

Tabula

*Tablas de Composición de Alimentos
y Bebidas de España. CEU*



Food and Beverage Composition Tables Tabula®

New branded Food and Beverage Composition Database post food reformulation in Spain elaborated with the information declared in the nutritional labeling



CEU

*Instituto Universitario
Alimentación y Sociedad*



Project “Impact of food reformulation in Spain on dietary intake and nutritional quality in children and adolescents” (REFORES; REFORMulation in Spain)

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Introduction

Tabula® is a food and beverage composition database, elaborated from the information declared in the labeling of food products collected in web platforms of the food processing and distribution industry in Spain.

Tabula® currently includes 6,500 food products, reaching a representativeness of approximately 80% of the current Spanish market.

Regardless of the variety of foods and beverages currently marketed, there is a lack of harmonized, comprehensive, and up-to-date composition data for processed foods and beverages marketed in Spain available in food composition tables and databases. In fact, the nutritional data declared on the labels of these products are, at present, the main source of information, as collected and evaluated in several studies carried out in Europe and worldwide.

Food reformulation is a key tool for public health, the food industry, and consumers. More and more products marketed in Spain are being reformulated and, therefore, a new picture of the Spanish food market has emerged.

Background and rationale

The high prevalence of overweight and obesity is a public health challenge worldwide.

The obesity map recently presented by the Spanish Agency for Food Safety and Nutrition (AESAN), carried out thanks to data from the 2020 ENE-COVID study, indicates that one-third of the child and adolescent population is overweight and one in ten is obese.

According to several epidemiological studies carried out in Spain before the COVID-19 pandemic, a change in eating patterns away from the Mediterranean Diet and towards foods rich in fats, especially saturated fats, refined sugars, and salt, has been identified as a key factor in obesity in our environment.

Since the early 2000s, several member countries of the Organisation for Economic Co-operation and Development (OECD) have shown increasing interest in implementing policies that encourage the reformulation of food products. In fact, nowadays there is concrete evidence of the success of reformulation as an effective public health strategy: a recent review found that reformulated products were generally accepted and purchased by consumers, leading to improved nutrient intake in 73% of the studies analyzed.

In Spain, the “Collaboration Plan for the improvement of food and beverage composition and other measures 2017- 2020”, carried out by the Ministry of Consumer Affairs, through the AESAN in the framework of the “Nutrition, Physical Activity and Obesity Prevention Strategy” (NAOS), included 180 voluntary commitments with the agents involved in the food industry, catering services and distribution in a total of 3,500 products.

Specifically, the objective of the Plan was to reduce the added sugar content of foods and beverages by 5-10%; the total fat content by 5-10%; and finally, the salt content by 6-16%, depending on the categories and subcategories of foods and beverages. The final results on compliance with the Plan are satisfactory, since, according to the AESAN, 99% of the quantitative commitments to reduce sugars, salt, saturated fat and total fat established for the products evaluated have been met.

However, the AESAN did not include in its objectives of the Plan objectives a follow-up in relation, in the first place, to the new picture that emerged after this broad reformulation policy carried out, nor did it provide data on the actual intakes of the population and the associated nutritional and dietary quality indicators, essential to evaluate the success of this intervention.

In addition to the above, it is necessary to underline in a very significant and certainly worrying way the lack and/or outdatedness of the databases on the composition of processed foods and beverages available in the Spanish market, that are representative of the expected and already mentioned current reality. This last fact impacts, by extension, on the need for valid and validated instruments to correctly quantify dietary intake.

Methodology

» **Objective:** Food and beverage composition Database based on information declared on the labeling of food products collected on web platforms of the food processing and distribution industry, in order to assess and compare with own data from 2013, and to establish reformulation results over a period of ten years.

Fieldwork

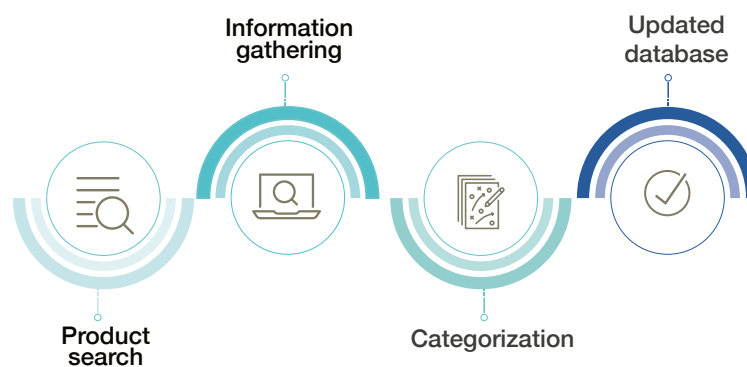
Data collection took place between January 2022 and October 2023, and regular updates are planned.

The information was collected through an online search of the products on the online platforms of the distribution chains. This ensures the

availability of the products included in the current Spanish food market.

On the occasions when the product was available for sale online, but the nutritional information was not, the information was consulted on the manufacturers' websites.

Process



Nutritional information

Tabula® makes it possible to obtain nutritional information on each product from the labeling, which is regulated by Regulation (EU) No. 1169/2011 on food information provided to consumers. Specifically, it provides information on:

- **Legal denomination:** in the absence of such a denomination, the denomination of the food shall be the customary name or, if such a name does not exist or is not used, a descriptive denomination of the food shall be provided.
- **List of ingredients and allergens.**
- **Mandatory nutrition information on the labeling of packaged foods:**
 - Energy value (expressed in kcal and kJ).
 - Fats:
 - Of which, saturated.
 - Carbohydrates:
 - Of which sugars.
 - Proteins.
 - Salt.
- **Nutritional information for voluntary declaration on labeling:**
 - Monounsaturated fats.
 - Polyunsaturated fats.
 - Polyalcohols.
 - Starch.
 - Dietary fiber.
 - Vitamins and minerals: may be declared only if they are listed in Annex XIII of Regulation (EU) No. 1169/2011 and are present in the food in significant amounts (>15% of the recommended daily allowance, RDA, per 100 g or 100 mL in the case of products other than beverages or >7.5% of the RDA in the case of beverages).

Additionally, for each product, the nutritional declaration regarding the content of critical nutrients (total fat, saturated fats, sugars, and salt) has been evaluated and recorded, if applicable, considering the criteria of Regulation (EC) No. 1924/2006 on nutrition and health claims made on foods.

Tabula® allows you to consult products:

- By food and beverage categories.
- By product.
 - By brand.
- By nutrition declaration, if applicable, referring to critical nutrient content (fat, saturated fat, sugars, and salt)

And it allows you to **sort the results** by content of the desired nutrient, as well as alphabetically.

Product categorization

In order for Tabula® to be a reference source at both national and European level, all products have been classified according to two food product categorization systems:




On the one hand, the food and beverage classification system used in the WHO (World Health Organization) Nutrient Profile Model (NPM 2023) for the European Region has been applied.







On the other hand, the EuroFIR (European Food Information Resource Network) classification system was used, which provides a standardized classification structure according to the LANGUAL® thesaurus, specifically according to product type.










Tables 1 and 2 show the distribution of foods and beverages according to WHO and EuroFIR classification, respectively.

Table 1. Description of Tabula® by food and beverage groups and subgroups according to WHO-Europe classification.

Number and type of products in Tabula®

 <p>537 products</p>	<p>1. Chocolate and sugar confectionery, energy bars, sweet toppings and desserts.</p>	Table sugar	7
		Granola and cereal-type bars	90
		Sugar confectionery	150
		Chocolate confectionery	261
		Nut butters	1
		Spreadable chocolate and other sweet sandwich toppings	28
		Baked and cooked desserts	170
 <p>766 products</p>	<p>2. Cakes, sweet biscuits and pastries; other sweet bakery wares; and dry mixes for making such</p>	Dry mixes for making such	2
		Tofu-based desserts and other plant-based desserts	27
		Cakes and sponges	197
		Pies and pastries	74
		Cookies/sweet biscuits	290
		Pancakes, waffles and French toast	2
		Scones and soda bread	4
		Potato, vegetable and grain chips	54
		Crackers/savoury biscuits	110
		Nuts, seeds and kernels	108
 <p>477 products</p>	<p>3. Savoury snacks</p>	Extruded snacks	196
		Savoury pretzels	1
		Other	8

 1,000 products	4. Beverages	4.1 Juices	
		100% fruit and vegetable juices	112
		Smoothies	4
		4.2 Dairy milk drinks	
		Dairy milks	105
		Milkshakes and coffees containing dairy milk	82
		4.3 Plant-based milks	
		Plant-based milks	146
		Milkshakes and coffees containing plant-based milks	27
		4.4 Energy drinks	28
4.5 Soft drinks, bottled waters and other drinks			
Water-based flavored drinks	291		
Coffee, coffee substitutes, tea, herbal infusions, and other hot cereal and grain beverages	138		
Fruit and vegetable nectars	35		
 182 products	5. Edible ices	Dairy and plant-based ice creams	169
		Water-based ices	13
 84 products	6. Breakfast cereals	Minimally processed breakfast cereals	15
		Highly processed breakfast	69
 444 products	7. Yogurt, sour milk, cream and similar foods	Yogurt products containing additional ingredients	236
		Yogurts and sour milks	173
		Cream	35
 337 products	8. Cheese	Hard, medium and soft cheeses	270
		Processed cheeses	67
 960 products	9. Ready-made and convenience foods and composite dishes	Ready-to-eat meals composed of a combination of carbohydrate/vegetable/meat	370
		Pizza and pizza snacks	133
		Pasta, noodles and rice or grains with sauce or seasoned	76
		Tinned composite foods	86
		Soups	145
		Prepared salads	47
		Sandwiches and wraps	11








	40 products	10. Butter, other fats and oils	Vegetable oils	15
			Butter, butter blends, margarine, and oil-based spreads	25
	122 products	11. Bread, bread products and crisp breads	Leavened bread	83
			Sweet and raisin breads	35
			Flatbreads	4
	52 products	12. Fresh or dried pasta, rice and grains	Rice and grains	9
			Fresh or dried pasta and noodles	43
	21 products	13. Fresh and frozen meat, poultry, fish and similar	Fresh and frozen meat, poultry, game and fish	21
	631 products	14. Processed meat, poultry, fish and similar	Processed meat, poultry, game and preparations	399
			Processed fish and seafood products	232
	49 products	15. Fresh and frozen fruit, vegetables and legumes	Fresh and frozen legumes	9
			Fresh and frozen fruit, vegetables	39
			Mushrooms	1
	270 products	16. Processed fruit and vegetables	Tinned, pickled, dried, battered and breaded vegetables and legumes	143
			Jams and marmalades	94
			Tinned, dried and pickled fruits	32
			Fruit and vegetable pouches	1
	141 products	17. Savoury plant-based food/meat analogues	Meat analogues	111
			Tofu and tempeh	30
	387 products	18. Sauces, dips and dressings	Cooking sauces	123
			Dips and dipping sauces	19
			Salad dressings	97
			Stock cubes	38
			Condiments	110





Tabula® includes 32 non-alcoholic beverages that are not listed in the WHO profile classification.

Tabula® includes 92 prepared fish-based dishes that are not listed in the WHO profile classification.

Table 2. Description of Tabula® by food and beverage groups and subgroups according to EuroFIR classification.

Number and type of Tabula® products

	40 products	Fat or oil	Butter or other animal fat	20
			Margarine or lipid of mixed origin	5
			Vegetable fat or oil	15
	533 products	Sugar or sugar product	Sugar, honey or syrup	10
			Chocolate or chocolate product	282
			Non-chocolate confectionery or other sugar product	147
			Jam or marmalade	94
	643 products	Beverage (Non milk)	Alcoholic beverage	32
			Non alcoholic beverage	460
			Juice or nectar	151
	482 products	Meat or meat product	Sausage or similar meat product	72
			Meat analogue	138
			Preserved meat	272
	991 products	Grain or grain product	Pasta and similar products	43
			Fine bakery ware	613
			Rice and other cereals	17
			Bread and similar products	201
			Breakfast cereal	117
	39 products	Fruit or fruit product	Processed fruit product	38
	106 products	Nut, seed or kernel	Nut or seed product	82

 1,300 products	Milk, milk product or milk substitute	Frozen dairy dessert	166
		Fermented milk product	363
		Cheese	328
		Milk	222
		Imitation milk products	221
 1,963 products	Miscellaneous	Spice, condiment or other ingredient	256
		Prepared food product	1,707
 220 products	Seafood or related product	Seafood product	199
		Fish or related organism	21
 183 products	Vegetable or vegetable product	Vegetable (excluding potato)	125
		Pulse or pulse product	54
		Starchy root or potato	4

Tabula® includes 25 foods (fruits and derivatives, nuts and seeds) that are not listed in the EuroFIR classification.

Exclusion criteria

- Food products exempt from including mandatory nutrition declaration according to Regulation (EU) No. 1169/2011 on food information provided to consumers. These are fresh foods, natural mineral waters, and alcoholic beverages containing more than 1.2% alcohol by volume. However, Regulation (EU) No. 2021/2117, published on December 2, 2021, amends the labeling rules for wines and aromatized wines and makes it mandatory to communicate the list of ingredients and the nutrition declaration for these products as of December 8, 2023. For the time being, the present Database does not include any alcoholic beverages with alcohol by volume greater than 1.2%.
- Food products without nutritional information available online.
- Foodstuffs intended for special dietary use. As they are considered outside the scope of work of the Tabula® Database, “foods intended for infants and young children, foods for special medical purposes and complete diet replacements for weight control” are excluded, according to Regulation (EU) No. 609/2013 of the European Parliament and of the Council of 12 June 2013.
- Food supplements: because they are considered outside the scope of Tabula®, “food products whose purpose is to supplement the normal diet and consisting of concentrated sources of nutrients or other substances having a nutritional or physiological effect, in single or combined form, marketed in dosage form, ie, capsules, tablets, pills and other similar forms, sachets of powder, ampoules of liquid, dropper bottles and other similar forms of liquids and powders to be taken in small unit quantities” are excluded, according to Royal Decree 1487/2009, of September 26, 2009, on food supplements.

Publication

The Spanish Food and Beverage Composition Tables Tabula® is available in open format on the website of the CEU Food and Society Institute:

<https://ias.ceu.es>.

Limitations

The regular introduction of new products, reformulations and discontinuations by the food industry and distribution chains makes it a constant challenge to ensure that the information in the database accurately reflects the current supply in the food market.

Therefore, it cannot be guaranteed that the information contained in this Database is always completely up to date.

The CEU Food and Society Institute of the CEU San Pablo University has set up an email address available to the food processing and distribution industry, so that they can notify any change or reformulation of their products.

 ias@ceu.es

Results

Current picture

Energy content

The different groups of foods and beverages analyzed according to the WHO-Europe classification ranged from 40 to 744 kcal/100 g or 100 mL.

Fat

As expected, the group with the highest amount of fat per 100 g or 100 mL is the “Butter, other similar fats and oils” group, followed by “Chocolate and sugar confectionery, energy bars, desserts and sweet toppings” and by “Salty snacks”.

Saturated fat

And, therefore, the “Butter, other fats and similar oils” group contributes the most saturated fats, followed by the “Cheese” group and the “Chocolate and sugar confectionery, energy bars, desserts and sweet toppings” group.

Carbohydrate

The groups “Pasta, noodles, rice and other cereals: fresh or dried”, “Breakfast cereals” and “Savory snacks” provide the most carbohydrates.

Total sugars

However, those that provide the highest amount of total sugars per 100 g or 100 mL are the groups of “Chocolate and sugar confectionery, energy bars, desserts, and sweet toppings”, “Ice cream, ice cream and sorbets” and “Cakes, cookies, and pastries; other bakery wares and sweet pastries; baking powders”.

Protein

In terms of protein content, the group that contributes the most is the “Cheese” group, followed by “Meat, fish, and similar”, both fresh, frozen, and processed.

Salt

Finally, it should be noted that the group of “Meat, fish and similar: processed” is the one that provides the highest amount of salt per 100g or 100 mL, followed by “Salted snacks” and “Cheese”.

Table 3. Foods and beverages nutritional information according to WHO-Europe classification

per 100 g or 100 mL

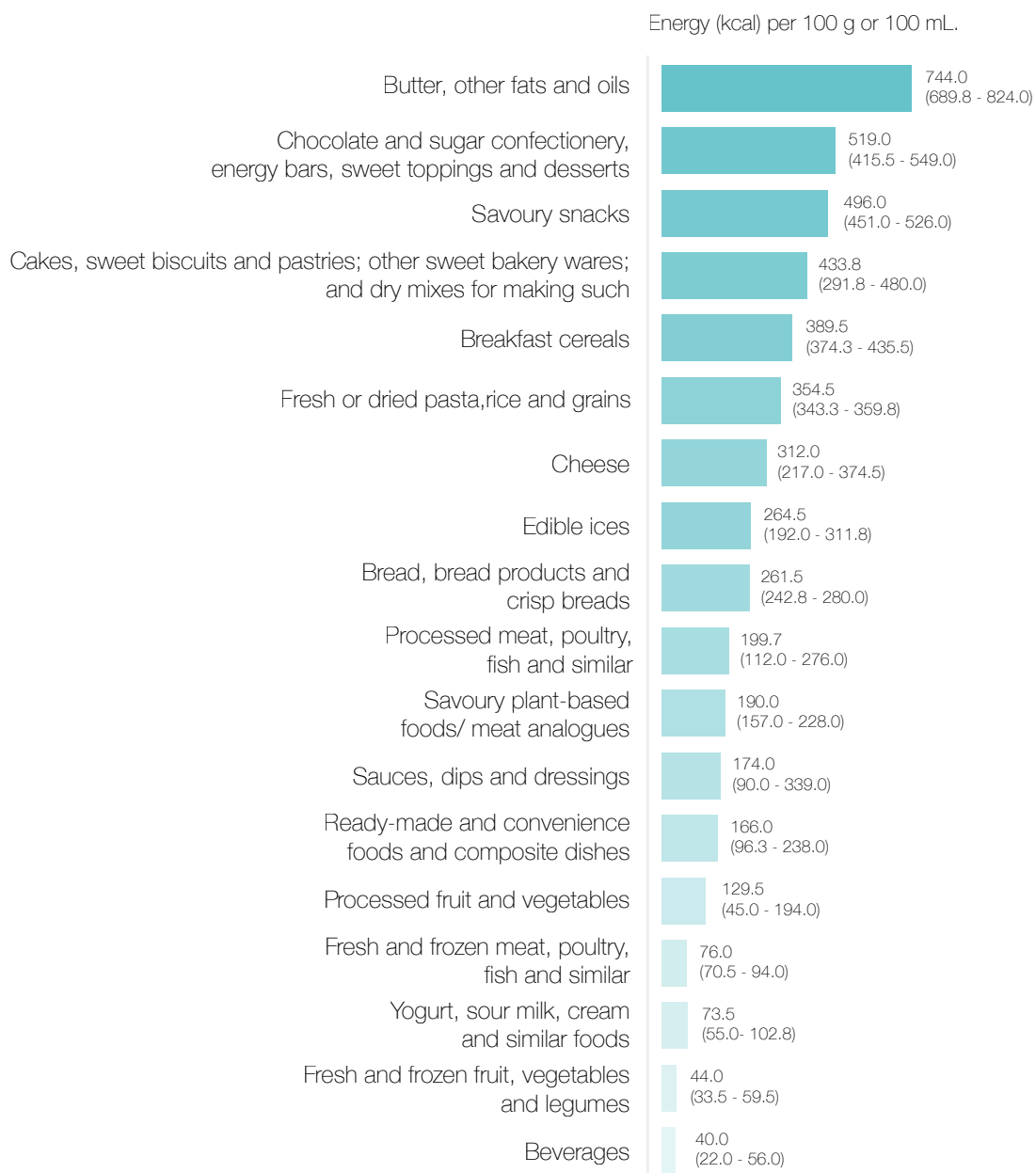
	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Chocolate and sugar confectionery, energy bars, sweet toppings and desserts	519.0 (415.5 - 549.0)	29.8 (14.9 - 35.0)	11.0 (3.0 - 18.0)	56.0 (44.7 - 65.0)	44.0 (25.0 - 53.0)	6.6 (4.4 - 9.0)	0.1 (0.0 - 0.3)
Cakes, sweet biscuits and pastries; other sweet bakery wares; dry mixes for making such	433.8 (291.8 - 480.0)	18.0 (8.8 - 24.0)	5.2 (2.2 - 12.0)	56.0 (38.8 - 64.0)	22.0 (16.0 - 31.0)	5.5 (4.0 - 6.7)	0.5 (0.2 - 0.8)
Savoury snacks	496.0 (451.0 - 526.0)	25.0 (17.0 - 31.0)	3.0 (2.1 - 4.5)	58.0 (51.0 - 65.9)	2.6 (1.2 - 4.5)	7.3 (6.0 - 12.0)	1.5 (1.1 - 2.0)
Beverages	40.0 (22.0 - 56.0)	0.3 (0.0 - 1.6)	0.1 (0.0 - 5.0)	5.7 (4.2 - 10.0)	4.9 (3.0 - 8.8)	0.5 (0.1 - 3.1)	0.1 (0.0 - 0.1)
Edible ices	264.5 (192.0 - 311.8)	13.0 (9.2 - 17.3)	8.4 (6.1 - 11.9)	27.7 (23.0 - 34.0)	23.2 (19.1 - 26.0)	3.5 (2.4 - 4.1)	0.2 (0.1 - 0.2)
Breakfast cereals	389.5 (374.3 - 435.5)	5.9 (2.3 - 14.4)	1.3 (0.5 - 3.9)	70.0 (62.3 - 79.8)	18.0 (7.6 - 25.0)	8.0 (6.8 - 10.0)	0.6 (0.2 - 0.8)
Yogurt, sour milk, cream and similar foods	73.5 (55.0 - 102.8)	2.2 (0.5 - 4.1)	1.3 (0.2 - 2.7)	8.4 (5.0 - 12.0)	7.5 (4.2 - 11.3)	3.5 (2.9 - 4.4)	0.1 (0.1 - 0.2)
Cheese	312.0 (217.0 - 374.5)	25.0 (16.0 - 31.0)	17.0 (10.2 - 21.0)	1.6 (0.5 - 3.5)	0.7 (0.5 - 3.0)	20.0 (12.0 - 25.0)	1.4 (1.0 - 1.8)
Ready-made and convenience foods and composite dishes	166.0 (96.3 - 238.0)	7.0 (3.0 - 10.0)	1.7 (0.6 - 3.4)	14.0 (6.5 - 27.4)	1.9 (0.8 - 3.3)	6.3 (3.4 - 10.0)	1.0 (0.8 - 1.3)
Butter, other fats and oils	744.0 (689.8 - 824.0)	82.0 (76.3 - 91.6)	26.2 (14.0 - 55.0)	0.5 (0.0 - 0.5)	0.4 (0.0 - 0.5)	0.4 (0.0 - 0.7)	0.0 (0.0 - 0.7)
Bread, bread products and crisp breads	261.5 (242.8 - 280.0)	4.2 (3.0 - 6.2)	0.7 (0.5 - 1.1)	45.0 (40.7 - 49.3)	4.3 (3.0 - 6.7)	9.0 (5.4 - 9.7)	1.1 (1.0 - 1.2)
Fresh or dried pasta, rice and grains	354.5 (343.3 - 359.8)	1.9 (1.5 - 2.7)	0.4 (0.3 - 0.6)	72.0 (64.3 - 74.0)	3.0 (0.9 - 3.5)	12.0 (9.1 - 12.0)	0.0 (0.0 - 0.1)
Fresh and frozen meat, poultry, fish and similar	76.0 (70.5 - 94.0)	0.9 (0.5 - 1.9)	0.2 (0.1 - 0.4)	0.0 (0.0 - 1.0)	0.0 (0.0 - 0.0)	17.0 (15.4 - 18.5)	0.3 (0.2 - 0.6)
Processed meat, poultry, fish and similar	199.7 (112.0 - 276.0)	12.0 (3.5 - 22.0)	2.5 (0.9 - 6.2)	1.4 (0.5 - 3.9)	0.6 (0.3 - 1.3)	17.5 (13.0 - 21.2)	1.9 (1.3 - 2.3)
Fresh and frozen fruit, vegetables and legumes	44.0 (33.5 - 59.5)	0.4 (0.3 - 0.9)	0.1 (0.0 - 0.2)	5.5 (4.3 - 7.6)	2.2 (1.4 - 2.8)	2.6 (1.8 - 3.5)	0.1 (0.0 - 0.2)
Processed fruit and vegetables	129.5 (45.0 - 194.0)	0.3 (0.0 - 1.4)	0.0 (0.0 - 0.3)	12.9 (4.2 - 47.0)	4.5 (0.7 - 41.0)	1.0 (0.5 - 2.4)	0.1 (0.0 - 0.9)
Savoury plant-based food/ meat analogues	190.0 (157.0 - 228.0)	9.2 (6.5 - 13.0)	1.3 (0.9 - 1.8)	12.0 (4.0 - 19.0)	1.0 (0.5 - 1.9)	12.0 (8.9 - 17.0)	1.2 (0.8 - 1.5)
Sauces, dips and dressings	174.0 (90.0 - 339.0)	8.9 (2.6 - 33.0)	1.8 (0.2 - 5.8)	7.7 (4.5 - 14.0)	4.4 (2.0 - 8.5)	1.5 (0.9 - 3.0)	1.2 (0.9 - 1.8)

Data are presented as median (interquartile range).

» Energy

Figure 1. Energy content by food and beverage groups according to WHO-Europe classification

per 100 g or 100 mL

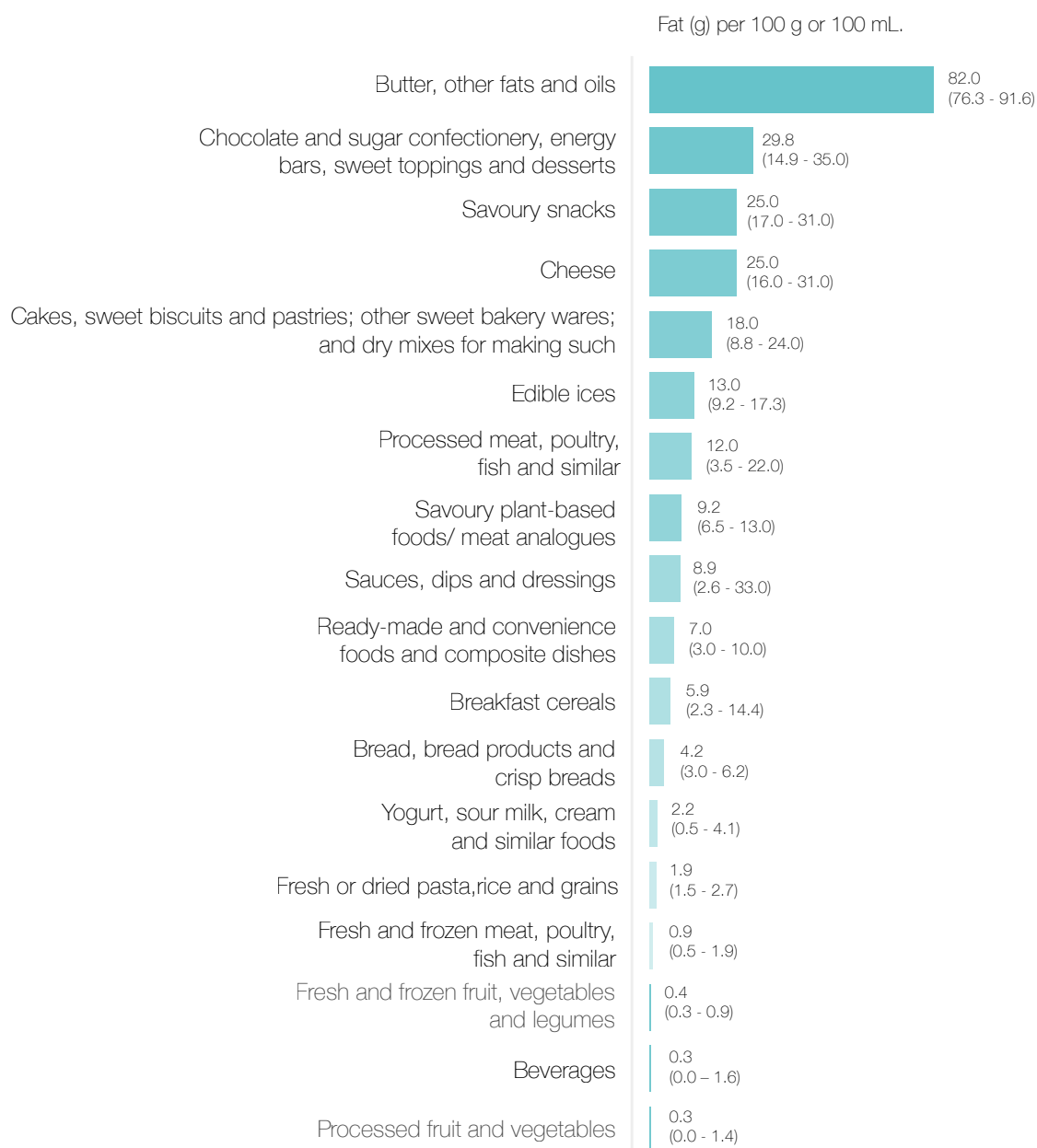


Data are presented as median (interquartile range).

» Fat

Figure 2. Fat content by food and beverage groups according to WHO-Europe classification

per 100 g or 100 mL

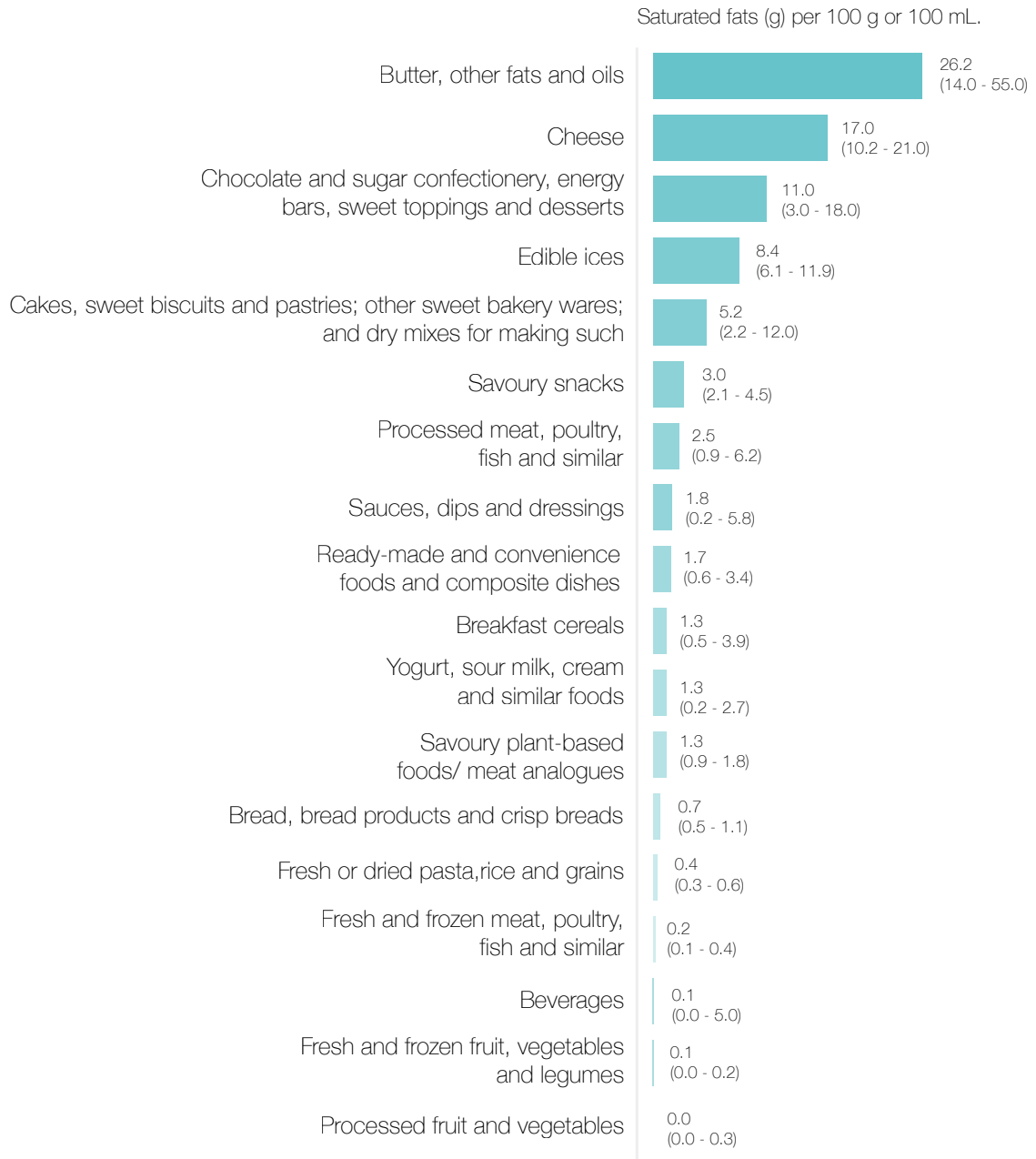


Data are presented as median (interquartile range).

» Saturated fat

Figure 3. Saturated fat content by food and beverage groups according to WHO-Europe classification

per 100 g or 100 mL

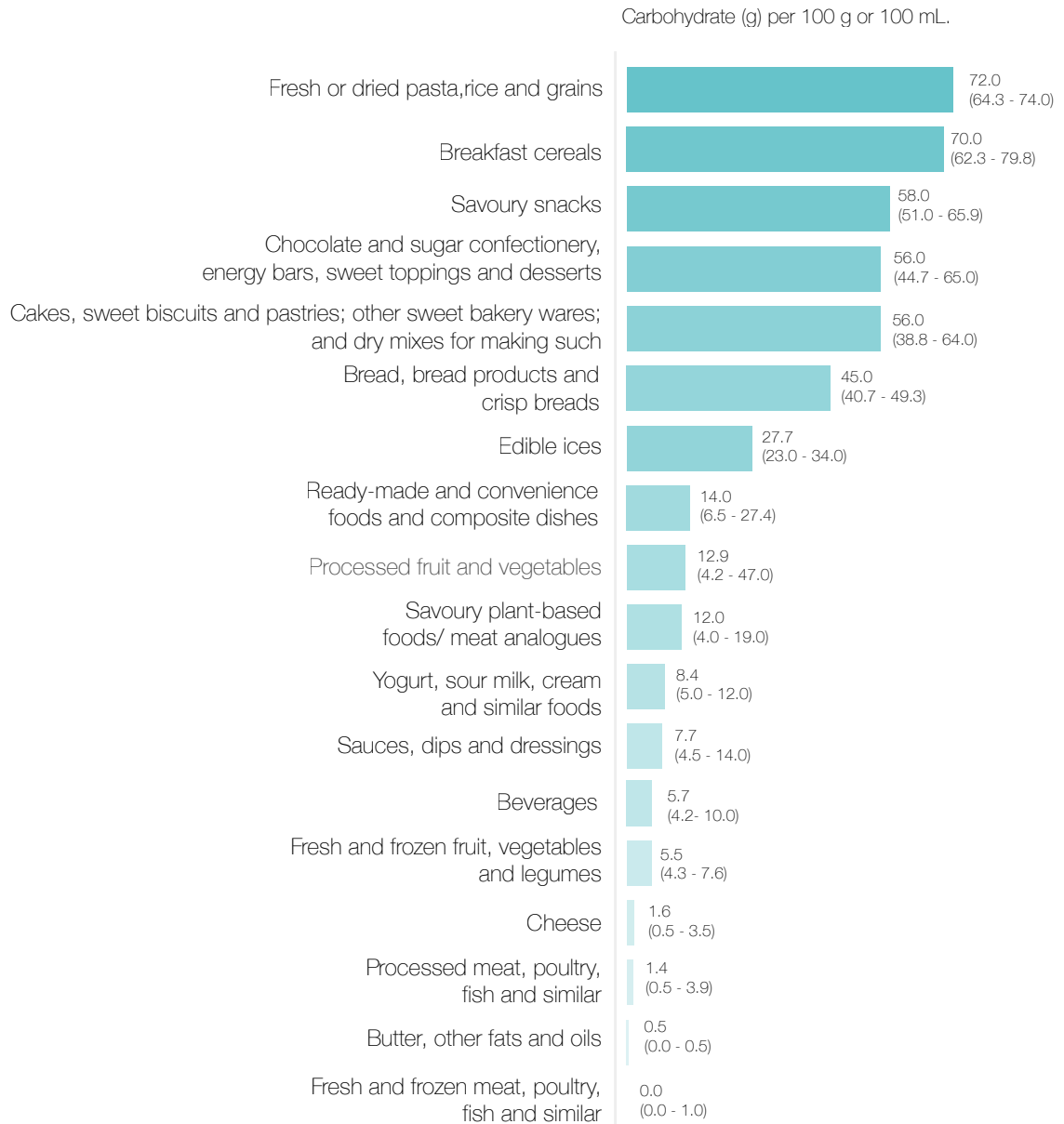


Data are presented as median (interquartile range).

» Carbohydrate

Figure 4. Carbohydrate content by food and beverage groups according to WHO-Europe classification

per 100 g or 100 mL

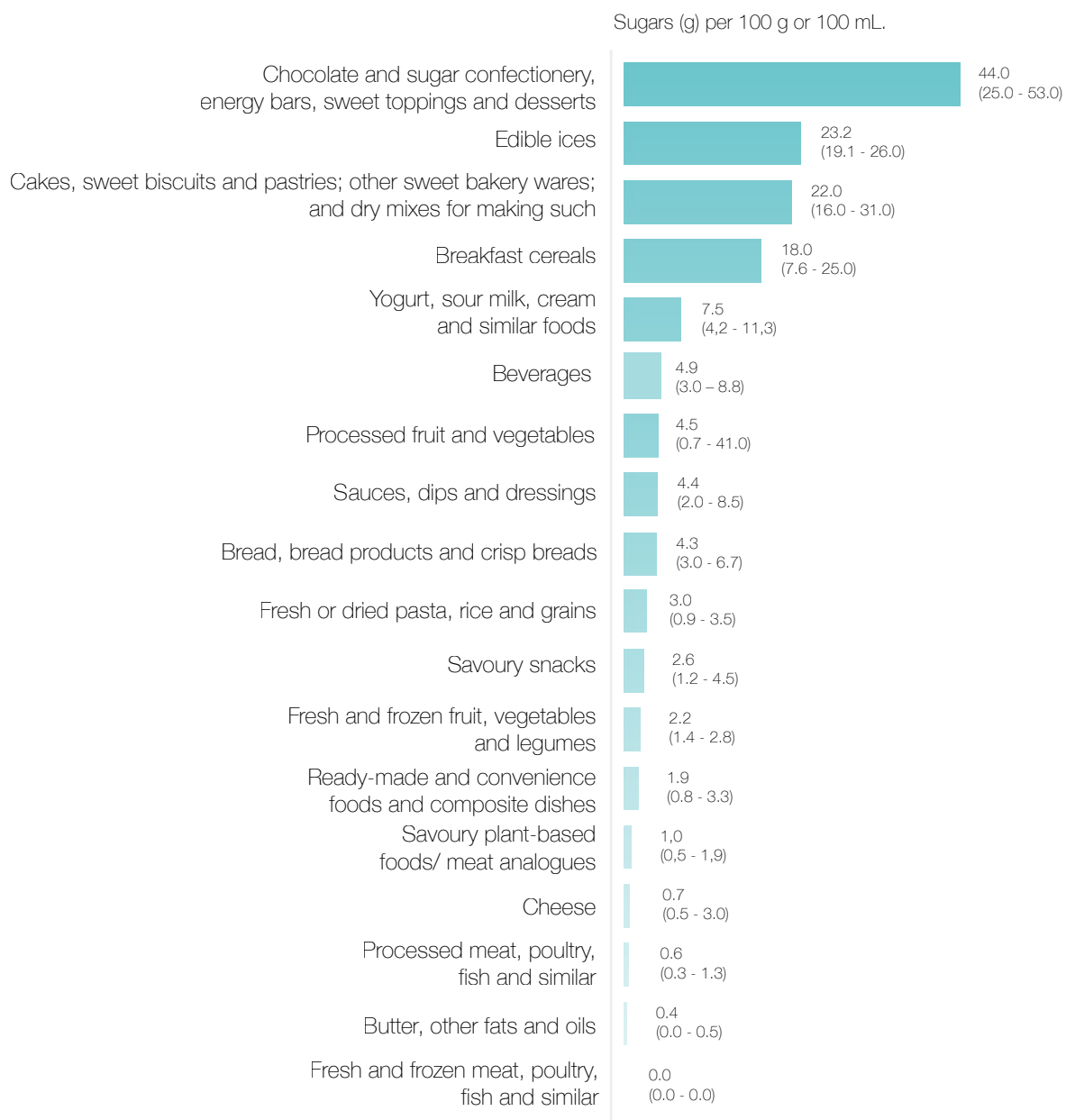


Data are presented as median (interquartile range).

» Total sugar

Figure 5. Total sugar content by food and beverage groups according to WHO-Europe classification

per 100 g or 100 mL

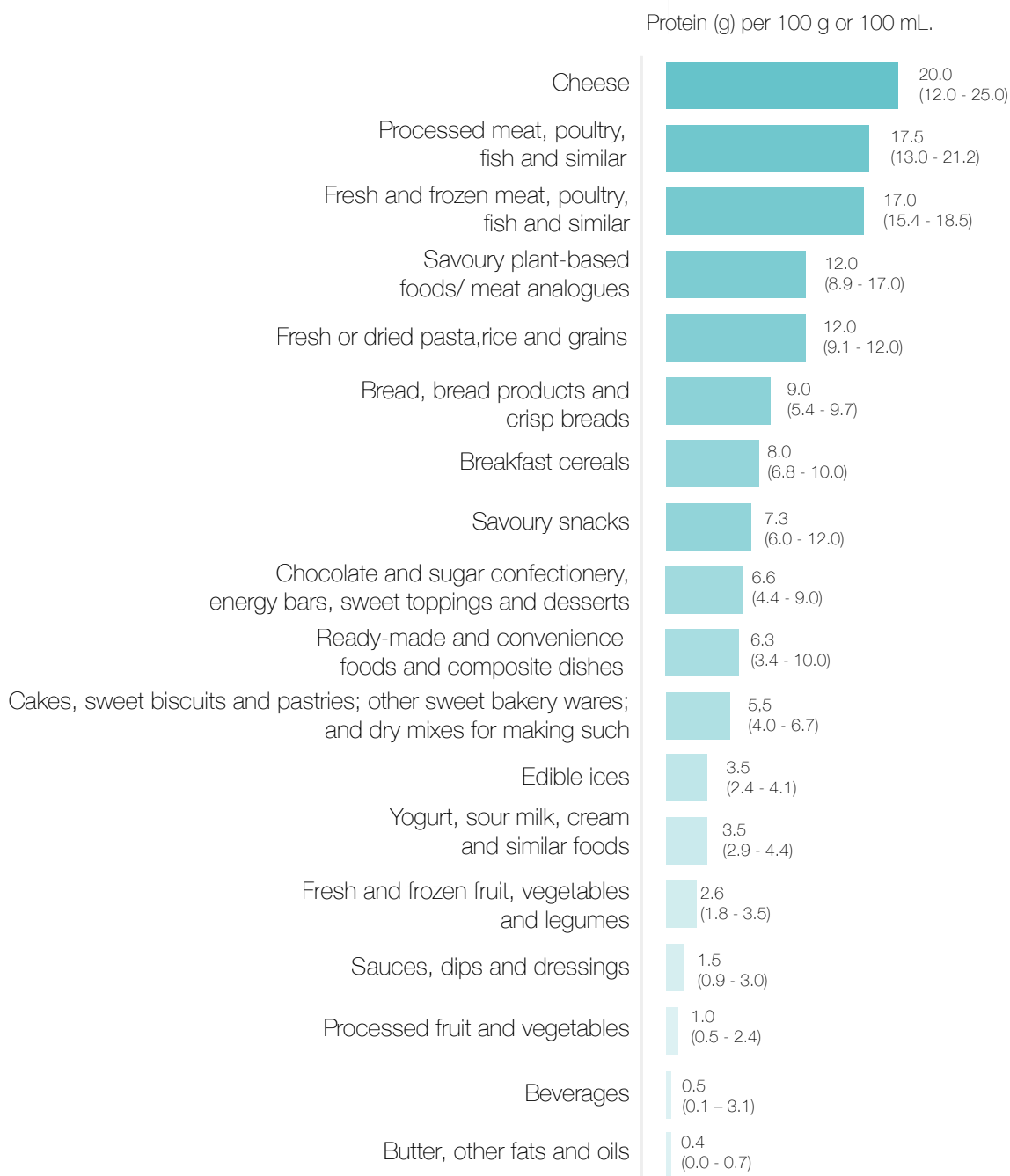


Data are presented as median (interquartile range).

» Protein

Figure 6. Protein content by food and beverage groups according to WHO-Europe classification

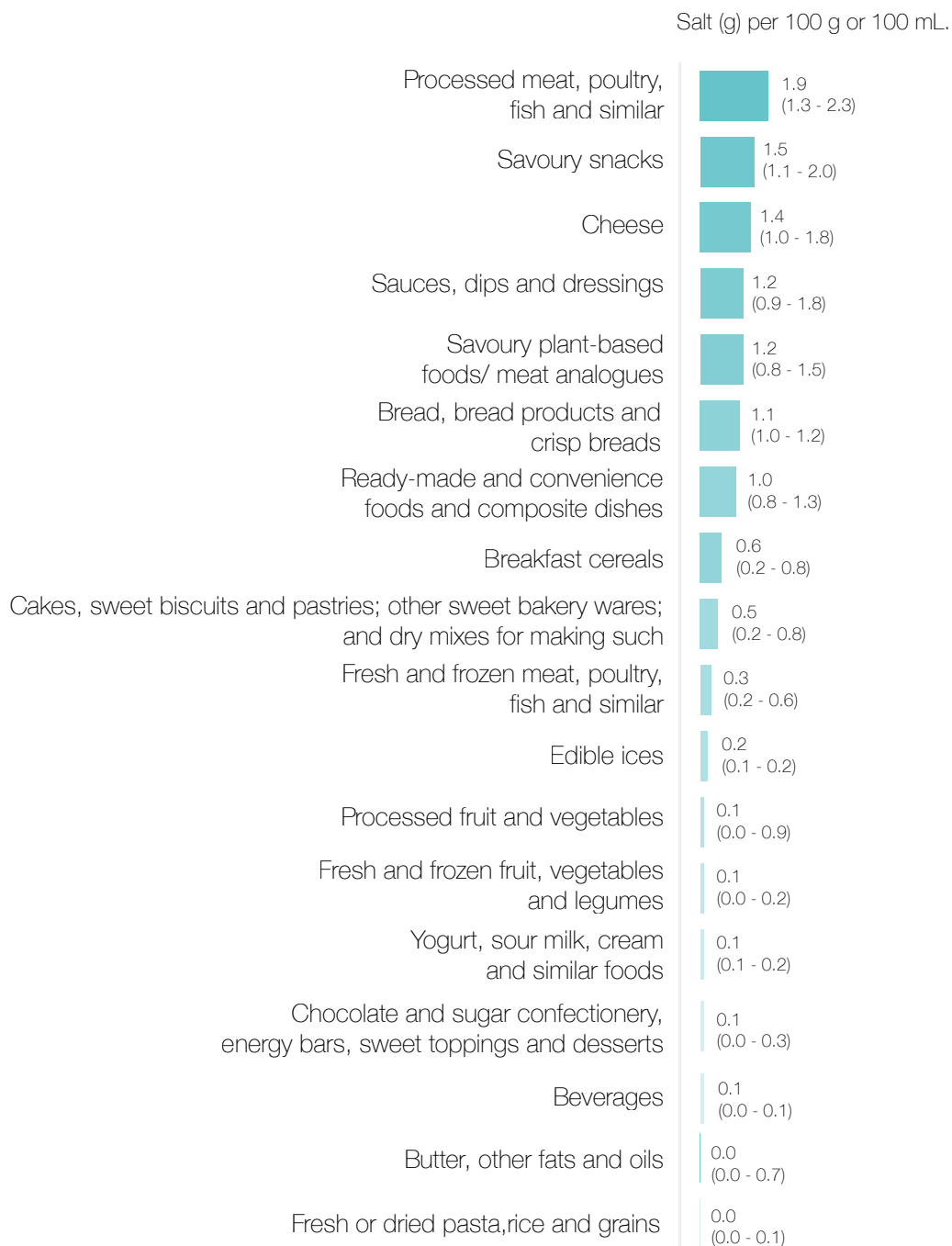
per 100 g or 100 mL



Data are presented as median (interquartile range).

Figure 7. Salt content by food and beverage groups according to WHO-Europe classification

per 100 g or 100 mL



Data are presented as median (interquartile range).

» Nutritional information for food and beverage subgroups according to WHO-Europe classification

Table 4. Nutritional information: Chocolate and sugar confectionery, energy bars, sweet toppings and desserts per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Chocolate and sugar confectionery, energy bars, sweet toppings and desserts	519.0 (415.5 - 549.0)	29.8 (14.9 - 35.0)	11.0 (3.0 - 18.0)	56.0 (44.7 - 65.0)	44.0 (25.0 - 53.0)	6.6 (4.4 - 9.0)	0.1 (0.0 - 0.3)
Table sugar	396.0 (380.0 - 400.0)	0.0 (0.0 - 1.9)	0.0 (0.0 - 0.0)	95.0 (93.0 - 100.0)	95.0 (93.0 - 100.0)	0.0 (0.0 - 0.4)	0.0 (0.0 - 0.0)
Granola and cereal-type bars	467.0 (418.0 - 509.3)	19.0 (15.0 - 28.6)	8.6 (5.0 - 11.2)	61.0 (44.0 - 67.0)	24.5 (15.8 - 32.2)	7.1 (6.1 - 9.3)	0.4 (0.1 - 0.6)
Sugar confectionery	365.0 (319.3 - 484.3)	1.7 (0.5 - 27.7)	1.3 (0.1 - 3.1)	70.1 (50.8 - 83.0)	45.5 (6.2 - 57.0)	3.5 (0.1 - 7.4)	0.0 (0.0 - 0.1)
Chocolate confectionery	545.0 (521.0 - 565.0)	33.0 (29.5 - 38.0)	17.2 (15.0 - 21.0)	52.0 (41.9 - 57.0)	47.0 (35.0 - 52.0)	7.3 (5.9 - 9.2)	0.1 (0.0 - 0.3)
Nut butters	-	-	-	-	-	-	-
Spreadable chocolate and other sweet sandwich toppings	540.5 (511.8 - 549.3)	31.0 (29.0 - 33.0)	5.8 (4.7 - 7.7)	57.0 (52.0 - 61.5)	52.6 (7.5 - 56.8)	4.6 (4.2 - 7.1)	0.1 (0.0 - 0.2)

Data are presented as median (interquartile range). - Data not available.

Table 5. Nutritional information: Cakes, sweet biscuits and pastries; other sweet bakery wares; and dry mixes for making such per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Cakes, sweet biscuits and pastries; other sweet bakery wares; and dry mixes for making such	433.8 (291.8 - 480.0)	18.0 (8.8 - 24.0)	5.2 (2.2 - 12.0)	56.0 (38.8 - 64.0)	22.0 (16.0 - 31.0)	5.5 (4.0 - 6.7)	0.5 (0.2 - 0.8)
Baked and cooked desserts	473.0 (449.0 - 499.0)	19.0 (16.0 - 24.0)	7.7 (2.1 - 12.3)	65.5 (62.0 - 69.5)	24.0 (18.0 - 32.9)	6.5 (5.7 - 7.2)	0.7 (0.5 - 0.9)
Dry mixes for making such	503.5 (446.3 - 525.0)	28.0 (23.8 - 30.0)	13.0 (10.0 - 17.0)	56.0 (49.0 - 60.3)	25.0 (12.8 - 34.0)	5.7 (3.8 - 6.8)	0.5 (0.3 - 0.8)
Tofu-based desserts and other plant-based desserts	96.0 (85.0 - 109.0)	2.3 (2.1 - 3.0)	0.6 (0.3 - 1.0)	14.5 (12.0 - 18.0)	11.0 (7.0 - 15.0)	3.2 (1.0 - 3.6)	0.1 (0.1 - 0.1)
Cakes and sponges	136.0 (108.5 - 174.3)	4.0 (2.6 - 7.0)	2.4 (1.4 - 4.6)	20.0 (17.0 - 23.9)	16.2 (13.9 - 20.0)	3.5 (2.9 - 4.8)	0.2 (0.1 - 0.2)
Pies and pastries	-	-	-	-	-	-	-
Cookies/sweet biscuits	348.5 (198.8 - 403.0)	18.0 (5.6 - 23.6)	2.4 (0.7 - 3.1)	40.0 (32.3 - 41.1)	3.6 (1.7 - 11.6)	5.8 (4.1 - 6.0)	1.2 (0.9 - 1.4)
Pancakes, waffles and French toast	414.0 (369.5 - 447.5)	20.0 (14.5 - 24.0)	7.2 (3.8 - 12.0)	52.0 (48.0 - 56.1)	28.0 (22.0 - 34.0)	5.3 (4.4 - 6.0)	0.6 (0.4 - 0.8)
Scones and soda bread	-	-	-	-	-	-	-

Data are presented as median (interquartile range). - Data not available.

» Nutritional information for food and beverage subgroups according to WHO-Europe classification

Table 6. Nutritional information: Savoury snacks per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Savoury snacks	496.0 (451.0 - 526.0)	25.0 (17.0 - 31.0)	3.0 (2.1 - 4.5)	58.0 (51.0 - 65.9)	2.6 (1.2 - 4.5)	7.3 (6.0 - 12.0)	1.5 (1.1 - 2.0)
Potato, vegetable and grain chips	516.0 (504.8 - 528.0)	30.8 (28.6 - 32.0)	3.3 (3.0 - 3.5)	52.5 (50.8 - 54.1)	1.0 (0.5 - 2.3)	6.2 (6.0 - 6.5)	1.2 (1.0 - 1.4)
Crackers/savoury biscuits	427.5 (380.5 - 482.0)	12.0 (5.0 - 21.0)	1.7 (0.7 - 3.0)	64.8 (59.8 - 72.2)	2.7 (1.7 - 5.1)	10.0 (7.7 - 12.0)	1.7 (1.3 - 2.1)
Nuts, seeds and kernels	567.0 (484.8 - 623.8)	43.7 (27.3 - 54.0)	5.0 (3.6 - 6.4)	12.8 (4.9 - 47.0)	3.4 (2.3 - 5.3)	18.2 (12.0 - 24.0)	1.4 (0.1 - 2.0)
Extruded snacks	494.0 (464.5 - 519.0)	25.0 (18.0 - 28.0)	2.9 (2.1 - 3.4)	61.2 (57.0 - 68.4)	2.5 (1.2 - 4.1)	6.0 (5.1 - 6.9)	1.5 (1.2 - 2.1)
Savoury pretzels	-	-	-	-	-	-	-

Data are presented as median (interquartile range). - Data not available.

Table 7. Nutritional information: Beverages per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Beverages	40.0 (22.0 - 56.0)	0.3 (0.0 - 1.6)	0.1 (0.0 - 5.0)	5.7 (4.2 - 10.0)	4.9 (3.0 - 8.8)	0.5 (0.1 - 3.1)	0.1 (0.0 - 0.1)
Juices	44.0 (40.3 - 50.0)	0.1 (0.0 - 0.1)	0.0 (0.0 - 0.0)	10.0 (9.0 - 11.4)	9.7 (8.6 - 10.9)	0.6 (0.4 - 0.7)	0.0 (0.0 - 0.0)
100% fruit and vegetable juices	44.0 (40.0 - 50.0)	0.1 (0.0 - 0.1)	0.0 (0.0 - 0.0)	10.0 (8.9 - 11.3)	9.6 (8.6 - 10.8)	0.6 (0.4 - 0.7)	0.0 (0.0 - 1.0)
Smoothies	72.5 (48.0 - 103.0)	0.0 (0.0 - 0.0)	0.0 (0.0 - 0.0)	16.7 (11.0 - 22.5)	15.7 (10.2 - 19.8)	0.6 (0.5 - 1.1)	0.0 (0.0 - 0.1)
Dairy milk drinks	56.0 (44.0 - 67.0)	1.6 (0.5 - 2.5)	1.0 (0.3 - 1.5)	4.9 (4.7 - 8.9)	4.8 (4.7 - 8.5)	3.2 (3.0 - 3.5)	0.1 (0.1 - 0.2)
Dairy milks	46.0 (35.5 - 63.0)	1.6 (0.3 - 3.5)	1.0 (0.2 - 2.2)	4.8 (4.7 - 4.8)	4.7 (4.7 - 4.8)	3.2 (3.1 - 3.8)	0.1 (0.1 - 0.1)
Milkshakes and coffees containing dairy milk	65.0 (55.8 - 71.0)	1.5 (1.1 - 2.4)	1.0 (0.7 - 1.4)	8.9 (5.8 - 10.0)	8.5 (5.4 - 10.0)	3.0 (2.8 - 3.4)	0.1 (0.1 - 0.2)
Plant-based milks	46.0 (34.5 - 60.0)	1.7 (1.0 - 2.1)	0.2 (0.1 - 0.3)	7.0 (3.0 - 10.0)	4.8 (1.7 - 6.4)	0.9 (0.5 - 3.1)	0.1 (0.1 - 1.2)
Plant-based milks	45.5 (32.8 - 56.0)	1.7 (1.0 - 2.1)	0.2 (0.1 - 0.3)	6.7 (2.6 - 10.0)	4.0 (1.4 - 6.0)	0.8 (0.5 - 2.2)	0.1 (0.1 - 0.1)
Milkshakes and coffees containing plant-based milks	61.0 (50.0 - 67.0)	1.7 (0.9 - 2.1)	0.3 (0.1 - 0.4)	8.1 (5.3 - 10.0)	5.8 (4.9 - 7.6)	1.2 (0.7 - 3.3)	0.1 (0.1 - 0.2)
Energy drinks	40.5 (3.0 - 46.0)	0.0 (0.0 - 0.0)	0.0 (0.0 - 0.0)	10.2 (0.9 - 11.8)	9.2 (0.0 - 11.0)	0.0 (0.0 - 0.0)	0.1 (0.1 - 0.2)
Soft drinks, bottled waters and other drinks	25.0 (12.0 - 45.0)	0.0 (0.0 - 0.5)	0.0 (0.0 - 0.1)	5.0 (1.7 - 8.8)	4.5 (0.7 - 7.9)	0.1 (0.0 - 0.5)	0.0 (0.0 - 0.0)
Water-based flavored drinks	21.0 (6.0 - 32.0)	0.0 (0.0 - 0.0)	0.0 (0.0 - 0.0)	4.8 (1.2 - 7.3)	4.6 (1.2 - 7.1)	0.0 (0.0 - 0.3)	0.0 (0.0 - 0.1)
Coffee, coffee substitutes, tea, herbal infusions and other hot cereal and grain beverages	117.5 (12.8 - 374.0)	1.8 (0.1 - 8.9)	1.1 (0.1 - 5.2)	6.0 (0.5 - 46.8)	3.0 (4.5 - 28.7)	3.9 (0.5 - 11.2)	0.1 (0.0 - 0.2)
Fruit and vegetable nectars	45.0 (24.0 - 51.0)	0.1 (0.1 - 0.5)	0.0 (0.0 - 0.0)	10.1 (5.4 - 12.0)	9.3 (5.0 - 11.8)	0.3 (0.2 - 0.5)	0.0 (0.0 - 0.0)

Data are presented as median (interquartile range).

» Nutritional information for food and beverage subgroups according to WHO-Europe classification

Table 8. Nutritional information: Edible ices per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Edible ices	264.5 (192.0 - 311.8)	13.0 (9.2 - 17.3)	8.4 (6.1 - 11.9)	27.7 (23.0 - 34.0)	23.2 (19.1 - 26.0)	3.5 (2.4 - 4.1)	0.2 (0.1 - 0.2)
Water-based ices	85.0 (74.0 - 91.0)	0.2 (0.0 - 0.8)	0.1 (0.0 - 0.7)	20.0 (18.3 - 22.0)	17.0 (16.0 - 20.5)	0.1 (0.0 - 0.5)	0.0 (0.0 - 0.0)
Dairy and plant-based ice creams	272.0 (200.0 - 314.0)	14.0 (10.0 - 18.0)	8.9 (6.9 - 12.0)	29.0 (24.0 - 34.0)	23.5 (20.0 - 26.0)	3.7 (2.6 - 4.2)	0.2 (0.1 - 0.3)

Data are presented as median (interquartile range).

Table 9. Nutritional information: Breakfast cereals per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Breakfast cereals	389.5 (374.3 - 435.5)	5.9 (2.3 - 14.4)	1.3 (0.5 - 3.9)	70.0 (62.3 - 79.8)	18.0 (7.6 - 25.0)	8.0 (6.8 - 10.0)	0.6 (0.2 - 0.8)
Minimally processed breakfast cereals	367.0 (357.0 - 374.0)	4.8 (1.4 - 8.0)	1.0 (0.2 - 1.3)	64.0 (58.0 - 78.0)	1.2 (1.0 - 4.4)	12.0 (7.4 - 13.0)	0.0 (0.0 - 0.3)
Highly processed breakfast cereals	398.0 (379.5 - 448.5)	6.1 (2.5 - 15.0)	1.8 (0.6 - 4.0)	70.0 (63.7 - 80.0)	20.2 (14.0 - 25.5)	7.9 (6.8 - 9.1)	0.7 (0.3 - 0.8)

Data are presented as median (interquartile range).

Table 10. Nutritional information: Yogurt, sour milk, cream and similar foods per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Yogurt, sour milk, cream and similar foods	73.5 (55.0 - 102.8)	2.2 (0.5 - 4.1)	1.3 (0.2 - 2.7)	8.4 (5.0 - 12.0)	7.5 (4.2 - 11.3)	3.5 (2.9 - 4.4)	0.1 (0.1 - 0.2)
Cream	291.0 (193.0 - 335.0)	28.0 (18.0 - 35.0)	18.5 (12.0 - 22.0)	5.0 (3.0 - 7.5)	3.7 (3.0 - 5.5)	2.3 (2.0 - 2.5)	0.1 (0.1 - 0.1)
Yogurt products containing additional ingredients	77.0 (56.3 - 108.0)	2.1 (0.5 - 3.5)	1.0 (0.1 - 2.4)	11.0 (6.3 - 13.7)	10.0 (5.8 - 12.8)	3.6 (2.8 - 4.4)	0.1 (0.1 - 0.2)
Yogurts and sour milks	65.0 (49.0 - 78.0)	2.1 (0.4 - 3.5)	1.3 (0.1 - 2.3)	5.6 (4.2 - 10.0)	5.3 (3.9 - 10.0)	3.7 (3.1 - 4.6)	0.1 (0.1 - 0.2)

Data are presented as median (interquartile range).

» Nutritional information for food and beverage subgroups according to WHO-Europe classification

Table 11. Nutritional information: Cheese per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Cheese	312.0 (217.0 - 374.5)	25.0 (16.0 - 31.0)	17.0 (10.2 - 21.0)	1.6 (0.5 - 3.5)	0.7 (0.5 - 3.0)	20.0 (12.0 - 25.0)	1.4 (1.0 - 1.8)
Hard, medium and soft cheeses	328.0 (210.3 - 384.6)	26.0 (15.9 - 32.0)	18.0 (10.0 - 22.0)	1.4 (0.5 - 3.1)	0.5 (0.5 - 2.8)	22.0 (12.2 - 25.0)	1.3 (0.9 - 1.7)
Processed cheeses	262.0 (218.0 - 307.0)	21.5 (16.5 - 26.0)	14.0 (11.0 - 17.0)	3.0 (1.6 - 5.6)	2.0 (0.5 - 4.9)	13.0 (12.0 - 17.0)	1.8 (1.3 - 2.3)

Data are presented as median (interquartile range).

Table 12. Nutritional information: Ready-made and convenience foods and composite dishes per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Ready-made and convenience foods and composite dishes	166.0 (96.3 - 238.0)	7.0 (3.0 - 10.0)	1.7 (0.6 - 3.4)	14.0 (6.5 - 27.4)	1.9 (0.8 - 3.3)	6.3 (3.4 - 10.0)	1.0 (0.8 - 1.3)
Prepared salads	138.0 (68.0 - 183.0)	7.2 (1.7 - 9.3)	1.0 (0.3 - 1.7)	10.4 (7.2 - 14.0)	2.7 (2.3 - 5.4)	4.3 (2.2 - 6.6)	1.0 (0.6 - 1.2)
Ready-to-eat meals composed of a combination of carbohydrate/vegetable/meat	172.0 (130.8 - 240.3)	7.8 (5.0 - 11.0)	2.2 (1.0 - 3.5)	14.9 (7.8 - 28.0)	2.2 (1.0 - 3.7)	6.9 (4.4 - 11.0)	1.0 (0.8 - 1.3)
Pizza and pizza snacks	236.0 (221.0 - 255.5)	9.1 (7.7 - 11.0)	3.8 (2.8 - 4.9)	27.0 (24.1 - 29.4)	3.0 (2.3 - 3.5)	10.0 (9.0 - 11.0)	1.2 (1.0 - 1.5)
Pasta, noodles and rice or grains with sauce or seasoned	172.5 (123.5 - 351.0)	4.9 (3.5 - 10.8)	1.4 (0.7 - 2.9)	25.0 (16.2 - 56.9)	1.6 (0.8 - 2.9)	5.0 (3.9 - 9.0)	1.0 (0.6 - 1.8)
Tinned composite foods	104.0 (81.8 - 145.3)	4.2 (2.1 - 8.6)	1.2 (0.3 - 2.8)	9.0 (7.5 - 10.4)	0.8 (0.5 - 1.5)	5.4 (4.5 - 7.3)	0.9 (0.8 - 1.0)
Sandwiches and wraps	246.0 (228.0 - 262.0)	7.8 (5.0 - 11.0)	2.2 (1.8 - 3.7)	31.0 (28.0 - 31.0)	1.7 (1.0 - 3.3)	10.0 (7.5 - 13.0)	1.4 (1.1 - 1.7)
Soups	38.0 (19.5 - 54.5)	1.5 (0.5 - 2.7)	0.3 (0.1 - 0.6)	4.0 (1.4 - 5.9)	1.0 (0.3 - 2.4)	0.9 (0.7 - 1.3)	0.8 (0.7 - 0.9)

Data are presented as median (interquartile range).

» Nutritional information for food and beverage subgroups according to WHO-Europe classification

Table 13. Nutritional information: Butter, other fats and oils per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Butter, other fats and oils	744.0 (689.8 - 824.0)	82.0 (76.3 - 91.6)	26.2 (14.0 - 55.0)	0.5 (0.0 - 0.5)	0.4 (0.0 - 0.5)	0.4 (0.0 - 0.7)	0.0 (0.0 - 0.7)
Vegetable oils	824.0 (822.0 - 900.0)	92.0 (91.0 - 100.0)	14.0 (12.1 - 14.0)	0.0 (0.0 - 0.0)	0.0 (0.0 - 0.0)	0.0 (0.0 - 0.0)	0.0 (0.0 - 0.0)
Butter, butter blends, margarine and oil-based spreads	727.0 (543.0 - 743.0)	80.0 (60.0 - 82.0)	54.0 (26.2 - 56.5)	0.5 (0.5 - 0.9)	0.5 (0.4 - 0.7)	0.6 (0.5 - 0.7)	0.4 (0.0 - 1.0)

Data are presented as median (interquartile range).

Table 14. Nutritional information: Bread, bread products and crisp breads per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Bread, bread products and crisp breads	261.5 (242.8 - 280.0)	4.2 (3.0 - 6.2)	0.7 (0.5 - 1.1)	45.0 (40.7 - 49.3)	4.3 (3.0 - 6.7)	9.0 (5.4 - 9.7)	1.1 (1.0 - 1.2)
Flatbreads	303.0 (300.0 - 314.3)	6.4 (6.3 - 7.2)	1.8 (0.9 - 2.8)	50.5 (49.3 - 52.5)	1.8 (1.6 - 1.9)	7.9 (7.3 - 8.2)	1.6 (1.2 - 1.7)
Leavened bread	250.0 (238.0 - 267.0)	3.6 (2.7 - 5.5)	0.7 (0.5 - 0.9)	43.0 (40.0 - 46.0)	3.8 (3.0 - 4.9)	9.0 (4.5 - 10.0)	1.1 (1.0 - 1.2)
Sweet and raisin breads	282.0 (263.0 - 347.0)	5.4 (4.2 - 12.0)	1.1 (0.6 - 3.8)	49.0 (45.0 - 51.0)	7.7 (4.7 - 11.0)	9.2 (8.5 - 9.7)	1.0 (0.9 - 1.3)

Data are presented as median (interquartile range).

Table 15. Nutritional information: Fresh or dried pasta, rice and grains per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Fresh or dried pasta, rice and grains	354.5 (343.3 - 359.8)	1.9 (1.5 - 2.7)	0.4 (0.3 - 0.6)	72.0 (64.3 - 74.0)	3.0 (0.9 - 3.5)	12.0 (9.1 - 12.0)	0.0 (0.0 - 0.1)
Rice and grains	348.0 (342.5 - 356.5)	1.8 (1.2 - 2.8)	0.5 (0.3 - 0.6)	73.8 (70.5 - 75.0)	0.1 (0.0 - 1.4)	7.8 (6.9 - 9.4)	0.0 (0.0 - 0.0)
Fresh or dried pasta and noodles	358.0 (344.0 - 366.0)	1.9 (1.5 - 2.6)	0.4 (0.3 - 0.6)	70.9 (63.0 - 74.0)	3.2 (1.6 - 3.5)	12.0 (11.0 - 12.0)	0.0 (0.0 - 0.1)

Data are presented as median (interquartile range).

» Nutritional information for food and beverage subgroups according to WHO-Europe classification

Table 16. Nutritional information: Fresh and frozen meat, poultry, fish and similar per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Fresh and frozen meat, poultry, fish and similar	76.0 (70.5 - 94.0)	0.9 (0.5 - 1.9)	0.2 (0.1 - 0.4)	0.0 (0.0 - 1.0)	0.0 (0.0 - 0.0)	17.0 (15.4 - 18.5)	0.3 (0.2 - 0.6)

Data are presented as median (interquartile range).

Table 17. Nutritional information: Processed meat, poultry, fish and similar per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Processed meat, poultry, fish and similar	199.7 (112.0 - 276.0)	12.0 (3.5 - 22.0)	2.5 (0.9 - 6.2)	1.4 (0.5 - 3.9)	0.6 (0.3 - 1.3)	17.5 (13.0 - 21.2)	1.9 (1.3 - 2.3)
Processed meat, poultry, game and preparations	200.0 (105.0 - 293.0)	13.0 (2.5 - 23.0)	4.6 (0.9 - 8.1)	1.5 (0.7 - 3.5)	0.9 (0.5 - 1.5)	17.0 (13.0 - 21.0)	2.1 (1.8 - 2.9)
Processed fish and seafood products	197.5 (146.5 - 251.0)	11.0 (5.8 - 19.8)	1.8 (0.9 - 3.2)	0.9 (0.3 - 4.6)	0.0 (0.0 - 0.9)	18.0 (12.0 - 21.4)	1.2 (0.8 - 1.5)

Data are presented as median (interquartile range).

Table 19. Nutritional information: Fresh and frozen fruit, vegetables and legumes per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Fresh and frozen fruit, vegetables and legumes	44.0 (33.5 - 59.5)	0.4 (0.3 - 0.9)	0.1 (0.0 - 0.2)	5.5 (4.3 - 7.6)	2.2 (1.4 - 2.8)	2.6 (1.8 - 3.5)	0.1 (0.0 - 0.2)
Fresh and frozen fruit, vegetables	38.0 (31.0 - 51.0)	0.4 (0.3 - 0.8)	0.1 (0.0 - 0.1)	5.4 (4.2 - 6.6)	2.1 (1.5 - 2.8)	2.2 (1.6 - 3.1)	0.1 (0.0 - 0.2)
Fresh and frozen legumes	72.0 (56.5 - 91.0)	0.5 (0.3 - 1.0)	0.1 (0.0 - 0.2)	8.5 (7.4 - 12.3)	2.2 (1.3 - 3.7)	5.2 (3.2 - 5.9)	0.0 (0.0 - 0.2)

Data are presented as median (interquartile range). ** $p \leq 0.01$ between distributor and manufacturer brands (test U Mann-Whitney).

» Nutritional information for food and beverage subgroups according to WHO-Europe classification

Table 19. Nutritional information: Processed fruit and vegetables per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Processed fruit and vegetables	129.5 (45.0 - 194.0)	0.3 (0.0 - 1.4)	0.0 (0.0 - 0.3)	12.9 (4.2 - 47.0)	4.5 (0.7 - 41.0)	1.0 (0.5 - 2.4)	0.1 (0.0 - 0.9)
Jams and marmalades	181.5 (53.0 - 201.5)	0.0 (0.0 - 0.0)	0.0 (0.0 - 0.0)	44.0 (17.0 - 49.0)	42.5 (5.7 - 47.0)	0.5 (0.4 - 0.5)	0.0 (0.0 - 0.0)
Tinned, dried and pickled fruits	253.5 (61.0 - 317.0)	0.5 (0.0 - 1.0)	0.0 (0.0 - 0.3)	50.5 (14.0 - 70.0)	37.6 (11.9 - 62.0)	1.5 (0.5 - 2.8)	0.0 (0.0 - 0.0)
Fruit and vegetable pouches	-	-	-	-	-	-	-
Tinned, pickled, dried, battered and breaded vegetables and legumes	77.0 (31.0 - 153.0)	0.8 (0.4 - 12.0)	0.1 (0.0 - 1.5)	4.7 (1.2 - 9.3)	0.8 (0.4 - 3.0)	1.7 (1.1 - 4.5)	0.8 (0.5 - 2.1)

Data are presented as median (interquartile range). - Data not available.

Table 20. Nutritional information: Savoury plant-based food/meat analogues per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Savoury plant-based food/meat analogues	190.0 (157.0 - 228.0)	9.2 (6.5 - 13.0)	1.3 (0.9 - 1.8)	12.0 (4.0 - 19.0)	1.0 (0.5 - 1.9)	12.0 (8.9 - 17.0)	1.2 (0.8 - 1.5)
Meat analogues	200.0 (160.0 - 231.0)	10.0 (6.3 - 14.0)	1.3 (0.9 - 2.0)	13.3 (6.0 - 19.0)	1.2 (0.6 - 2.0)	11.0 (8.0 - 16.0)	1.2 (1.0 - 1.5)
Tofu and tempeh	160.5 (147.5 - 189.9)	8.8 (7.7 - 9.6)	1.4 (1.2 - 1.6)	1.7 (1.3 - 11.3)	0.5 (0.2 - 1.4)	15.2 (12.5 - 17.2)	0.1 (0.0 - 1.2)

Data are presented as median (interquartile range).

Table 21. Nutritional information: Sauces, dips and dressings per 100 g or 100 mL.

	Energy (kcal)	Fat (g)	Of which, saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Sauces, dips and dressings	174.0 (90.0 - 339.0)	8.9 (2.6 - 33.0)	1.8 (0.2 - 5.8)	7.7 (4.5 - 14.0)	4.4 (2.0 - 8.5)	1.5 (0.9 - 3.0)	1.2 (0.9 - 1.8)
Salad dressings	461.0 (246.0 - 657.0)	48.0 (19.5 - 71.5)	6.4 (2.1 - 9.6)	5.1 (1.5 - 12.5)	2.5 (0.6 - 7.1)	0.7 (0.4 - 1.4)	1.1 (0.1 - 1.4)
Stock cubes	246.5 (105.8 - 283.0)	5.8 (2.7 - 12.1)	3.0 (0.6 - 7.0)	25.1 (7.9 - 35.5)	5.6 (1.5 - 13.1)	5.6 (3.6 - 11.0)	21.0 (1.3 - 48.9)
Condiments	183.0 (99.0 - 374.8)	11.0 (0.2 - 36.0)	1.2 (0.0 - 4.2)	11.4 (6.8 - 19.6)	6.9 (3.4 - 16.8)	1.4 (1.0 - 2.6)	1.8 (1.3 - 2.4)
Cooking sauces	90.0 (68.0 - 119.0)	5.0 (3.1 - 8.5)	0.6 (0.3 - 2.1)	7.3 (5.2 - 9.6)	4.8 (3.1 - 6.9)	1.5 (1.1 - 2.4)	1.0 (0.8 - 1.3)
Dips and dipping sauces	184.0 (149.0 - 256.0)	13.7 (12.3 - 20.0)	2.0 (1.7 - 2.6)	6.9 (2.9 - 11.0)	0.9 (0.5 - 2.0)	5.4 (1.9 - 6.7)	1.0 (0.8 - 1.1)

Data are presented as median (interquartile range).

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