

I sistemi di etichettatura FOP più diffusi e i Paesi in cui sono adottate. Fonte ref [17]

FIGURA 1

Table 1. Front-of-pack (FoP) nutrition labels in use in Europe and other regions.²⁰



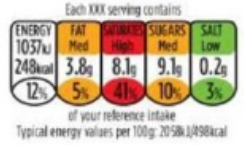




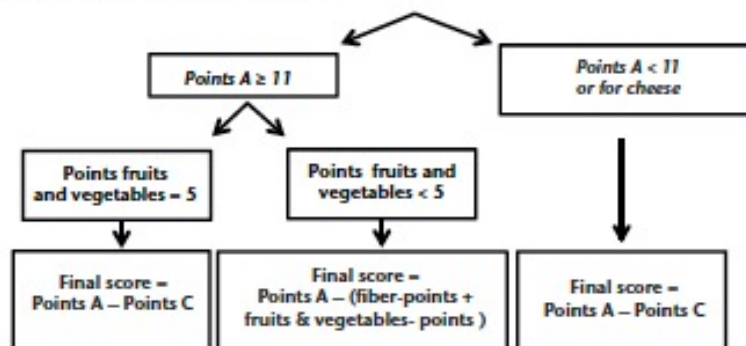
Categories of FoP schemes			Examples of FoP schemes	Countries of use	
Nutrient-specific labels	Reductive (non-interpretative)	Numerical	Reference Intakes		Across Europe
			NutrInform Battery		Italy
	Evaluative (interpretative)	Colour-coded	Multiple Traffic Lights (MTL)		UK
		Textual	Chilean Warning Labels		Chile
	Summary labels	Evaluative (interpretative)	Endorsement logos	Keyhole	
Graded indicators			Health Star Ratings		Australia, New Zealand
			Nutri-Score		France, Belgium, The Netherlands, Luxembourg, Germany, Spain

Figura 2. Attribuzione del punteggio per 100 g di prodotto
(Fonte: Ref [19])

Points	Specific cut-offs: beverages				Specific cut-offs: fats			Points	Specific cut-offs: beverages			
	Energy (kJ)	Sugars (g)	Energy (kJ)	Sugars (g)	Saturated fat (g)	Saturated fat/Lipids (%)	Sodium (mg)		Fruits, veg (%)	Fruits, veg (%)	Fiber (g)	Protein (g)
0	≤ 335	≤ 4.5	≤ 0	0	≤ 1	< 10	< 90	0	≤ 40	≤ 40	≤ 0.7	≤ 1.6
1	> 335	> 4.5	≤ 30	≤ 1.5	> 1	< 16	> 90	1	< 40		> 0.7	> 1.6
2	> 670	> 9	≤ 60	≤ 3	> 2	< 22	> 180	2	> 60	> 40	> 1.4	> 3.2
3	> 1,005	> 13.5	≤ 90	≤ 4.5	> 3	< 28	> 270	3	–		> 2.1	> 4.8
4	> 1,340	> 18	≤ 120	≤ 6	> 4	< 34	> 360	4	–	> 60	> 2.8	> 6.4
5	> 1,675	> 22.5	≤ 150	≤ 7.5	> 5	< 40	> 450	5	> 80		> 3.5	> 8.0
6	> 2,010	> 27	≤ 180	≤ 9	> 6	< 46	> 540	6				
7	> 2,345	> 31	≤ 210	≤ 10.5	> 7	< 52	> 630	7				
8	> 2,680	> 36	≤ 240	≤ 12	> 8	< 58	> 720	8				
9	> 3,015	> 40	≤ 270	≤ 13.5	> 9	< 64	> 810	9				
10	> 3,350	> 45	≤ 270	> 13.5	> 10	≥ 64	> 900	10		> 80		
	0-10 (a)	0-10 (b)	0-10 (a)	0-10 (b)	0-10 (c)	0-10 (c)	0-10 (d)		0-5 (a)	0-10 (a)	0-5 (b)	0-5 (c)
Total	Points A = (a) + (b) + (c) + (d) [0 – 40]							Total	Points C = (a) + (b) + (c) [0 – 15]			

2. Final score: -15 to 40 points



3. Attribution of colors

Foods (points)	Beverages (points)	Color
min to -1	water	green
0 to 2	min to 1	light green
3 to 10	2-5	yellow
11 to 18	6-9	orange
19 to max	10 to max	dark orange

NUTRI-SCORE



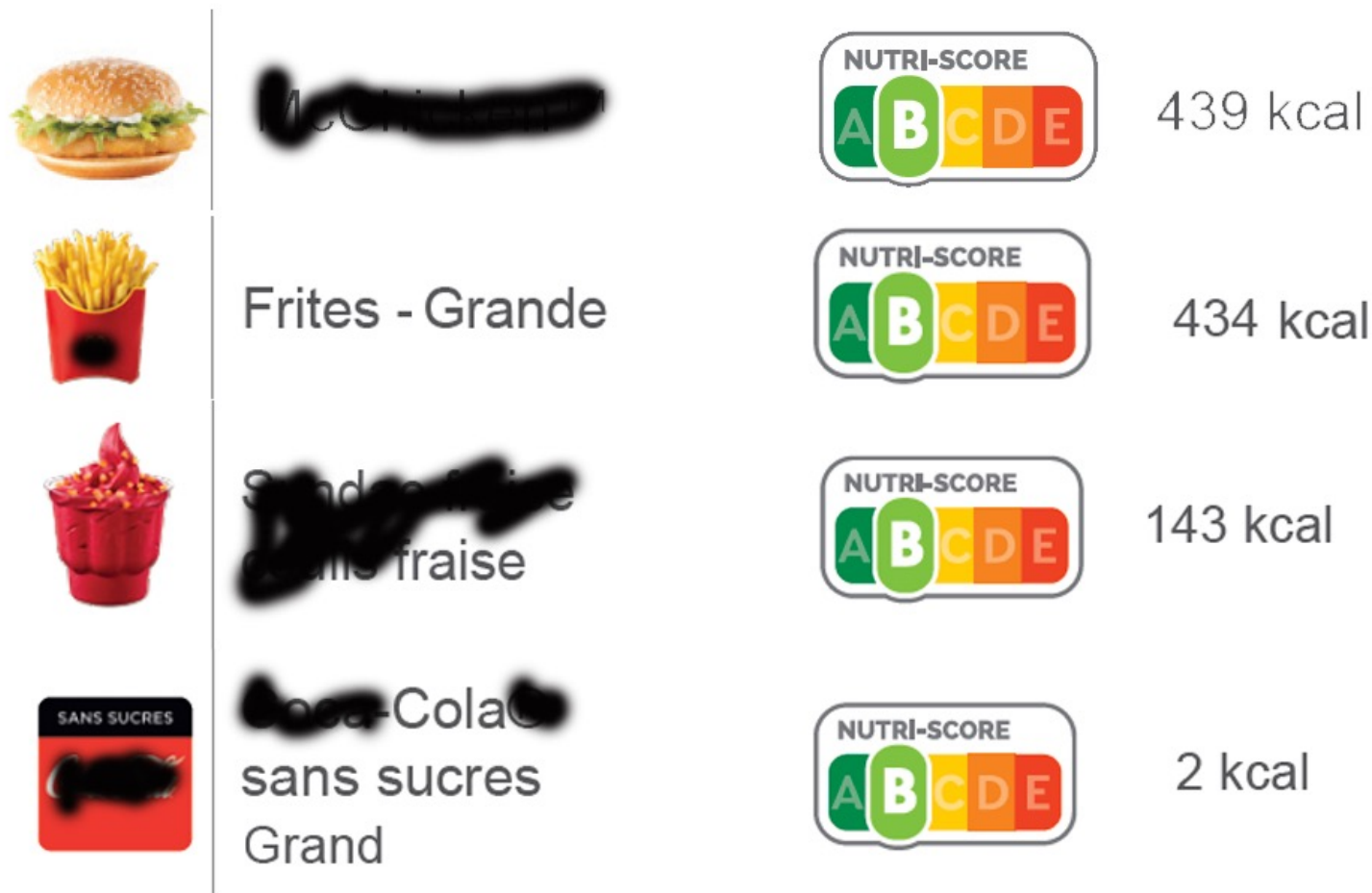
Green: highest quality

Red: lowest quality

Valori di Nutri-score di vari prodotti di fast food:

FIGURA 3

(<https://www.mcdonalds.fr/documents/10192/0/NUTRI-SCORE.pdf>)



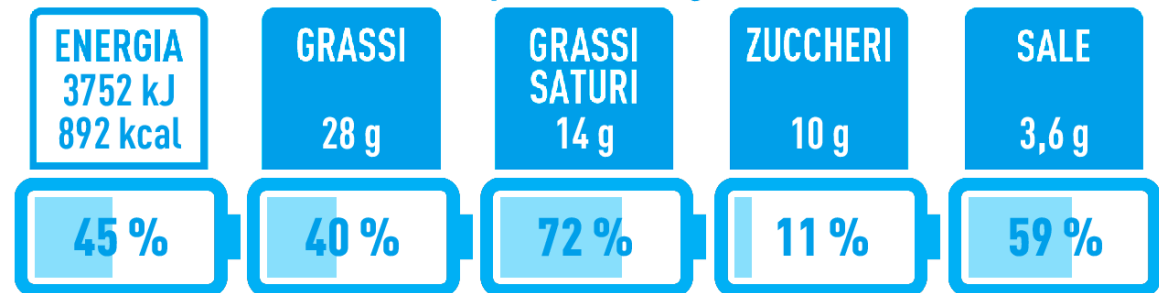
Nutrinform Battery vs Nutri-score

FIGURA 4



Valeurs nutritionnelles		
	Pour 100g	One pizza
Énergie	938 Kj 223 Kcal	3752 Kj 892 kcal
Matières Grasses dont Acides Gras Saturés	7.0 g 3.6 g	28 g 14,4 g
Glucides dont sucres	29 g 2.5 g	116 g 10 g
Fibres alimentaires	2.0 g	8 g
Protéines	10 g	40 g
Sel	0.89 g	3,56 g

Ci ciascuna porzione (400g) contiene:



delle Assunzioni di Riferimento di un adulto medio (8.400kJ / 2.000kcal)
per 100g: 938 kJ / 223 kcal