

MASTER DOCUMENT: CRITERIA AND BENCHMARKS FOR THE EVALUATION OF FOOD INCLUDED IN THE SPANISH RECOMMENDATIONS OF FRUIT AND VEGETABLE CONSUMPTION "5 A DAY."

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INTRODUCTION

The new foods based on fruit and vegetables (FAV) and the reality of current consumers, are a confounding factor for people, when following the recommendations of eating FAV marked by WHO on 5 servings a day (600g/day) and promoted in Spain by the Association for Promoting the Consumption of Fruits and Vegetables "5 a day". The Master Document, prepared by the Scientific Committee, is made to facilitate the association and the food industry, the promotion of consumption of FAV in line with a healthy diet.

MATERIALS AND METHODS

The Scientific Committee after reviewing the scientific literature and numerous nutritional profiles, and based on legal, technological, nutritional, dietetics and health promotion criteria, has agreed the basic parameters to categorize foods included in the recommendations of consumption of FAV in Spain. The consumer can thus recognize foods with the logo "5 a day" as a portion of FAV. Also frequency and presence criteria of foods groups have been established for recipes.

Table 2. Nutrient Profile of products included in Category III

NUTRIENTS	THRESHOLD
Energy	≤ 750Kcal / menu ≤ 400Kcal / main course
Proteins	"Source of" /menu
Fat	≤ 30% of energy ≤ 25g / menu ≤ 13g / / main course
SFA	≤ 1,5g /100g ≤ 0,75g /100ml ≤ 4,5g / menu
Added sugars	≤ 10% of energy ≤ 18g / menu ≤ 10g /main course
Sodium	≤ 200mg /100g (ml) ≤ 600mg / menu ≤ 480mg / main course
Fibre	≥ 3g by serving

Table 1. Products and conditions of the Category II

TYPE OF PRODUCTS	CONDITIONS
* Dried FAV * Freeze-dried FAV * Minimally processed FAV * Canned and Frozen FAV * FAV juices & juices from concentrate * Juice-based products.	* Preserve sensory characteristics and analytical equivalent. * Contain 100% fruit and / or vegetables * Contain no added sugar * It will be of "low sodium" (Regulation 1924/2006) and ≤ 360mg for main courses

CONCLUSIONS

Since its adoption in Valencia (April 2007) have been evaluated 12 creams of vegetables, 3 sauces, 2 jams, 7 juices, 1 milkshake, 2 concentrates and 4 smoothies.



OBJECTIVES

- Set qualitative and quantitative parameters to include food on the recommendations "5 a day."
- Facilitate relationship between the Association and the food industry.

RESULTS

Have been distinguished 3 categories of foods: category I includes fresh unprocessed FAV, the II (Table 1) groups processed FAV and finally, category III includes foods that contain a portion of FAV with a established nutrient profile (Table 2). All the products must contain at least 1 serving/portion (edible) of FAV: 144 ± 44g for fruits, 30 ± 9 g for dried fruit and 144 ± 16g for vegetables.



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