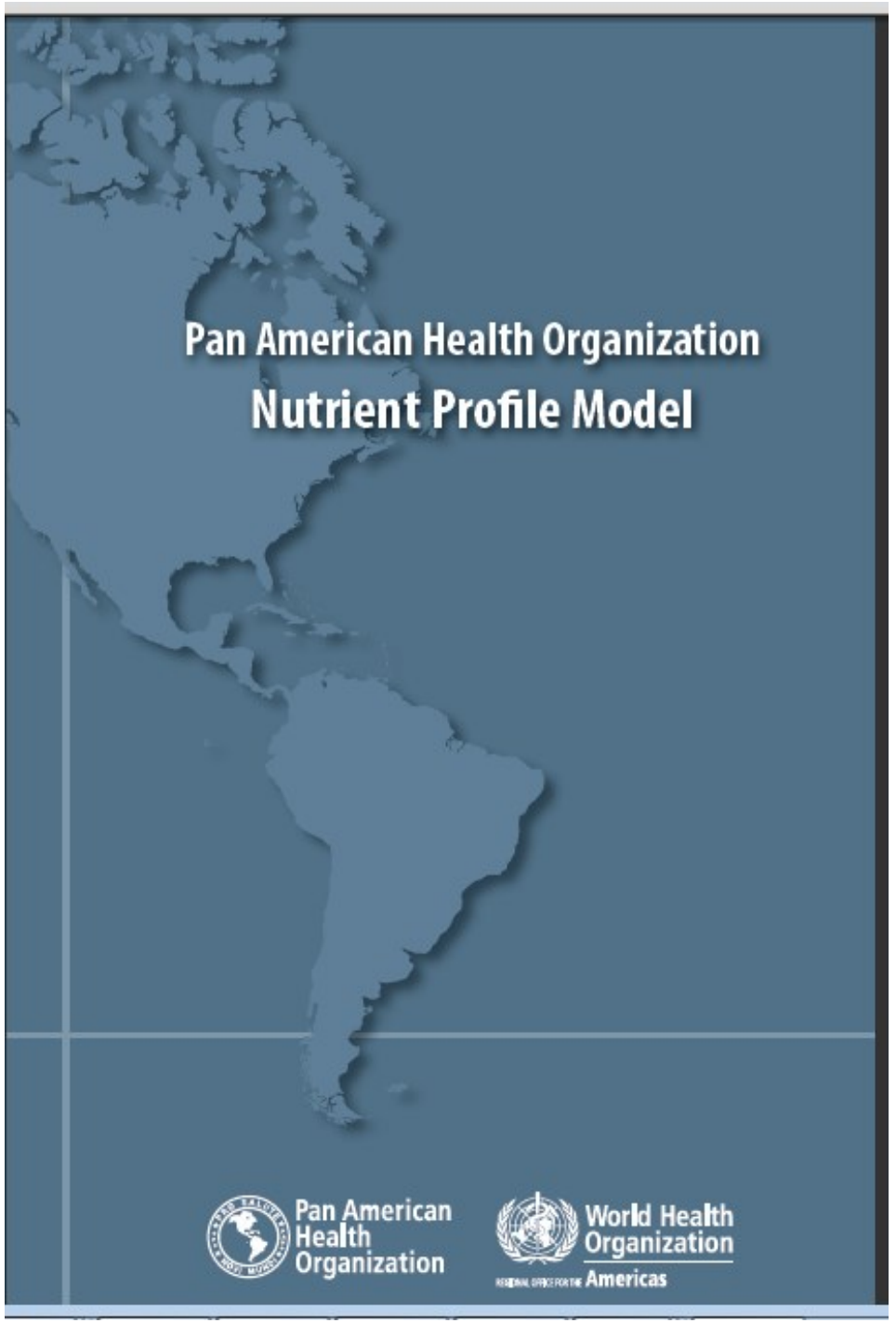
The term **food** means (1) articles used for food or drink for man or other animals, (2) chewing gum, and (3) articles used for components of any such article.

The term **processed food** means any food that is not a raw agricultural product that has been subjected to processing such as canning, cooking, freezing, dehydration or grinding.

CFR - Code of Federal Regulations Title 21 – Chapter 9
21 U.S. Code § 321 - Definitions

On February 18 th 2016

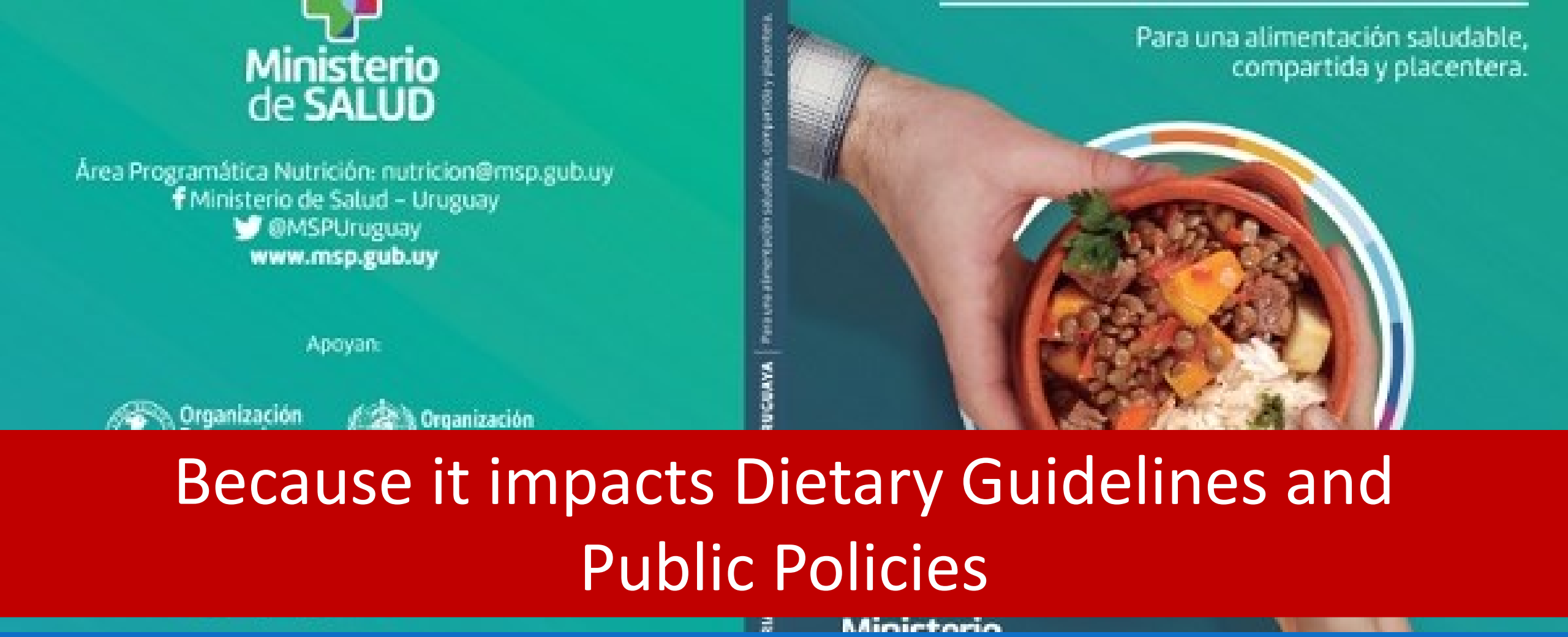
- *PAHO publishes the Nutrient Profile Model*



Food Composition Data is Essential

- ’’Inadequate food composition data and their use may then lead to erroneous research results, wrong policy decisions (particularly in nutrition, agriculture and health), misleading food labels, false health claims and inadequate food choices’’ *U. Ruth Charrondiere (FAO official)*

Why is Food Classification so critical?



Because it impacts Dietary Guidelines and Public Policies

Dietary Guidelines for the Uruguayan Population

December 6, 2016

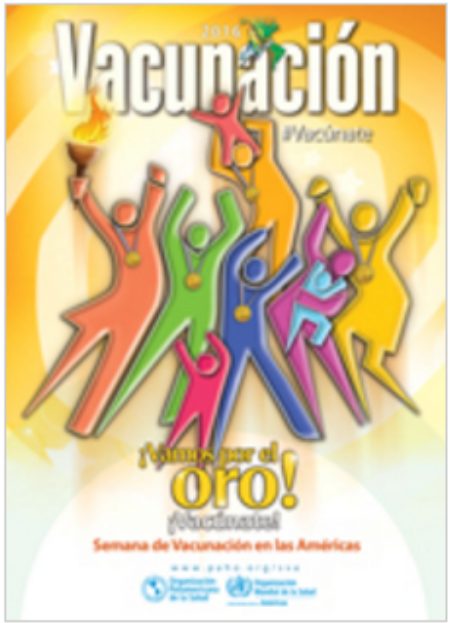
Destacados

- Cómo solicitar Cooperación Técnica
- Campus Virtual de Salud Pública-Uruguay
- Día Mundial de la Salud 2016
- Avances en la Salud
- Cursos de

Nueva Guía de Alimentación para la población uruguaya con apoyo de OPS

El Ministerio de Salud (MSP) presentó la “Guía Alimentaria para la población uruguaya” ante una numerosa presencia de público. La guía tiene el objetivo de promover una alimentación saludable, compartida y placentera. Asimismo, busca contrarrestar los hábitos que generan problemas que son factores de riesgo de enfermedades no transmisibles. Contó con el apoyo de la Organización Panamericana de la Salud, UNICEF y FAO.

Campañas OPS



Immediate Repercussion

NACIONAL SALUD

MSP contra la sal, el azúcar y la publicidad

Diciembre 8, 2016 05:00 TIEMPO DE LECTURA: 5 MINUTOS -a +A

Elaboraron una guía para mejorar la alimentación de los uruguayos que recomienda evitar el consumo de productos ultraprocesados

Immediate Repercussion

Ministerio de Salud presenta guía alimentaria que desaconseja el consumo de ultraprocesados

Tiene en la tapa una cazuela de lentejas. Las páginas son amenas, con ilustraciones que aconsejan tomar agua en lugar de refrescos, prepararse la comida, hacerse un espacio para compartirla sentado a la mesa, y moverse en varios momentos del día. No es prohibitiva y da pautas de conducta que están al alcance de la mano. Es la *Guía alimentaria para la población uruguaya*, que presentará hoy el Ministerio de Salud (MS). Fue coordinada por Ximena Moratorio, responsable del Área Programática de Nutrición del MS, e Isabel Bove, asesora del ministro, y contó con el apoyo de la FAO y el asesoramiento de instituciones nacionales e internacionales que trabajan en la salud, la infancia y la academia.

Las primeras guías de alimentación uruguayas eran de 2005. Las nuevas recomendaciones se establecen partiendo de los principales problemas epidemiológicos de la población uruguaya. En estos diez años "ha habido un aumento muy importante del sobrepeso, la obesidad, las enfermedades crónicas, muchos cambios en el perfil del consumo y un aumento exponencial del consumo de productos [illegible]" explicaron ayer a la prensa Moratorio y Bove. Está dirigida a la [illegible] (estará disponible en la web del MS) y se buscará capacitar a do[illegible] deportivos, de baby fútbol y plazas de deportes.

La guía llevó un año y medio de elaboración. Se apoyó en una en[illegible] fue respondida por 2.000 personas, para evaluar qué tanto se co[illegible] "ultraprocesado". "Había toda una discusión para ver si la pobla[illegible] poder interpretar. Lo que nos dio fue que la gente no lo sabía de[illegible] que era", dijo Moratorio.

“AVOID THE CONSUMPTION OF ULTRA PROCESSED PRODUCTS”

Recommendation based on wrong principles

Unjust prohibition

Recordá

Combinar alimentos de origen vegetal —como verduras, frutas, porotos, lentejas y garbanzos, fideos, arroz o polenta— con alimentos de origen animal —como huevos y leche, y cantidades moderadas de carnes— se obtiene una alimentación nutricionalmente equilibrada.

Además, contribuye a la promoción de un sistema alimentario más sustentable.

2. Basá tu alimentación en alimentos naturales y evitá el consumo de productos ultraprocesados en el día a día, con excesiva cantidad de grasas, azúcar y sal.

La alimentación de nuestros abuelos, padres y madres se basaba en los alimentos naturales, es decir, aquellos que se obtienen directamente de las plantas o de los animales, como frutas, verduras, legumbres, carnes, huevos, leche, arroz, trigo, entre otros.

En algunos casos, a estos alimentos se les aplican procesos simples como pelado, molido, desecado, **fermentado**, **pasteurizado** o congelado, sin el agregado de sal, azúcar o grasas.

La alimentación basada en comidas caseras preparadas con este tipo de alimentos con poca cantidad de sal, azúcar y grasas se asocia con un buen nivel de salud y bienestar, y una incidencia más baja de enfermedades.

Esto se debe no solo a su **calidad nutricional**, sino también a los beneficios emocionales, mentales y sociales que implica cocinar nuestros propios alimentos y compartirlos con otras personas.

Por eso nuestra recomendación es que bases tu alimentación en los alimentos naturales que hemos empleado tradicionalmente en nuestra cocina.

Fermentación: proceso que permite preservar por más tiempo los alimentos. Por ejemplo, el avinagrando inhibe el crecimiento y la fermentación de la leche para obtener el yogur y el kéfir. También les da sabor, aroma y textura transformándolos en vino, cerveza y pan .
Pasteurización: proceso térmico realizado en líquidos, por ejemplo en la leche, con el objetivo de reducir la presencia de patógenos.
Calidad nutricional: depende del contenido de nutrientes de los alimentos. Los que aportan cantidades significativas de varios nutrientes se consideran de alta calidad, mientras que los que aportan solo calorías (por ejemplo, el azúcar) se consideran de baja calidad.

Evidence that number of food additives define ultra processed foods

All the food categories listed contradict Codex

CEREALES

NATURAL	PROCESADO	ULTRAPROCESADO

Ingredientes:
Harina de trigo
Hierro
Ácido fólico

Ingredientes:
Harina integral

Ingredientes:
Avena

Ingredientes:
Harina integral de maíz

Ingredientes:
Harina
Agua
Levadura
Sal

Ingredientes:
Harina de trigo fortificada
Cobertura símil chocolate
Azúcar
Aceite vegetal hidrogenado
Cacao en polvo
Emulsionante: lecitina de soja
Aromatizante/saborizante: vainilla
Crasa vacuna refinada
Almidón de maíz
Jarabe de fructosa
Sal
Leudantes químicos: bicarbonato de sodio y bicarbonato de amonio

Ingredientes:
Mezcla de cereales (harina de maíz integral, sémola de maíz)
Azúcar
Almidón de maíz
Jarabe de glucosa
Aceite de palma
Fosfato tricálcico
Fosfato dicálcico
Goma arábica
Sal iodada
Saborizante artificial
Citrato trisódico
Ácido cítrico
Ácido málico
Fosfato trisódico
Colorantes
Vitaminas y minerales: niacina; ácido pantoténico; vitaminas b6, b2 y b1; ácido fólico; carbonato de calcio; hierro y zinc.

Ingredientes:
Cereal de maíz
Aceite vegetal
Maltodextrina
Sólidos de la leche
Sal iodada
Aceite vegetal parcialmente hidrogenado
Harina de soja
Queso
Glutamato monosódico
Almidón modificado
Ácido cítrico
Proteína de soja
Colorantes
Harina de maíz
Achiote
Inosinato de sodio
Ácido láctico
Guanilato de sodio

* Las imágenes son representativas del tipo de producto. Sin embargo, se reconoce que los ingredientes pueden variar de un producto a otro.

Evidence that number of food additives define ultra processed foods

All the food categories listed contradict Codex

LECHE

NATURAL	PROCESADO	ULTRAPROCESADO
 **Ingredientes:** Leche pasteurizada	 **Ingredientes:** Leche pasteurizada Azúcar Fermentos	 **Ingredientes:** Leche entera pasteurizada Azúcar Cacao en polvo Estabilizante: carragenina Aromatizante: esencia de caramelo
	 **Ingredientes:** Leche pasteurizada Fermentos Lácteos Cuajo Sal	 **Ingredientes:** Leche pasteurizada Suero lácteo Azúcar Almidón de maíz Fermento láctico Colorante natural Aromatizante y saborizante artificial de durazno o frutilla

Uruguay posts for public consultation a FOP Decree Project

June 2nd. 2017

PROYECTO DE DECRETO

Montevideo,

VISTO: el Reglamento Bromatológico Nacional aprobado por el Decreto Nº 315/994 del 5 de julio de 1994;

RESULTANDO: I) que dicho reglamento determina la normativa general y particular que deben cumplir los productos alimenticios que se van a consumir en el territorio nacional;

II) que el Reglamento Bromatológico Nacional se encuentra en permanente actualización;

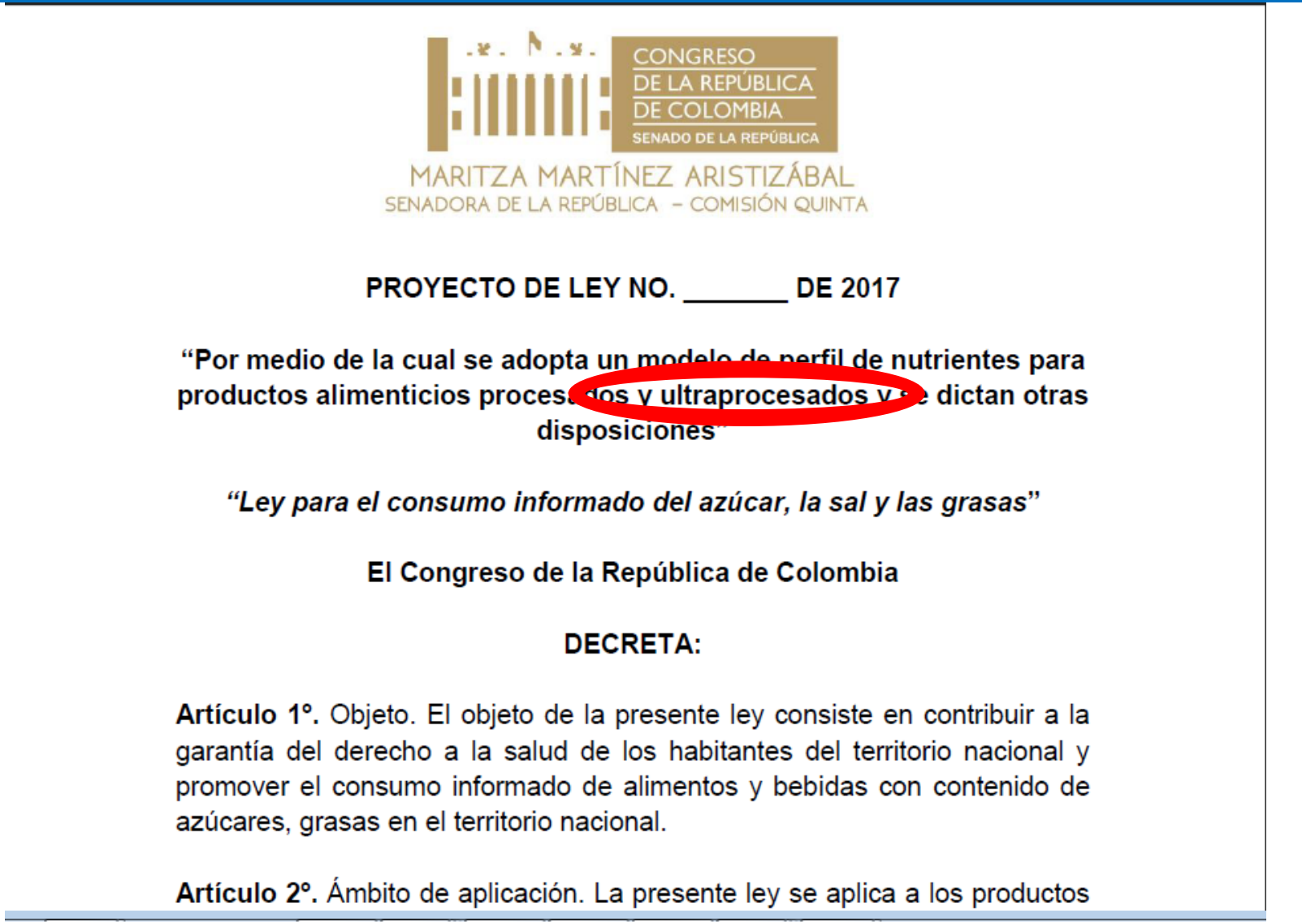
CONSIDERANDO: I) que en los últimos años ha habido una fuerte escalada del sobrepeso y la obesidad en la población del país en todos los grupos etarios, que se asocia a una mayor prevalencia de enfermedades no transmisibles a edades cada vez más tempranas.

II) que, conforme a la evidencia, existe una relación directa entre el consumo de alimentos procesados con el agregado de excesiva cantidad de grasas, grasas saturadas, sal y azúcares, con el desarrollo de la obesidad y otras enfermedades no transmisibles.

III) que, en el país, entre 1999 y 2013, de acuerdo a los datos elaborados por la OPS/OMS, la venta de bebidas azucaradas se triplicó, y la de otros productos con excesiva cantidad de azúcar, sal y grasas se duplicó. En igual periodo, se observó un aumento del sobrepeso

COLOMBIA

Law Project 007-2017
It uses NOVA classification and FOP warning labels based on PAHO NPM



CONGRESO DE LA REPÚBLICA DE COLOMBIA
SENADO DE LA REPÚBLICA

MARITZA MARTÍNEZ ARISTIZÁBAL
SENADORA DE LA REPÚBLICA – COMISIÓN QUINTA

PROYECTO DE LEY NO. _____ DE 2017

"Por medio de la cual se adopta un modelo de perfil de nutrientes para productos alimenticios procesados y ultraprocesados y se dictan otras disposiciones"

"Ley para el consumo informado del azúcar, la sal y las grasas"

El Congreso de la República de Colombia

DECRETA:

Artículo 1°. Objeto. El objeto de la presente ley consiste en contribuir a la garantía del derecho a la salud de los habitantes del territorio nacional y promover el consumo informado de alimentos y bebidas con contenido de azúcares, grasas en el territorio nacional.

Artículo 2°. Ámbito de aplicación. La presente ley se aplica a los productos

* *Encuesta Nacional de la Situación Nutricional en Colombia 2010 ENSIN*. Profamilia, Instituto Nacional de Salud, Bienestar Familiar, Ministerio de la Protección Social. Bogotá. (2010).

Artículo 4º. Obligación de rotular el contenido excesivo de azúcares, grasa total, grasa saturada, grasa trans y sodio. Para mejorar la información a la cual acceden los consumidores, adicional a la información contenida en la tabla de información nutricional, cuando de conformidad con ésta, un alimento procesado o ultraprocesado para consumo humano, envasado o empacado, supere alguno de los valores establecidos en la Tabla No. 1 del presente artículo para azúcares libres, otros edulcorantes, grasa total, grasa saturada, grasas trans. o sodio, deberá rotular las características nutricionales relativas al nutriente.

TABLA NO. 1

Azúcar	Otros Edulcorantes	Grasa Total	Grasa Saturada	Grasas Trans.	Sodio
≥ 10% del total de energía proveniente de azúcar	Cualquier cantidad de edulcorantes artificiales o naturales no calóricos o edulcorantes calóricos	≥ 30% del total de energía proveniente del total de grasas	≥ 10% del total de energía proveniente del total de grasas saturadas	≥ 10% del total de energía proveniente del total de grasas trans.	≥ 1 mg de sodio por 1 kcal

COLOMBIA

ALACCTA's President presents at the Senate

October 26, 2017

Comentarios al Proyecto de Ley 07 de 2017

Audiencia Pública de la Comisión Séptima del Senado de la República de Colombia, Octubre 26 de 2017

Por

JAIRO ROMERO

Presidente de la Asociación Latinoamericana y del Caribe de Ciencia y Tecnología de Alimentos – ALACCTA

Miembro de la Academia Internacional de Ciencia y Tecnología de Alimentos – IAFoST


CONACAP
Organización Mundial de la Salud
44º Sesión del Comité del Codex sobre Etiquetado de los Alimentos
16 al 20 de Octubre de 2017
Asunción - Paraguay
CCFL44

The Committee agreed to:

a. Start new work to develop guidelines on FOPL systems, and to submit the project document (Appendix III) for approval to CAC41.
b. Establish an EWG, chaired by Costa Rica and co-chaired by New Zealand, working in English and Spanish, and subject to approval of the new work by CAC41,
c. Make recommendations on the placement of the guidelines.
d. General Guidelines to Establish Nutritional Profiles
    a. The potential new work would supplement the work on FOPL and could be undertaken by CCNFSDU. 50. The Committee agreed to inform CCNFSDU of the new work on FOPL and to request CCNFSDU to consider how it could contribute towards this work.

“The use of the NOVA classification in public policies is irresponsible”

American Journal of Clinical Nutrition

August 9, 2017

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Commentary

Ultra-processed foods in human health: a critical appraisal

Michael J Gibney,[1] *Ciarán G Forde,*[2,3] *Deirdre Mullally,*[1] *and Eileen R Gibney*[1]

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ABSTRACT

The NOVA classification of foods proposes 4 categories: unprocessed or minimally processed foods, processed culinary ingredients, processed foods, and ultra-processed foods and drinks (UPFDs). It is argued that the latter relies heavily on modifications to foods, resulting in enhanced amounts of salt, added sugar, and fat as well as the use of additives in an attempt to make this food category highly palatable. It further argues that controlling food processing, rather than examining nutrients, should be foremost in shaping nutrition policy. This commentary challenges many of the basic arguments of using the NOVA food classification system to examine the link between food and health. We believe that there is no evidence to uphold the view that UPFDs give rise to hyperpalatable foods associated with a quasi-addictive effect and that the prevailing European Union and US data fail to uphold the assertion that UPFDs, which dominate energy intake, give rise to dietary patterns that are low in micronu-

processed foods (PFs), and ultra-processed foods and drinks (UPFDs). This food classification approach has been incorporated into major international reports on diet and health (2) and has also been adopted by national governments within their policies on food-based dietary guidelines (3). In most such reports, the advice has been that *1*) UPFDs should be avoided and 2) the intake of PFs should be minimized. In addition, advocates of the NOVA food classification are critical of existing food categorizations, claiming that they are outdated and that their use in nutritional epidemiology focuses unnecessarily on nutrients and ignores the putative major impact of food processing, including the use of food additives on health and well-being. This marks a major departure from conventional approaches to the study of diet and chronic disease, and thus a critical review of the arguments that promote a focus on food processing as a major element in the diet and health equation would seem to be

“On balance, therefore, there seems to be little advantage from the use of the NOVA classification compared with the current epidemiologic approach, which relies on the linkage of nutrient intakes to chronic disease with subsequent identification of foods that merit consideration in public health nutrition strategies”

Mike Gibney


fake
hoax
fairy tale
false
fiction
legend
fantasy
fabrication
gossip
myth
urban legend
news
story
reality
data
true
facts
logical
authentic
valid
data
knowledge
real thing
information
science
objective
proof
truth

LET’S PUT OUR EFFORTS IN EDUCATION

Dr. Jacques Rousseau - Philosopher

Effective science communication and debunking misinformation are very difficult**. Both require long, slow, hard work. **The best way to promote scientific literacy is to teach people to understand the basics of scientific method.

People making scientific breakthroughs are not particularly photogenic or social: They're not on social media or television taking selfies and giving interviews; instead, they're tucked away in laboratories or in front of computers focusing on research. ***People may think food science and technology are evil, but they exist to make food safer. And that's the scientific message consumers need to receive.***

Engage your leaders in authentic dialogue

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IUFoST
Strengthening Global Food Science and Technology for Humanity

Asociación Argentina de Tecnólogos Alimentarios

IFT feeding the minds that feed the world

Thank you!

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