The holistico-reductionist Siga classification according to the degree of processing: A tool for thinking, optimizing food for health.

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OBJECTIVES

How can Siga tools be used to improve the quality of the food offered to consumers?

MATERIALS & METHODS

The Siga classification

List of ingredients and nutritional table

The Siga definition of Ultra Processed Foods (UPF)

RESULTS

5% of UPF in packaged food supply of French supermarket

67% of packaged food are UPFs

Average number of ingredients : 15.2 (25% UPF with less than 5)

Average number of MUP = 3.8

MUP Analysis in UPFs

Table 1: MUP and NA-MUP (% of products) among packaged ultra-processed food (n = 22,028)

MUP Product number % products

Refined oils 11,565 52.5

Extracts & natural aromas 9,400 42.7

Synthetic aromas 5,830 26.5

Glucose syrup 4,405 20.0

Native starches 4,213 19.1

E350 (citric acid) 4,089 18.6

Dextrose 3,558 16.2

E332 (texturized) 3,512 15.0

Phosphates 2,793 12.7

Modified starches 2,464 11.2

E240-E252 (nitrates/nitrates) 2,407 11.2

Protein isolates 2,212 10.0

MUP Analysis in UPFs

In UPF (C0 to C3), NA-MUP/A-MUP = 1.3

Main MUP presents in UPFs are NA-MUP (30% more)- A way to clean Tags?

Vision of the french nutritional score through the scope of Ultra-Processing

UPFs are characterized by the presence of at least one deliberately added substance hammed Marker of Ultra-Processing (MUP) obtained by synthesis or by a succession of physical, chemical and/or biological processes leading to its purification and/or substantial deterioration compared to the original material in the list of ingredients. UPFs can also be created by the direct application of a deteriorating process (e.g., extrusion-cooking) to the food matrix.

CONCLUSION

For improvement of food quality, decrease use of Non Additives MUP and not only additives. Hierarchize food scoring, and to apply first holistic indices, then compositional scores, not the contrary, to avoid an undue valorisation of UPFs towards consumers. Use of Siga tools for recipe improvement in industry

Work with other food distributors (schools, hospitals...).