

INTRODUCTION

The Regional Ministry of Health and Consume (Government of the Balearic Islands), is leading the European FOOD PRO-FIT Project ⁽¹⁾ (<http://foodprofit.org>), currently being piloted, focused in health determinants at the interface of SME's (Small and Medium Sized Enterprises) in the in the food production industry and HORECA (Hotels, Restaurants and Catering) channel, to help them to reformulate their products as a strategy for health and business competitiveness. The Official College of Dietitians – Nutritionists of Balearic Islands is a cooperating partner.

OBJETIVES

- Evaluating nutritional risk in Saturated Fatty Acids (SFA), Free Sugars (FSu), and sodium (Na).
- Improving the nutritional profile of products and recipes.
- Providing the use of nutritional claims.
- Making easier the healthiest choices selection.
- Assessing the health impact: HIA



MEANS AND METHODS

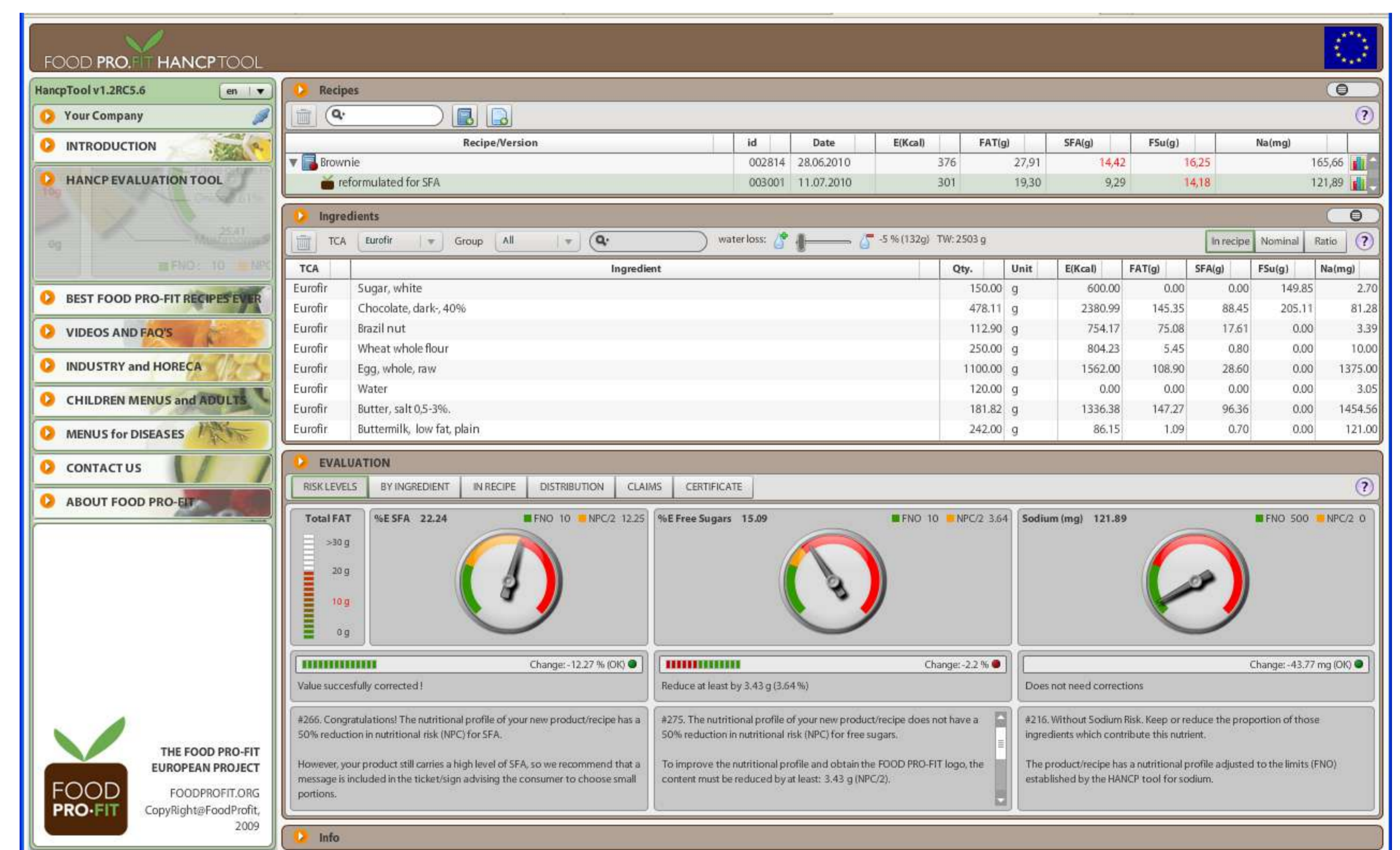
The on-line HANCPtool ⁽²⁾ (Hazard Analysis and Nutritional Control Point) sets thresholds for SFA, FSu and Na, enabling the evaluation of nutritional risk. Reformulations allow the use of the FOOD PRO-FIT logo, if it is reduced at least the 50% of the risk. It also reports on nutritional claims possibilities on SFA, FSu and Na. (Picture 1)

RESULTS

The nutritional risk has been assessed on:

- 23 products in 7 food industries (3 meats, 3 dairy and 1 vegetarian products):12 products are in testing technology and 2 are in the market yet.
 - 10 establishments in HORECA channel (2 hotels, 2 hospitals 1 restaurant, 2 school caterings, 1 canteen and 1 Faculty school and 1 University hostel). From 993 recipes, 417 were previously selected and 144 were assessed by the HANCPtool. (Picture 2)
- The preliminary dates show that the average reduction of risk in reformulated recipes is 2.8g of SFA, 6.7g of FSu and 152mg of Na (0.4g of salt) by 100g of recipe (Picture 3), and 3.2g of SFA, 6.7g of FSu and 191mg of Na (0.5g of salt) by 100g of product (Picture 4).

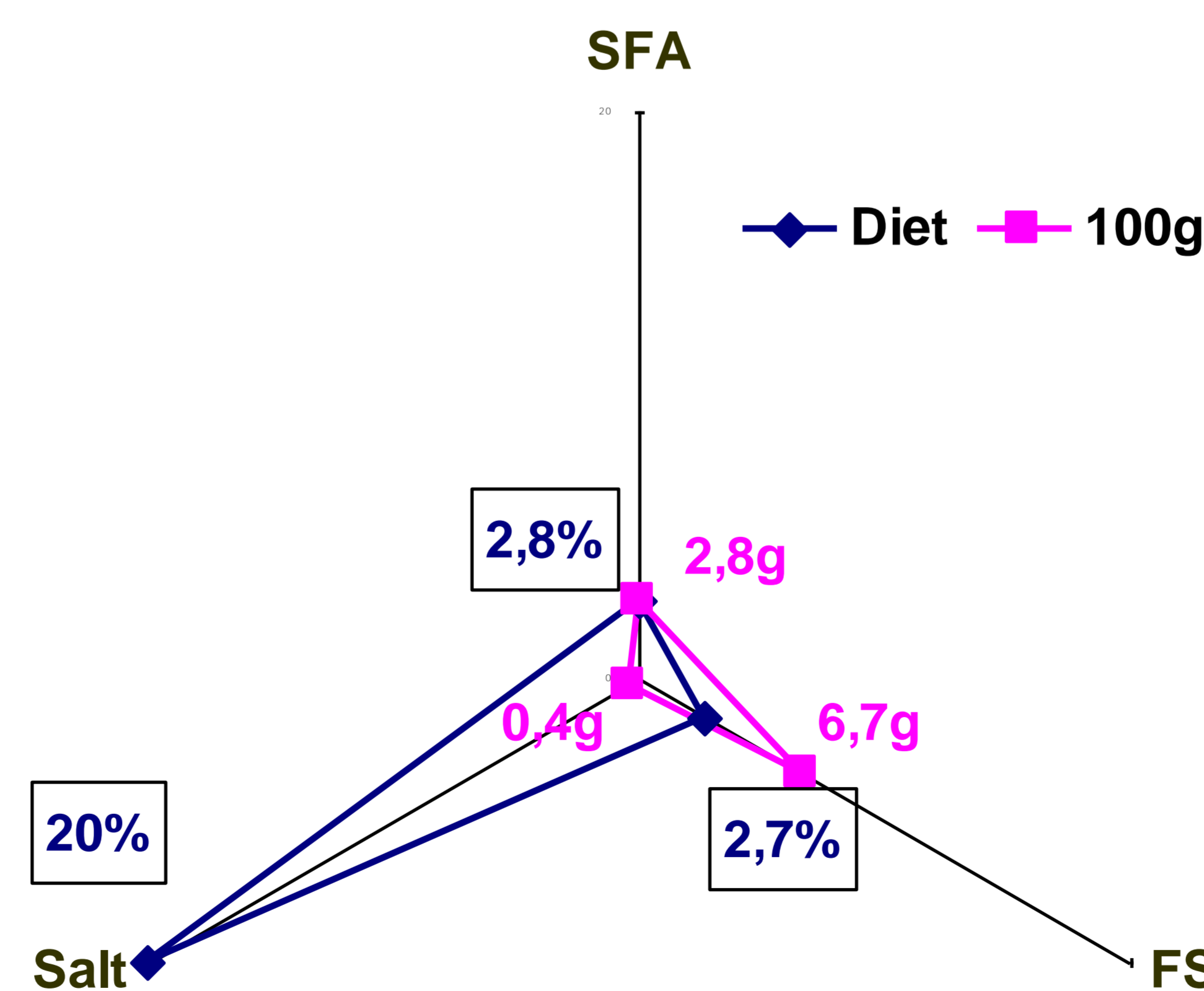
Picture 1. Interface of the HANCPtool. <http://hancptool.org>



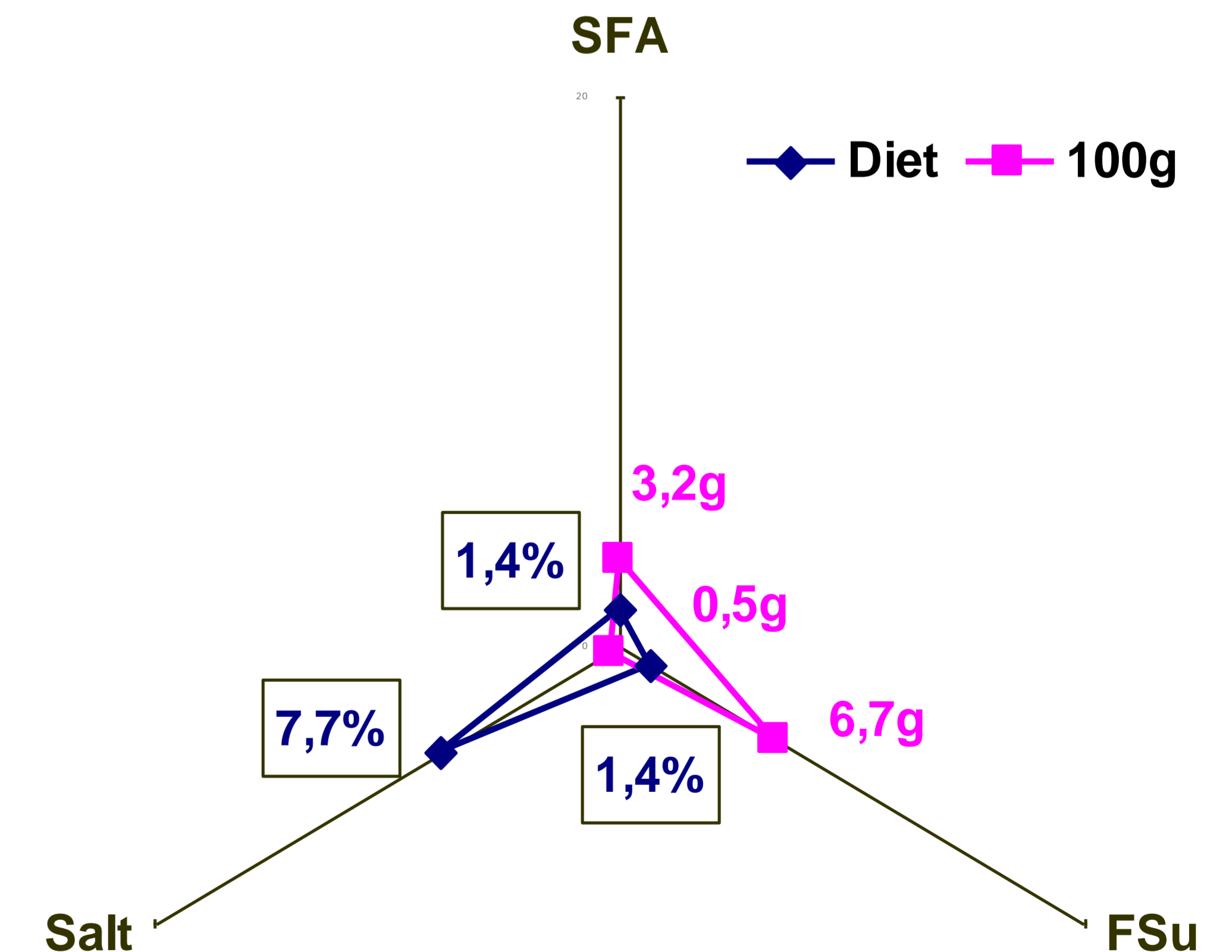
Picture 2. Family of recipes and the target nutrients evaluated by the HANCPtool in the HORECA channel

FAMILY RECIPES	NUMBER OF RECIPES AND TYPE OF NUTRIENT REDUCTION						
	SFA	FSu	Na	SFA & Na	SFA & FSu		
Vegetables/soups	21				2		23
Dressing/sauces	5						5
Rice/pasta/potatoes	21		7	1			29
Meats/eggs	30			3			33
Fish	11			1			12
Desserts	5	15			11		31
Bread home made			8				8
Pastry home made		3					3
TOTALS	93	18	15	5	13		144

Picture 3. Availability reduction of nutritional risk by 100g of average recipe and the impact of a serving on a diet (2000Kcal). HORECA channel.



Picture 4. Availability reduction of nutritional risk by 100g of average product and its impact on a diet (2000Kcal). FOOD INDUSTRY



CONCLUSIONS

The improvement of nutritional profile of foods in the food chain SME's interface, acts on one of the most important sources of nutritional risk based on Na, SFA and FSu, to evaluate the health impact of reduced exposure and availability (HIA).



(1) Partnership of the FOOD PRO-FIT Project: Regional Ministry of Health and Consume, leader of the project (Balearic Islands, Spain); Hotel School of the Balearic Islands (Spain); University of Vienna (Austria); European Business Centre LTD (Berlin, Germany); Region of Crete (Greece); Agency for the Support of the Regional Development (Kosice, Slovakia); Institute of European Initiatives (Gdynia, Poland) and the Ministry of Health of Cyprus.

(2) Scientific and technical development: A.Colom, M. Autonell and M. Moñino (Mallorca, Spain)