



# The Development and Implementation of the Japanese Nutrient Profile Model

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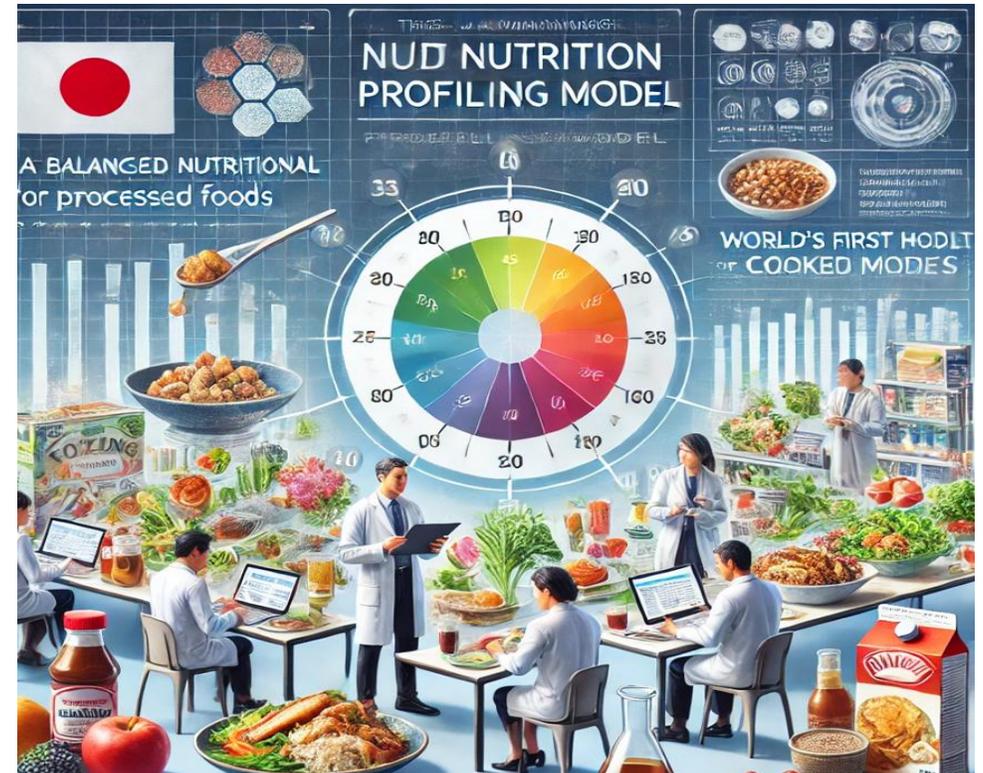
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# The role of food products in our healthier diets

- Nutrition/Diet is the basis of a healthy and sustainable society.
- Our usual diet relies also on commercially produced foods, as well as meals prepared using these foods.
- There are increased needs for the food industry to make efforts to reformulate their products and make their product portfolios healthier.



# Increased needs for food reformulation

- The efforts for food reformulation are increasingly demanded by the governments and public:

Report of the Committee Meeting on the Promotion of a Healthy and Sustainable Food Environment (MHLW, Japan)

## Main actions expected from each sector

### (1) Business sectors

- Food manufacturers: Development and mainstreaming of healthier and environmentally friendly products as well as company-wide commitment to nutritional and environmental issues
- Food distributors: Sales promotion of the above products

## N4G Investor Pledge in 2021

We also call on all food and beverage companies to commit to the following 3 key actions:

1. Report annually on the percentage of their sales generated by healthy products, and the percentage of their product portfolio that comprises healthy products.
2. Use the Health Star Rating (or equivalent independently developed and governed system such as NutriScore) nutritional profiling model to define healthy products.
3. Use the Investor Expectations framework to deliver better outcomes on nutrition, adopting the commitments within each of the four pillars of governance, strategy, lobbying and transparency.

# Growing global interest in Nutrient Profile Models

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- Reformulation of food products often rely on nutrient profiling models (NPMs) based on their nutrient composition.

Nutrient Profiling: The science of classifying or ranking foods according to their nutritional content for the purpose of disease prevention and health promotion (World Health Organization, Nutrient profiling: report of a technical meeting, 2010 )

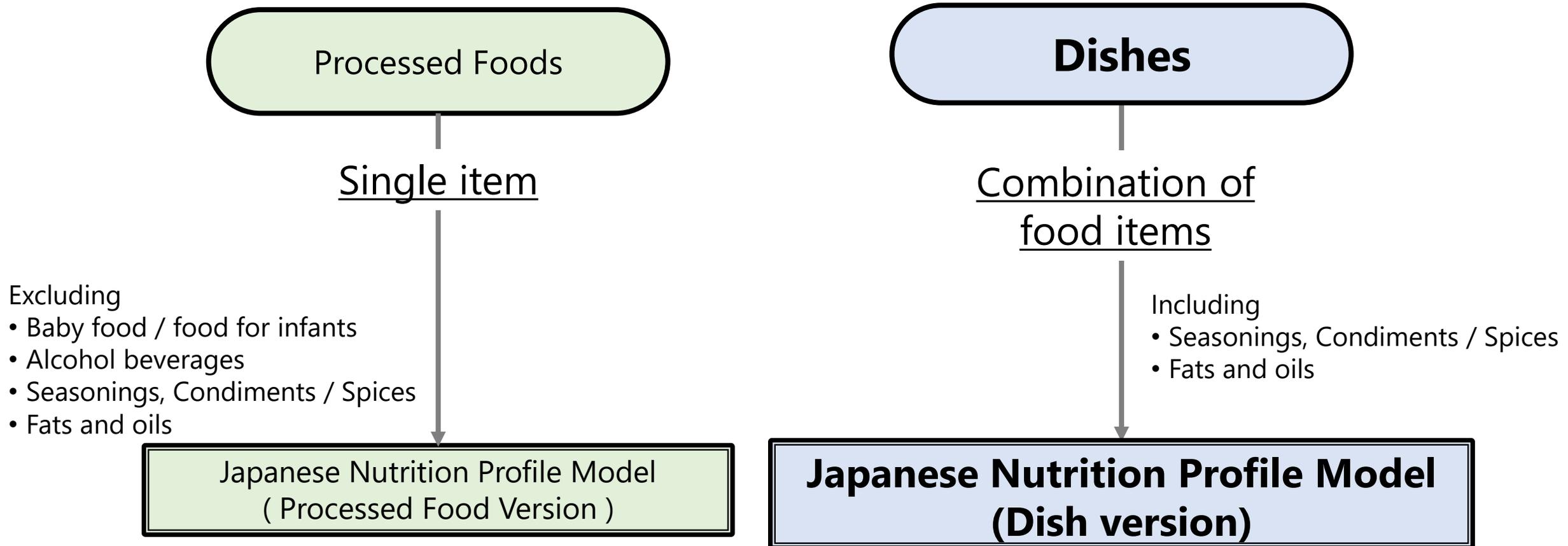
- Global interest in NPMs are growing, not only because they are useful for food product reformulation by the food industry, but also could be applied to [assess each manufacture's performance](#) in these efforts.

# Our objective of the Japanese NPM

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- Some food categories such as seasonings and oils, are difficult to evaluate using existing NPMs.
- However, seasonings are major sources of salt intake in the Asian diet including Japan, while excess salt intake is an urgent need to address in this region.
- In this regard, we aimed to develop a novel NPM that can assess food product uses in the diet, in order to promote reformulation of these food products as well as to evaluate these efforts by the industry.
- Supported by the research grant from the Ministry of Health, Labour and Welfare, we published two papers regarding the development of the Japanese NPMs last September.

# The Japanese Nutrition Profiling Models for adults



- The combination of these NPMs enables evaluation of food products that are overlooked by existing NPMs: leading a more comprehensive evaluation of food products

# Japanese nutrition policies focusing on children

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- Since the enactment of the **School Lunch Act** in 1953, Japanese elementary and junior high schools have provided school lunches that meet nutritional standards, under the supervision of dietitians.
- As of 2023, the proportion of schools providing a “complete lunch” (consisting of staple dish, main dish, and side dish) was **98.8%** among elementary schools, and **89.8%** among junior high schools. ([https://www.mext.go.jp/b\\_menu/toukei/chousa05/kyuushoku/kekka/1269112.htm](https://www.mext.go.jp/b_menu/toukei/chousa05/kyuushoku/kekka/1269112.htm))
- Also, the **Basic Law on Shokuiku** (Food and Nutrition Education) enacted in 2005, actively promotes healthy eating to children.
- *Shokuiku* is promoted through school lunches, education by nutrition teachers, and food education in home economics classes.

# Strength of the Dish-Version Japanese NPM

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- Easily applicable to seasonings through profiles of dishes.
- For the food industry, these application can be expected:
  - Reformulation of food products/adjustment of recipes to achieve healthier scores
  - With scores disclosed on food labeling, healthier eating options could be offered, such as leaving off the soup of a noodle dish and avoiding excess salt intakes

# Summary

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- Dish-version NPM is a new approach of NPM to rate food products through a “dish” lense.
- This concept enables to assess contribution to nutrient profile of foods—such as seasonings and oils—that are not consumed alone by evaluating a combination of multiple food items.
- A dish-based approach is also useful for offer consumers healthier combinations of food items.
- While further revision will be needed, [this new approach can be applied worldwide](#) and enhance nutritional quality of a wide range of food products.

# For more information



Article

## Development of a Nutrient Profiling Model for Processed Foods in Japan

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**Abstract:** Numerous nutrient profiling models (NPMs) exist worldwide, but Japan lacks an official NPM. Using the Australian and New Zealand Health Star Rating (HSR) as a reference, “Processed Foods in Japan version 1.0” (NPM-PFJ (1.0)) was developed to fit Japanese food culture and policies. In total, 668 processed foods from the Standard Tables of Food Composition in Japan were analyzed

<https://doi.org/10.3390/nu16173026>

<https://doi.org/10.3390/nu16173012>



Article

## Development of a Nutrient Profile Model for Dishes in Japan Version 1.0: A New Step towards Addressing Public Health Nutrition Challenges

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**Abstract:** To address the rising incidence of non-communicable diseases (NCDs) and promote healthier eating habits, Japan requires a culturally tailored Nutrient Profile Model. This study aimed to develop a Nutrient Profile Model for Dishes in Japan version 1.0 (NPM-DJ (1.0)) that corresponds