

NUTRI-SCORE

WHAT IS NUTRI-SCORE?

Nutri-Score is a logo that **can be placed on packaged and processed goods**. It highlights the nutritional quality of a product, classifying it according to a five-level scale linking letters to a colour code:



HOW IS NUTRI-SCORE CALCULATED?

Nutri-Score was set up by scientists.

It takes the following into account:

NUTRIENTS AND FOODS CONSIDERED TO BE FAVOURABLE

fibre, protein, fruit and
vegetables, legumes, nuts,
rapeseed / walnut / olive oil

ENERGY AND NUTRIENTS, CONSIDERED TO BE LESS FAVOURABLE

Calories, saturated fatty acids,
sugar, salt



NUTRI-SCORE PROVIDES A FINAL SCORE FOR 100 G OR 100 ML OF A PRODUCT.



WHY NUTRI-SCORE?

Nutri-Score provides a **clear overview of the nutritional quality of a given product, allowing consumers to compare it with others in the same category.** A lasagne, for example, can be classified as A, B, C, D or E depending on its composition.

NUTRI-SCORE AND OTHER INDICATIONS ON PRODUCTS

NUTRI-SCORE

provides an overall assessment of the nutritional quality of a product.



LIST OF INGREDIENTS

It includes all the components in the product in decreasing order. For example, a list ending in "sunflower seeds" means that this is the item in the lowest quantity in that particular product.

TABLE OF NUTRITIONAL VALUES

It provides information on the exact quantity of nutrients in the product. For example, it indicates how much sugar is contained in 100 g or 100 ml of the product.

Key strengths

- Nutri-Score is easy to understand.
- Nutri-Score provides information about the nutritional quality of a product.
- Nutri-Score allows you to compare different products in the same category.
- Nutri-Score can help you make more balanced choices.

Weaknesses

- Nutri-Score is not compulsory, so it is not necessarily placed on all products.
- Nutri-Score does not provide information about the exact amounts of ingredients or nutrients.



In the middle of 2021, Luxembourg adopted a Grand-Ducal Regulation allowing the country's companies to distribute their products on the Luxembourgish market with the Nutri-Score label.

For more information, consult: nutri-score.public.lu