

Spain will implement the Nutriscore to identify the nutritional quality of food

The Spanish Minister of Health, Consumption and Social Welfare, Maria Luisa Carcedo, announced yesterday the future implementation in Spain of Frontal Nutrition Labeling, which will serve as a reference for the nutritional quality of food and beverages, following the recommendations of various scientific societies, the World Health Organization (WHO) and the European Union (EU).

"This information will allow the consumer to compare products with other similar in a simple way and make a informed and motivated decisions to follow a healthier diet," says Spanish Minister Maria Luisa Carcedo.

Taking as reference other EU countries, based on scientific evidence, and after an assessment and study of various labeling models, the Ministry will apply the Nutriscore model, also called the Five Colors Logo, established in France six months ago and pending introduction in Belgium and Portugal.

The Nutriscore code consists of a graph with gradual coloring from green to red in five levels in the style of a traffic light. Each product will highlight the color that corresponds to it based on its content of sugars, saturated fats, salt, calories, fiber and proteins. The green colors will identify the healthiest foods and the red ones, those of lower nutritional quality.

The Minister defended the Nutriscore against other models of front labeling, "that have not been implemented by the Administrations, don't meet the objectives of promoting the healthiest choice and can even be confusing for the consumer. Therefore, they are not supported by scientific societies and professionals. »

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