

## Priority Food Categories and Examples for Reformulation in Ireland

**Table 1:** Priority food categories for food reformulation in Ireland, the target nutrients they contribute to in the Irish diet and whether considered suitable for nutrient or suggested serving size reduction

Food Categories	No. of Categories #	Energy (calories)	Saturated Fat	Sugar	Salt	Reformulation	Suggested Serving Size Reduction
Biscuits including crackers	4	✓	✓	✓	✓	✓	✓
Cakes, pastries & buns	4	✓	✓	✓	✓	✓	✓
Soups, sauces & miscellaneous foods	4	✓	✓	✓	✓	✓	✓
Chocolate confectionery	3	✓	✓	✓	X	✓	✓
Savouries	3	✓	✓	X	✓	✓	✓
White sliced bread & rolls	3	✓	X	✓	✓	✓	✓
Ready to eat breakfast cereals	3	✓	X	✓	✓	✓	✓
Cheeses	3	✓	✓	X	✓	✓	✓
Yoghurts	3	✓	✓	✓	X	✓	✓
Other fat spreads (40-80% fat)	3	✓	✓	X	✓	✓	✓
Beef & veal ready meals	3	✓	✓	X	✓	✓	✓
Meat products	3	✓	✓	X	✓	✓	✓
Other breakfast cereals	3	✓	✓	✓	X	✓	✓
Wholemeal & brown bread & rolls	3	✓	X	✓	✓	✓	✓
Sausages	2	X	✓	X	✓	✓	✓
Ice-creams	2	X	✓	✓	X	✓	✓
Bacon & ham	2	X	✓	X	✓	✓	✓
Nuts & seeds, herbs & spices	2	X	X	✓	✓	✓	✓

Chipped, fried & roasted potatoes	2	✓	✓	X	X	✓	✓
Fish & fish products	2	✓	X	X	✓	✓	✓
Savoury snacks	2	✓	X	X	✓	✓	✓
Chicken, turkey & game	2	✓	X	X	✓*	✓	✓
Poultry & game ready meals	2	✓	X	X	✓	✓	✓
Sugars, syrups, preserves & sweeteners	1	X	X	✓	X	✓	✓
Non-chocolate confectionery	1	X	X	✓	X	✓	✓
Carbonated beverages	1	X	X	✓	X	✓	✓
Alternatives to milk & milks-based beverages	1	X	X	✓	X	✓	✓
Desserts	1	X	X	✓	X	✓	✓
Butter (over 80% fat)**	1	X	X	X	✓	✓	✓
Peas, beans & lentils	1	X	X	X	✓	✓	✓
Fruit juices & smoothies	1	X	X	✓	X	✓	✓
Other breads	1	X	X	X	✓	✓	✓
Beef & veal	1	X	✓	X	X	✓	✓
Rice puddings & custard	1	X	X	✓	X	✓	✓
Burgers	1	X	X	X	✓*	✓	✓
Other beverages	1	X	X	✓	X	✓	✓
Squashes, cordials & fruit juice drinks	1	X	X	✓	X	✓	✓
Meat pies & pastries	1	X	X	X	✓	✓	✓
Processed potato products	1	X	X	X	✓	✓	✓
Vegetable & pulse dishes	1	X	X	X	✓	✓	✓

# Number of target nutrients the food category is a contributor to.

\* Chicken, turkey and game and Burgers are contributors to sodium dietary intake in children and adolescence only.

\*\* Although butter was a source of saturated fat in the Irish diet, the legal composition of butter inhibits the reformulation of this nutrient.

**Table 2: Priority food categories description and examples**

IUNA Food Categories	Description	Examples* of foods contained in categories
<b>Bacon &amp; ham</b>	Bacon and ham	Bacon rashers grilled, gammon steaks fried, ham
<b>Beef &amp; veal</b>	Beef and Veal	Fillet steak fried, mince beef, roast beef
<b>Beef &amp; veal ready meals</b>	Beef and veal dishes	Beef stew, lasagne, beef curry
<b>Biscuits including crackers</b>	Biscuits including crackers	Rich tea, boudoir biscuit, crispbread
<b>Burgers</b>	Burgers	Beef burger, lamb burger, takeaway burger
<b>Butter (over 80% fat)</b>	Butter	Butter, garlic butter, unsalted butter
<b>Cakes, pastries &amp; buns</b>	All cakes, pastries and buns	Apple slices, custard slices, brownies
<b>Carbonated beverages</b>	Carbonated beverages	Cola, orange, other fizzy drinks
<b>Cheeses</b>	Hard, soft and semi-soft cheeses	Brie, cheese spread, processed single serve cheeses
<b>Chicken, turkey &amp; game</b>	Chicken, turkey and game	Chicken breast fried, turkey leg grilled, roasted duck
<b>Chipped, fried &amp; roasted potatoes</b>	Chipped, fried and roasted potatoes	Chips, wedges, roast potatoes
<b>Chocolate confectionery</b>	Chocolate confectionery	Milk chocolate, truffles, chocolate bars, chocolate covered confectionery
<b>Desserts</b>	Desserts	Tiramisu, apple crumble, sponge pudding
<b>Fish &amp; fish products</b>	Fish and fish products	Cod baked, haddock breaded, fish fingers
<b>Fruit juices &amp; smoothies</b>	Fruit juices and smoothies	Mixed fresh juice, fresh apple juice, banana smoothie
<b>Ice-creams</b>	Ice-creams	Flavoured ice-cream, ice – cream with cone, ice – lollies and pops
<b>Meat pies &amp; pastries</b>	Meat pies and pastries	Sausage rolls, pork pies, chicken pies
<b>Meat products</b>	Meat products	Black pudding, chicken in batter, chicken Kiev
<b>Non-chocolate confectionery</b>	Non-chocolate confectionery	Lollipops, fruit gums, chewy sweets
<b>Nuts &amp; seeds, herbs &amp; spices</b>	Nuts, seeds, herbs and spices	Ginger, basil, cinnamon, cashew nuts (salted)
<b>Other beverages</b>	Other beverages	Cocoa with milk prepared for consumption, malt-based drink
<b>Other breads</b>	All other breads	Garlic bread, malt bread, scones
<b>Other breakfast cereals</b>	All other breakfast cereal not classified as RTE	Porridge, cereal requiring cooking

<b>Other fat spreads (40-80% fat)</b>	Other fat spreads	Vegetable oil spreads, soya spread, dairy based spreads
<b>Alternatives to milk &amp; milk-based beverages</b>	All other milks ad milk-based beverages	Flavoured milk, evaporated milk, plant-based drinks
<b>Peas, beans &amp; lentils</b>	Peas, beans and lentils	Baked beans, chickpeas (canned), mushy peas
<b>Poultry &amp; game dishes</b>	Poultry and game dishes	Chicken stir-fry, chicken pasta, turkey curry
<b>Processed &amp; homemade potato products</b>	Processed and homemade potato products	Hash potatoes, potato croquettes, garlic potatoes
<b>Rice puddings &amp; custard</b>	Rice puddings and custard	Rice pudding, canned, custard ready to eat, custard made with whole milk
<b>RTEBC</b>	Ready to eat breakfast cereal	Cornflakes, crispies, muesli
<b>Sausages</b>	Sausages	Pork sausages, beef sausages, frankfurters
<b>Savouries</b>	All savoury food products such as pizza, pancakes, sandwiches	Deep pan pizza, savoury pancakes (frozen), quiche
<b>Savoury snacks</b>	Savoury snacks	Popcorn, crisps, maize snacks
<b>Soups, sauces &amp; miscellaneous foods</b>	Soups, sauces, dressings and condiments	Vegetable soup, tomato sauce, mayonnaise
<b>Squashes, cordials &amp; fruit juice drinks</b>	Squashes, cordials and fruit juice drinks	Fruit drink prepared for consumption, fruit juice drink, ready to drink
<b>Sugars, syrups, preserves &amp; sweeteners</b>	Sugars, syrups, preserves and sweeteners	Sugar, honey, sweetener, fruit jam
<b>Vegetable &amp; pulse dishes</b>	Vegetable and pulse dishes	Garlic mushrooms, vegetable spring rolls, lentil salad
<b>White sliced bread &amp; rolls</b>	White breads and rolls	White sliced bread, white rolls, crusty, ciabatta
<b>Wholemeal &amp; brown bread &amp; rolls</b>	Wholemeal, wholegrain and brown bread	Brown rolls, multigrain bagels, granary bread
<b>Yoghurts</b>	Yogurt	Full fat fruit yogurt, 0% fat yogurt, twin pot yogurt

\*Examples only, list not exhaustive.

Find out more about [Food Reformulation](#).