

Are the Eatwell Guide and Nutrient Profiling Models consistent in the UK?

Supplementary data

Tables

Table S1: EWG recommendations

Nutrients	
Energy¹	2250 kcal (9414 MJ)
Carbohydrates	≥50% of food energy
Free sugars	≤5% food energy
Fat	≤35% food energy
Saturated fat	≤11% food energy
Protein	≥15.5% of energy
Salt	≤ 6g/d (2363 mg sodium/d)
Fibre (AOAC)	≥30g/d
Foods	
Fruits and vegetables²	≥5 portions a day
Fish	≥ 2 portions (2*140g) a week, one of which should be oily
Red and processed meat	≤70g/day

¹ Energy intake recommendation assumes mixed population average, so it was not included in the scoring system

² Fruit and vegetable intake includes a maximum of 1 portion of juice (from fruit / vegetable juice or that in a smoothie); 1 portion of beans; (portion sizes: 30 g dried fruit; combined total of 150 ml of fruit and / or vegetable juice and / or smoothie; 80 g all other fruits & vegetables).

Table S2: Basis of the nutrient/food component and scoring for the UK NPM 2005 and the draft 2018 NPM

UK NPM 2005									Draft 2018 NPM							
UK NPM 2004/5 Based on 8,950kJ (2,130kcal) diet, 3.75% scoring bands									Modifications: Based on 8,400kJ (2,000kcal); 3.75% scoring bands							
'A' points			'C' points						'A' points			'C' points				
Energy	Saturated	Total	Sodium	Protein	FNV	Fibre	Fibre		Energy	Saturated	Free	Salt	Protein	FNV	Fibre	Fibre
(kJ)	fat (g)	sugars	(mg)	(g)	(%)	(AOAC)	(NSP)		(kJ)	fat (g)	sugars	(g)	(g)	(%)	(AOAC)	(NSP)
		(g)				(g)	(g)				(g)				(g)	(g)
Reference	8,950	11% of	21% of	2,400	42 g	400	24 g	18 g	8,400	11% of	5% of	6 g	42 g	400	30 g	22.5
	kJ	food	food	mg		g			kJ	food	total			g		g
		energy	energy							energy	dietary					
											energy					
0	≤ 335	1	4.5	90	1.6	40	0.9	0.7	315	0.9	0.9	0.2	1.6	40	0.7	0.6
1	> 335	1	4.5	90	1.6	40	0.9	0.7	315	0.9	0.9	0.2	1.6	40	0.7	0.6
2	> 670	2	9	180	3.2	60	1.9	1.4	630	1.9	1.9	0.5	3.2	60	1.4	1.1
3	> 1005	3	13.5	270	4.8	-	2.8	2.1	945	2.8	2.8	0.7	4.8	-	2.2	1.7
4	> 1340	4	18	360	6.4	-	3.7	2.8	1260	3.7	3.7	0.9	6.4	-	2.9	2.2
5	> 1675	5	22.5	450	8	80	4.7	3.5	1575	4.7	4.6	1.1	8	80	3.6	2.8
6	> 2010	6	27	540					1890	5.6	5.6	1.4			4.3	3.4
7	> 2345	7	31	630					2205	6.6	6.5	1.6			5.0	3.9
8	> 2680	8	36	720					2520	7.5	7.4	1.8			5.8	4.5
9	> 3015	9	40	810					2835	8.4	8.3	2.0				
10	> 3350	10	45	900					3150	9.4	9.3	2.3				

Calculating a nutrient profiling score:

- A maximum of 10 points can be awarded for each nutrient/component (energy, saturated fat, sugar and salt). The total 'A' points are the sum of the points scored for each nutrient/ food component. Total 'A' points = [points for energy] + [points for saturated fat] + [points for free sugars] + [points for salt]
- A maximum of 5 points can be awarded for protein and fruit, vegetables and nuts. A maximum of 8 points can be awarded for fibre (either as AOAC or NSP). The total 'C' points are the sum of the points for each nutrient/ food component. Total 'C' points = [points for fruit, vegetables and nut content] + [points for fibre (either NSP or AOAC)] + [points for protein]
- The nutrient profiling score is calculated as total 'A' minus total 'C' points
- If a food or drink scores 11 or more 'A' points then it cannot score points for protein unless it also scores 5 points for fruit, vegetables and nuts.
- A food is classified as 'less healthy' where it scores 4 points or more
- A drink is classified as 'less healthy' where it scores 1 point or more

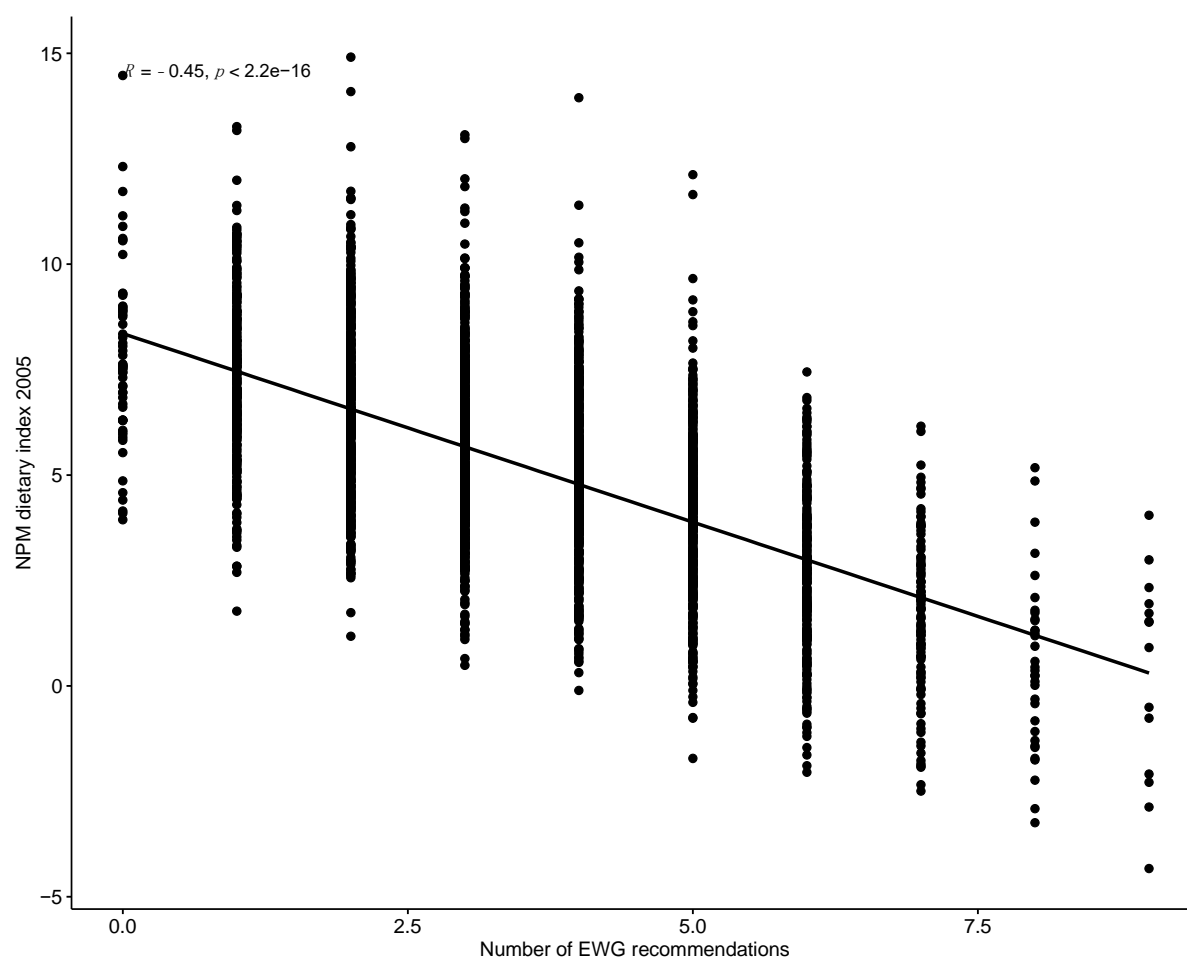


Figure S1: Scatter plot of NPM dietary index 2005 by number of achieved EWG recommendations

The higher the NPM dietary index 2005, the less healthy the diet is; the higher the EWG score, the healthier the diet is.

EWG, Eatwell guide; NPM, nutrient profiling model

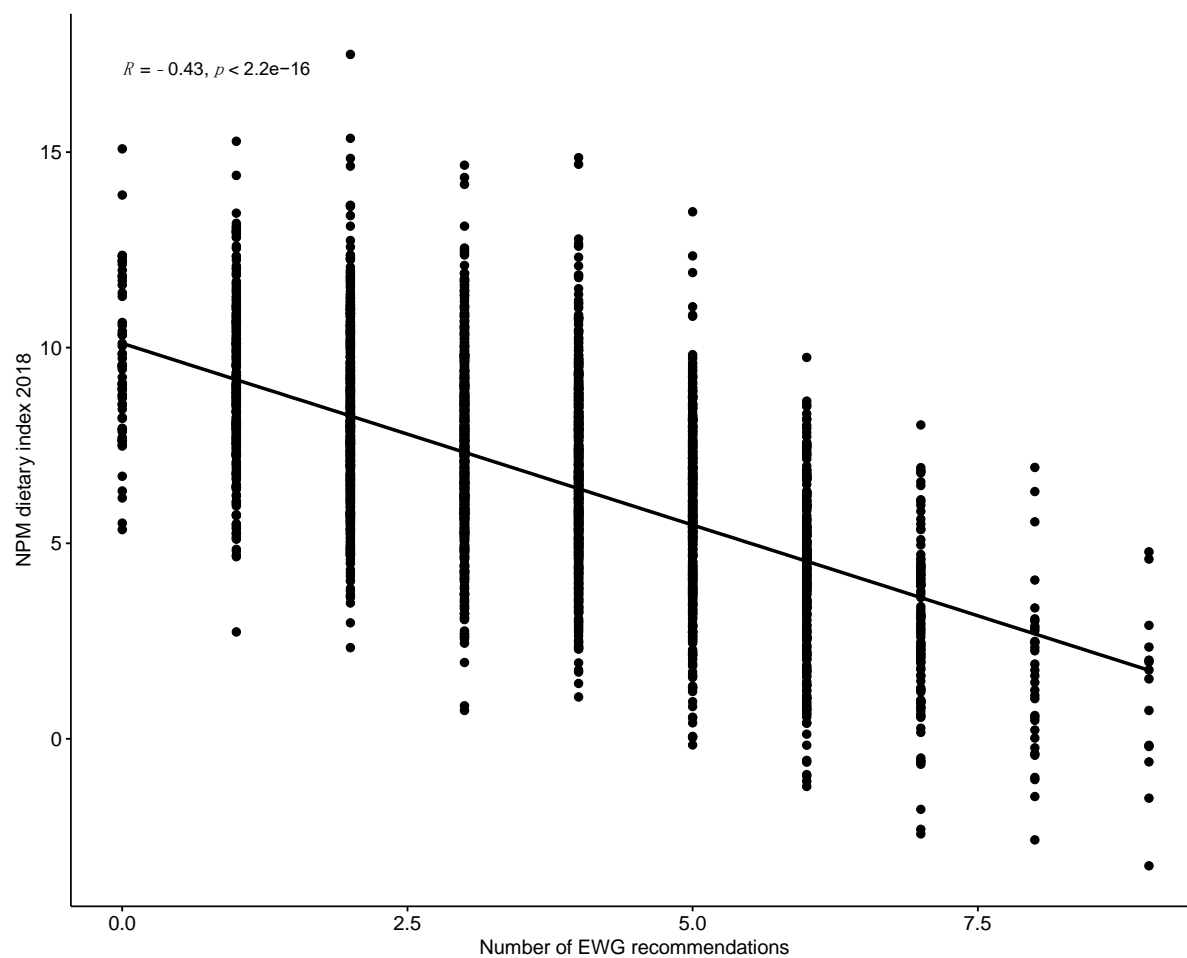


Figure S2: Scatter plot of NPM dietary index 2018 by number of achieved EWG recommendations

The higher the NPM dietary index 2018, the less healthy the diet is; the higher the EWG score, the healthier the diet is.

EWG, Eatwell guide; NPM, nutrient profiling model