

Food Reformulation in Ireland

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Audience: This presentation is for anyone interested in food reformulation in Ireland: food manufacturers, food retail industry, food service sector, students, lecturers, and researchers.

Purpose: You can share this presentation to raise awareness of food reformulation in Ireland

What is Food Reformulation?

Food reformulation involves improving the nutritional content of commonly consumed processed foods and drinks by reducing calories and target nutrients.

The goal of reformulation is to contribute to a better food environment for everyone.



A partnership between the Food Safety Authority of Ireland and Healthy Ireland

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Healthy Ireland

Key dates

- The Food Reformulation Task Force was established in 2022
- Food reformulation that has taken place between 2016-2025 counts towards meeting the target nutrient reductions
- The progress that is made by 2025 will determine the future of **voluntary** food reformulation in Ireland

Food Reformulation in Ireland

The Reformulation Roadmap sets targets for the reduction of the levels of calories, saturated fats, sugar and salt in commonly eaten processed foods and drinks.



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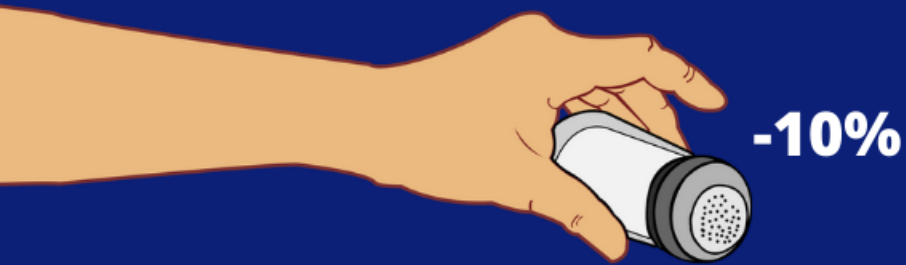


Target Nutrients and Goals

- Salt: 10% reduction focused on the food groups that contribute the most to people's salt intake (and include the PHE salt food categories).
- Sugar: 20% reduction focused on the food groups that contribute the most to people's sugar intakes (and include the PHE sugar food categories).
- Saturated Fat: 10% reduction in the saturated fat content of foods that contribute most to people's saturated fat intakes.
- Energy (Calories): 20% reduction in calories focused on product categories that contribute significantly to children's calorie intakes.

Food Reformulation Targets

Food reformulation means improving the nutritional content of commonly consumed processed foods and drinks by reducing calories and target nutrients.



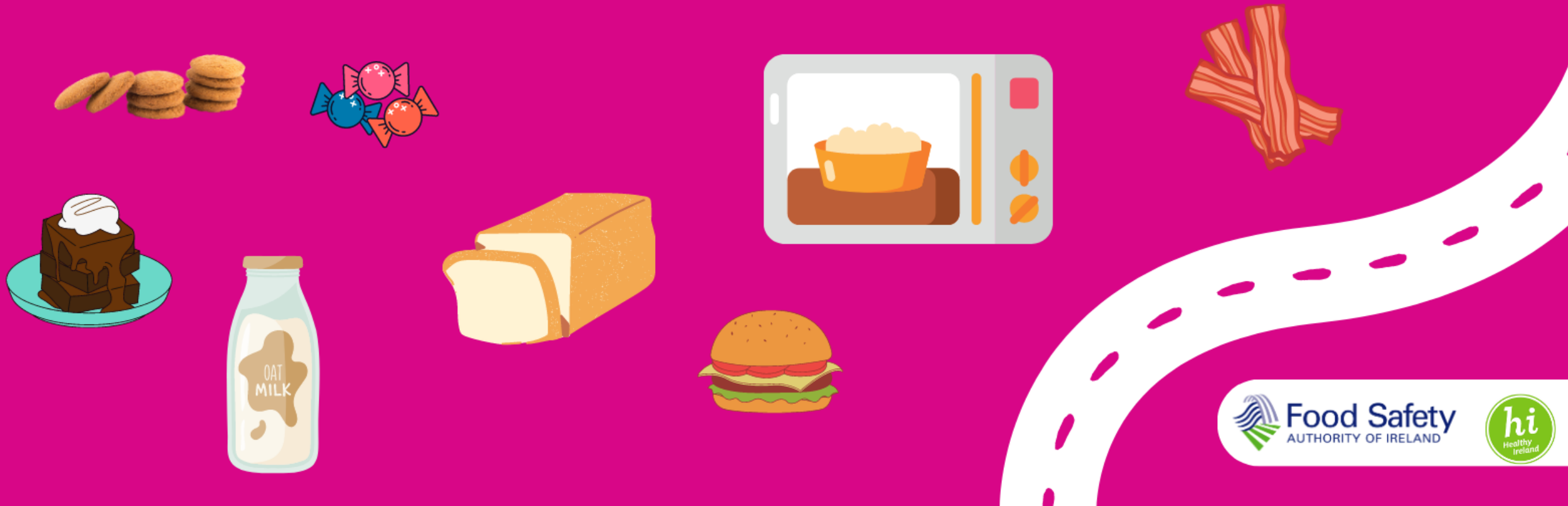
The Food Reformulation Task Force



- A strategic partnership between The Food Safety Authority of Ireland and Healthy Ireland
- Supporting industry to meet the target nutrient reductions
- To implement the Reformulation Roadmap, all stakeholders must work together
- Annual progress towards meeting the targets will be tracked and published

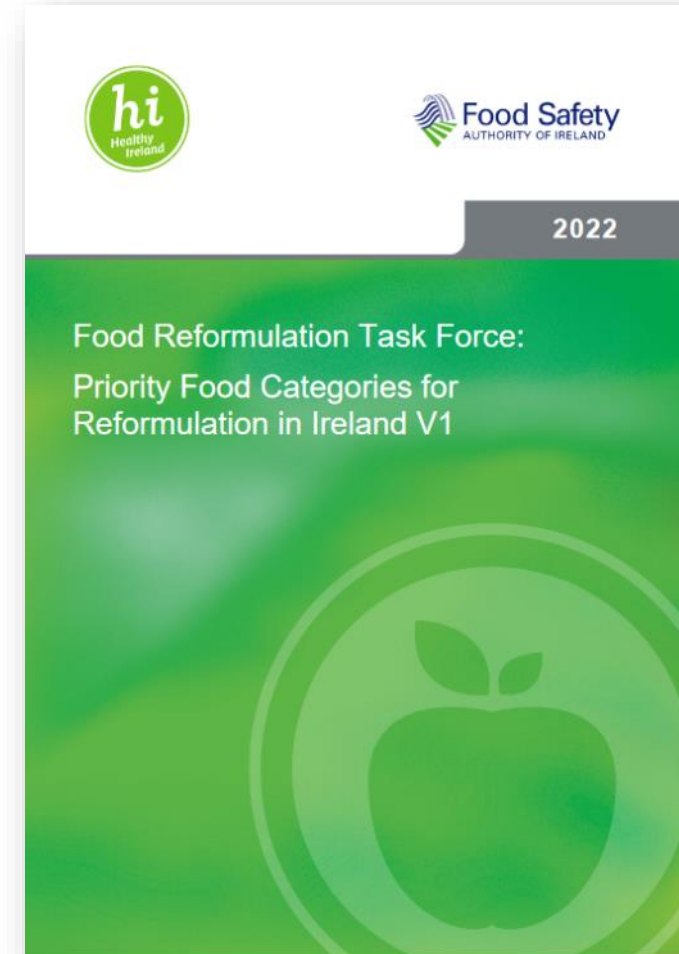
What food categories are being targeted for food reformulation?

The foods that contribute the most to calories, saturated fat, sugar and salt intakes identified forty food categories that require reformulation.



Priority Food Categories

- The target nutrients apply to forty food categories.
- Decision Tree and Calculator for Determining Food Product Reformulation Baseline



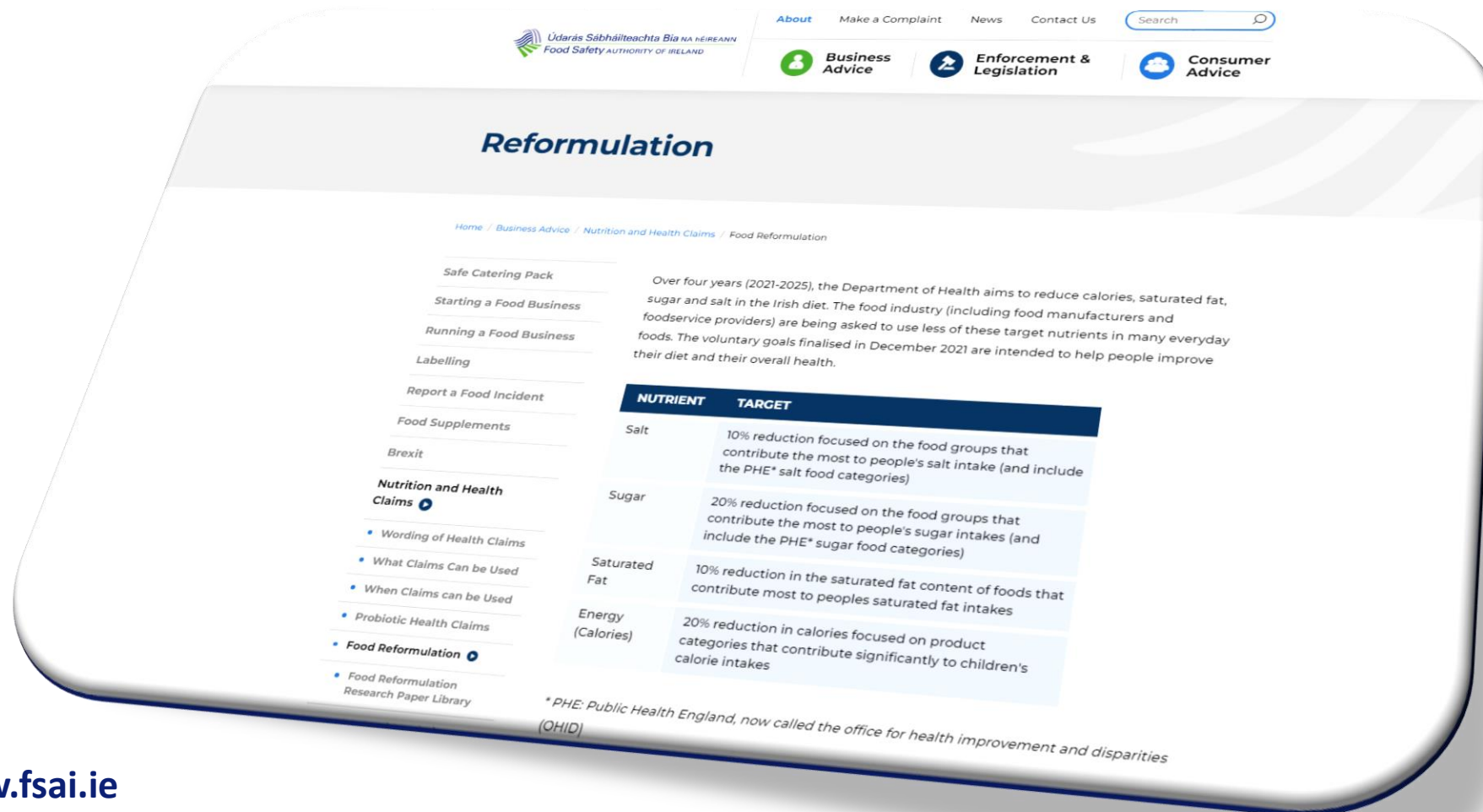
Food Reformulation Task Force workshops and webinars

The Task Force hosts annual collaboration workshops and webinars for all sectors of the food industry to help achieve the Roadmap objectives. These events help establish links, facilitate collaboration and learning

[Food Reformulation in Ireland - A Workshop for Food Businesses](#)

Technical Briefing on Food Reformulation - Industry Queries. See [the webinar here](#).

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