

Title: The Development and Implementation of the Japanese Nutrient Profile Model

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Abstract:

This presentation introduces the development and implementation of the Japanese Nutrient Profile Model (NPM). Nutrition/Diet is the basis of a healthy and sustainable society, particularly as modern dietary patterns increasingly rely on commercially produced and processed foods. Consequently, there is an increasing need for the food industry to reformulate their products and improve the overall healthiness of their product portfolios.

Global interest in nutrient profile models is growing, not only because they are useful for food product reformulation by the food industry, but also could be applied to assess each manufacturers' performance in these efforts. Governments, the public, and investors are increasingly demanding transparency and accountability in this area. A key objective of the Japanese NPM was to address limitations of existing models in evaluating traditional seasonings and oils. Although consumed in small amounts, these products are major contributors to salt intake in Asian diets, and reducing excess salt consumption remains an urgent public health priority in the region.

The Japanese NPM for adults consists of two complementary approaches: a processed food version and a dish version. By assessing foods through the lens of prepared dishes, the model enables evaluation of food categories that are often overlooked, including seasonings and condiments. This combined framework supports more comprehensive assessment of dietary contributions and encourages reformulation through recipe improvement.

The dish-based approach also has potential applications in consumer guidance. While further refinement is needed, this novel methodology offers a promising pathway to enhance the nutritional quality of a wide range of food products and may be applicable internationally.