# FOOD REFORMULATION IN SME'S FOOD INDUSTRY AND HORECA CHANNEL THROUGH A FREE ON-LINE TOOL:

## HTTP://HANCPTOOL.ORG

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### 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.

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104

Porto

### **OBJETIVES**

 Evaluating nutritional risk in Saturated Fatty Acids (SFA), Free Sugars (FSu), and sodium (Na).

#### **MEANS AND METHODS**

The on-line HANCPtool <sup>(2)</sup> (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)

- 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

## 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

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

FOOD PRO. HANCPTOOL						
HancpTool v1.2RC5.6 en I V	🕞 🜔 Recipes					
📀 Your Company 🥖	Your Company 🥖 📄 🗣 🔹 🔞					
	Recipe/Version id Date I	E(Kcal) FAT(g)	SFA(g)	FSu(g)	Na(mg)	
	Brownie 002814 28.06.2010	376	27,91 14,42	16,25	165,66	
HANCP EVALUATION TOOL	reformulated for SFA 003001 11.07.2010 301 19,30 9,29 14,18 121,89				121,89	
Ingredients						
og Mustaring	TCA Eurofir 🐙 Group All 🐙 🗣 water loss: 💣 🊛 🖉 -5 % (132g) TW: 2503 g					
III FNO: 10 III NPC	TCA Ingredient	Qty.	Unit E(Kcal)	FAT(g) SFA(g)	FSu(g) Na(mg)	
BEST FOOD PRO-FIT RECIPES EVER	urofir Sugar, white	150.00	g 600.00	0.00 0.00	149.85 2.70	
	urofir Chocolate, dark-, 40%	478.11	g 2380.99	145.35 88.45	205.11 81.28	
VIDEOS AND FAQ'S	urofir Brazil nut	112.90	g 754.17	75.08 17.61	0.00 3.39	
INDUSTRY and HORECA	urofir Wheat whole flour	250.00	g 804.23	5.45 0.80	0.00 10.00	
- INDOSTRIT AND NORECES	urofir Water	120.00	g 1362.00	0.00 0.00	0.00 1375.00	
CHILDREN MENUS and ADULTS	urofir Butter, salt 0.5-3%.	181.82	g 1336.38	147.27 96.36	0.00 1454.56	
MENUS for DISEASES	urofir Butternilk, low fat, plain	242.00	g 86.15	1.09 0.70	0.00 121.00	
	FUALUATION					
O ABOUT FOOD PRO-EUT						
	Total FAT >30 g 20 g 10 g 0 g	FNO 10 NPC/2 3.64	Sodium (mg) 121.89		FNO 500 NPC/2 0	
	Change: -12.27 % (OK) ●	Change: -2.2 % 🖲			Change: -43.77 mg (OK) 🔍	
	Value succesfully corrected ! Reduce at least by 3.43 g (3.64%)		Does not need correct	ions		
FOOD FOOD FOOD FOOD FOOD FOOD FOOD FOOD	#266. Congratulations! The nutritional profile of your new product/recipe has a #275. The nutritional profile of your new product/recipe has a   50% reduction in nutritional risk (NPC) for SFA. #275. The nutritional profile of your new product/recipe has a   However, your product still carries a high level of SFA, so we recommend that a To improve the nutritional profile and obtain the FOC content must be reduced by at least: 3.43 g (NPC/2), portions.	pe does not have a	#216. Without Sodium I ingredients which contr The product/recipe has established by the HAN	Risk. Keep or reduce the pro ribute this nutrient. s a nutritional profile adjuste ICP tool for sodium.	portion of those d to the limits (FNO)	
2009	> Info					

**Picture 4. Availability reduction of nutritional** 

(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 2. Family of recipes and the target nutrients** 



**Picture 3. Availability reduction of nutritional risk** 

Fish

#### 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.

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