THE **NUTRI-SCORE** DOES NOT PENALIZE TRADITIONAL FOODS





TRADITION VS INDUSTRY: WHAT DOES THE NUTRI-SCORE SAY?

Foods with a designation are not disadvantaged by the **NUTRI-SCORE**: they are subject to the same evaluation criteria as other foods.

With or without PDO or PGI, a fatty, sweet or salty product will remain fatty, sweet or salty!



There are products with designation having a good **NUTRI SCORE**, for example lentils from Puy, walnuts from Grenoble or apples from Limousin are classified **NUTRI-SCORE A**.



On the other hand, deli meats or cheeses with or without PDO/PGI are often classified **D** or **E** because of their high content in saturated fatty acids and salt. Traditional deli meats are also often ultra-processed.

A DIFFERENT USE

The **NUTRI-SCORE** and **designations of origin** are two labels covering completely different qualifications.

PDOs/PGIs guarantee that the food is produced according to often ancestral know-how in a specific geographical area and that it is part of the culinary heritage. They do not include the nutritional composition and therefore complete the **NUTRI-SCORE** which only provides information on the nutritional quality of the food.



A DEMANDING SET OF SPECIFICATIONS

The composition of products with designations of origin cannot be changed. That is not the objective, of course, we must protect this know-how!

D and **E** foods (such as cheese and cold cuts) can be consumed as part of a balanced diet, but in small quantities and not too often. This is what **NUTRI-SCORE** shows, in line with with the nutritional recommendations!

The NUTRI-SCORE does not prohibit rillettes or Roquefort cheese that are D or E! It provides information on their nutritional composition to guide the dietary balance. Compared to similar cheeses, you might as well choose one that promotes a cultural and gastronomic heritage through its PDO/PGI designation.





DIFFERENT MICRONUTRIENT* LEVELS?

Traditional foods have a nutritional composition comparable to other foods in their category. They are neither more nor less rich in micronutrients.

*micronutrients = vitamins, minerals, trace elements



CONSUME LESS BUT BETTER

NUTRI-SCORE AND LABELS ARE COMPLEMENTARY. ON A SHELF, THE PDO AND PGI LABELS GUIDE US TOWARDS PRODUCTS WHOSE PRODUCTION IS SUPERVISED AND MORE VIRTUOUS, CONTRIBUTING TO THE RICHNESS OF OUR GASTRONOMY.

