



FEDIOL FRONT-OF-PACK LABELLING PROPOSAL FOR BOTTLED VEGETABLE OILS AND FATS

Why the current Nutriscore **does not fit** bottled vegetable oils and fats

With the current Nutriscore, nearly all bottled vegetable oils and fats are rated as "C" or "D" suggesting to eat them "less frequently". FEDIOL considers it inappropriate for the following reasons:

- ✗ **Creates a gap** between vegetable oils suggested to be eaten "less frequently" rated as "C" or "D" and **WHO and national dietary guidelines** favouring the same vegetable oils as replacement of others.
- ✗ **Hinders the required increase of PUFA in the diet**, as per WHO and national dietary recommendations, as no incentive to choose a vegetable oil with a better nutrition profile, where the rating "C" or "D" implies to be eaten "less frequently".
- ✗ **Is inconsistent with existing EU approved nutrition and health claims** highlighting the benefits of some vegetable oils and fats when meeting specific criteria fixed by EU law.
- ✗ For single ingredient foods such as vegetable oils and fats it is **impossible to improve their scoring through reformulation** compared to processed foods.

- **FEDIOL** understands the need to introduce a **simplified food labelling system** such as the Nutriscore to push consumers to favour food with healthier rating.
- **FEDIOL** welcomes the September 2019 modifications to the Nutriscore for vegetable oils and fats, **but this is still not enough** to align with existing WHO and national dietary guidelines.

How to change in practice?

By setting a **new, positive Nutriscore criterium** for vegetable oils and fats that are **"high in unsaturated fat"** *



By recognising the health benefits of those vegetable oils and fats with a **"high omega 3 fatty acid"** * profile: camelina oil, walnut oil, rapeseed oil, soybean oil, mustard oil and linseed oil.

*as defined in Regulation (EC) No 1924/2006

Why this proposal?



Built on EU nutrition and health claims as set by Regulation (EC) No 1924/2006.

High cholesterol is a risk factor in the development of coronary heart disease. Replacing saturated fats with unsaturated fats in the diet has been shown to lower/reduce blood cholesterol.

Aligned with WHO and national dietary guidelines

whereby some vegetable oils should be consumed in preference to others based on their fatty acid profile.



NUTRI-SCORE



Offering consumers a range of bottled vegetable oils and fats **from "B" to "E"** for a meaningful and informed consumer choice.



FEDIOL stands ready to further discuss this and other proposals with relevant authorities to achieve a better consistency of front-of-pack nutrition labelling systems, such as Nutriscore, with international and national nutrition recommendations.