

# NUTRI-SCORE AND ULTRA-TRANSFORMATION : TWO DIFFERENT NOTIONS TO TAKE INTO ACCOUNT

## IMPROVE THE RECIPES

One of the objectives of **NUTRI-SCORE** is to encourage manufacturers to improve their recipes for better nutritional quality (less saturated fats, salt, sugars, etc.).

**The majority of professionals who improve the NUTRI-SCORE of their recipes do not do so by using more processing or additives (or even take the opportunity to reduce them).**



## THE OPINION OF THE SCIENTISTS:

All studies demonstrate a link between the consumption of foods that are well classified by **NUTRI-SCORE** and a lower risk of chronic diseases, independently of other factors.



## TWO COMPLEMENTARY PIECES OF INFORMATION

Ultra-processed foods (UPFs) are products that have undergone intense industrial processing and/or contain additives or other ingredients not traditionally found in our kitchens.



**ULTRA-TRANSFORMATION AND NUTRITIONAL COMPOSITION ARE TWO DIFFERENT DIMENSIONS OF THE PRODUCT, EACH LIKELY TO IMPACT HEALTH.**

High intakes of foods poorly ranked by **NUTRI-SCORE** and AUT are both independently and complementary associated with an increased risk of chronic disease.



## THE DEGREE OF PROCESSING DOES NOT INDICATE NUTRITIONAL QUALITY

Some minimally processed products are not of good nutritional quality :

**Some fruit drinks**



Some considered non-UT yet have a nutritional composition unfavorable to health :

**Butter, oil, salt, sugar**

Some ultra-processed products may be of good nutritional quality :

**Fruit yoghurt, certain cooked dishes...**



Minimally  
processed



**THE RECOMMENDATIONS TO CONSUMERS ARE SIMPLE: FAVOUR BOTH UNPROCESSED OR MINIMALLY PROCESSED PRODUCTS AND THOSE THAT ARE WELL CLASSIFIED BY NUTRI-SCORE. OTHER FOODS ARE OF COURSE NOT FORBIDDEN BUT SHOULD BE CONSUMED IN MORE LIMITED QUANTITIES AND FREQUENCY.**

NUTRI-SCORE



**A PUBLIC  
HEALTH TOOL**