



# The Food Reformulation Task Force Progress Report 2022



Údarás Sábhálteachta Bia NA hÉIREANN  
Food Safety AUTHORITY OF IRELAND



# The Food Reformulation Task Force

## Progress Report 2022

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## Opening statement



Dr Pamela Byrne,  
Chief Executive  
Officer,  
Food Safety  
Authority of  
Ireland.



Mr Tom James,  
Head of Healthy  
Ireland

The Reformulation Task Force is a strategic partnership between the Food Safety Authority of Ireland (FSAI) and Healthy Ireland (HI). It was established in late 2021 to implement the [Roadmap for Food Reformulation in Ireland \(2021-2025\)](#), a core element of [Ireland's Obesity Policy and Action Plan](#). The Task Force is made up of a dedicated team in the FSAI and an Oversight Group, chaired by Tom James, Head of Healthy Ireland. Dr Pamela Byrne, Chief Executive Officer, FSAI, Dr Wayne Anderson, Science Director FSAI and Professor Ivan Perry, School of Public Health, University College Cork are also members of the Oversight Group. During 2022, the Task Force completed a significant body of work to drive progress towards reducing calories, saturated fat, salt and sugar in everyday processed foods and drinks. The Task Force works with the food industry and other stakeholders to raise awareness of reformulation and, to support food and drink businesses in Ireland to reformulate their products. This report details the activities of the Task Force during its first year.

Ireland's Food Reformulation Task Force Reformulation Programme is based on sound scientific evidence and research. The Task Force supports and monitors the reduction of selected nutrients (sugar, saturated fat, salt and energy (kcal)) in key food categories. High and unbalanced intakes of these nutrients or energy (kcal) are associated with serious negative impacts on public health; such as obesity, diabetes, coronary heart disease and stroke. One of the first actions for the Task Force was to determine which food categories contribute the most to calories, salt, saturated fat and sugar intakes in the population in Ireland. This resulted in the establishment of a 'priority food categories' list which, if realised, will assist in the reduction of these nutrients in food produced in Ireland. Changes to product formulations of commonly consumed processed food will lead to improved nutrient profiles in food for everyone living in Ireland and in the 180 markets that consume Irish food across the world.

Various stakeholder engagement activities have been rolled out by the Task Force focussing on the compelling and imminent public health need for food reformulation. This helped to garner

feedback and achieve widespread awareness among food businesses of the *Roadmap for Food Product Reformulation in Ireland*, knowledge about the reformulation targets and the priority food categories they apply to. Through an extensive outreach programme, the Task Force has met with food manufacturers, retailers, trade associations, governmental organisations, researchers and universities to engage in reformulation conversations and listen to the challenges and successes of others.

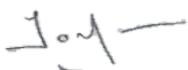
Communication was a key feature of the Food Reformulation Task Forces programme in 2022. The Task Force has adopted an inclusive, transparent, and relationship-based approach to the programme rollout. The Task Force ran a stakeholder webinar sharing the scientific approach for the setting of a baseline for monitoring and the establishment of priority food categories in the food reformulation programme in June 2022. In December, a collaboration workshop was organised to establish a network among stakeholders involved in successful food reformulation: to share ideas and learn from positive actions.

The Task Force has created a tailored monitoring plan for Ireland based on international best practice. Digital technology is being examined on an ongoing basis for monitoring efficiency, and market data was collected and verified. The Task Force worked with colleagues from Irish universities to procure scientific analysis of both consumption and branded food databases to create greater knowledge and understanding of our unique food supply in Ireland.

Overall, great advancements have been made in food reformulation in 2022. Ireland is esteemed as a food island and is globally recognised as a leader in the safety and integrity of food. This is thanks to how committed food businesses are to consumers and how agile they are in adapting to changing needs. It is important for all food businesses to put food reformulation, which can have a population-wide effect, to the front of their agendas. Reformulation is one of the ways by which food businesses can contribute to reducing overweight and obesity and improving public health. We look forward to the completion of the very detailed work programme by the Task Force and food businesses. We invite food businesses to contact the Task Force for support.

Only through working together, can the vision of improved nutritional composition of our food be achieved.

**Mr Tom James,**



**Head of Healthy Ireland,  
Department of Health.**

**Dr Pamela Byrne,**



**Chief Executive,  
Food Safety Authority of Ireland.**

## A Background to Food Reformulation in Ireland

The goal of reformulation is to reduce target nutrients without increasing the energy or nutrients of concern, and to ensure the nutritional composition of foods and drinks are improved. The role of the Task Force is to implement the *Roadmap for Food Product Reformulation in Ireland*. Some food businesses based in Ireland have already completed work on food reformulation either on a voluntary basis or in response to programmes in other countries. Some food businesses have been innovating and reducing nutrients such as sugar and salt in line with UK sugar and salt reduction programmes since 2015 and more recently, to comply with the [Food \(Promotion and Placement\) \(England\) Regulations, 2021](#). An additional impetus to reformulation has been anticipation of tighter EU food regulation on labelling resulting from the introduction of mandatory front-of-pack nutrition labelling and nutrient profiles. All of these efforts in food reformulation to improve the nutritional composition of food are welcome and food industry participation, leadership and ownership is encouraged.

There is strong consumer demand for food with less sugar, saturated fat and salt. A 2020 report commissioned by [safefood](#) found that 89% of consumers in Ireland support the idea of the government working with industry to improve the nutritional content of processed packaged foods. Further evidence can be seen in a 2022 FSAI LinkedIn poll which asked followers; “is there a need to reduce salt, saturated fat and sugar in the Irish diet?”, 92% of respondents voted “yes”.

Consumers are interested in healthier foods and there is an appetite for change. With almost two thirds of Irish adults living with overweight or obesity, and considering the risk this poses to the development of diabetes and coronary heart disease, it is imperative that food is reformulated both, for the health and wellbeing of our nation as well as maintaining the competitiveness of our food industry at home and in the 180 markets we export into across the world.

## Food Reformulation Task Force Year 1 Overview

### Goal 1

Form the Reformulation Task Force by recruiting suitably qualified staff members to deliver the Task Force Workplan 2021-2025



**Nuala Collins**  
**Lead**



**Sinead O' Mahony**  
**Senior Technical Executive**



**Sarah Carroll,**  
**Technical Executive**



**Aideen McCann,**  
**Technical Executive**



**Michael Njoku,**  
**Data Analyst**

## Goal 2

Identify the major food groups contributing to energy (kcal), sodium, saturated fat, and sugar across the population living in Ireland. Develop a common list of food categories that contribute most to sodium, saturated fat and sugar intake

A report entitled “Priority Food Categories for Reformulation in Ireland Report” was published in June 2022. This report describes the scientific approach to identifying priority food categories for reformulation in Ireland.



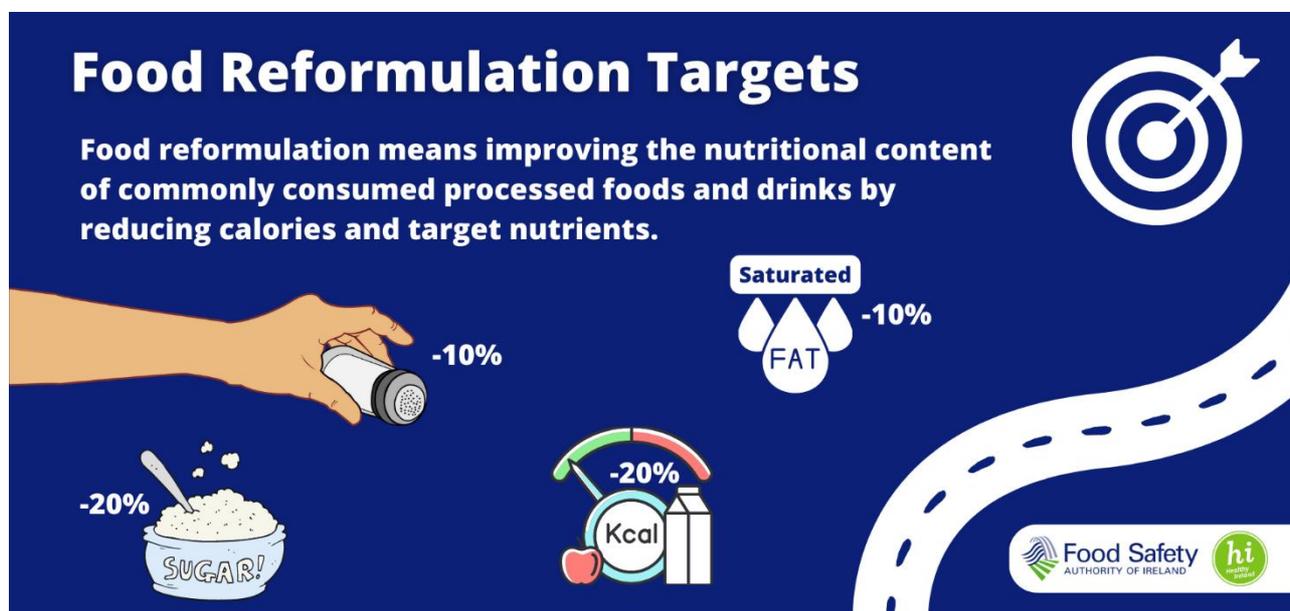
Forty priority food categories were identified based on their contribution to the intake of energy (energy (kcal)), total sugar, saturated fat, and salt in the diets of people living in Ireland, as well as their inclusion in other reformulation programmes such as those from Public Health England (PHE), the European Union Joint Action (JA) Best-ReMaP project and the World Health Organisation (WHO). The report outlines the methodology used to identify these priority food categories. The report has also been updated to version 1 with minor edits.

[Food Reformulation Task Force: Priority Food Categories for Reformulation in Ireland](#)

## Goal 3

Identify the characteristics of the main brands of foods within the priority food categories which contribute most to salt, saturated fat, sugar and calorie intakes

A report entitled [“Nutritional Characteristics of Priority Food Categories for Reformulation in Ireland”](#) was published in June 2022. This report describes the nutritional characteristics of 40 the priority food categories based on the Irish National Food Ingredient Database (INFID), defines the manufacturer recommended serving sizes, and determines the mean and median levels of energy (energy (kcal)), saturated fat, total sugar, and salt in these product categories per 100g and per manufacturer recommended serving size. The report has also been updated to version 1 with corrections to Tables.



In addition, a technical report outlining the methodology for setting nutrient baseline values and evaluating progress was published in June 2022. This report outlines a methodology that can be used to establish a modelled 2015 baseline for priority food categories for reformulation in Ireland. This approach could be used to measure food reformulation progress over the lifetime of the Food Reformulation Task Force. The report also outlines how existing data sources will be used to measure observed nutrient reductions.

[Food Reformulation Task Force: A technical report on the methodology for setting nutrient baseline values and evaluating progress](#)

## Goal 4

### Monitor and contribute to the development of targets for saturated fat, sugar and salt at national and EU level for foods targeting infants and young children

The [\*Roadmap for Food Product Reformulation in Ireland\*](#) states that targets will be developed for the reduction of energy, sugar, salt and saturated fat in product ranges aimed explicitly to infants and young children (excluding infant milk formula). It outlines that targets will build on work completed to date by the FSAI on assessing the nutritional composition and appropriateness of baby and toddler foods sold on the Irish market in 2012 and 2018. As well as this, the Roadmap states the reformulation approach will align with that of Public Health England (PHE). A report on reformulation targets for foods aimed at infants and young children is in draft, awaiting alignment where possible with both the WHO nutrient profile model for foods for infants and young children, and the UK approach to setting targets for this age group.

## Goal 5

### Engage with stakeholders

Over 70 stakeholder meetings took place in 2022. The majority of meetings took place with the food industry, meetings were also held with government bodies and agencies, universities, charities and professional organisations. Stakeholders have been asked to “publish a statement of support and commitment to the *‘Roadmap for Food Product Reformulation in Ireland’*, which sets out targets for the reduction of the levels of calories, saturated fats, sugar and salt in commonly eaten processed food”. Food businesses have also been asked to publish details of their progress towards meeting these commitments at least every two years on their websites.



**Other engagements with stakeholders include:**

**(i) Guest speaker events**

The Food Reformulation Task Force participated in several speaking events and conferences throughout 2022. These events provided the Task Force with the opportunity to engage with stakeholders and share information on the public health and policy context for food reformulation, as well as the targets for energy (kcal), saturated fat, sugar and salt, and the food categories which contribute the most to intakes of these nutrients in Ireland.

**21 June 2022: safefood, All-island Obesity Action Forum workshop: Taking action on obesity across society**

This [all-island annual conference](#) examines important aspects of obesity and was an excellent platform to discuss the targets for food product reformulation in Ireland.

**July-December 2022: UCD Nutrition and the Consumer Diet Micro-credentials**

The *Roadmap for Food Product Reformulation in Ireland* was the subject of a module [in this course](#).

**26 September 2022: TUDublin Spotlight on Reformulation**

This event aimed to engage students involved in food science, food innovation, public health nutrition, dietetics and culinary science in food reformulation. It outlined the food reformulation objectives and targets vital to the future of food in Ireland.

**29 September 2022: European Salt Action Network**

This World Health Organization (WHO) network provides a platform to share the progress that is being made in reducing the sodium content of food in Ireland with a wide audience.

**24 November 2022: European Institute of Innovation and Technology: Food- Healthier lives through food**

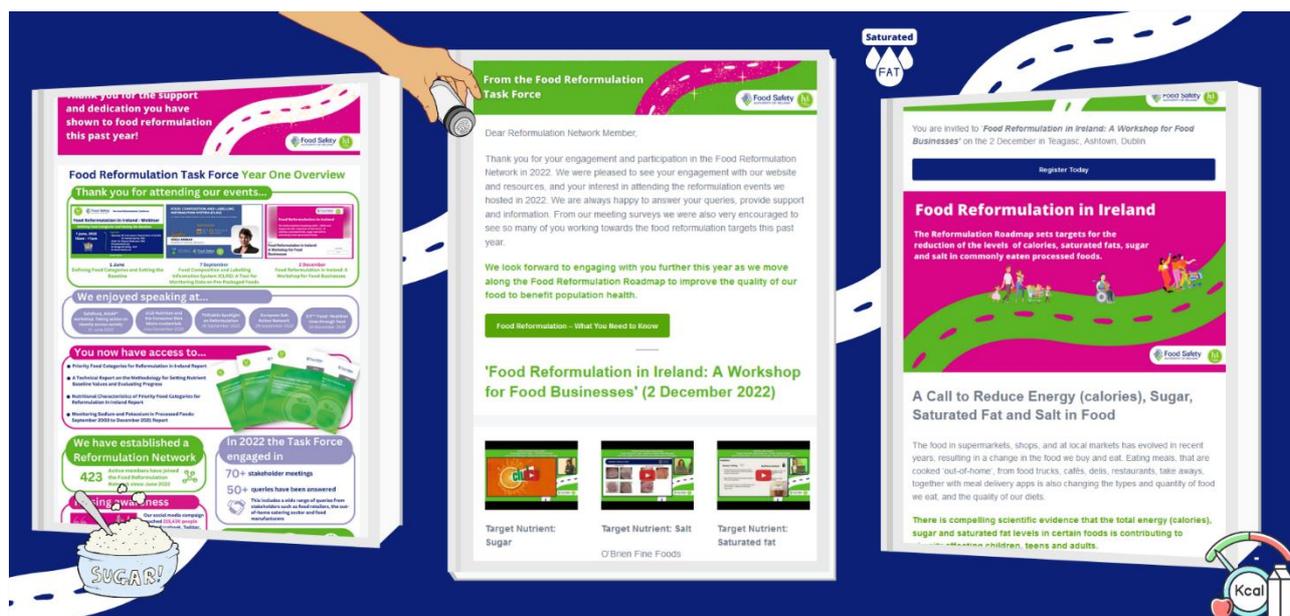
The focus of [this co-creation workshop](#) was to explore ways to drive food reformulation with participants from the Task Force, academia and the food industry.

**FSAI Food Retail Forum and Food Service Forum meetings 2022**

These fora provided unique opportunities to create an awareness of the targets for food reformulation and to promote the *Roadmap for Food Product Reformulation in Ireland*.

## (ii) Reformulation network email campaign

The Reformulation Network, established by the Food Reformulation Task Force has seen significant growth since its launch in June 2022. The network has **423 active members**, representing a diverse range of stakeholders including food manufacturers, food suppliers, retailers, academics, industry professionals, healthcare providers, and policymakers. It is an important asset for the Task Force as it provides a platform for sharing knowledge, expertise, and resources.



The Food Reformulation Task force will continue to send the Network important updates on food reformulation throughout the project.

(iii) **Social media campaign**

A six-week stakeholder awareness campaign was conducted on food reformulation between October and December 2022. The goal of the campaign was to increase awareness of the Task Force and the Food Reformulation Roadmap.



The campaign ran across a variety of social media platforms, including **Facebook, Twitter, Instagram, and LinkedIn** and the posts were optimised with hashtags and social tagging to improve their reach and visibility. It was successful in reaching a total of 215,420 people across all platforms. It also generated 1,871 clicks to the food reformulation page of the FSAI website and views of the reformulation webpage doubled in comparison to the previous seven weeks. The campaign received a total of 688 likes and reactions across social media platforms.

(iv) Webinar: Food Reformulation in Ireland – Defining Food Categories and Setting the Baseline



Excellent webinar.

Brilliant session well done all involved in putting it together!

Thank you, great work done.

In June 2022, the Food Reformulation Taskforce held a [webinar event](#) on food reformulation to provide insight into the scientific work which formed the foundations for the implementation of the *Roadmap for Food Reformulation in Ireland*.

It was opened by Mr Tom James, Head of Healthy Ireland and Dr Pamela Byrne, Chief Executive, FSAI. Dr Wayne Anderson, Director of Food Science and Standards, FSAI chaired the meeting. Dr Breige Mc Nulty, University College Dublin explained how the forty priority food categories were derived, the nutritional characteristics of the priority food categories: both presentations were based on the dietary intakes of the population living in Ireland. Dr Kevin Burke, University of Limerick described an approach to establishing a baseline for food reformulation in Ireland which can be used for monitoring. Nuala Collins, Lead of the Reformulation Task Force joined the Q and A panel for an engaging question and answer session. **233 people attended the webinar and over 300 people watched it back on YouTube.**

### Post event Feedback

**98%** of attendees found this event useful.

**53%** were aware of the Food Reformulation Task Force.

**96%** think there is a need to reduce salt, saturated fat, and sugar in the Irish diet.

**37%** were aware of the Department of Health's Food Reformulation Roadmap before this event.

**22%** have already started reformulating their products.

## Goal 6

### Plan and host annual reformulation for health workshop

A [collaboration workshop on food reformulation in Ireland](#) was hosted by the Food Reformulation Task Force in December 2022 in Teagasc Ashtown Conference Centre. The workshop provided a platform for information sharing on food reformulation in Ireland. It was aimed at food manufacturers, retailers and the out-of-home food service sector.

The workshop was chaired by Dr. Pamela Byrne, Chief Executive Officer, FSAI and the policy context was set by Catherine Curran, Assistant Principal Officer, Health and Wellbeing Programme, Department of Health.



Very useful workshop

Thanks for a great event, excellent speakers, and case studies

It was a really useful and engaging session.

Jim Murphy, Senior Technologist, Food Division at Enterprise Ireland, presented on the financial supports available for businesses working on food reformulation. Shay Hannon, Manager of the National Prepared Consumer Food Centre at Teagasc gave a presentation on the centre's facilities and the technical advice available to food businesses engaged in food reformulation. The event featured several case studies, including presentations on sugar reduction by Britvic Ireland, salt reduction in meat products by O' Brien Fine Foods, calorie reduction in catering meals by Sodexo and saturated fat reduction in frothy coffee by Nestlé. This was followed by a Q&A session. Attendees also participated in a parallel workshop and feedback was shared by rapporteurs from Teagasc. Over 70 people attended the workshop.

### Post event feedback

**100%** of attendees found this event useful.

**78%** were aware of the Food Reformulation Task Force

**70%** were aware of the Department of Health's Food Reformulation Roadmap before this event.

**56%** have already started reformulating their products.

## Goal 7

### Leverage the findings of reformulation research in the work of the Task Force

The Food Reformulation Task Force and University College Dublin (UCD) hosted a webinar in September 2022 entitled “*Food Composition and Labelling Information System (CLAS): a tool for monitoring data on pre-packaged foods*” and it was presented by Ms Maša Hribar from the Nutrition Institute, Ljubljana, Slovenia. The CLAS tool was adapted for reformulation monitoring in Ireland and was piloted in 2022.



The presentation provided an overview of the CLAS tool, experiences in monitoring the prepacked food supply in Slovenia, lessons learned and future developments. A paper providing an overview of the CLAS tool can be found at this [link](#). Eight food categories (from the forty priority food categories) were collected in the retail setting using the tool.

## Goal 8

**Develop and maintain a database of relevant reformulation literature and influence research calls to address gaps that are barriers to progress**



The Food Reformulation Task Force have created a [Food Reformulation Research Paper Library](#) on the FSAI website. This library has captured many relevant scientific research papers on food reformulation to support the food industry and researchers. Papers are listed under headings such as: food reformulation across the globe, monitoring food reformulation, obesity and food reformulation in the out-of-home catering sector.

 [Food Reformulation Research Paper Library](#)

Research gaps have also been identified and collaboration with universities and organisations have been initiated to fill the gaps.

**Table 1: Projects the Task Force is collaborating with universities on with the description, timeframe and status of completion**

Project Title	Project Description	Project Duration	Status
<b>The accuracy of nutrition declaration in online retailers</b>	<p>A student project as part of a student placement in collaboration with Technological University Dublin (TUD). Thesis project for the BSc Food Innovation. The project objectives include:</p> <ol style="list-style-type: none"> <li>1. Determine the agreement between the variety of products sold in store and online by comparing the number of products in each food category sold in store and online</li> <li>2. List the products which are sold both in store and online, to be referred to as “matched pairs”</li> </ol>	September 2022 – February 2023	Delivered

	3. Determine the agreement between declared energy, fat, saturated fat, sugar and salt between the matched pairs identified in step 2.		
<b>Monitoring food reformulation using the Healthy Food Basket Approach – establishing a baseline</b>	This project will aim to identify the nutritional content of the processed packaged food items listed in the <a href="#"><i>Minimum Essential Standard of Living Healthy Food Basket</i></a> published by safefood. It will take a particular look at the energy, saturated fat, salt and sugar declared in these foods. It will be utilised as a baseline for future efforts to reduce energy, saturated fat, sugar and salt.	October 2022 – April 2023	On track
<b>Monitoring the nutritional composition of gluten free foods – establishing a baseline</b>	The aim of this study is to compare the energy, saturated fat, sugar and salt content of gluten free foods and foods containing gluten including bread, breakfast cereals, cakes and pastries. There is limited research involving the comparison of gluten free foods and their gluten containing alternatives. However, there is research to suggest that gluten free foods contain higher saturated fat, sugar and salt content than their gluten containing alternatives. The average nutritional values identified will be used for reformulation monitoring purposes in the future.	October 2022 – April 2023	On track

## Goal 9

### Explore the best approaches to monitoring food reformulation in Ireland



To achieve the monitoring goals set out in the Roadmap, the Food Reformulation Task Force has:

- Continued with the FSAI sodium and potassium annual monitoring programme.
- Continued to participate in the EU project on best practice in food reformulation called the [Join Action \(JA\) BestReMaP WP 5 project](#).
- Explored the availability of national food composition data sets from 2015 which could be used to establish a benchmark for monitoring progress against.
- Hosted an information exchange with the Slovenian Institute of Nutrition (Nutris) that is responsible for a comprehensive branded food monitoring approach to measure the effectiveness of nutrition policy.
- Undertaken a review of publicly available information on approaches to food reformulation monitoring in other countries such as Spain, Portugal, France, Scotland and Northern Ireland. Conversations with the experts leading these programmes have also taken place.
- Completed a desktop review of publicly available information on the approaches to reformulation monitoring by Public Health England's salt, sugar and calorie reduction programmes and arranged meetings with programme leads to gain a deeper understanding of the UK approach and lessons learned.
- Reviewed the published scientific evidence on food composition monitoring and food reformulation monitoring and evaluation.
- Explored the feasibility and accuracy of novel technologies to support reformulation monitoring, including systems for hosting branded food databases and web scraping.
- Attended expert meetings hosted and / or coordinated by the World Health Organization (WHO) Europe on sugar and salt reformulation.
- Engaged with Food Drink Ireland (FDI), the main trade association for the food and drink industry in Ireland, on an ongoing basis and met with Crème Global which supported FDI in its food reformulation monitoring approach.
- Throughout the information gathering and review process, the Food Reformulation Task Force held internal workshops on reformulation monitoring. The aim of these workshops was to reflect on the information gathered and determine how this could inform a food reformulation monitoring approach for Ireland.

## Projects to underpin monitoring food reformulation in Ireland

**Table 2: Projects the Task Force is working on collaboratively with the description, timeframe and status of completion**

Project Title	Project Description	Project Duration	Status
<b>EU Joint Action Best - ReMaP</b>	<p>EU-wide project on best practices in food reformulation monitoring. The project has the following objectives:</p> <ol style="list-style-type: none"> <li>1. Share and promote best practices on how to implement a sustainable European monitoring system for processed food reformulation.</li> <li>2. Provide data for identifying best formulations and scope for reformulation.</li> <li>3. Provide data to establish, evaluate and adapt nutrition policies.</li> </ol> <p>This work builds on the FSAI work completed from 2020-2021.</p> <p>Further information on this project can be found <a href="#">here</a>.</p>	2020 – October 2023	On track
<b>24-hour urinary sodium and potassium excretion in people living in Ireland</b>	To measure sodium intake amongst people in Ireland via 24 hour urinary sodium and potassium excretion	2018 -2023	On track for 2023
<b>An analysis of dietary contributors to energy, sugar, saturated fat, and salt using the national preschool nutrition survey</b>	The objective of this analysis was to identify the food categories that contribute most to the intakes of energy, saturated fat, total sugar and sodium in foods and drinks consumed by pre-school children in Ireland.	September 2022 – December 2022	Delivered

<b>An analysis of dietary contributors to energy, sugar, saturated fat, and salt using adult, children and teens consumption data</b>	The objective of this analysis was to identify the food categories that contribute most to the intakes of energy, saturated fat, total sugar and sodium in foods and drinks consumed by the population living in Ireland	October 2021- May 2022	Delivered
<b>An analysis of nutritional characteristics of priority food categories for food reformulation</b>	To define the nutritional characteristics per 100g and per manufacturer serving size of the priority food categories.	October 2021- May 2022	Delivered
<b>Using the CLAS IRE monitoring tool, assess the healthiness of the food retail environment (study)</b>	In 2022, eight food categories (of the forty priority food categories) were collected from the retail market, a benchmark for target nutrients will be established and the healthiness of the food retail environment will be assessed.	2021-2024	On Track
<b>Technical report on setting a baseline for monitoring progress on food reformulation</b>	The aim of this analysis and report was to describe a method on evaluating food category progress in meeting food reformulation targets.	2022	Delivered

The ‘Roadmap for Food Product Reformulation in Ireland’ states that two-to-three food categories will be monitored each year. The range of data from retail market snapshots available for analysis includes data collected by the FSAI since 2017. Building on this data, the Task Force will complete a cross sectional survey of food labels in supermarkets for two-to-three food categories per year (market snapshots). The approach taken will be informed by the Joint Action Best ReMaP, as well as lessons learned from FSAI earlier market snapshots and healthiness of the food retail environment study. The planned market snapshot of food categories for monitoring are outlined in Table 3. The category averages of completed market snapshots will be published in annual progress reports.

**Table 2: List of completed and proposed food and non-alcoholic beverages category for market snapshots between 2016 to 2025**

2016	2017	2021	2022	2023	2024	2025
Yogurt	Baby and toddler foods	Fresh dairy products and deserts	Yogurt	Soups, sauces and miscellaneous	Yogurt	Non chocolate confectionary
Breakfast cereal		Breakfast cereal	Breakfast cereal	Cheese	Breakfast cereal	Chocolate confectionary
		Delicatessen meats and similar	Non chocolate confectionary	Savouries	Delicatessen meats and similar	Cakes, pastries, buns
		Soft drinks	Chocolate confectionary		Carbonated beverages with added sugar	Biscuits
		Bread and bread products	Carbonated beverages with added sugar			
			Cakes, pastries, buns		Christmas and Halloween confectionary*	
			Biscuits			
			Savoury snacks			

\*Depending on resources and methods could be added in to 2024

## Goal 10

### Pilot project monitoring of sodium, saturated fat and sugar content for one-two processed food groups

The results of the annual salt monitoring surveys conducted by the FSAI as part of a voluntary programme to reduce the salt content of processed foods in Ireland was published in September 2022. The FSAI has been analysing the sodium and potassium content of certain processed food categories since 2003. The report provides details on the methodology and results of these surveys, and infographics of salt reduction efforts in Ireland.

The '*Roadmap for Food Product Reformulation in Ireland*' states that sodium will be the first target nutrient to be reported on. After extensive analysis of food consumed by people living in Ireland (age 5-90 years), 40 priority food categories for overall food reformulation (reduction of salt, saturated fat, sugar and energy (kcal)) and 25 food categories which specifically contribute most to salt intakes (88.5 – 90.6% of dietary intakes) have been defined.

Snack foods were found to be a high source of salt. The sodium and potassium level of snack foods<sup>i</sup> ( $n$  100) has been analysed<sup>ii</sup> and published, indicating there is scope for sodium reduction in this food category as a significant reduction was seen in only one subcategory (extruded snacks). The sodium content of all other subcategories either increased (luxury crisps by 49%) or stayed the same. See figures 1 and 2.

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<sup>i</sup> 100 samples of snack foods including subcategories: corn chips, extruded snacks, luxury crisps, pelleted snacks, popcorn and salt and vinegar products were collected from supermarkets and convenience stores.

<sup>ii</sup> Sodium and potassium analysis was undertaken by the Public Analyst Laboratory service at Galway (owing to the potential use of potassium salt substitutes in the reformulation of foods, it is important to assess the potassium content of products as well as measuring the sodium content).

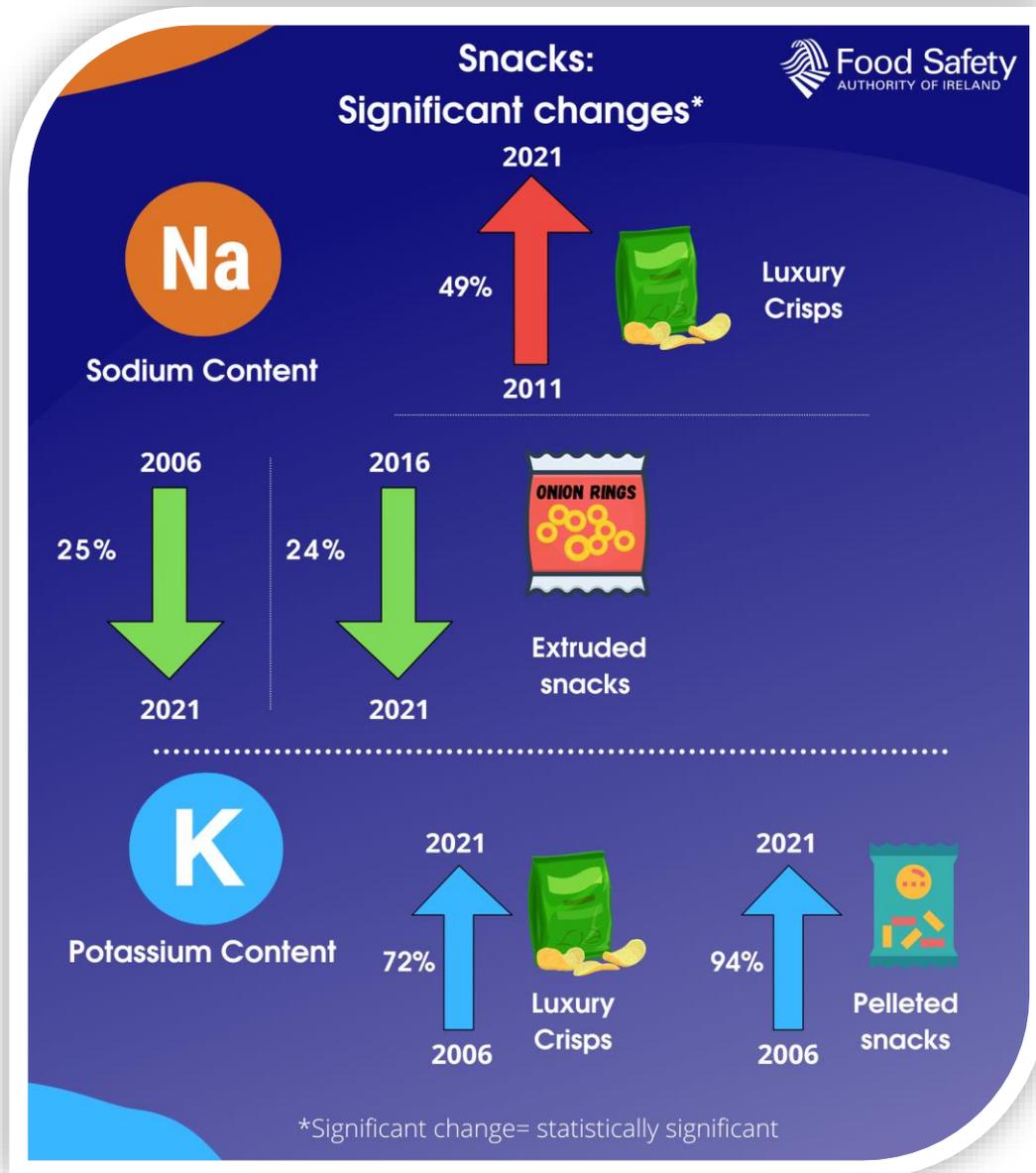


Figure 1: Significant changes in the sodium and potassium content of snack products from 2006-2021



Figure 2: No significant changes in the sodium and potassium content of snack products from 2006-2021

### Planned schedule of laboratory analysis by nutrient from 2022 – 2025

Sodium and potassium monitoring, and sugar analysis of selected food categories will be conducted between 2022-2025. Saturated fat analysis will be undertaken between 2023-2025. See table 3 below for planned details of the categories that will be analysed at the Public Analyst Laboratories (PAL in Galway and Cork).

**Table 3: Proposed Food and non-alcoholic drink categories planned for nutrient analysis**

Nutrient of Analysis	2022	2023	2024	2025
<b>Sodium and potassium</b>	Bread Soups and sauces	Cheese	Breakfast cereal or Delicatessen meat	Cakes, pastries, buns or Biscuits
<b>Saturated Fat</b>		Processed cheese	Breakfast cereal or Delicatessen meat	Cakes, pastries, buns
<b>Sugar</b>	Soups and sauces	Carbonated beverages with added sugar	Breakfast cereal or Yogurt	Chocolate confectionary or Non chocolate confectionary

## Goal 11

### Complete work on the EU Joint Action called Best ReMap.

The FSAI is contributing to research on food reformulation at a European level under a programme called Best ReMaP. As part of this project, the FSAI collected food label and nutrition composition information for 3,471 food products across five food categories (breakfast cereals, bread products, delicatessen meats and similar, fresh dairy products and deserts and soft drinks) in retail settings in 2021. The data has been quality checked and organised into a summary report by the Task Force. Ongoing analysis will be completed by the Task Force to align the categorisation of foods with the [Irish national food consumption surveys](#). Details of the nutritional composition of the food categories collected will be published in our next progress report. A top line summary of food categories collected is in Figure 3 below.



**Figure 3: The number of products and types of food categories gathered in market snapshot 2021**



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