

THE FOOD REFORMULATION TASK FORCE

General

Over the ten year period from 2015 to 2025, the Department of Health aims to ensure that through reformulation, the nutritional composition of foods available to consumers in Ireland continuously improve. The food industry, including food service providers, food retailers, and food manufacturers have been asked to engage in activities that lead to the reduction of energy (kilocalories) (- 20%), and target nutrients; saturated fat (-10%), sugar (-20%) and salt (-10%) in their food products.

Food companies are being asked to use less of these target nutrients in many everyday foods to help people improve their diet and their overall health.

Reformulation Task Force



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[Check out the Food Reformulation Page on the FSAI website](#)



1 A Roadmap for Food Product Reformulation in Ireland

The Reformulation Roadmap is a core element of [Ireland's Obesity Policy and Action Plan](#) setting targets for the reduction of the levels of calories, saturated fats, sugar, and salt in commonly eaten processed foods and drinks . It was developed by the Obesity Policy Implementation Oversight Group (OPIOG) Reformulation Subgroup. Reformulating food and drinks, to reduce their calorie, salt, sugar, and saturated fat content, improves the nutritional profile of food for consumers. Health considerations are the single most important driver of this need for change to the Irish food supply.

2 What is Food Reformulation?

When referred to in the context of the [Food Product Reformulation Roadmap for Ireland \(2021-2025\)](#), food reformulation means improving the nutritional content of commonly consumed processed foods and drinks by reducing calories and target nutrients (saturated fat, salt and sugar). The goal of reformulation is to reduce target nutrients while reducing, or at least not increasing the energy content or nutrients of concern.

3 What is the Food Reformulation Task Force?

The [Food Reformulation Task Force](#) is a strategic partnership between the Food Safety Authority of Ireland and Healthy Ireland at the Department of Health. The purpose of the Task Force is to implement the Roadmap for Food Product Reformulation in Ireland. It will help drive progress towards the targets to reduce calories, saturated fat, salt and sugar in foods and drinks by working with industry and stakeholders. Food categories that make the biggest contribution to the target nutrients in the diets of people living in Ireland have been identified and [published](#). The reformulation efforts of companies manufacturing these foods will have the greatest impact on the success of reformulation in Ireland. Progress towards meeting the targets will be tracked [from a baseline](#) in 2015 and published in Task Force progress reports.

