

Collaboration PLAN for the improvement of the composition of food and beverages and other measures 2020



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1. Justification

The Spanish Agency for Consumer Affairs, Food Safety and Nutrition (AECOSAN, Spanish acronym for Agencia Española de Consumo, Seguridad Alimentaria y Nutrición) as autonomous body attached to the Ministry of Health, Social Services and Equality, has as one of its basic cornerstones, within the lines of action of the Strategy for nutrition, physical activity and the prevention of obesity (NAOS Strategy), and as a public health policy, the promotion of healthy nutritional habits together with the practice of physical activity for addressing overweight and obesity.

1.1. Obesity and overweight data

Obesity and overweight are risk factors for non-communicable or chronic diseases. The relation between obesity and cardiovascular problems, cancers, type II diabetes, respiratory disease and musculoskeletal disease, among others, is well established. Although obesity has multiple determining factors (genetics, culture, the environment, the availability of food and healthy environments, etc.) obesity and overweight can be prevented. The causes of obesity are extremely complex, but in most of the population they are linked to the lifestyle and behaviour with respect to how and what a person eats and whether or not they take regular physical exercise.

For more than twenty years in Spain and in the rest of Europe, the rates of obesity and overweight have been a serious problem and a true challenge for public health.

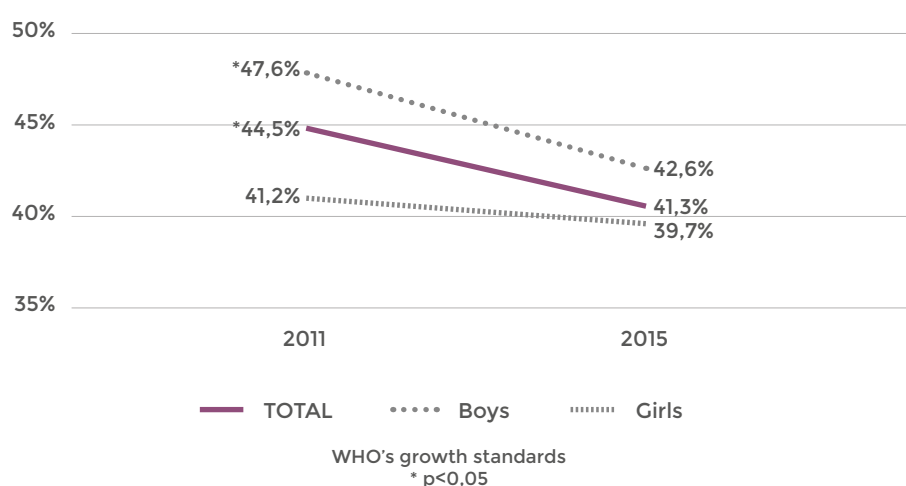
According to the Nutrition, Physical Activity, Child Development and Obesity Study in Spain, the ALADINO Study 2015¹, conducted by the Observatory for Nutrition and the Study of Obesity of the Spanish Agency for Consumer Affairs, Food Safety and Nutrition (AECOSAN), on boys and girls aged from 6 to 9 years old, the prevalence of overweight and obesity are among the highest in Europe. Nevertheless, since 2011, a statistically significant reduction has been observed for overweight, from 26.2% to 23.2% (from 26.7% to 22.4% in boys and from 25.7% to 23.9% in girls). In addition, there has been a non-significant decrease in the prevalence of obesity, which is 18.1% (20.4% in boys and 15.8% in girls).

Consequently, and altogether, the body weight excess (overweight and obesity) has been reduced from 2011 to 2015 by three points: from 44.5% to 41.3% (from 47.6% to 42.8% in boys, and from 41.2% to 39.7% in girls).

¹ ALADINO Study 2015:
http://www.aecosan.msssi.gob.es/AECOSAN/docs/documentos/nutricion/observatorio/Estudio_ALADINO_2015.pdf



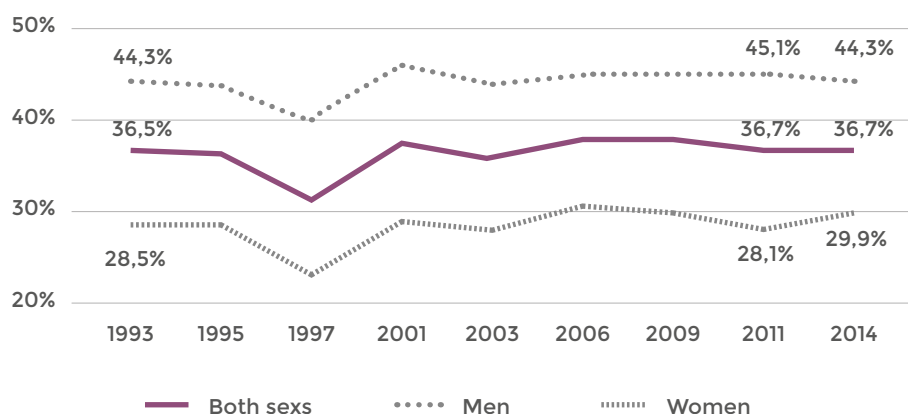
PREVALENCE OF EXCESS OF WEIGHT IN BOYS AND GIRLS AGED 6-9 YEARS OLD ALADINO 2011 AND 2015 STUDIES



There are also promising results for the adolescent population, aged 11 to 15 years. According to the latest report from the European Region of the World Health Organisation (WHO) and based on the Health Behaviour in School-aged Children Study (HBSC Study), from 2002 to 2014, a decrease in the prevalence of obesity among adolescents was observed only in Spain and Norway. More specifically, a decrease was observed among boys in all the age groups studied (11, 13 and 15 years) of one percentage point between 2002 and 2014. The prevalence of body weight excess is 17%, which is as high as in the other countries in the South of Europe, but is two percentage points below the average for the prevalence of overweight or obesity in the 44 European countries which took part in the study, where it is 19% (HBSC Study).

In adults, according to data from the European Health Survey (in Spanish, Encuesta Europea de Salud, EES) in Spain 2014, the prevalence of overweight was 36.7% (44.3% in men and 29.9% in women). Its tendency has been stable since 1993. As regards obesity, the prevalence is 17.0% (17.5% in men and 16.5% in women). For several decades, the trend of obesity prevalence had been growing, but from 2011 to 2014, for the first time, it has stabilised.

PREVALENCE OF OVERWEIGHT IN ADULTS BY SEX ENS 1993 - 2011. EES 2009 AND 2014



PREVALENCE OF OBESITY IN ADULT BY SEX. ENS 1993 - 2011 EES 2009 AND 2014



The stabilisation of the prevalence of obesity in adults, and more specifically the reversal of the tendency in the prevalence of childhood overweight and obesity towards a healthier weight in Spain, can be explained by the continued major efforts over several years of all the stakeholders involved. Therefore, it is essential to continue strengthening these in order to reduce all the prevalence figures.





1.2. Nutritional quality of the diet

The energy imbalance between the number of calories consumed and burned has a direct influence on obesity and on related non-communicable diseases. As indicated by the WHO, a healthy diet and regular and adequate physical exercise are the main factors for the promotion and maintenance of good health throughout life and they interact in a positive manner.

On the whole, the truth is that our diet is not very balanced, with a low intake of fruit, vegetables and fibre and an intake of food with an excess of salt, saturated and trans fats, sugars and calories², and with a dietary pattern which is moving further and further away from the traditional Mediterranean diet. In addition, sedentary lifestyles are becoming more frequent, forming part of our work and leisure.

There is evidence that the implementation of measures which promote a healthy and balanced diet, together with the promotion of daily physical activity is associated with the prevention of overweight and obesity, the reduction of non-communicable diseases and a reduction in health inequalities.

² European Food and Nutrition Action Plan 2015-2020
<http://www.aecosan.msssi.gob.es/AECOSAN/docs/documentos/nutricion/observatorio/European-Food-Nutrition-Action-Plan-20152020-en.pdf>

1.3. Initiatives to reduce the intake of certain nutrients

Different strategies and measures exist to improve the overall quality of diet and dietary patterns. These may have an impact on the reduction of the intake of certain nutrients and on positive nutritional and health benefits for the population.

Among these, those intended to increase awareness among consumers about the relation between food and health, using information and educational campaigns, are extremely important for helping to consolidate other measures. But measures which facilitate healthier environments and choices are strategic.

Reformulation or improvement of the nutritional composition of products is one of the most effective measures for promoting a better dietary environment and healthier options, for attaining the nutritional recommendations or objectives in the diet and for obtaining improvements in public health³.

Reformulation means improving the content of certain selected nutrients (saturated fats, trans fats, salt or sugars) in foods and beverages without involving an increase in the energy content or in the quantity of other nutrients⁴ of concern, and maintaining food safety levels, flavour and texture so that the product continues to be accepted by consumers. This is possible up to certain limits due to technological, organoleptic, legislative, microbiological and economic aspects.

Consequently, offering consumers more products with lower levels of salt, fewer trans saturated fats (improved lipid profile), and fewer added sugars, together with other initiatives which facilitate the selection of suitable food, in addition to actions focused on the promotion of healthy lifestyles and increasing health education from infancy, will facilitate the acquisition and maintenance of adequate dietary patterns with a varied composition and a quantity of nutrients which are in line with the recommendations of the health authorities.

This will also contribute decisively to reducing inequalities in the access to a healthy diet, by increasing the supply of healthier food products for everyone without discrimination. This will permit the population as a whole to adopt a healthier diet compatible with the recommendations.

³ Spiteri M, Soler L-G. Food reformulation and nutritional quality of food consumption: an analysis based on households panel data in France. Eur J Clin Nutr oct 2017
<https://doi.org/10.1038/s41430-017-0044-3>

⁴ European Framework Agreements and Annexes for the Reformulation:
http://www.aecosan.msssi.gob.es/AECOSAN/web/nutricion/subseccion/reformulacion_alimentos.htm



2. European framework

In 2004, the 57th World Health Assembly approved the Global Strategy on Diet, Physical Activity and Health, in response to the growing concern of Member States of the WHO about the problem of obesity. In line with this, in 2005, Spain set up the NAOS Strategy coordinated by the AECOSAN, an autonomous body dependent on the Ministry of Health, Social Services and Equality.

In 2008, the European Commission created the High-Level Group on Nutrition and Physical Activity⁵ (hereinafter HLCN&PA) with the Member States. This Group also considered addressing the reduction of certain nutrients or the reformulation of food and drink in order to reach reasonable consumption levels to be of priority, and effective and compatible with improving the health of the population. That same year, the European Framework for National Salt Initiatives was established⁶.

The European incentive towards reformulation or the improvement of the composition of food and beverages continued with the European Framework for National Initiatives on Selected Nutrients⁷ in 2011 (annexes from the HLCN&PA, objectives, criteria, methodologies and common monitoring tools). The development of this Framework was stated in 2012 with Annex I, which focuses on the reduction of saturated fats⁸. In December 2015, the HLCN&PA approved the Annex II on reformulation in added sugars⁹.

⁵ High Level Group on Nutrition and Physical Activity:
https://ec.europa.eu/health/nutrition_physical_activity/high_level_group_en

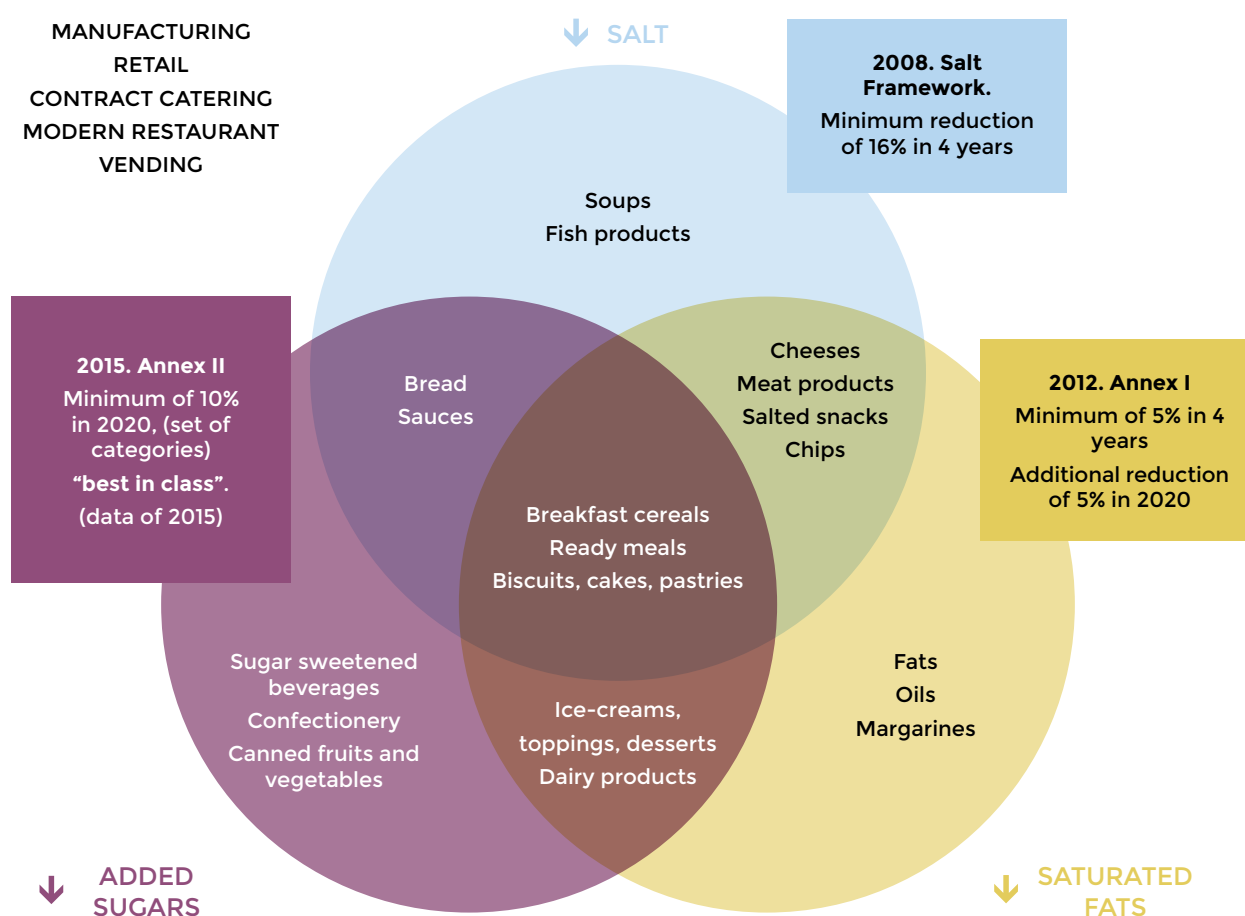
⁶ European Framework for National Initiatives on Salt:
http://ec.europa.eu/health/ph_determinants/life_style/nutrition/documents/salt_initiative.pdf

⁷ The European Framework for National Initiatives on Selected Nutrients:
https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/euframework_national_nutrients_en.pdf

⁸ Annex I for reduction of saturated fat:
https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/saturated_fat_eufnisn_en.pdf

⁹ Annex II on reformulation in added sugars:
http://ec.europa.eu/health/nutrition_physical_activity/docs/added_sugars_en.pdf

FIGURE 1: Priority food products and food sectors for reformulating
(according to the frameworks and annexes of the HLC on Nutrition&Physical Activity)



With the last annex of those approved in the HLCN&PA (Figure 1), the groups of food products and food sectors for which the reformulation policies would be prioritised were established. In some food groups, the reformulation should be promoted in two or even three nutrients (Figure 1) and usually corresponded to the food and drink most consumed by children.

In 2014, the EU also launched their Action Plan on Childhood Obesity 2014-2020, which included the creation of healthier environments among their priority lines of action.

Subsequently, in 2016, in the Council Conclusions on Food Product Improvement¹⁰ (17 June 2016), Member States were called upon¹¹ “to have a national PLAN for food product improvement in place by the end of 2017, either as a new PLAN or integrated into an existing PLAN, in cooperation with the relevant stakeholders, to make the easier choice the healthier choices for consumers by 2020, through an increased availability of food with lower levels of salt, saturated fats, added sugars, energy value and, where appropriate, through reduced portion sizes and to provide information on the nutritional composition of processed foods”.

The following year, in the Council Conclusions to “Contribute to preventing the increase of childhood overweight and obesity”¹¹ of 16 June 2017, Member States were invited to “engage with food producers, retailers and the catering sector to encourage food improvement, in line with health sector guidelines, and the promotion of healthy options in order to make the healthy option the easy option”.

In turn, the WHO European Region, with the aim of promoting the improvement of food as a whole, launched the European Food and Nutrition Action Plan 2015-2020, which recommended that governments used a variety of political tools to create healthier food environments, to improve nutritional education and habits throughout the life cycle, to reinforce health systems, to support supervision and research and to include the “health” approach in all policies. These tools included the “reformulation strategies”.

In addition, the new Action Plan for the Prevention and Control of Non-Communicable Diseases (NCD) in the WHO European Region 2016-2025¹², among the priority measures at population level indicated the “Product reformulation and improvement: salt, fats and sugars”.

All of this European support is contributing decisively to the fact that in many countries, the public administrations or agencies for nutrition and health are drawing up voluntary agreements with the food business operators. These are intended to improve the nutritional quality of the food available in the market,^{13 14} facilitate the business efforts necessary for the reformulation and to indisputably permit the reaching of agreements in each Member State in a more effective and streamlined manner as they are political measures adopted by all the countries in our environment.

10 Council Conclusions on Food Product Improvement:
http://www.aecosan.msssi.gob.es/AECOSAN/docs/documentos/nutricion/observatorio/conclusiones_mejora_alimentos.pdf

11 Council Conclusions for “Contributing to preventing the increase of childhood overweight and obesity”:
http://www.aecosan.msssi.gob.es/AECOSAN/docs/documentos/nutricion/observatorio/Conclusiones_OBESIDAD_INF_2017_ES.pdf

12 Action Plan for the Prevention and Control of Non-Communicable Diseases (NCD) in the WHO European Region 2016-2025
http://www.aecosan.msssi.gob.es/AECOSAN/docs/documentos/nutricion/observatorio/NCDActionPlan_WHO_Euro-pean_Region.pdf

13 Spiteri M, Soler L-G. Food reformulation and nutritional quality of food consumption: an analysis based on households panel data in France. Eur J Clin Nutr oct 2017
<https://doi.org/10.1038/s41430-017-0044-3>; Chauliac M, Hercberg S. Changing the food environment: The French experience. Adv Nutr. 2012;3:605S-610S.

14 Chauliac M, Hercberg S. Changing the food environment: The French experience. Adv Nutr. 2012;3: 605S-610S.



3. Reformulation policies in Spain

In Spain, reformulation policies have been promoted¹⁵ since 2005 with the launch of the NAOS Strategy of the Spanish Agency for Consumer Affairs, Food Safety and Nutrition (AECOSAN) which forms part of this High-Level Group (HLGN&PA) and which are in line with the different agreements adopted in the same.

The NAOS Strategy develops a comprehensive approach in different environments (School, Family, Community, Business and Health) with a demographic, multidisciplinary, multifactorial focus and with the collaboration and synergies of the different public administrations, and public and private sectors.

Within the line of action for the Health Protection of the NAOS Strategy, one of the main interventions in the business environment is the promotion of reformulation. To do so, collaboration has been promoted with the food and drink business sector through inter-sector alliances, essentially of a voluntary nature, for the reduction of certain nutrients in food and drink¹⁶, with different sectors and with effective results.

In relation to the reduction of salt (salt = sodium x 2.5), and according to the WHO, one of the main determining factors involved in the origin of high blood pressure and consequently cardiovascular disease, is the excessive intake of sodium, which is consumed in the diet in the form of sodium chloride (common salt). In order to prevent high blood pressure, WHO recommends a maximum daily intake of 5g of salt; 2.5g of salt contains 1g of sodium.

In this respect, the afore-mentioned HLG&PA established in 2008 the so-called European Framework for national salt initiatives, so that each Member State would undertake to reduce salt levels.

The Ministry of Health, Social Services and Equality through the AECOSAN developed at the end of 2008 a PLAN for the Reduction of Salt Consumption (PRCS, Spanish acronym for PLAN de Reducción del Consumo de Sal)¹⁷ to promote the reduction of salt intake. To this purpose, the average consumption of salt in the Spanish population was studied together with the main food sources of this nutrient, and three studies were carried out in 2009: "Impact on health of a national PLAN for the reduction of salt intake: the relationship between the excessive salt intake and high blood pressure, cardiovascular disease, osteoporosis, renal lithiasis and stomach cancer"; "Analysis of salt intake in the Spanish adult population and the main dietary sources of sodium", from which the figure was obtained for the average salt intake of the Spanish (measured by the sodium excreted in urine) as 9.8 g per day, twice the maximum amount recommended by the WHO, and the third study: "Analysis of the salt content in products which form part of the usual diet of the Spanish people", which concluded that approximately 70-75% of the salt consumed comes from processed food consumed outside the home, and which is referred to as the "hidden" salt of food¹⁸.

¹⁵ Reformulation policies of food and beverages in Spain
http://www.aecosan.msssi.gob.es/en/AECOSAN/web/nutricion/seccion/reformulacion_de_alimentos.htm

¹⁶ Food reformulation. Collective agreements
http://www.aecosan.msssi.gob.es/AECOSAN/web/nutricion/ampliacion/reformulacion_alimentos.htm

¹⁷ Plan for the reduction of salt intake
http://www.aecosan.msssi.gob.es/AECOSAN/web/nutricion/subseccion/plan_consumo_sal.htm

¹⁸ Evaluation and monitoring of the Plan for the reduction of salt intake
http://www.aecosan.msssi.gob.es/AECOSAN/web/nutricion/ampliacion/evaluacion_monitorizacion.htm

During the Spanish Presidency of the European Union in 2010, and promoted by the AECOSAN, the “Council Conclusion on actions to reduce population salt intake for better health” was approved. These conclusions summarised the measures which must be taken at a population level to try to reduce the impact on health of an excessive salt intake, and highlight the need to strengthen the awareness and information of the population regarding the association between an excessive salt intake and health, as well as the importance of reducing the salt content in food.

Even before the start of the PLAN for the reduction of salt intake, measures were already underway to achieve this. In 2004, specifically regarding the salt content in bread, a collaboration agreement was signed between the AECOSAN, the Spanish Confederation of Bakers (CEOPAN, Spanish acronym for Confederación Española de Organizaciones de Panaderías) and the Spanish Association of Manufacturers of Frozen Dough (ASEMAC, Spanish acronym for Association of the Spanish Industry of Bakery and Pastry) in which these institutions undertook to reduce the percentage of salt used in the manufacture of bread, from 22g of NaCl/kg of flour to a maximum of 18g of NaCl/kg of flour in a period of four years, decreasing gradually at the rate of 1g per year. Subsequently, after the four years and with the aim of conducting the relevant monitoring and follow-up for these agreements, a specific assessment study was carried out and it was confirmed that the objective to reduce the salt content in bread had been thoroughly achieved. Lastly, and under the framework of the Observatory for Nutrition and the Study of Obesity, in 2015 another study was conducted on bread (pending publication), to assess whether the agreed salt levels continued to be maintained. The results showed that there had been no increases in the salt content in bread following the previous effort, and that bread in Spain continues to have one of the lowest salt contents in Europe.

In 2012 and also under the framework of the Observatory of Nutrition and of the Study of Obesity, the AECOSAN considered conducting a new study to analyse the salt content in food in Spain, together with the tendency of the salt content in food since the previous study conducted in 2009¹⁹. For further information on the PLAN for the reduction of salt intake in Spain, and related agreements with specific sectors including CEDECARNE, AFAP, please refer to the AECOSAN website²⁰.

As regards the trans fatty acids of industrial origin (TFA)²¹ present in food, mainly for technological reasons, and which are associated with various health problems including heart disease or diabetes, policies to reduce their intake have been promoted for several years. These policies are based on legislative measures, information campaigns, and reformulation of food products, and both the health institutions and the food manufacturers have been working for their reduction. In 2010, the AECOSAN by the National Food Centre carried out a study to determine the content of trans fatty acids in food²², and in 2010, from the NAOS Strategy another study was conducted “Content of trans fatty acids in food in Spain 2010”²³.

19 Report of the Study of the salt content of food in Spain 2012
http://www.aecosan.msssi.gob.es/AECOSAN/docs/documentos/nutricion/estudio_contenido_sal_alimentos.pdf

20 http://www.aecosan.msssi.gob.es/AECOSAN/web/nutricion/ampliacion/reduccion_sal_grasa.htm

21 Trans fatty acids: fatty acids which have, in the trans configuration, double carbon-carbon bonds, with one or more non-conjugated bonds (specifically, interrupted by at least one methylene group). Some trans fatty acids are produced industrially. Trans fatty acids may also be found naturally in food products originating from ruminants, including dairy produce, beef, lamb or goat.

22 Burdaspal Pérez PA, Ledgarda Gómez TM, Corrales Ruyra ML, Delgado Cobos P, Marcos Suárez V, Diéguez González A. Análisis de la composición grasa de diversos alimentos comercializados en España. Rev del Com Científico de la AECOSAN. 2010;11:69-80

23 Trans fatty acid (or trans fat) reduction. Assessment and monitoring.
http://www.aecosan.msssi.gob.es/AECOSAN/web/nutricion/ampliacion/reduccion_grasas_trans.htm

Subsequently, in 2015, through the Observatory for Nutrition and of the Study of Obesity, the fatty acid content was studied and analysed in 277 food products purchased in Spain. The TFA and total fat content and the percentage of TFA with respect to the total fats were calculated. The results were compared to those obtained in the study carried out in 2010 and it was concluded that the great majority of food groups have a TFA percentage of less than 2%, with respect to total fats. The few foods that exceeded this figure were from the groups which naturally contain TFA. In addition, it was concluded that the levels of TFA in food in Spain were, on average, very low. These results were in line with other analyses conducted by certain Autonomous Communities (AC) on certain groups of food. All this confirms that policies to reduce the intake of TFA, and the commitment of the food industry in the reformulation of their products are essential in the elimination or reduction of the TFA content in food.

Moreover, in Spain, Article 43 of the Food Safety and Nutrition Law of 2011 is dedicated to TFA, with the objective of minimising their content in food in Spain (especially aimed at improving their traceability).

Therefore, under the framework of assessments and studies carried out at the AECOSAN in the context of the Observatory for Nutrition and of the Study of Obesity and in light of the results, at present it is possible to guarantee that the TFA content in food does not currently pose a threat to public health in Spain. Nevertheless, the evaluation measures should be maintained in order to regularly monitor the TFA content in food, via the Observatory for Nutrition and the Study of Obesity.

In addition, also in 2014, the AECOSAN undertook a study in order to determine the energy and nutrient content²⁴ (total fats and saturated fats, carbohydrates, sugar, proteins, salt and fibre) in certain categories of regularly consumed products in Spain, based on the nutritional information of the labelling. Knowledge of the composition of food through labelling enables regular studies to take place to assess the modifications over time in the composition of the products, with the advantage of lower costs with respect to laboratory tests.

In this respect, in 2016 the AECOSAN conducted a study on nutrient content in which they evaluated whether the information provided in the nutritional labelling matched the real content of total sugars in food in Spain. This study confirmed that the nutritional labelling of food in Spain offers an accurate and true representation of the nutrient content and is a useful tool for conducting studies and assessments of the nutrient content.

All the agreements and reduction objectives to which the sectors have committed over the years of reformulation policies, essentially for salt and trans fats of industrial origin, have been monitored with different analyses and specific studies by the AECOSAN through the NAOS Strategy, under the framework of the Observatory for Nutrition and the Study of Obesity²⁵ and have been published on the AECOSAN website and in scientific journals.

²⁴ Study of the nutritional information about processed food provided through labelling in Spain. 2014:
http://www.aecosan.msssi.gob.es/AECOSAN/docs/documentos/nutricion/InformeEtiquetado_definitivo.pdf

²⁵ Observatory for Nutrition and the Study of Obesity:
<http://www.aecosan.msssi.gob.es/AECOSAN/web/nutricion/seccion/observatorio.htm>

4. Study of the sugar content in certain groups of food and beverages. October 2016

In order to address the improvement of the composition of food and drink in relation to the added sugars, firstly and under the framework of the Observatory for Nutrition and the Study of Obesity of the AECOSAN, a “Study on the Sugar Content in Certain Groups of Food and Beverage” was conducted in October 2016. The objective of this study was to determine the total sugar content in certain groups of food in order to establish the baseline content, to propose the reduction of added sugars to the companies, and also to be able to monitor reformulation measures in the future.

Prior to doing so, the groups and subcategories of food and beverages to be analysed were selected, coinciding in its majority with those in Annex II of the HLG&PA and with those with the overall highest content of sugar. A total of 27 food groups were established. In each group of foods, products or brands from the companies with the highest market share in 2015 were selected, according to Alimarket data for the food sector, including manufacturers and distributors. A total of 1173 products were selected.

For each product, the total sugar content was analysed using the Luff-Schoorl method, and the nutritional information on the labelling was collected: energy content, total sugars, total fats, saturated fats and salt. In addition, in the group of “juices and fruit nectars” the presence or absence of added sugars was established using the Carbon Isotope Ratio method. This study was conducted by the AENOR Laboratory.

Given the methodology for the monitoring and reformulation initiatives presented to the HLG&PA by the Joint Action on Nutrition and Physical Activity (JANPA) of the European Commission and based on the Oqali project²⁶ (L’Observatoire de la qualité de l’alimentation), the mean content, standard deviation, median, maximum and minimum were established for each group of foods and subcategories. For the statistical determinations, 53 products which contained health claims or which did not include sugar, saturated fat and/or salt in their composition, were excluded.

As the products selected are those with the highest market share in the previous year, the content of sugar, saturated fats and salt of the selected products was considered to represent broadly the Spanish market. Moreover, considering the number of samples for certain product subcategories and the existence of products with values far from the mean value, it was decided to use the median content to establish the baseline data of the content in nutrients and the benchmarks.

²⁶ Oqali:
https://www.oqali.fr/oqali_eng/



5. Effects on health and current recommendations on the intake of sugars. Situation in the European and Spanish population

The Public Health policies in Europe and at a global level promote measures and recommendations to limit the intake of sugars. In order for these policies to be effective and to be able to monitor and assess the benefits to health, it is necessary to know the sugar intake in the population.

5.1. Definitions of sugars

Sugars are nutrients which are part of our diet, like salt, fats, proteins or other long chain carbohydrates. From the point of view of their chemical structure, sugars are monosaccharides or disaccharides.

The principal sugars are glucose and fructose, which are both monosaccharides and are mainly found in fruit and vegetables. Other sugars naturally present include sucrose and lactose, both disaccharides. Sucrose is the table sugar, formed by one glucose molecule and one fructose molecule, which is mainly obtained from sugar cane or sugar beet. Lactose is composed of glucose and galactose and is present in milk.

With respect to the origin of sugar, it may be found naturally in food or it can be added. Hence, there are two terms which differentiate between “natural or intrinsic sugar” and “added sugar”, although when defining the latter, there are minor differences between the different health and scientific organisations.

The European Food Safety Authority (EFSA) in the report “Scientific opinion and dietary reference values for carbohydrates and fibre”²⁷ defines the term “added sugars” such as sucrose, fructose, glucose, starch hydrolysates (glucose syrup, high fructose syrup) and other isolated sugar preparations used as such or added during food preparation and manufacturing.

There is also another term similar to the one of added sugar coined by the WHO which is “free sugars”. In the report “Diet, nutrition and the prevention of chronic diseases”²⁸ of 2003, the term “free sugars” is defined, by referring to all the monosaccharides and disaccharides added to food by the manufacturer, cook or consumer, plus sugars naturally present in honey, syrups and fruit juices.

This definition for free sugars of the WHO is the term agreed in the initial discussions of the EFSA expert working group, created to establish a scientific opinion on the daily intake of free sugars from all dietary sources, the draft copy of which has been recently published²⁹.

From the AECOSAN and for all these studies the definition for “added sugars” adopted in the context of Annex II⁹ of the European Framework for National Initiatives on selected nutrients of the European Commission is used: sucrose, fructose, glucose, starch hydrolysates (glucose syrup, high fructose syrup) and other isolated sugar preparations used as such or added during food preparation and manufacturing. The term “added sugars” is additionally considered to include sugars present in honey, syrups, fruit juices and fruit juices concentrates”.

Consequently, and considering the above definitions, from now on we refer to:

- **Total sugars:** all the monosaccharides or disaccharides included in food. Therefore, the total sugars of the food are the sum of the added sugars and the intrinsic sugars.
- **Added sugars:** as defined in Annex II⁹ of the European Framework, these are the sugars added to food during its processing, preparation or cooking, and those naturally present in honey, syrups, juices and fruit juices concentrates. They are found mainly in processed foods. (This definition is equivalent to that of «free sugars» of the WHO to establish the recommendations for sugar intake, and to the one used in the draft protocol for the EFSA scientific opinion on free sugars from all the dietary sources).
- **Intrinsic sugars:** sugars which are naturally found in food. They are found in natural unprocessed food, such as fructose from fruit and whole fresh vegetables and lactose from milk.

²⁷ EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA). Scientific opinion on dietary reference values for carbohydrates and dietary fibre. EFSA J 2010; 8(3):1462.

²⁸ World Health Organization (WHO) Diet, nutrition and prevention of chronic disease. 2003.

²⁹ <https://www.efsa.europa.eu/sites/default/files/engage/180109.pdf>

5.2. Effects on health and current recommendations on the intake of sugars

There is currently significant interest and debate on the relation of the consumption of certain food due to its high sugar content, and the possible effects on health when consumed in high quantities. From a nutritional point of view, this situation is of particular concern in vulnerable groups such as children and adolescents.

Existing recommendations focus on establishing a maximum intake of added sugars rather than total sugars. This is because there is sufficient scientific evidence which associates a high intake of added sugars with a greater risk of becoming overweight³⁰, with a poor supply of nutrients and reduced variety in the diet.

In this respect, the existing scientific evidence indicates that the intake of high levels of added sugars through the consumption of sugared drinks may contribute to weight gain^{31 32}. However, there is no clear evidence on the intake of added sugars found in solid food. A number of studies have found that children who consume more sugared drinks have a higher risk of being overweight than those who have a lower level of consumption of these foods^{33 34}.

Lastly, several organisations recognise that the excessive intake of calories may result in body weight excess and an increased risk of obesity.

In view of the results of the scientific studies and considering that it seems that it is the excessive intake of added sugars, rather than of total sugars, that is linked to health problems, it is necessary to establish recommendations to reduce its consumption. Nevertheless, in this respect there is no consensus regarding the intake of added sugars at global level.

In the latest updated guideline on “Sugars intake for adults and children in 2015”³⁵, the WHO maintains the strong recommendation that had already been launched in 2003. It recommends limiting the intake of free sugars (see definition of added sugars) to less than 10% of the total energy intake (TEI)³⁶ (equivalent to approximately 50 g/day³⁷ = 12 teaspoons).

30 Te Morenga L, Mallard S, Mann J. Dietary sugars and body weight: systematic review and meta-analyses of randomised controlled trials and cohort studies. *BMJ* 2013; 346.

31 EFSA NDA Panel (EFSA Panel on Dietetic Products, Nutrition and Allergies). Scientific opinion on dietary reference values for carbohydrates and dietary fibre. *EFSA Journal* 2010, 8, 1462-n/a.

32 Johnson, R.K.; Appel, L.J.; Brands, M.; Howard, B.V.; Lefevre, M.; Lustig, R.H.; Sacks, F.; Steffen, L.M.; Wylie-Rosett, J.; American Heart Association Nutrition Committee of the Council on Nutrition, P.A., et al. Dietary sugars intake and cardiovascular health: A scientific statement from the American heart association. *Circulation* 2009, 120, 1011-1020.

33 Trumbo, P.R., Rivers, C.R. Systematic review of the evidence for an association between sugar-sweetened beverage consumption and risk of obesity. *Nutr Rev* 2014, 72, 566-574.

34 Massougboji, J.; Le Bodo, Y.; Fratu, R.; De Wals, P. Reviews examining sugar-sweetened beverages and body weight: Correlates of their quality and conclusions. *Am J Clin Nutr* 2014, 99, 1096-1104.

35 http://apps.who.int/iris/bitstream/handle/10665/149782/9789241549028_eng.pdf;jsessionid=E8D2F3142D33BD2097ED0CC390354ABB?sequence=1

36 The WHO has not modified this strong recommendation launched in 2003, although in its new report of 2015, it calls for more intensive action in this area as a conditional recommendation: “A reduction below 5 % of the total calorific intake would provide additional health benefits” (Equivalent to approximately 25 g /day = 6 teaspoons). The WHO proposes conditional recommendations, even when the quality of the tests is not high, on questions which hold great importance for public health. A conditional recommendation is used when the desirable effects of the compliance probably compensate the undesirable effects, although the proportion of one or another cannot be established with accuracy; therefore, it is essential to establish dialogues and consultation with the interested parties before finalising the recommendation in a policy.

37 In the case of one person of healthy weight who consumes approximately 2000 calories per day.

In Europe, the EFSA has not established a maximum recommended quantity for the intake of total sugars or added sugar as there is insufficient evidence to support that, above a certain quantity, the effects are harmful for health. Consequently, the different members of the European Union have adapted the WHO recommendation to the cultural and commercial context of each country. Nevertheless, for 2020, it is expected that the conclusions taken from the new review of the matter will be published together with the establishment of maximum limits for the intake of total sugars, and specifically added sugars. The results of this document, which is at the draft stage³⁸, will be used as reference to the Member States in order to, if necessary, establish maximum limits for national intake and to update the recommendations and nutritional objectives for this nutrient.

According to the WHO, the risk of developing type 2 diabetes and cardiovascular disease is often mediated by the effects of overweight and obesity, among other risk factors. Therefore, it is likely that measures intended to reduce overweight and obesity will also reduce the risk of developing type 2 diabetes and cardiovascular disease, and complications associated with these diseases³⁹.

5.3. Sugar intake in European and Spanish population and adherence to the recommendations

In Europe, according to the WHO data, the evidence indicates that sugar intake is above the recommended levels. Although the intake varies in all countries, the available data shows that in some groups of the population it is higher than 10%, and that young men have the absolute highest levels. In addition, a high percentage of the total energy intake comes from added sugars in children and adolescents⁴⁰.

In a study published⁴¹, that reviewed data from 11 nutritional surveys conducted in various European countries including ANIBES Study in Spain, it was concluded that the intake of total and added sugars is high in the European countries considered, especially among children. The study indicated that sweets and beverages were the main contributors to the added sugar intake.

In Spain, with relation to the intake of total and added sugars, we have the data from the ANIBES⁴² study and secondary data from the ENALIA and ENALIA 2 studies, conducted by the AECOSAN (see below).

38 <https://www.efsa.europa.eu/sites/default/files/engage/180109.pdf>

39 WHO guidelines on Sugars intake for adults and children: http://apps.who.int/iris/bitstream/handle/10665/149782/9789241549028_eng.pdf;jsessionid=E8D2F3142D33BD2097ED0CC390354ABB?sequence=1

40 "Incentives and disincentives for reducing sugar in manufactured foods. An exploratory supply chain analysis". A set of insights for Member States in the context of the WHO European Food and Nutrition Action Plan 2015-2020. WHO. Regional Office for Europe. 4-5 Decembre 2017.

41 Azaïs-Braesco V, Sluik D, Maillot M, Kok F, Moreno LA. A review of total & added sugar intakes and dietary sources in Europe Nutrition Journal. 2017;16:6. doi:10.1186/s12937-016-0225-2.

42 Ruiz E, Rodriguez P, Valero T, Ávila JM, Aranceta-Bartrina J, Gil Á, González-Gross M, Ortega RM, Serra-Majem L, Varela-Moreiras G. Dietary Intake of Individual (Free and Intrinsic) Sugars and Food Sources in the Spanish Population: Findings from the ANIBES Study. Nutrients. 2017 Mar 14;9(3).

Some of the main results of the ANIBES study are listed below:

- **Intake of total sugars**

- Children aged from 9 to 12 years old consume an average of 91.6g/day of total sugars. Among adolescents aged from 13 to 17 years old, the intake is 89.3g/day.
- The mean intake of total sugars in adults aged between 18 and 64 years old is 74.9g/day and 73g/day for adults aged from 65 to 75 years old.

- **Intake of added sugars**

- The mean intake of added sugars in children aged from 9 to 12 years old is 48.6g/day. This implies that children from 9 to 12 years old consume 9.8% of the total energy in their diet in the form of added sugars. With regard to adolescents from 13 to 17 years old, the mean intake is 50.8g/day, implying that, on average, 10% of the total dietary energy comes from added sugars.
- Adults from 18 to 64 years old consume on average 33.3g/day of added sugars and adults from 65 to 75 years old, 20.7g/day. This implies that, for adults aged 18 to 64 years, 7.1% of the total dietary energy comes from added sugars, and for adults aged 65 to 75 years old, this figure is 5.1%.

The data from the ANIBES⁴³ study also indicates that “the intake of added sugars is significantly higher at younger ages”. “58.2% of children population fulfil WHO recommendations (< 10% TE), lower for adolescents (52.6%) and adherence increases with age: 76.7% (18 -64 year old) and 89.8% among elderly”.

Consequently, the authors of this study concluded that “There are important differences in the adherence to WHO recommendation, depending on age, so it is necessary a special emphasis and awareness in children and adolescents population”

In order to obtain the figures for the intake of all the nutrients, as a complement to other intake data defined in the Observatory for Nutrition and the Study of Obesity of the NAOS Strategy, AECOSAN proposed the study of the sugar intake in the Spanish population. For this purpose, AECOSAN carried out and made use of two nutritional studies, the National Dietary Survey on the Child and Adolescent Population (ENALIA, Spanish acronym for Encuesta Nacional de Consumo de Alimentos en Población Infantil y Adolescente) and the National Food Survey on adults (ENALIA 2, Spanish acronym for Encuesta Nacional de Alimentación en la población adulta, mayores y embarazadas). The information provided by the specific study conducted by the AECOSAN “Study of the sugar content in certain groups of food and beverages. October 2016” (see point 4 of this document) was also used.

In relation to ENALIA and ENALIA 2, all the phases and activities of the surveys, including the design, were developed using a harmonised methodology agreed throughout Europe, listed in the guide, “General principles for the collection of national food consumption data in the view of a pan-European dietary survey” and published by the European Food Safety Authority (EFSA)⁴⁴. The surveys were conducted between 2013-2015 on two representative samples of the Spanish population resident in households in all the Autonomous Communities and Autonomous Cities of Spain: ENALIA⁴⁵, which includes children and adolescent population between 6 months and 17 years old, and ENALIA 2⁴⁶ which includes adult population (18-75 years) and a sub sample of pregnant women.

The subjects of the study were selected randomly using a rigorous random sampling system in stages, which results in a representative sample at national level for the different age and gender groups. ENALIA was conducted on 1862 boys, girls and adolescents, aged between 6 months and 17 years old. The ENALIA 2 study was conducted on 824 adults and elderly aged between 18 and 74 years old. In addition, a sub sample of 144 pregnant women was selected.

⁴³ Enma Ruiz, Gregorio Varela-Moreiras. Adecuación de la ingesta de azúcares totales y añadidos en la dieta española a las recomendaciones: estudio ANIBES. *Nutrición Hospitalaria* 2017; 34(supl. 4):45-52

⁴⁴ <http://www.efsa.europa.eu/en/scdocs/doc/1435.pdf>

⁴⁵ http://www.aecosan.msssi.gob.es/AECOSAN/web/seguridad_alimentaria/ampliacion/enalia.htm

⁴⁶ http://www.aecosan.msssi.gob.es/AECOSAN/web/seguridad_alimentaria/subdetalle/enalia_2.htm

In the ENALIA and ENALIA 2 studies, the observed intakes of energy and nutrients were calculated from the individual data of the food consumed. Subsequently, the observed intakes have been converted into usual intakes of energy and nutrients using the necessary statistical adjustments. The same programme allows for the estimation of the percentiles of the usual daily intake and the proportion of the population which is above or below the Reference Dietary Intake cut-off points established in the different national, European and international systems.

For the analysis of all this information, the collaboration of the VALORNUT research group, of the Department of Nutrition and Food Science (NUTRYCIAL) of the Faculty of Pharmacy of the Complutense University de Madrid, was requested.

The data for the population distribution for the usual intake of total sugars (g/day) and added sugars (g/day), and the percentage of energy from these sugars are presented below according to age and sex.

- **Usual intake of total sugars in children and adolescent population (6 months to 17 years old)**
 - The usual intake of total sugars in Spanish children and adolescents is 95.1 g/day (median of the intake).
- **Usual intake of total sugars in the adult population (18-75 years old) and pregnant women**
 - The usual intake of total sugars in Spanish adults is 78.1 g/day (median of the intake), while in pregnant women the total sugar intake was 81.4 g/day (median of the intake).



- **Usual intake of added sugars in children and adolescent population (6 months and 17 years old)**
 - The usual intake of added sugars in Spanish children and adolescents is 48.0 g/day (median of the intake). This means that the Spanish children and adolescent population consume 10.4% of their dietary energy in the form of added sugars.
 - It is necessary to highlight that the data for the usual intake of added sugars (g/day) and of energy (%) has been obtained from the nutritional surveys of the AECOSAN (ENALIA and ENALIA 2)^{45,46}. According to these surveys, in children and adolescents the usual intake of energy is 1783 calories/day (median of the intake). Nevertheless, in the WHO recommendation to limit the intake of free sugars (added sugars) to less than 10% of the total daily energy (equivalent to approximately 50 g/day), a diet of 2000 calories/day has been considered.
 - Boys aged 3 to 9 years old obtain most energy from added sugars (12.3%) with an intake of added sugars of 62.1 g/day, followed by girls aged 3 to 9 years old who obtain 11.2% of dietary energy in the form of added sugars, equivalent to an intake of 47.6 g/day. In total, boys and girls aged 3 to 9 years old obtain 11.7% of energy from added sugars, and the intake of added sugars is 52.7g/day.
- **Usual intake of added sugars in the adult population (18-75 years old) and pregnant women**
 - In Spanish adults, the usual intake of added sugars is 34.7g/day (median intake). Among the pregnant women group, the median intake of added sugars was 42.0g/day.
 - Therefore, adults obtain 8% of dietary calories (daily energy intake) in the form of added sugars, and this is higher among pregnant women (9.6%).

Although the median value of daily energy intake from added sugars is close to the limits established by the WHO (< 10% of the total daily energy), the figures from the AECOSAN studies indicate that 53.9% of children and adolescents exceed that limit. Of these, 70.5% of boys and girls aged 3 to 9 years old, exceeded the limit of 10% established by the WHO, and this is the population group with the highest population percentage exceeding the limit. In addition, 25.6% of adults and 44.9% of pregnant women exceed the limit of 10% recommended by the WHO.

These figures emphasize the initiatives aimed at reducing the percentage of the Spanish population whose intake of added sugars is higher than the WHO recommendations. Among these initiatives, reformulation and other measures which facilitate the choice of healthier diets will be objectives of the PLAN which is described below and which will be carried out with the voluntary support and commitment of the food product sectors.



6. Collaboration PLAN for the improvement of the composition of food and beverages and other measures 2020

Since 2008, and based on agreements with the AECOSAN, which fall under the objectives of the NAOS Strategy, or due to particular initiatives, different companies and sectors have made significant effort in the area of reformulation. In general, these commitments focus more on the reduction of the salt and trans fat content.

With respect to the reduction of added sugars, in Spain, some companies have been reformulating their products and introducing reformulation strategies on their own initiative for years.

Nevertheless, for the AECOSAN it is a priority to significantly increase the offer of products with an improved composition, which requires a joint approach of all the parties involved. In order to do this, the AECOSAN took into account the new European impulse above mentioned (WHO and European Union), the references and scientific evidence, the data on overweight and obesity in Spain, the studies on the intake of certain nutrients, the current consumer demands and its experience in these initiatives. Thus, the AECOSAN proposed to address an improvement in the composition of food and beverages and invited different sectors to take part, so that it would have a broader scope with a greater impact.



The number of products which have been reformulated in Spain and which are to be reformulated continues to rise and may raise even further, given the public-private collaboration and the commitment of the related industrial sectors to achieve sustainable results in the longer term.

This “call to action” started in the last quarter of 2016 and throughout 2017, with more than 75 meetings and hundreds of e-mails and calls, with different sectors of the food environment, to invite them to voluntarily join in the reformulation of different groups of food and beverages, and other measures, and to find suitable agreements which are manageable by everyone in order to prepare, jointly with the AECOSAN, a broad and transversal “COLLABORATION PLAN FOR THE IMPROVEMENT OF THE COMPOSITION OF FOOD AND BEVERAGES AND OTHER MEASURES 2020” (hereinafter, the PLAN).

6.1. Strategic lines of the PLAN

1

To advance in the obesity prevention policies in line with the WHO and EU, based on scientific evidence

2

To provide healthy options and environments to promote the protection of health

3

To improve the nutritional quality of food in Spain, and to facilitate the reaching of nutritional intakes of reference or nutritional objectives and dietary recommendations

4

To reduce health inequalities in the access to a healthy diet

5

To involve and empower citizens with information on the benefits to health of consuming a lower quantity of added sugars, salt and saturated and trans fats and promote a preference for less sweet and salty flavours

6

To prevent obesity and other diseases with a lifetime approach and, in particular, in children, adolescents and young people

6.2. Objectives

General objectives

- To reduce added sugars by around 10% of the median content by the end of 2020, in different food and beverages groups and subcategories regularly consumed by children and young people, which normally form part of the family shopping basket; to contribute to attaining certain adequate nutritional objectives; and to prevent obesity and other related diseases.
- To continue with the commitment to reduce salt, saturated fats and trans fats of industrial⁴⁷ origin in various food and beverages groups and subcategories.
- To ensure that the reductions and substitutions do not increase the energy content.
- To increase the offer of healthier menus or meals provided outside home through contract catering, restaurants and vending machines, and which contain fewer added sugars, salt or saturated and trans fats of industrial origin and fewer calories.
- To reaffirm and encourage the voluntary and consensual collaboration of the different companies of the food environment (small, medium and large companies).
- To support and promote the research and development to have food and drink products which constitute a diet with fewer added sugars, salt, saturated and trans fats of industrial origin and calories. This should be done at international level (given the cross-border trade of food and drinks) so that all European citizens may benefit.
- To encourage “best practices” for an effective implementation of measures that help to improve the whole diet.
- To have a positive health and social impact on the family “shopping basket” with reformulated products, in order to attain more balanced diets.
- To facilitate the coordination of these measures with the different administrations.
- To contribute at European level to improving the scientific knowledge and the collection of data which promote these initiatives and their monitoring.

Specific objectives

Details are given for each sector in the corresponding sheets (see section 8 of this document).

- Manufacturing sector: reductions in the content of sugars and/or saturated fats and/or salt in certain products and other specific measures for the manufacturing sector.
- Retail sector: the same objectives to reduce nutrient content as for the manufacturing sector and other specific measures for the retail sector.
- Contract catering sector: improving the composition of menus, incorporation of reformulated products and other specific measures for the sector.
- Vending sector: incorporation of reformulated products, presence of food which constitutes a healthy diet, and other specific measures for this sector.

⁴⁷ Of the trans fatty acids which are not naturally present in food.

6.3. Collaboration of the food environment sectors

In order to improve the nutritional quality of the diet, to guarantee access to more food products that offer a healthier diet, and for reformulation initiatives to reach and have an impact contributing to the reduction of the intake of certain nutrients, it is necessary to have the collaboration and commitment of the manufacturing sector and the retail sector (retailer trade), whose volume of sales or market share is highly relevant and which also has its own brands and competes with manufactures in the supply. It is also necessary to have the support of other strategic sectors,⁴⁸ such as the contract catering, restaurant and vending sectors which have been contacted for this PLAN and have responded in a positive manner. These sectors currently have an impact on consumer habits, especially among families, young people and children. Much of the population eat their meals away from home in different ways and environments (school, work, hospital, etc.) and using different formats (menus, catering, vending machines...). Therefore, the collaboration and commitment of these sectors with their specific measures for the PLAN may also result in nutritional improvements and enable the selection of the healthiest options, thereby contributing to a more varied, balanced and healthier diet and to creating more appropriate food environments.

⁴⁸ Information taken from meetings with the different sectors and from the document “Incentives and disincentives for reducing sugar in manufactured foods. An exploratory supply chain analysis”. A set of insights for Member States in the context of the WHO European Food and Nutrition Action Plan 2015-2020. Regional Office for Europe. 4-5 December 2017.

6.4. Challenges and opportunities for the sectors

The importance of the commitment of the sectors, should be highlighted because the assumption of objectives to reduce nutrients presents difficulties and challenges which discourage their adoption. Among these difficulties and challenges are:

- The sweet flavour offered by sugar being the most pleasant.
- The use of sugar to balance the bitter, salty and spicy flavour, and to provide volume. Consequently, if the latter is reduced or removed, the entire composition of the product must be modified and the balance adjusted in order to guarantee the quality and characteristics and to maintain the form and texture of the product, by also ensuring that the energy density is not increased.
- Consumer appreciation, which finds certain foods unpleasant or unacceptable, if below a certain level of sweetness.
- Studies which demonstrate that consumers tend to prefer sweeter products to less sweet products.
- Legislation on quality standards or nutrition claims and/or on the use of sweeteners.
- The function of salt as a preservative, also linked to food safety in different food products.
- The technological properties, such as palatability, which is provided by saturated fats.

In addition, it may provide opportunities for:

- Encouraging different preferences, taste and perception of sweet and salty products and thus change consumer choices towards products with fewer sugars and /or less salt, etc.
- Making it easier for children in their youth and when they are adults to be able to select and choose products which are not as sweet or salty.
- Researching and using sugar substitutes which are appropriate from a health and technological aspect.
- Generalising the tendency to place products with fewer added sugars, salt and saturated and trans fats on the market, while always guaranteeing safety limits. Thereby strengthening the reformulation and substitution initiatives or R&D in this respect.
- Minimising competence problems. This may be based on the level of sweetness of the products. By gradually reducing their consumption an equilibrium could be reached. A reduction in sales is a latent fear if competitors continue to provide products with the same content of these nutrients.



6.5. Reformulation in three years

Reformulation requires a certain amount of time. It is a complex process involving many departments within a company, and it affects the product specifications, labelling and quality control, in addition to other areas. Furthermore, it requires the participation of the R&D technical team and of the costs and marketing managers, and must be assumed by the Management. The manufacturing and legal departments must also ensure that the new compositions are compatible with the existing production process and with the legislation. Social corporate responsibility is also involved in the establishment and management of nutritional commitments and will control aspects such as the availability of ingredients to ensure that they comply with factors such as a responsible and sustainable supply⁴⁸.

Moreover, it should be recalled that the replacement of the products with an improved composition will be incorporated into the commercial network as the stock is replenished.

Lastly, it should be noted that, considering the operational possibilities, consumer preferences and other determining factors -such as technological and economic challenges- reformulation and innovation are processes which can be carried out in medium-term. In Europe this will provide enough time for many sectors and many countries to join these initiatives under the common framework, and to find suitable proposals.

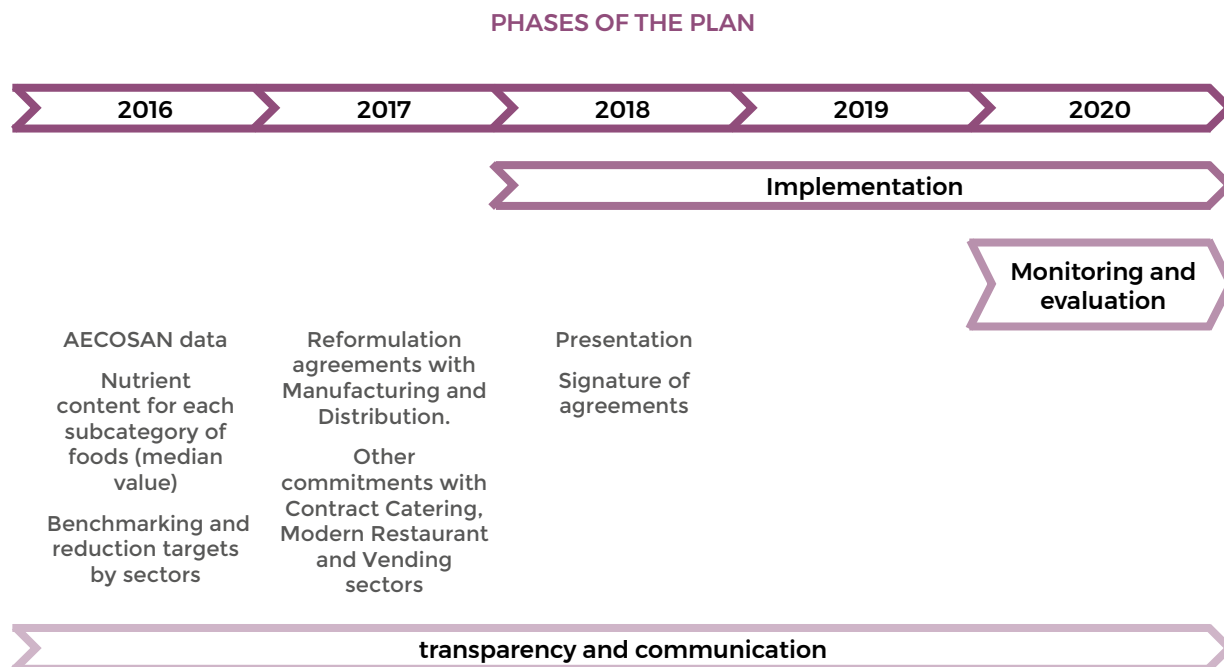
For many years, manufacturers and retailers have been making reformulations, as mentioned above, and placing many products with a modified composition in the shop shelves. However, given the breadth of the PLAN and the number of regularly consumed products that it covers, it may take some time for the consumer to adapt to the new flavours of food with lower sugar, salt and fat contents. It is clear that there are segments of the population which are demanding these improvements in the composition, but not all consumers are aware of the benefits of reducing these nutrients. The process must be facilitated with gradual and general reductions in the market to allow their acceptance.

The established timeframe of the PLAN is for three years, 2017-2020. During this period of time, the reformulated products agreed in this PLAN will be progressively introduced into the market.

6.6. Methodology to achieve the agreements of the PLAN



6.6.1. Phases of the PLAN



Since the joint agreements on reformulation were launched from European Commission and the Member States in 2008 through the High Level Group on Nutrition and Physical Activity (HLGN&PA), a common methodology has been established at European level. The above graph summarises the various actions and timeline.

According to this methodology it was first necessary to determine the baseline, considered at the end of 2016, as regards the content of added sugars and of other nutrients to be reformulated in various foods and beverages groups, previously selected. To this aim, a number of specific studies were conducted at the end of 2016 on the content of certain nutrients in a representative sample of 1173 foods and beverages, corresponding to the most sold products. Data were obtained from analytical determinations and from the nutritional information on the labelling. In some cases, this information was completed with data provided by the sectors and supervised by the AECOSAN (see section 4 of this document).

With this data, the baseline contents of nutrients were established for each product subcategory, which for this PLAN was the median value (quantity of added sugar or of other nutrient represented by P50).

Afterwards, reduction targets were established (benchmarking) for each group and subcategory of food and beverages. This was always in line with the objectives established in the European agreements and considering the differences in nutrient content between products from the same subcategory and the number of products with nutrient content above or below or equal to the median of this subcategory.

Subsequently, from late 2016 and throughout 2017 more than 75 face-to-face meetings were held, hundreds of e-mails sent and calls made to the different sectoral associations, mainly from manufacturing, as well as retail associations and others from the remaining food business operators, to discuss the reduction objectives. By the end of December, the sectoral objectives for the reduction of added sugars, salt or in some cases fats were agreed upon for all the food products from each subcategory which were considered feasible, quantifiable and achievable by the end of 2020. They were based on the quantities observed in 2016, and according to technological, legal and food safety factors, etc., and in line with the framework and objectives established in the European agreements. Other commitments were agreed and these will contribute achieving a more balanced and healthy diet.

Once all these sectoral agreements had been reached, the commitments were presented at an act on 5th February 2018, and subsequently, before the summer of 2018, they will be ratified with the relevant Agreements.

These food products will be gradually reformulated up to the end of 2020. The other commitments will also be introduced progressively.

As established in the methodology agreed at European level, all the commitments will be followed up and monitored with the relevant studies.

6.6.2. Sources of information and collection of baseline data

The collaboration of 5 sectors (manufacturing, distribution, contract catering, modern restaurant, and vending) has been used for the establishment of this PLAN. The special features of these sectors make it necessary to separately describe the information sources and collection of baseline data.

6.6.3. Manufacturing sector

The initial source of information for the collection of baseline data is the study conducted by the AECOSAN in October 2016 (Study on the sugar content in certain groups of food and beverages. AECOSAN, 2016. Section 4 of this document) to determine the content in sugars, total fat, saturated fat, salt and energy of the most consumed food and drink in Spain.

In order to establish realistic goals for reduction, in some cases it was necessary to increase the number of samples with references taken in March 2017 (Data from AECOSAN) or provided by associations and companies from the sector (sectoral data) and revised by the AECOSAN (Table 1).

Under the auspices of the Federación Española de Industrias de la Alimentación y Bebidas (FIAB, Spanish acronym for Spanish Federation of Food and Drink Industries), a series of agreements have been established with the manufacturing sector, mainly consisting in the reduction of the added sugar, salt and saturated fat content in selected food and drink, without increasing their calorific value, and other non-reformulation measures.

6.6.4. Retail sector

The source of information for the baseline data on the nutrient content is the same as that presented for the manufacturing sector. This is due to the fact that the data coming from the products used in the AECOSAN study include own brand products and distribution brand products.

In addition to the same measures to reduce the nutrient content agreed with the manufacturing sector, the retail sector undertakes other own measures. The data for these measures were provided by the sectoral associations, namely the Asociación Española de Distribuidores, Autoservicios y Supermercados (ASEDAS, Spanish acronym for Spanish Association of Distributors, Self-service Stores and Supermarkets), the Asociación de Cadenas Españolas de Supermercados (ACES, Spanish acronym for Association of Spanish Supermarket Chains) and the Asociación Nacional de Grandes de Empresas de Distribución (ANGED, Spanish acronym for Spanish National Association of High Volume Retailers) and reviewed by the AECOSAN.

6.6.5. Contract catering sector

The data related to the measures agreed with the contract catering sector have been provided by the sectoral association Federación Española de Asociaciones Dedicadas a la Restauración Social (FEADRS, Spanish acronym for Spanish Federation of Associations Dedicated to Contract Catering) and reviewed by the AECOSAN.

6.6.6. Modern restaurant sector

The data related to the measures agreed with the modern restaurant sector have been provided by the sectoral association Asociación Empresarial de Marcas de Restauración (MARCAS DE RESTAURACIÓN, from Spanish Restaurant brand business association) and reviewed by the AECOSAN.

6.6.7. Vending sector

The data related to the measures agreed with the vending sector have been provided by the sectoral association Asociación Nacional Española de Distribuidores Automáticos (ANEDA, Spanish acronym for Spanish National Association of Vending Machine Distributors) and reviewed by the AECOSAN.

6.7. Groups and subcategories of food and beverages which will be reformulated under the framework of this PLAN

For this PLAN, reformulations have been agreed for 13 groups and 57 subcategories of food and beverages (Table 1).

Some subcategories of food and beverages including milk, cheese and juices which do not contain added sugars, have not been included in the PLAN because their reformulation is not viable considering the content of added sugars. In others, it has not been possible to reach a sectoral agreement mainly due to technological reasons, or for food safety, and due to other conditioning factors, such as the organoleptic properties or consumer acceptance.

The groups and subgroups of food and drink agreed for the PLAN include products with high levels of consumption among families and children in which it is feasible to make gradual reductions in the content of added sugars, salt and saturated and trans fats.

There are 17 SECTORAL ASSOCIATIONS representing the Manufacturing and Distribution companies for the food and drink groups selected for the PLAN, with whom meetings have been held in order to reach agreements.

- **From the Manufacturing sector:**

Asociación Española de Fabricantes de Helados (AEFH, Spanish Association of Ice-cream Manufacturers), Asociación Española de Fabricantes de Cereales en copos o expandidos (AEFC, Spanish acronym for Spanish Association for Breakfast Cereal Manufactures), Asociación de Fabricantes de Aperitivos (AFAP, Spanish acronym for Spanish Association of Snack Manufacturers), Agrupación Española de Fabricantes de Conservas Vegetales (AGRUCON, Spanish acronym for Spanish Group of Manufacturers of Canned Vegetables), Asociación de Bebidas Refrescantes (ANFABRA, Spanish acronym for Spanish Association for Soft Drink), Asociación Nacional de Industrias de la Carne de España (ANICE, Spanish acronym for National Association of Meat Industries in Spain), Asociación Española de Fabricantes de Platos Preparados (ASEFAPRE, Spanish acronym for Spanish Association of Manufacturers of Ready-made Meals), Asociación Española de la Industria de Panadería, Bollería y Pastelería (ASEMAC, Spanish acronym for Association of the Spanish Industry of Bakery and Pastry), Asociación Española de Fabricantes de Zumos (ASOZUMOS, Spanish acronym for Spanish Association of Juice Manufacturers), Asociación Española de Productos Culinarios (CULINARIOS, Spanish Association of Culinary Products), Federación Empresarial de Carnes e Industrias Cárnicas (FECIC, Spanish acronym for Business Federation of Meat and Meat Industries), Federación Nacional de Industrias Lácteas (FENIL, Spanish National Federation of Dairy Industries), Asociación Española del Dulce (PRODULCE, Spanish acronym for Spanish Sweet Association) and the Federación Española de la Industria de la Alimentación y Bebidas (FIAB, Spanish acronym for Spanish Federation of Food and Drink Industries).

- **From the Retail sector:**





Asociación de Cadenas Españolas de Supermercados (ACES, Spanish acronym for Association of Spanish Supermarket Chains), Asociación Nacional de Grandes de Empresas de Distribución (ANGED, Spanish acronym for Spanish National Association of High Volume Retailers) y Asociación Española de Distribuidores, Autoservicios y Supermercados (ASEDAS, Spanish acronym for Spanish Association of Distributors, Self-service Stores and Supermarkets).

COMPANIES NOT ASSOCIATED: Meetings have also been held with some companies which do not belong to any sectoral association, and some of these have added their commitment to the PLAN.




And other 3 SECTORAL ASSOCIATIONS with which OTHER MEASURES (different to the reformulation measures) have been agreed. These are:

- Federación Española de Asociaciones Dedicadas a la Restauración Social (FEADRS, Spanish acronym for Spanish Federation of Associations Dedicated to Contract Catering)
- Asociación Empresarial de Marcas de Restauración (MARCAS de RESTAURACION - Restaurant brand business association)
- Asociación Nacional Española de Distribuidores Automáticos (ANEDA, Spanish acronym for Spanish Association of Vending Distributors)

Table 1. Groups and subcategories of food. Sources of information for the baseline data of nutrient content

Food group	Subcategory	Source of information*
SAVOURY SNACKS 	Microwave popcorn Crisps Snacks Fried snacks	AECOSAN study and sectoral data
SUGAR SWEETENED BEVERAGES	Lemon-lime non-caloric sweeteners free soft drinks	AECOSAN Study
CAKES AND PASTRIES 	Brioche rolls with chocolate chips Filled brioche rolls Brioche rolls (without filling) Croissants Muffins Filled and covered cake Filled cake Iced doughnuts Doughnuts (without icing)	AECOSAN study and sectoral data
BREAKFAST CEREALS	Chocolate-flavoured children's breakfast cereals	AECOSAN study and sectoral data
CREAM SOUPS	Cream of vegetable soup	EAECOSAN study and sectoral data
MEAT PRODUCTS 	Chorizo Extra cooked ham Fresh sausage Turkey breast Cooked sausages/mortadela Salchichon	AECOSAN study and sectoral data
BISCUITS	Family and children's breakfast biscuits Sandwich biscuits	AECOSAN study and sectoral data
ICE-CREAMS	Water-based children's ice-creams	AECOSAN Study
FRUIT NECTARS	Unsweetened peach nectar Unsweetened orange nectar Unsweetened pineapple nectar	AECOSAN study and sectoral data
PRE-PACKED BREAD 	Sliced white bread Sliced brown bread Toasted white bread Toasted brown bread	AECOSAN study and sectoral data

(Continuation) Table 1. Groups and subcategories of food. Sources of information for the baseline data of nutrient content

Food group	Subcategory	Source of information*
READY MEALS 	Squid rings Restructured squid rings Croquettes Small pies Lasagne/cannelloni Nuggets Surimi products (eel analogue) Surimi products (crab analogue)	AECOSAN study and sectoral data
DAIRY PRODUCTS 	Rice pudding Flavored milks Creme caramel (egg) Creme caramel (vanilla) White pasteurized chesse (petit)	AECOSAN Study
	Drinking fermented semi-skimmed milk	AECOSAN data
	Vanilla custard Fruit yoghurt Flavored yoghurt	AECOSAN Study
	Fruit Greek yoghurt Sugar sweetened Greek yoghurt	AECOSAN data
	Sugar seetened yoghurt Drinking yoghurt	AECOSAN Study
SAUCES 	Ketchup Mayonnaise Fine sauce	AECOSAN study and sectoral data
	Tomato sauce, basic recipe	AECOSAN Study

* AECOSAN Study: Study of the content of total sugars in certain groups of food and beverages. AECOSAN, 2016. Section 4 of this document.
AECOSAN data: Data collected in March 2017
Sectoral data: complementary data of references provided by the sectoral associations and companies (from the end of 2015 to 2016) revised by the AECOSAN

The food and beverages subcategories to be reformulated account for

44,5%

of the total daily energy intake provided by food products containing added sugar

6.8. Measures or commitments. Sectoral agreements

Considering the baseline data obtained from the AECOSAN study and those provided by the sectoral associations, the AECOSAN submitted proposals to reduce the nutrient content and other measures for the PLAN to each sectoral association, always within the agreements and reformulation objectives of the HLG&PA (see point 2 of this document).

The reduction percentage was established in discussions between the AECOSAN and the manufacturers, following the directives of the European Framework for National Initiatives on Selected Nutrients (see sections 2 and 3 of this document).

The reduction percentage of added sugars proposed to the manufacturers also coincides with that agreed in Annexes I and II of the European Framework for the reformulation of different Selected Nutrients: fats, saturated fats, trans fats, added sugars and energy content, published in 2011, by the HLG&PA of the EU European Commission. Based on the developed reformulation initiatives at national level by other Member States and their outcome, a general benchmark for the reduction of added sugars was established: a minimum of 10% for 2020 with respect to the baseline levels at the end of 2015 in food products of the Member States, or to advance towards the “best in class” values.

For this PLAN, the AECOSAN has taken the values in 2016 as the baseline data and the reduction proposal of added sugars is around 10%.

In addition, in some food and beverages subcategories there will be also a reduction of added sugars, will also have reductions in salt and/or saturated fats.

In 2017, the AECOSAN held over 75 meetings with the different sectoral associations and with companies which are not represented by any sectoral association. During these meetings, the percentage reduction which could be assumed by all the companies from each sector was revised, discussed and agreed in order to improve the composition of the food and beverages and the other measures of the PLAN.

The establishment of the reduction targets represented a challenge. Technological and food safety limitations have been considered, together with the constraints as regards the organoleptic properties/customer acceptance.

This is the reason why the reduction agreements are established by subcategory as there is a difference between them in the reduction percentage and in the nutrients to be reduced. However, within each subcategory, all the companies who manufacture these products have committed with the agreements.

In this respect, priority has been given to ensuring that the reduction percentage in each subcategory is assumed by all the companies in a sector which have this type of food or beverage, rather than to higher reductions only assumed by few companies. This is one of the key aspects of the PLAN and it is one of the main differences in comparison to initiatives in other countries. A combined sectoral effort has been promoted so that the reduction targets and the products to which they are applied are voluntarily assumed by all companies (small, medium and large).

Because of that, it is important to highlight that the PLAN will be a framework of reference and a starting point. It establishes a target attainable by all the companies in each sector, in order to obtain a higher number of food and beverages. This implies a high degree of representativeness of the products which form part of the average shopping basket of the Spanish population. This commitment results in a broad impact and an effective reduction of added sugar, salt and saturated fats, which will have a knock-on effect for other subsequent initiatives.

Reformulation is a gradual process in which consumer preferences and tastes are decisive. Hence, it must be implemented through moderate and gradual steps which imply a non-conscious adaptation to food products (without requiring compensation using other paths). That will guarantee compliance with food safety requirements, optimum quality products and the adequate nutritional intake required for a healthy lifestyle.

Table II. Baseline content (2016) and reduction objectives (2020) in the food and beverage subcategories included in the PLAN

Food group	Subcategory	Median content of TOTAL SUGARS (g/100g)		Median content of SALT (g/100g)		Median content of SATURATED FATS (g/100g)		Median content of TOTAL FATS (g/100g)	
		2016	2020	2016	2020	2016	2020	2016	2020
SAVOURY SNACKS	Microwave popcorn	-	-	-	-	13	11,7	-	-
	Crisps	-	-	1,30	1,12	15,6	14,04	-	-
	Snacks	-	-	2,02	1,92	-	-	-	-
	Fried snacks	-	-	-	-	13,8	12,4	-	-
SUGAR SWEETENED BEVERAGES	Lemon-lime non-caloric sweeteners free soft drinks	10,05	9,1	-	-	-	-	-	-
CAKES AND PASTRIES	Brioche rolls with chocolate chips	-	-	-	-	6,6	6,3	-	-
	Filled brioche rolls	23,5	22,3	-	-	-	-	-	-
	Brioche rolls (without filling)	17	16,2	-	-	-	-	-	-
	Croissants	12,4	11,8	-	-	-	-	-	-
	Muffins	29,5	28	-	-	-	-	-	-
	Filled and covered cake	39	37,1	-	-	-	-	-	-
	Filled cake	32	30,4	-	-	-	-	-	-
	Iced doughnuts	24	22,8	-	-	19	18,1	-	-
	Doughnuts without icing	24	22,8	-	-	11	10,5	-	-
BREAKFAST CEREALS	Chocolate-flavoured children's breakfast cereals	28,8	25,9	-	-	-	-	-	-

(Cont) Baseline content (2016) and reduction objectives (2020) in the food and beverage subcategories included in the PLAN

Food group	Subcategory	Median content of TOTAL SUGARS (g/100g)		Median content of SALT (g/100g)		Median content of SATURATED FATS (g/100g)		Median content of TOTAL FATS (g/100g)	
		2016	2020	2016	2020	2016	2020	2016	2020
CREAM SOUPS	Cream of vegetable soup	-	-	0,75	0,7	-	-	-	-
MEAT PRODUCTS	Chorizo	3	2,7	3,9	3,5	-	-	41	38,95
	Extra cooked ham	1,5	1,35	2,3	1,93	-	-		
	Fresh sausage	1	0,9	3	2,52	-	-	25	23,75
	Turkey breast	2,5	2,25	2,2	1,85	-	-		
	Cooked sausages/ mortadela	1,7	1,53	2,6	2,18	-	-	26	24,7
	Salchichon	4	3,6	3,9	3,5	-	-	41	38,95
BISCUITS	Family and children's breakfast biscuits	22	20,9	-	-	5	4,8	-	-
	Sandwich biscuits	34,5	32,8	-	-	10,5	10	-	-
ICE-CREAMS	Water-based children's ice-creams	18,9	18	-	-	-	-	-	-
FRUIT NECTARS	Unsweetened peach nectar*	11,5	10,76	-	-	-	-	-	-
	Unsweetened orange nectar *	10,75	10,16	-	-	-	-	-	-
	Unsweetened pineapple nectar *	11,8	11,2	-	-	-	-	-	-
PRE-PACKED BREAD	Sliced white bread*	4	3,9	-	-	-	-	-	-
	Sliced brown bread*	4,2	4,1	-	-	-	-	-	-
	Toasted white bread*	5,5	5,4	-	-	-	-	-	-
	Toasted Brown bread*	4,6	4,5	-	-	-	-	-	-

(Cont) Baseline content (2016) and reduction objectives (2020) in the food and beverage subcategories included in the PLAN

Food group	Subcategory	Median content of TOTAL SUGARS (g/100g)		Median content of SALT (g/100g)		Median content of SATURATED FATS (g/100g)		Median content of TOTAL FATS (g/100g)	
		2016	2020	2016	2020	2016	2020	2016	2020
READY MEALS	Squid rings	-	-	1,5	1,26	-	-	-	-
	Restructured squid rings	-	-	1,7	1,53	-	-	-	-
	Croquettes	-	-	1,3	1,17	-	-	-	-
	Small pies	-	-	0,83	0,72	-	-	-	-
	Lasagne/cannelloni	-	-	1	0,9	-	-	-	-
	Nuggets	-	-	1,4	1,26	2,3	2,1	-	-
	Surimi products (eel analogue)	-	-	2,5	2,3	-	-	-	-
	Surimi products (crab analogue)	-	-	2	1,8	-	-	-	-
DAIRY PRODUCTS	Rice pudding*	15,8	14,88	-	-	-	-	-	-
	Flavored milks*	11,6	10,89	-	-	-	-	-	-
	Creme caramel (egg)*	24,3	23,57	-	-	-	-	-	-
	Creme caramel (vanilla)*	16,5	16,5	-	-	-	-	-	-
	White pasteurized cheese (petit)*	13,1	12,19	-	-	-	-	-	-
	Drinking fermented semi-skimmed milk*	11,85	11,08	-	-	-	-	-	-
	Vanilla custard*	16	15,36	-	-	-	-	-	-
	Fruit yoghurt *	14,3	13,36	-	-	-	-	-	-
	Flavoured yoghurt*	12,8	11,92	-	-	-	-	-	-

(Cont) Baseline content (2016) and reduction objectives (2020) in the food and beverage subcategories included in the PLAN

Food group	Subcategory	Median content of TOTAL SUGARS (g/100g)		Median content of SALT (g/100g)		Median content of SATURATED FATS (g/100g)		Median content of TOTAL FATS (g/100g)	
		2016	2020	2016	2020	2016	2020	2016	2020
DAIRY PRODUCTS	Fruit Greek yoghurt*	13,9	13,35	-	-	-	-	-	-
	Sugar sweetened Greek yoghurt*	11,6	11,26	-	-	-	-	-	-
	Sugar sweetened yoghurt*	12,5	11,6	-	-	-	-	-	-
	Drinking yoghurt*	13,15	12,27	-	-	-	-	-	-
SAUCES	Ketchup*	21,4	20,5	2,1	2	-	-	-	-
	Mayonnaise	1,6	1,3	1,2	1	-	-	-	-
	Fine sauce	3	2,9	1,4	1,3	-	-	-	-
	Tomato sauce, basic recipe*	7,2	6,9	1,1	1	-	-	-	-

* These products contain intrinsic sugars and, therefore, the reformulation is made on added sugars.

Consequently, after several months of technical meetings, 180 MEASURES, were agreed and are listed below:

4 general measures agreed with the manufacturing and retail sectors

1. To maintain low limits or the absence of trans fatty acids must be maintained.
2. The reductions and measures agreed upon must be attainable within the time frame and for the agreed products. The companies and sectors who sign up to the PLAN must do so with these objectives.
3. If additional reductions are made to the same products and/or in others, which would also provide health benefits, these will be defined by technological, food safety, acceptance and legislative limits.
4. If new products from the subcategories forming part of the PLAN are launched, these should be in line with the reduction targets.

75 quantitative measures agreed with the manufacturing and retail sectors

SAVOURY SNACKS

1. 13.8% reduction in the median content of salt in crisps.
2. 5% reduction in the median content of salt in snacks.
3. 10% reduction in the median content of saturated fat in crisps.
4. 10% reduction in the median content of saturated fat in fried snacks.
5. 10% reduction in the median content of saturated fat in microwave popcorn.

SUGAR SWEETENED BEVERAGES

6. 10% reduction in the median content of total sugar in lemon-lime non-caloric sweeteners free soft drinks.

CAKES AND PASTRIES

7. 5%reduction in the median content of total sugar in filled and covered cake.
8. 5% reduction in the median content of total sugar in filled cake.
9. 5% reduction in the median content of total sugar in filled brioche rolls.
10. 5% reduction in the median content of total sugar in brioche rolls (without filling).
11. 5% reduction in the median content of total sugar in doughnut (without icing).
12. 5% reduction in the median content of total sugar in iced doughnut.
13. 5% reduction in the median content of total sugar in croissants.
14. 5% reduction in the median content of total sugar in muffins.
15. 5% reduction in the median content of saturated fat in doughnuts (without icing).
16. 5% reduction in the median content of saturated fat in iced doughnuts .
17. 5% reduction in the median content of saturated fat in brioche rolls with chocolate chips.

BREAKFAST CEREALS

- 18. 10% reduction in the median content of total sugar in chocolate-flavoured children's breakfast cereals.

CREAM OF VEGETABLE SOUP

- 19. 6.7% reduction in the median content of salt in cream of vegetable soups.

MEAT PRODUCTS

- 20. 16% reduction in the median content of salt in extra cooked ham.
- 21. 16% reduction in the median content of salt in turkey breast.
- 22. 16% reduction in the median content of salt in cooked sausages/mortadela.
- 23. 10% reduction in the median content of salt in chorizo/salchichon.
- 24. 16% reduction in the median content of salt in fresh sausages.
- 25. 5% reduction in the median content of total fat in cooked sausages/mortadela.
- 26. 5% reduction in the median content of total fat in chorizo/salchichon.
- 27. 5% reduction in the median content of total fat in fresh sausages.
- 28. 10% reduction in the median content of total sugar in extra cooked ham.
- 29. 10% reduction in the median content of total sugar in turkey breast.
- 30. 10% reduction in the median content of total sugar in cooked sausages/mortad
- 31. 10% reduction in the median content of total sugar in 'vela extra' chorizo.
- 32. 10% reduction in the median content of total sugar in salchichon.
- 33. 10% reduction in the median content of total sugar in fresh sausages..

BISCUITS

- 34. 5% reduction in the median content of total sugar in family and children's breakfast biscuits.
- 35. 5% reduction in the median content of total sugar in sandwich biscuits .
- 36. 5% reduction in the median content of total saturated fat in family and children's breakfast biscuits.
- 37. 5% reduction in the median content of saturated fat in sandwich biscuits.

ICE-CREAM

- 38. 5% reduction in the median content of total sugar in water-based children's ice-creams.

FRUIT NECTARS

- 39. 10% reduction in the sugar content in unsweetened peach nectar.
- 40. 10% reduction in the content of added sugar in unsweetened orange nectar.
- 41. 10% reduction in the content of added sugar in unsweetened pineapple nectar.

PRE-PACKED BREAD

- 42. 5% reduction in the median content of added sugar in sliced white bread.
- 43. 5% reduction in the median content of added sugar in sliced brown bread.
- 44. 5% reduction in the median content of added sugar in toasted white bread.
- 45. 5% reduction in the median content of added sugar in toasted brown bread.

READY MEALS

- 46. 10% reduction in the median content of salt in croquettes.
- 47. 10% reduction in the median content of salt in small pies.
- 48. 10% reduction in the median content of salt in nuggets.
- 49. 10% reduction in the median content of salt in cannelloni/lasagne.
- 50. 10% reduction in the median content of salt in surimi products (crab analogues).
- 51. 10% reduction in the median content of salt in surimi products (eel analogues).
- 52. 10% reduction in the median content of salt in squid rings.
- 53. 10% reduction in the median content of salt in restructured squid rings.
- 54. 10% reduction in the median content of saturated fat in nuggets.

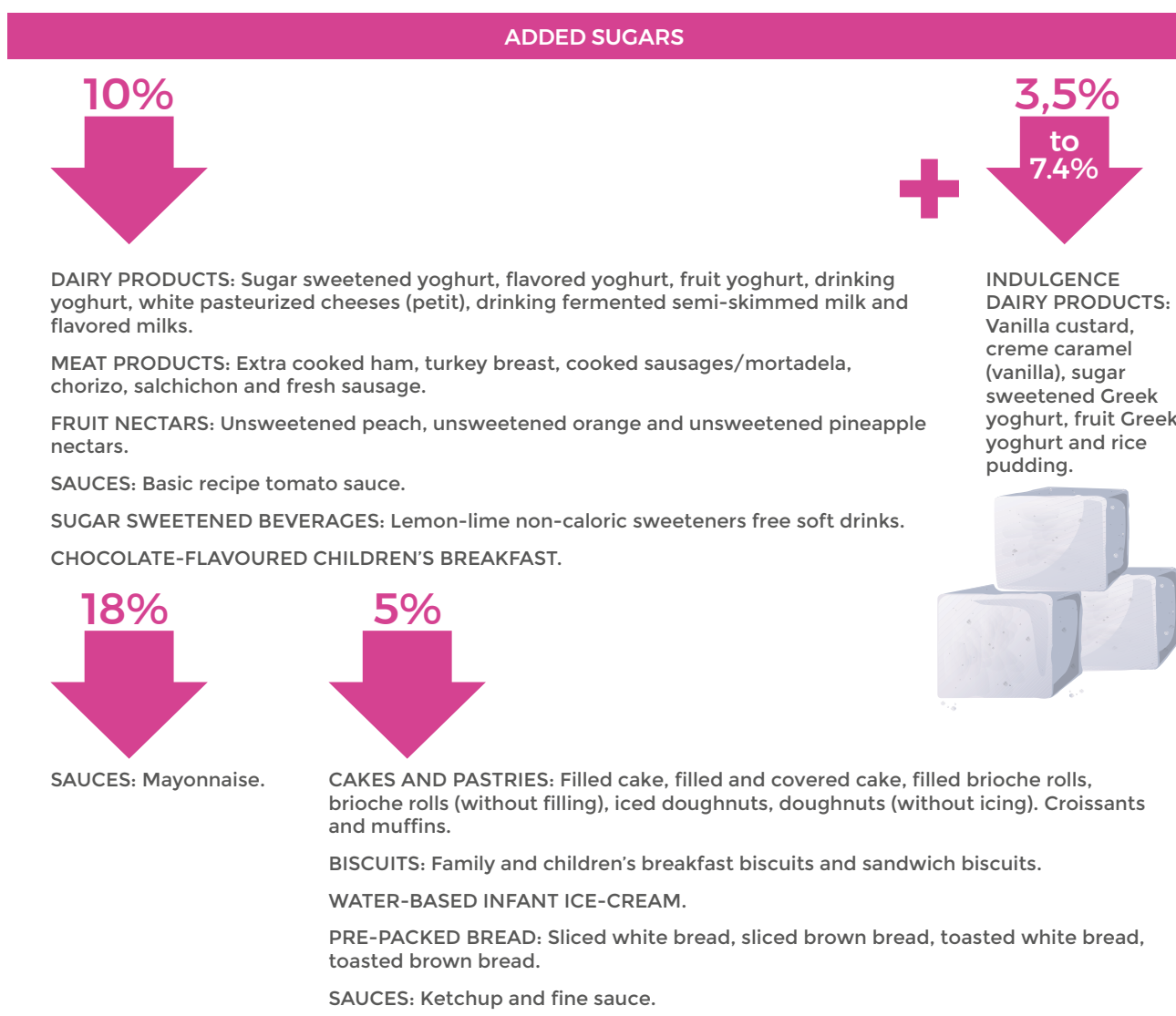
DAIRY PRODUCTS

- 55. 10% reduction in the median content of added sugar in sugar sweetened yoghurt.
- 56. 10% reduction in the median content of added sugar in flavoured yoghurt.
- 57. 10% reduction in the median content of added sugar in fruit yoghurt .
- 58. 10% reduction in the median content of added sugar in drinking yoghurt.
- 59. 10% reduction in the median content of added sugar in white pasteurized cheese (petit).
- 60. 10% reduction in the median content of added sugar in drinking fermented semi-skimmed milk.
- 61. 10% reduction in the median content of added sugar in flavored milks.
- 62. 3.5% reduction in the median content of added sugar in creme caramel (egg).
- 63. 6% reduction in the median content of added sugar in vanilla custards.
- 64. 5% reduction in the median content of added sugar in sugar sweetened Greek yoghurt.
- 65. 6.6% reduction in the median content of added sugar in fruit Greek yoghurt.
- 66. 7.4% reduction in the median content of added sugar in rice pudding.
- 67. Reduction of added sugar in creme caramel (vanilla) in products with higher content.

SAUCES

- 68. 10% reduction in the median content of added sugar in basic recipe tomato sauce.
- 69. 10% reduction in the median content of added salt in basic recipe tomato sauce.
- 70. 5% reduction in the median content of added sugar in ketchup.
- 71. 5% reduction in the median content of salt in ketchup.
- 72. 18% reduction in the median content of total sugar in mayonnaise.
- 73. 5% reduction in the median content of total sugar in fine sauce.
- 74. 16% reduction in the median content of salt in mayonnaise.
- 75. 5% reduction in the median content of salt in fine sauce.

75 quantitative measures of reduction percentages of nutrients agreed with manufacturing and retail sectors (Reformulation specific measures)



Reduction of median nutrient content

SALT

16%



MEAT PRODUCTS: Extra cooked ham, turkey breast, cooked sausages/mortadela sausage, chorizo, salchichon and fresh sausage.

SAUCES: Mayonnaise.

13.8%



CHIPS.

6.7%



CREAM OF VEGETABLE SOUP.

10%



SAVOURY SNACKS: crips.

READY MEALS: Croquettes, small pies, nuggets, lasagne/cannelloni, surimi products (eel analogue), surimi products (crab analogue), squid rings and restructured squid rings.

SAUCES: Basic recipe tomato sauce.



5%



SAUCES: Ketchup and fine sauce.

SAVOURY SNACKS: snacks.

Reduction of median nutrient content

SATURATED FATS

10%

SF



SAVOURY SNACKS: Chips, fried snacks and microwave popcorn.

READY MEALS: Nuggets.

5%

SF



BISCUITS: Family and children's breakfast biscuits and Sandwich biscuits.

INDUSTRIAL CAKES AND PASTRIES: Iced doughnuts, doughnuts (without icing) and brioche rolls with chocolate chips.

5%

TF



MEAT PRODUCTS: Chorizo and salchichon, cooked sausages/mortadela and fresh sausage.



Reduction of median nutrient content

19 quantitative measures agreed with the contract catering sector

SCHOOLS/COMPANIES/HOSPITAL CANTEENS/ARMED AND SECURITY FORCES AND PUBLIC ADMINISTRATION CENTERS AND 7-DAY FULL BOARD RESIDENTIAL CENTRES (EXCEPT SOCIAL AND HEALTH CARE SECTOR)

- 76. 100% increase in the offer of dishes using lean meat rather than other meats for the second course: in schools where meat is offered once a week, going from offering 1 lean meat per month to 2 lean meat per month and in companies/hospital canteens/armed and security forces and public administration centers, in the case of a set menu, going from offering it once a week to twice a week.
- 77. 50% increase in the offer of dishes using lean meat rather than other meats for the second course in 7-day full board residential centres (except social and health sector), in the case of set menus, going from offering it twice a week to 3 times a week.
- 78. 100% increase in the offer of grilled, boiled and baked dishes, cooked without adding stir fried mixes or ready-made sauces in schools and in companies/hospital canteens/armed and security forces/public administration centers (in the latter, if there is a varied choice of menus) going from offering this 4 times a month to 8 times a month.
- 79. 80% increase in the offer of grilled, boiled and baked dishes, cooked without adding stir fried mixes or ready-made sauces in 7-day full board residential centres (except social and health sector), going from offering this 5 times a month to 9 times a month.
- 80. Reduction from 10% to $\leq 7\%$ in the offer of precooked fried dishes (croquettes, San Jacobo [deep-fried breaded ham and cheese], small pies...), either as a main course or a side dish in schools.
- 81. Reduction from 15% to $< 10\%$ in the offer of precooked fried dishes (croquettes, San Jacobo [deep-fried breaded ham and cheese], small pies...) either as a main course or a side dish in companies/hospital canteens/armed and security forces and public administration centers if there is a varied choice of menus.
- 82. 20% to $\leq 15\%$ reduction in the offer of precooked fried dishes (croquettes, San Jacobo [deep-fried breaded ham and cheese], small pies...), either as a main course or a side dish in 7-day full board residential centres (except social and health sector).
- 83. Increase from 0 to 1 day/week in the offer of brown bread as an alternative to white bread in schools.

COMPANIES/HOSPITAL CANTEENS/ARMED AND SECURITY FORCES AND PUBLIC ADMINISTRATION CENTERS AND 7-DAY FULL BOARD RESIDENTIAL CENTRES (EXCEPT SOCIAL AND HEALTH CARE SECTOR)

- 84. 100% increase in the offer of vegetable-based first courses in companies/hospital canteens/armed and security forces and public administration centers (in the case of set menus), going from offering this once a week to twice a week.
- 85. 50% increase in the offer of vegetable-based first courses in 7-day full board residential centres (except social and health sector) if there is a varied choice of menus, going from offering this 4 times a week to 6 times a week.
- 86. 100% increase in the offer of pulse-based first courses in companies/hospital canteens/armed and security forces and public administration centers and 7-day full board residential centres (except social and health sector) if there is a varied choice of menus, going from offering this once a week to twice a week.
- 87. 50% increase in the offer of second courses with a vegetable side dish, including vegetables or pulses in companies/hospital canteens/armed and security forces and public administration centers if there is a varied choice of menus, going from offering this twice a week to 3 times a week.

- 88. 14% increase in the offer of second courses with a vegetable side dish, including vegetables or pulses in 7-day full board residential centres (except social and health sector) in the case of set menus, going from offering this 7 times per week to 8 times per week.
- 89. 100% increase in the offer of fish as a second course in companies/hospital canteens/armed and security forces and public administration centers if there is a set menu, going from offering this once a week to twice a week.
- 90. 33% increase in the offer of fish as a second course in 7-day full board residential centres (except social and health sector) in the case of set menus, going from offering this 3 times a week to 4 times a week.
- 91. 33% increase in the offer of choices of dessert: fresh in-season fruit (whole or chopped, for example fruit salad) in companies/hospital canteens/armed and security forces and public administration centers (in the case of set menus), going from offering this 3 times a week to 4 times a week.
- 92. 42% increase in the offer of choices of dessert: fresh in-season fruit (whole or chopped, for example fruit salad) in 7-day full board residential centres (except social and health sector) in the case of set menus, going from offering in 7 of 14 desserts, between lunch and dinner, to 10 of 14 desserts, between lunch and dinner.
- 93. 100% increase in the offer of sugar-free plain yoghurt compared to the total offer of dairy products in companies/hospital canteens/armed and security forces and public administration centers (in the case of a varied choice of menus) and in 7-day full board residential centres (except social and health sector), going from offering 1 out of 8 per month to 1 out of 4 per month.

7-DAY FULL BOARD RESIDENTIAL CENTRES (EXCEPT SOCIAL AND HEALTH SECTOR)

- 94. Increase from 10% to 50% in the offer of toasts/bread without salt and from 10% to 25% in the offer of sugar-free biscuits compared to the total offer of biscuits.

3 Quantitative measures agreed with the modern restaurant sector

SIT-DOWN ESTABLISHMENTS, ESTABLISHMENTS WITHOUT SERVICE AT THE TABLE AND TAKE-AWAY ESTABLISHMENTS

- 95. 50% reduction in the sugar content in single-dose packets.
- 96. 33% reduction in the salt content in single-dose packets.
- 97. Increase from 20% to 50% of breakfasts and coffees in which low fat or semi-skimmed milk is used in sit-down establishments.

5 Quantitative measures agreed with vending sector

- 98. 15% reduction in the maximum dose of added sugar in hot drinks from vending machines.
- 99. 100% Purchase of reformulated products.
- 100. Increase from 30% to 50% of balanced food which enhance a healthy diet of the total products included in the machine.
- 101. Increase from 30% to 45% of water in cold drinks vending machines of the total of drinks offered in the machine.
- 102. Increase from 5% to 7% of soft drinks without added sugars in cold drinks vending machines of the total of soft drinks offered in the machine.

41 Other measures agreed with the manufacturing sector

SAVOURY SNACKS

1. Continuous improvement of the lipid profile of snacks.

SUGAR SWETENED BEVERAGES

2. Reduction between 8 and 16% of the total sugar content in orange and lemon soft drink products.
3. 5.3% reduction the total sugar content in tonic water.
4. 21% reduction the total sugar content in isotonic beverages.
5. 10% reduction the total sugar content in sugar sweetened beverages (cola, orange, lemon, lime-lemon, tea and isotonic).
6. No marketing communication and promotion in printed media, websites or during broadcast programs specifically aimed at children under 12 (except the information included as part of the labelling, which is regulated by the applicable legislation).
7. No sampling of the product or sponsorship at sports events aimed at children under the age of 12 years.
8. During sport events aimed at adults, but also with the presence of children, sponsored or supported via sampling by ANFABRA's members, the sampling to children under 12 will only take place if the child is accompanied by his parent, teacher or tutor.
9. Maintenance and reinforcement of ANFABRA's existing commitment keeping primary and secondary schools as commercial-free spaces. Therefore, if ANFABRA's members are in charge of vending machines in secondary schools, those will be unbranded.
10. Maintenance and reinforcement of the sector's existing commitment avoiding engaging in any direct commercial activity (sale) in primary schools.
11. Only no/low calorie drinks will have direct commercial activity (sale) in those secondary schools which require soft drinks, in case an ANFABRA's member is in charge of the commercial activity.
12. Promotion of a new distribution order for drinks in vending machines such that the upper rows contain no -or low- calorie drinks and drinks with higher calorie content are placed in the lower rows, in vending machines that are owned/run by ANFABRA's members. The percentage of no/low-calorie drinks will never be less than 51%.
13. Preparation of a guide for operators, which gives details of the commitment and encourages its application, on vending machines not directly operated by members of ANFABRA.
14. In cinemas, promotion among the stakeholders of the foster a variety of drinks, giving priority to no or low calorie drinks, rather than the regular ones.
15. In cinemas, promotion among the stakeholders of the commitment with training of the staff responsible for the snack bar, in order to promote no/low-calorie drinks over drinks with a higher calorie content.
16. In cinemas, promotion among the stakeholders of the availability of the nutritional information for the drink sold at the establishment easily visible to the consumer.

CAKES AND PASTRIES

17. Reduction of the presence of sugar and saturated fat acids in new launches.
18. Replacement, where possible, of vegetable oils with a high content of saturated fat with vegetable oils with a lower saturated fat content.
19. Increased use of wholegrain cereals in the new product launches and for products already present in the market where possible.
20. Reduction in the size of portions, where possible.
21. Extension of the range of products, offering alternatives without added sugars or products in which sugars are replaced by fibre or other ingredients with a lower calorific content.

BREAKFAST CEREALS

22. Continuous improvement of products, including other reductions of added sugars, saturated fats and salt; and the increase of fibre, placing special emphasis on those categories of breakfast cereal intended for infants.

MEAT PRODUCTS

23. Reduction of the total sugar and/or total fat and/or salt content which affects all meat products, except for traditional products.

BISCUITS

24. Reduction of the presence of sugar and saturated fat acids in new launches.
25. Increased use of wholegrain cereals in the new product launches and for products already present in the market where possible.
26. Reduction in the size of portions and increased use of packaging making it easier to control portion sizes.
27. Extension of the range of products, offering alternatives without added sugars or products in which the sugars are replaced by fibre or other ingredients with a lower calorific content.

ICE-CREAM

28. Establishment of a maximum energy content of 110 Kcal/portion, a maximum saturated fat content of 5 g/100 g or 100 ml, and a maximum total sugar content of 20 g/100 g or 100 ml in other children's ice-creams.
29. Establishment of a maximum of 300 Kcal/portion in ice-creams for adults.
30. Reduction in the size of the ice-cream portion for adults.
31. Reduced portions, mini formats, formats adapted to food intolerances (lactose-free, gluten-free, low fat, no added sugar), formats directed to children with a nutritional profile adjusted to their needs, individual formats or formats for sharing, etc.

FRUIT NECTARS

32. Increase in the percentage content of juice in fruit nectars or their mixtures with other less acid or denser juices to compensate.
33. Substitution of sugars with artificial sweeteners.
34. Reduced size of the portions in packages of less than 1L, especially in catering and the impulse channel.

PRE-PACKED BREAD

- 35. Reduction of the presence of sugar and saturated fat acids in new launches.
- 36. Replacement of vegetable oils with a high content of saturated fat with vegetable oils with lower saturated fat content in those products in which the change has not yet been made.
- 37. Increased use of wholegrain cereals in the new product launches and for products already present in the market where possible.
- 38. Reduction in the size of slices, thereby reducing the portion size, where possible.
- 39. Extension of the range of products, offering alternatives without added sugars or products in which the sugars are replaced by other ingredients with a lower calorific content.

DAIRY PRODUCTS

- 40. Promote the possible support of other manufacturers and impact on imported brands.
- 41. Work on the size of the portions in the occasional consumption segments.

4 other measures agreed with the retail sector

- 42. Improved marketing of fresh products and products with improved formulation, by means of increased presence and information in the commercial offer.
- 43. Development and introduction of fresh products in the selections and development of fresh products and in-season products in signs, social networks, Web, physical channels.
- 44. Development of training and education programmes on reformulation, diet and healthy habits for staff.
- 45. Participation and promotion of research and technological studies, in collaboration with the scientific community, related to the improvement of nutritional awareness and the improvement of retail brand products.

5 other measures agreed with the contract catering sector

COMPANIES/HOSPITAL CANTEENS/ARMED AND SECURITY FORCES AND PUBLIC ADMINISTRATION CANTEENS AND 7-DAY FULL BOARD RESIDENTIAL CENTRES (EXCEPT SOCIAL AND HEALTH CARE SECTOR)

- 46. Increase from 10% to 100% of the associated companies collaborating in the promotion of health-related messages or tips regarding diet and physical activity to increase consumer awareness, using the media used by the companies.
- 47. Increase from 10% to 70% of the associated companies offering training in nutrition and healthy habits to staff employed in the company kitchens.

SCHOOLS

- 48. Increase from 10% to 50% of the associated companies which promote agreed health-related messages, during the school year, in menus or other means which permit the companies to spread these messages.

7-DAY FULL BOARD RESIDENTIAL CENTRES (EXCEPT SOCIAL AND HEALTH SECTOR)

- 49. Increase from 50% to 100% of the associated companies which offer brown bread as an alternative to white bread.

COMPANIES/HOSPITAL CANTEENS/ARMED AND SECURITY FORCES AND PUBLIC ADMINISTRATION CANTEENS

- 50. Increase from 75% to 100% of the associated companies which offer brown bread as an alternative to white bread (if there is a varied choice of menus).

21 other measures agreed with the modern restaurant sector

SIT-DOWN ESTABLISHMENTS, ESTABLISHMENTS WITHOUT SERVICE AT THE TABLE AND TAKE-AWAY ESTABLISHMENTS

- 51. 90% of companies will purchase reformulated products.
- 52. Increase from 40% to 100% in the number of sit-down establishments which use sunflower oil, high oleic sunflower oil and/or olive oil for frying.
- 53. Increase from 50% to 100% in the number of self-service establishments which use sunflower oil, high oleic sunflower oil and/or olive oil for frying.
- 54. Increase from 40% to 85% in the number of take-away establishments which use sunflower oil, high oleic sunflower oil and/or olive oil for frying.
- 55. Reduction in the size of holes in salt pots.
- 56. Increased use of spices to reduce added salt content.
- 57. Offer consumer virgin olive oil for dressing salads.
- 58. Increase in the use of fats or oils with a healthier nutritional profile such as olive oil and sunflower oil instead of certain saturated fats.
- 59. Increase in the offer of vegetable side dishes as an alternative to French fries.
- 60. Increase in the offer of side dishes containing pulses.
- 61. Inclusion of fruit in salads.
- 62. Increase in the offer of fruit and fruit juices as an option for dessert.
- 63. Offer of fruit all day long (at other meals) and no reduction in its offer as an alternative dessert.
- 64. Increase in the availability of tap water to the customer, on request.

SIT-DOWN ESTABLISHMENTS

- 65. Increase from 10% to 70% in the number of establishments which offer dishes prepared with culinary techniques such as baking, steam and grilling rather than frying.

SIT-DOWN ESTABLISHMENTS AND TAKE-AWAY ESTABLISHMENTS

- 66. Increase from 30% to 70% of establishments without salt pots and sauces on the tables. These will be offered to the customer on request.

ESTABLISHMENTS WITHOUT SERVICE AT THE TABLE AND TAKE-AWAY ESTABLISHMENTS

- 67. Increase from 20% to 90% of companies which use low fat or semi-skimmed milk in breakfasts and coffees served all day.

SIT-DOWN ESTABLISHMENTS AND ESTABLISHMENTS WITHOUT SERVICE AT THE TABLE

- 68. Increase from 13% to 50% in the number of sit-down establishments with reduced-size portions or an increase in the offer of dishes "to share".
- 69. Increase from 15% to 50% in the number of establishments without service at the table with reduced-size portions or an increase in the offer of dishes "to share", different sized products.

- 70. Increase from 12% to 50% in the number of sit-down establishments which offer alternatives to white bread and/or increase the offer of wholegrain cereals.
- 71. Increase from 5% to 50% in the number of establishments without services at the table which offer alternatives to white bread and/or increase the offer of wholegrain cereals.

3 other measures agreed with the vending sector

- 72. Incentive measures to encourage consumption of reformulated products and foods which are part of a healthy diet by placing them in the machine in areas which are more visible to the consumer, as permitted by the technical constraints of the machine (temperature, etc.).
- 73. Inclusion of information or messages about healthy habits on the machines.
- 74. Information for professionals from the sector regarding their Health PLAN.

6.9. Transparency and communication

In order to communicate the agreements and measures in the PLAN, information will be published in due time and at least on the AECOSAN website.

The Agreements signed with the sectors containing the commitments of the agreements and the most relevant measures will also be published.

6.10. Follow-up and monitoring of the measures or commitments of the PLAN

A follow-up and monitoring of the measures of the PLAN will be carried out in order to assess whether the collaboration has reached its objectives with respect to the composition and other aspects. It involves collecting, revising, checking and assessing the data and evidence in order to analyse compliance with the established agreements. The other measures agreed for each sector will also be assessed.

This follow-up will be conducted by the AECOSAN and the collaboration of other administrations may also be requested.

The collection of data will be carried out with the same methodology previously used to define the baseline data (see section 4 of this document). The AECOSAN will conduct the relevant studies to determine the content in total sugar, total fat, saturated fat, salt and caloric value of the processed food and drinks most consumed by the Spanish population, following a market study. Therefore, a study will be made of the products of the companies who have signed up to the PLAN with the reformulation objectives or quantitative measures. The study may be made by groups of food or by a representative sample of all the food and drink groups and subcategories which are part of the PLAN.

For the assessment, the AECOSAN will carry out a labelling study, based on the nutritional information given on the product label. Where necessary, AECOSAN will perform laboratory tests.

To evaluate the results the median, arithmetic mean and/or the weighted mean of the sample are calculated in accordance with the Oqali method, validated at European level.

For the assessment of the quantitative measures and other measures of the restaurant, catering and vending sectors, the associations may be asked for data equivalent to those for 2016-2017, for the purposes of comparison, without prejudice to the design of specific studies by the AECOSAN.

The data for the assessment of the compliance of the commitments will be collected, at least, at the end of the period established for reaching the agreements (end 2020).



7. Impact of the reduction of the sugar content in the products included in the PLAN

The energy provided by the food and beverages which are to be reformulated makes up 44.5% of the total daily energy provided by the food and drinks with added sugar.



8. Summary sheets of the sectoral agreements

8.1. Definitive agreements for savoury snacks

In 2015, the Asociación de Fabricantes de Productos de Aperitivo (AFAP, Spanish acronym for Spanish Association of Snack Manufacturers) signed an agreement with the Agencia Española de Consumo, Seguridad Alimentaria y Nutrición (AECOSAN, Spanish acronym for Spanish Agency for Consumer Affairs, Food Safety and Nutrition), adopting the commitment to reduce the weighted mean content of salt in crisps and snacks (as a whole) by a further 5% in the period 2015-2020.

For this PLAN, the commitments already assumed in the 2015 Agreement are assumed and increased, and others are included with respect to saturated fats in order to continue offering a continued improvement in the nutritional profile of snacks.

Reformulation

QUANTITATIVE MEASURES

Reduction of the **median content of salt** in crisps and snacks.

Product	Median content of SALT (2015)	% reduction	Median content of SALT (2020)
Crisps	1.30 g/100 g	13.8%	1.12 g/100 g
Snacks*	2.02 g/ 00 g	5%	1.92 g/100 g

* Snacks are understood to be appetisers made from potatoes, other tubers, cereals, pulses and their derivatives (semolina and flour), fruit and vegetables, to which different preparation processes are applied (shaping, extrusion, baking, drying, frying, seasoning, cutting, etc.).

In order to include the collaboration agreement between AFAP and AECOSAN signed in 2015, related to the reduction in the salt content in crisps and snacks, the date for the collection of baseline data (2015) and the classification of the product types is maintained. The methodology (reduction in the median content) is the same as applied to the other food groups included in the PLAN.

Reduction in the median content of saturated fats in crisps, snacks and microwave popcorn (not including the products which have already reduced the content of saturated fats).

Product	Median content of SATURATED FAT (2016)	% reduction	Median content of SATURATED FAT (2020)
Crisps	15.6 g/100 g	10%	14.04 g/100 g
Fried snacks	13.8 g/100 g	10%	12.4 g/100 g
Microwave popcorn	13 g/100 g	10%	11.7 g/100 g

OTHER MEASURES

Continuous improvement of the lipid profile of snacks.

Associations and companies which have signed up to these agreements

1. MANUFACTURING

Asociación de Fabricantes de Aperitivos (AFAP, Spanish acronym for Spanish Association of Snack Manufacturers).

2. RETAIL

Asociación de Cadenas Españolas de Supermercados (ACES, Spanish acronym for Association of Spanish Supermarket Chains).

Asociación Nacional de Grandes de Empresas de Distribución (ANGED, Spanish acronym for Spanish National Association of High Volume Retailers).

Asociación Española de Distribuidores, Autoservicios y Supermercados (ASEDAS, Spanish acronym for Spanish Association of Distributors, Self-service Stores and Supermarkets).



8.2. Definitive agreements for sugar sweetened beverages

Reformulation

QUANTITATIVE MEASURES

10% reduction in the median content of total sugar in lemon-line non-caloric sweeteners free soft drinks.

PRODUCT	Median content of TOTAL SUGARS (2016)	Median content of TOTAL SUGARS (2020)
Lemon-lime non-caloric sweeteners free soft drinks	10.05 g/100 ml	9.1 g/100 ml

OTHER MEASURES

There are a number of sugar sweetened beverages which were recently reformulated before October 2016. Nevertheless, the sector has agreed to further reductions for 2020.

PRODUCT	REDUCTION OF TOTAL SUGARS
Orange and lemon soft drinks products	Between 8 and 16%
Tonic water products	5,3%
Isotonic drinks	21%

PRODUCT	Content of TOTAL SUGARS* (2016)	% Reduction	Content of TOTAL SUGARS* (2020)
Soft drinks (cola, orange, lemon, lime-lemon, tea and isotonic)	6.7 g/100 ml	10%	6,03 g/100 ml

* (Total sugars/total volume)

Marketing aimed at children

- No marketing communication and promotion in printed media, websites or during broadcast programs specifically aimed at children under 12 (except the information included as part of the labelling, which is regulated by the applicable legislation).

Sampling during sports events

- ANFABRA's members will not sponsor, neither do sampling, during sport events aimed at children under 12.
- During sport events aimed at adults, but also with the presence of children, sponsored or supported via sampling by ANFABRA's members, the sampling to children under 12 will only take place if the child is accompanied by his parent, teacher or tutor.

School environment

- Marketing: ANFABRA will maintain and strengthen ANFABRA's existing commitment keeping primary and secondary schools as commercial-free spaces. Therefore, if ANFABRA's members are in charge of vending machines in secondary schools, those will be unbranded.
- Direct commercial activity (sale of drinks):
 - ANFABRA will maintain and strengthen the sector's existing commitment avoiding engaging in any direct commercial activity (sale) in primary schools.
 - Only no/low calorie drinks will have direct commercial activity (sale) in those secondary schools which require soft drinks, in case an ANFABRA's member is in charge of the commercial activity.

No-or low-calorie drinks in vending machines

- Vending machines owned/run by ANFABRA's members: promotion of a new distribution order for drinks in vending machines such that the upper rows contain no- or low- calorie drinks and drinks with higher calorie content are placed in the lower rows, in vending machines that are owned/run by ANFABRA's members. The percentage of no/low-calorie drinks will never be less than 51%.
- Vending machines that are owned/run by other agents: ANFABRA's members will draft a guide describing the commitment and its application will be promoted.

Cinemas

To promote the following among the stakeholders:

- Foster a variety of drinks, giving priority to no or low calorie drinks, rather than the regular ones.
- Commitment regarding the staff responsible of the snack bar, with the aim to promote no or low calorie drinks, rather than the regular ones.
- Nutritional information of the drink sold at the establishment clearly visible and available to the consumer.

Associations and companies which have signed up to these agreements

1. MANUFACTURING

Asociación de Bebidas Refrescantes (ANFABRA, Spanish acronym for Spanish Association for Soft Drink).

2. RETAIL

Asociación de Cadenas Españolas de Supermercados (ACES, Spanish acronym for Association of Spanish Supermarket Chains).

Asociación Nacional de Grandes de Empresas de Distribución (ANGED, Spanish acronym for Spanish National Association of High Volume Retailers).

Asociación Española de Distribuidores, Autoservicios y Supermercados (ASEDas, Spanish acronym for Spanish Association of Distributors, Self-service Stores and Supermarkets).

8.3. Definitive agreements for cakes and pastries

Reformulation

QUANTITATIVE MEASURES

5% reduction in the median content of total sugars in filled and covered cake, filled cake, filled brioche rolls, brioche rolls (without filling), doughnuts (without icing), iced doughnuts, croissants and muffins.

PRODUCT	Median content of TOTAL SUGARS (2016)	Median content of TOTAL SUGARS (2020)
Filled and covered cake	39 g/100 g	37.1 g/100 g
Filled cake	32 g/100 g	30.4 g/100 g
Filled brioche rolls	23.5 g/100 g	22.3 g/100 g
Brioche rolls (without filling)	17 g/100 g	16.2 g/100 g
Doughnuts without icing	24 g/100 g	22.8 g/100 g
Iced doughnuts	24 g/100 g	22.8 g/100 g
Croissants	12.4 g/100 g	11.8 g/100 g
Muffins	29.5 g/100 g	28 g/100 g

5% reduction in the median content of saturated fat in doughnuts (without icing), iced doughnuts and brioche rolls with chocolate chips.

PRODUCT	Median content of SATURATED FAT (2016)	Median content of SATURATED FAT (2020)
Doughnuts without icing	11 g/100 g	10.5 g/100 g
Iced doughnuts	19 g/100 g	18.1 g/100 g
Brioche rolls with chocolate chips	6.6 g/100 g	6.3 g/100 g

OTHER MEASURES

- Reduce the presence of sugar and saturated fat acids in new launches.
- Replacement, where possible, of vegetable oils with a high content of saturated fat with vegetable oils with a lower saturated fat content.
- Increase the use of wholegrain cereals in the new product launches and for products already present in the market where possible.
- Where possible, reduce the size of the portions.
- To extend the range of products, offering alternatives without added sugars or products in which the sugars are replaced by fibre or other ingredients with a lower calorific content.

Associations and companies which have signed up to these agreements

1. MANUFACTURING

Asociación Española del Dulce (PRODULCE, Spanish acronym for Spanish Sweet Association).

Asociación Española de la Industria de Panadería, Bollería y Pastelería (ASEMAC, Spanish acronym for Association of the Spanish Industry of Bakery and Pastry).

2. RETAIL

Asociación de Cadenas Españolas de Supermercados (ACES, Spanish acronym for Association of Spanish Supermarket Chains).

Asociación Nacional de Grandes de Empresas de Distribución (ANGED, Spanish acronym for Spanish National Association of High Volume Retailers).

Asociación Española de Distribuidores, Autoservicios y Supermercados (ASEDAS, Spanish acronym for Spanish Association of Distributors, Self-service Stores and Supermarkets).



8.4. Definitive agreements for children's breakfast cereals

Reformulation

QUANTITATIVE MEASURES

10% reduction in the median content of total sugar in chocolate-flavoured children's breakfast cereals.

PRODUCT	Median content of TOTAL SUGARS (2016)	Median content of TOTAL SUGARS (2020)
Chocolate-flavoured children's breakfast cereals	28.8 g/100 g	25.9g/100 g

OTHER MEASURES

The companies belonging to AEFC have signed up to the continuous improvement of products, including other reductions of added sugars, saturated fats and salt; and the increase of fibre, placing special emphasis on those categories of breakfast cereal intended for infants.

Associations and companies which have signed up to these agreements

1. MANUFACTURING

Asociación Española de Fabricantes de Cereales en copos o expandidos (AEFC, Spanish Association for Breakfast Cereal Manufactures).

2. RETAIL

Asociación de Cadenas Españolas de Supermercados (ACES, Spanish acronym for Association of Spanish Supermarket Chains).

Asociación Nacional de Grandes de Empresas de Distribución (ANGED, Spanish acronym for Spanish National Association of High Volume Retailers).

Asociación Española de Distribuidores, Autoservicios y Supermercados (ASEDAS, Spanish acronym for Spanish Association of Distributors, Self-service Stores and Supermarkets).

8.5. Definitive agreements for cream of vegetable soup

Reformulation

QUANTITATIVE MEASURES

6.7% reduction in the median content of salt in cream of vegetable soups.

PRODUCT	Median content of SALT (2016)	Median content of SALT (2020)
Cream of vegetable soup*	0.75 g/100 g	0.7 g/100 g

* Cream of vegetable soups are considered as thin or thick creamy products, obtained from boiling one or more vegetables in water, with or without the addition of other ingredients authorised under current legislation

Associations and companies which have signed up to these agreements

1. MANUFACTURING

Asociación Española de Productos Culinarios (CULINARIOS, Spanish Association of Culinary Products).

2. RETAIL

Asociación de Cadenas Españolas de Supermercados (ACES, Spanish acronym for Association of Spanish Supermarket Chains).

Asociación Nacional de Grandes de Empresas de Distribución (ANGED, Spanish acronym for Spanish National Association of High Volume Retailers).

Asociación Española de Distribuidores, Autoservicios y Supermercados (ASEDAS, Spanish acronym for Spanish Association of Distributors, Self-service Stores and Supermarkets).



8.6. Definitive agreements for meat products

Reformulation

QUANTITATIVE MEASURES

16% reduction in the content of salt (NaCl/ 100 g of food) in extra cooked ham, turkey breast, cooked sausage/mortadela, chorizo/salchichon and fresh sausage.

PRODUCT	Median content of SALT* (2016)	Median content of SALT* (2020)
Extra cooked ham	2.3 g/100 g	1.93 g/100 g
Turkey breast	2.2 g/100 g	1.85 g/100 g
Cooked sausages/mortadela	2.6 g/100 g	2.18 g/100 g
Chorizo/salchichon	3.9 g/100 g	3.5 g/100 g (10% of reduction)
Fresh sausage	3.0g/100g	2.52g/100g

* analytic content of NaCl/100 g of food

The reduction in the salt content of 'vela extra' chorizo/saucisson is 10% in order to guarantee microbiological safety.

5% reduction in the median content of total fat in cooked sausage/mortadela, chorizo/salchichon and fresh sausage.

PRODUCT	Median content of TOTAL FAT (2016)	Median content of TOTAL FAT (2020)
Cooked sausages/mortadela	26 g/100 g	24.7 g/100 g
Chorizo/salchichon	41 g/100 g	38.95 g/100 g
Fresh sausage	25 g/100 g	23.75 g/100 g

10% reduction in the content of total sugar in extra cooked ham, turkey breast, cooked sausage/mortadela, chorizo/salchichon and fresh sausage.

PRODUCT TYPE	Median content of TOTAL SUGAR (2016)	Median content of TOTAL SUGAR (2020)
Extra cooked ham	1.5 g/100 g	1.35 g/100 g
Turkey breast	2.5 g/100 g	2.25 g/100 g
Cooked sausages/mortadela	1.7 g/100 g	1.53 g/100 g
Chorizo	3 g/100 g	2.7 g/100 g
Salchichon	4 g/100 g	3.6 g/100 g
Fresh sausage	1 g/100 g	0.9 g/100 g

OTHER MEASURES

- The reductions were agreed with ANICE and FECIC, who both signed up to a commitment which affects all their products, except traditional products.
- With respect to cured, Serrano and Iberian hams, a proposal to reduce the salt content is being studied. This requires sectoral agreement and scientific supervision of the technology centres, with consideration for the diversity of races, weights, feed, handling, etc. With respect to the reduction in the fat content, there is no commitment as this a piece of meat.

Associations and companies which have signed up to these agreements

1. MANUFACTURING

Asociación Nacional de Industrias de la Carne de España (ANICE, Spanish acronym for National Association of Meat Industries in Spain).

Federación Empresarial de Carnes e Industrias Cárnicas (FECIC, Spanish acronym for Business Federation of Meat and Meat Industries).

2. RETAIL

Asociación de Cadenas Españolas de Supermercados (ACES, Spanish acronym for Association of Spanish Supermarket Chains).

Asociación Nacional de Grandes de Empresas de Distribución (ANGED, Spanish acronym for Spanish National Association of High Volume Retailers).

Asociación Española de Distribuidores, Autoservicios y Supermercados (ASEDAS, Spanish acronym for Spanish Association of Distributors, Self-service Stores and Supermarkets).



8.7. Definitive agreements for biscuits

Reformulation

QUANTITATIVE MEASURES

5% reduction in the median content of total sugar in family and infant breakfast biscuits and sandwich biscuits.

PRODUCT	Median content of TOTAL SUGAR (2016)	Median content of TOTAL SUGAR (2020)
Family and children's breakfast biscuits	22 g/100 g	20.9 g/100 g
Sandwich biscuits	34.5 g/100 g	32.8 g/100 g

5% reduction in the median content of saturated fat in family and infant breakfast biscuits and biscuits with filling.

PRODUCT	Median content of SATURATED FAT (2016)	Median content of SATURATED FAT (2020)
Family and children's breakfast biscuits	5 g/100 g	4.8 g/100 g
Sandwich biscuits	10.5 g/100 g	10 g/100 g

OTHER MEASURES

- To reduce the presence of sugar and saturated fatty acids in new launches.
- To increase the use of wholegrain cereals in the new product launches and for products already present in the market where possible.
- To reduce size of portions and increase the use of packaging making it easier to control portion sizes.
- To extend the range of products, offering alternatives without added sugars or products in which the sugars are replaced by fibre or other ingredients with a lower calorific content.

Associations and companies which have signed up to these agreements

1. MANUFACTURING

Asociación Española del Dulce (PRODULCE, Spanish Sweet Association).

2. RETAIL

Asociación de Cadenas Españolas de Supermercados (ACES, Spanish acronym for Association of Spanish Supermarket Chains).

Asociación Nacional de Grandes de Empresas de Distribución (ANGED, Spanish acronym for Spanish National Association of High Volume Retailers).

Asociación Española de Distribuidores, Autoservicios y Supermercados (ASEDAS, Spanish acronym for Spanish Association of Distributors, Self-service Stores and Supermarkets).

8.8. Definitive agreements for ice-creams

Reformulation

QUANTITATIVE MEASURES

5% reduction in the median content of total sugar in water-based children's ice-creams.

PRODUCT	Median content of TOTAL SUGARS (2016)	Median content of TOTAL SUGARS (2020)
Water-based infant ice-creams	18.9 g/100 g	18 g/100 g

OTHER MEASURES

Commitments in other children's ice-creams.

PRODUCT	Energy value (2020)	Content of saturated fatty acids (2020)	Content of sugar (2020)
Children's ice-creams	≤ 110Kcal/portion	≤ 5g/ 100 g or 100 ml	≤ 20g/ 100 g or 100 ml

Commitments in ice-creams for adults.

PRODUCT	Energy value (2020)
Ice-creams for adults	≤ 300Kcal/portion

OTHER MEASURES

- In addition, for ice-creams for adults the commitment includes the reduction of the size of portions.
- To continue working on reduced portions, mini formats, formats adapted to food intolerances (lactose-free, gluten-free, low fat, no added sugar), formats directed at infants with a nutritional profile adjusted to their needs, individual formats or formats for sharing, etc.

Associations and companies which have signed up to these agreements

1. MANUFACTURING

Asociación Española de Fabricantes de Helados (AEFH, Spanish Association of Ice-cream Manufacturers).

2. RETAIL

Asociación de Cadenas Españolas de Supermercados (ACES, Spanish acronym for Association of Spanish Supermarket Chains).

Asociación Nacional de Grandes de Empresas de Distribución (ANGED, Spanish acronym for Spanish National Association of High Volume Retailers).

Asociación Española de Distribuidores, Autoservicios y Supermercados (ASEDAS, Spanish acronym for Spanish Association of Distributors, Self-service Stores and Supermarkets).

8.9. Definitive agreements for fruit nectars

Reformulation

QUANTITATIVE MEASURES

10% reduction in the content of added sugar in unsweetened peach, orange and pineapple nectars.

Product	Median content of TOTAL SUGARS (2016)	Median content of INTRINSIC SUGARS (2016)	Median content of ADDED SUGARS (2016)	Median content of ADDED SUGARS (2020)	Median content of TOTAL SUGARS (2020)
Unsweetened peach nectar	11.5 g/100 ml	4.10 g/100 ml	7.4 g/100 ml	6.66g/100 ml	10.76 g/100 ml
unsweetened orange nectar	10.75 g/100 ml	4.85 g/100 ml	5.9 g/100 ml	5.31 g/100 ml	10.16 g/100 ml
Unsweetened pineapple nectar	11.8 g/100 ml	5.8 g/100 ml	6 g/100 ml	5.4 g/100 ml	11.2 g/100 ml

OTHER MEASURES

- Increase in the percentage content of juice in fruit nectars or their mixtures with other less acid or denser juices to compensate.
- Substitution of sugars with artificial sweeteners.
- Reduced size of the portions in packages of less than 1L, especially in catering and the impulse channel.

Associations and companies which have signed up to these agreements

1. MANUFACTURING

Asociación Española de Fabricantes de Zumos (ASOZUMOS, Spanish acronym for Spanish Association of Juice Manufacturers).

The above-mentioned commitment affects the above nectars with added sugars and without sweeteners, given that for 100% fruit juice, the addition of sugars is not legally authorised and the sugars contained in 100% juices are the sugars naturally present in the fruits from which they are made.

2. RETAIL

Asociación de Cadenas Españolas de Supermercados (ACES, Spanish acronym for Association of Spanish Supermarket Chains).

Asociación Nacional de Grandes de Empresas de Distribución (ANGED, Spanish acronym for Spanish National Association of High Volume Retailers).

Asociación Española de Distribuidores, Autoservicios y Supermercados (ASEDAS, Spanish acronym for Spanish Association of Distributors, Self-service Stores and Supermarkets).

8.10. Definitive agreements for pre-packed bread

Reformulation

QUANTITATIVE MEASURES

5% reduction in the median content of added sugars in sliced white bread, sliced brown bread, toasted white bread and toasted brown bread.

Product*	Median content of TOTAL SUGARS (2016)	Content of NATURALLY PRESENT SUGARS**	Median content of ADDED SUGARS (2016)	Median content of ADDED SUGARS (2020)	Median content of TOTAL SUGARS (2020)
Sliced white bread	4 g/100 g	2 g/100 g	2 g/100 g	1,9 g/100 g	3,9 g/100 g
Sliced brown bread	4.2 g/100 g	2 g/100 g	2.2 g/100 g	2.1 g/100g	4.1 g/100 g
Toasted white bread	5.5 g/100 g	3.4 g/100 g	2.1 g/100 g	2 g/100g	5.4 g/100 g
Toasted brown bread	4.6 g/100 g	3.6 g/100 g	1 g/100 g	0.95 g/100g	4.5 g/100 g

* Products "without added sugars" are excluded from the agreement.

** The naturally present sugars include the intrinsic sugars plus those originating from the action of micro-organisms during the fermentation process.

OTHER MEASURES

- To reduce the presence of sugar and saturated fat acids in new launches.
- To replace the vegetable oils with a high content of saturated fat with vegetable oils with a lower saturated fat content in those products in which the change has not yet been made.
- To increase the use of wholegrain cereals in the new product launches and for products already present in the market where possible.
- Where possible, to reduce the size of the slices, thereby reducing the size of the portions.
- To extend the range of products, offering alternatives without added sugars or products in which the sugars are replaced by other ingredients.

Associations and companies which have signed up to these agreements

1. MANUFACTURING

Asociación Española del Dulce (PRODULCE, Spanish Sweet Association).

Asociación Española de la Industria de Panadería, Bollería y Pastelería (ASEMAC, Spanish acronym for Association of the Spanish Industry of Bakery and Pastry).

2. RETAIL

Asociación de Cadenas Españolas de Supermercados (ACES, Spanish acronym for (Association of Spanish Supermarket Chains).

Asociación Nacional de Grandes de Empresas de Distribución (ANGED, Spanish acronym for Spanish National Association of High Volume Retailers).

Asociación Española de Distribuidores, Autoservicios y Supermercados (ASEDAS, Spanish acronym for Spanish Association of Distributors, Self-service Stores and Supermarkets).

8.11. Definitive agreements for ready meals

Reformulation

QUANTITATIVE MEASURES

10% reduction of the median salt content in croquettes, small pies, nuggets, cannelloni/lasagne, surimi products (crab and eel analogues), squid rings and restructured rings.

PRODUCT TYPE	Median content of SALT (2016)	Median content of SALT (2020)
Croquettes	1.3 g/100 g	1.17 g/100 g
Small pies	0.83 g/100 g	0.72 g/100 g
Nuggets	1.4 g/100 g	1.26 g/100 g
Cannelloni/lasagne	1 g/100 g	0.9 g/100 g
Surimi products (crab analogue)	2 g/100 g	1.8 g/100 g
Surimi products (eel analogue)	2.5 g/100 g	2.3 g/100 g
Squid rings	1.5 g/100 g	1.26 g/100 g
Restructured squid rings	1.7 g/100 g	1.53 g/100 g

10% reduction in the median content of saturated fat in nuggets.

PRODUCT TYPE	Median content of SATURATED FAT (2016)	Median content of SATURATED FAT (2020)
Nuggets	2.3 g/100 g	2.1 g/100 g

Associations and companies which have signed up to these agreements

1. MANUFACTURING

Asociación Española de Fabricantes de Platos Preparados (ASEFAPRE, Spanish acronym for Spanish Association of Manufacturers of Ready-made Meals).

2. RETAIL

Asociación de Cadenas Españolas de Supermercados (ACES, Spanish acronym for Association of Spanish Supermarket Chains).

Asociación Nacional de Grandes de Empresas de Distribución (ANGED, Spanish acronym for Spanish National Association of High Volume Retailers).

Asociación Española de Distribuidores, Autoservicios y Supermercados (ASEDAS, Spanish acronym for Spanish Association of Distributors, Self-service Stores and Supermarkets).



8.12. Definitive agreements for dairy products

Reformulation

QUANTITATIVE MEASURES

10% reduction of the median content of added sugars in sugar sweetened yoghurt, flavored yoghurt. Fruit yoghurt, drinking yoghurt, white pasteurized cheese (petit), drinking fermented semi-skimmed milk and flavored milks.

PRODUCT	Median content of TOTAL SUGARS (2016)	Content of INTRINSIC SUGARS	Median content of ADDED SUGARS (2016)	Median content of ADDED SUGARS (2020)	Median content of TOTAL SUGARS (2020)
Sugar sweetened yoghurt	12.5 g/100 g	4 g/100 g	8.5 g/100 g	7.6 g/100 g	11.6 g/100 g
Flavoured yoghurt	12.8 g/100 g	4 g/100 g	8.8 g/100 g	7.92 g/100 g	11.92 g/100 g
Fruit yoghurt	14.3 g/100 g	4.9 g/100 g	9.4 g/100 g	8.46 g/100 g	13.36 g/100 g
Drinking yoghurt	13.15 g/100 g	4.35 g/100 g	8.8 g/100 g	7.92 g/100 g	12.27 g/100 g
White pasteurized cheese (petit)	13.1 g/100 g	4 g/100 g	9.1 g/100 g	8.19 g/100 g	12.19 g/100 g
Drinking fermented semi-skimmed milk	11.85 g/100 g	4.1 g/100 g	7.75 g/100 g	6.98 g/100 g	11.08 g/100 g
Flavored milks	11.6 g/100 ml	4.5 g/100 ml	7.1 g/100 ml	6.39 g/100 ml	10.89 g/100 g



Reductions in the content of added sugars in creme caramel (egg), vanilla custards, sugar sweetened Greek yoghurt, Fruit Greek yoghurt, rice pudding and Creme caramel (vanilla).

PRODUCT	Median content of TOTAL SUGARS (2016)	Estimation of the content of INTRINSIC SUGARS	Median content of ADDED SUGARS (2016)	Median content of ADDED SUGARS (2020)	Median content of TOTAL SUGARS (2020)
Creme caramel (egg)	24.3 g/100 g	3.3 g/100 g	21 g/100 g	20.27 g/100 g (Reduction of 3.5%)	23.57 g/100 g
Vanilla custard	16 g/100 g	5.2 g/100 g	10.8 g/100 g	10.16g/100 g (Reduction of 6%)	15.36 g/100 g
Sugar sweetened Greek yoghurt	11.6 g/100 g	4.85 g/100 g	6.75 g/100 g	6.41g/100 g (Reduction of 5%)	11.26 g/100 g
Fruit Greek yoghurt	13.9 g/100 g	5.66 g/100 g	8.24 g/100 g	7.69g/100 g (Reduction of 6.6%)	13.35 g/100 g
Rice pudding	15.8 g/100 g	3.3 g/100 g	12.5 g/100 g	11.58g/100 g (Reduction of 7.4%)	14.88 g/100 g
Creme caramel (vanilla)	Products with higher sugar content will reach the median value (16.5 g/100g) by 2020				

OTHER MEASURES

- To promote the possible support of other manufacturers and impact on imported brands.
- To work on the size of the portions in the occasional consumption segments.

Associations and companies which have signed up to these agreements

1. MANUFACTURING

Federación Nacional de Industrias Lácteas (FENIL, Spanish National Federation of Dairy Industries).

2. RETAIL

Asociación de Cadenas Españolas de Supermercados (ACES).

Asociación Nacional de Grandes Empresas de Distribución (ANGED).

Asociación Española de Distribuidores, Autoservicios y Supermercados (ASEDAS).

8.13. Definitive agreements for sauces

Reformulation

QUANTITATIVE MEASURES

5% reduction in the median content of added sugar in ketchup

PRODUCT	Median content of TOTAL SUGARS (2016)	Estimated content of INTRINSIC SUGARS in the tomato	Median content of ADDED SUGARS (2016)	Median content of ADDED SUGARS (2020)	Median content of TOTAL SUGARS (2020)
Ketchup	21.4 g/100 g	4.2 g/100 g	17.2 g/100 g	16.3 g/100 g	20.5 g/100 g

5% reduction in the median content of salt in ketchup

PRODUCT	Median content of SALT (2016)	Median content of SALT (2020)
Ketchup	2.1 g/100 g	2 g/100 g

Reduction of the median content of total sugars in mayonnaise and fine sauce

PRODUCT	Median content of TOTAL SUGARS (2016)	% reduction	Median content of TOTAL SUGARS (2020)
Mayonnaise	1.6 g/100 g	18%	1.3 g/100 g
Fine sauce	3 g/100 g	5%	2.9 g/100 g

Reduction in the median content of salt in mayonnaise and fine sauce

PRODUCT	Median content of SALT (2016)	% reduction	Median content of SALT (2020)
Mayonnaise	1.2 g/100 g	16%	1 g/100 g
Fine sauce	1.4 g/100 g	5%	1.3 g/100 g

Associations and companies which have signed up to these agreements

1. MANUFACTURING

Asociación Española de Productos Culinarios (CULINARIOS, Spanish Association of Culinary Products).

Agrupación Española de Conservas Vegetales (AGRUCON, Spanish acronym for Spanish Group of Manufacturers of Canned Vegetables).

2. RETAIL

Asociación de Cadenas Españolas de Supermercados (ACES, Spanish acronym for Association of Spanish Supermarket Chains).

Asociación Nacional de Grandes de Empresas de Distribución (ANGED, Spanish acronym for Spanish National Association of High Volume Retailers).

Asociación Española de Distribuidores, Autoservicios y Supermercados (ASEDAS, Spanish acronym for Spanish Association of Distributors, Self-service Stores and Supermarkets).

8.14. Definitive agreements for tomato sauce

Reformulation

QUANTITATIVE MEASURES

10% reduction in the median content of added sugar in basic recipe tomato sauce

PRODUCT	Median content of TOTAL SUGARS (2016)	Estimated content of INTRINSIC SUGARS in the tomato	Median content of ADDED SUGARS (2016)	Median content of ADDED SUGARS (2020)	Median content of TOTAL SUGARS (2020)
Tomato sauce, basic recipe	7.2 g/100 g	4.2 g/100 g	3 g/100 g	2.7 g/100 g	6.9 g/100 g

10% reduction in the median content of salt in basic recipe tomato sauce

PRODUCT	Median content of SALT (2016)	Median content of SALT (2020)
Tomato sauce, basic recipe	1.1 g/100 g	1 g/100 g

Associations and companies which have signed up to these agreements

1. MANUFACTURING

Asociación Española de Productos Culinarios (CULINARIOS, Spanish Association of Culinary Products).

Agrupación Española de Conservas Vegetales (AGRUCON, Spanish acronym for Spanish Group of Manufacturers of Canned Vegetables).

2. RETAIL

Asociación de Cadenas Españolas de Supermercados (ACES, Spanish acronym for Association of Spanish Supermarket Chains).

Asociación Nacional de Grandes de Empresas de Distribución (ANGED, Spanish acronym for Spanish National Association of High Volume Retailers).

Asociación Española de Distribuidores, Autoservicios y Supermercados (ASEDAS, Spanish acronym for Spanish Association of Distributors, Self-service Stores and Supermarkets).

8.15. Definitive agreements with the contract catering sector (FEADRS)

Reformulation

QUANTITATIVE MEASURES

For schools

MEASURES	FIGURES IN 2016 (mean estimate of all the companies)	FIGURES IN 2020 (mean estimate of all the companies)
To increase the offer of lean meat-based dishes as opposed to other meats, for the second course, in centres where meat is offered once a week.	Once a month	Twice a month
To increase the offer of grilled, boiled and baked meals, without adding stir fried mixes or ready-made sauce.	4 times per month	8 times per month
To reduce the offer of precooked fried dishes (croquettes, San Jacobo [deep-fried breaded ham and cheese], small pies...) either as a main course or a side dish.	10% per month	≤ 7% per month
To increase the offer of brown bread as an alternative to white bread.	0 days per week	1 day per week

For companies/hospital canteens/armed and security forces and public administration canteens

MEASURES	FIGURES IN 2016 (mean estimate of all the companies)	FIGURES IN 2020 (mean estimate of all the companies)
To increase the offer of vegetable-based first courses, in the case of one set menu.	Once a week	2 times a week
To increase the offer of pulse-based first courses, if there are several menus to choose from.	Once a week	2 times a week
To increase the offer of second courses with a vegetable side dish, including vegetables or pulses, if there are several menus to choose from.	2 times a week	3 times a week
To increase the offer of fish-based second courses, in the case of one set menu.	Once a week	2 times a week
To increase the offer of lean meat-based second courses/ total offer of meat, in the case of one set menu	Once a week	2 times a week
To increase the offer of choices of dessert: fresh in-season fruit (whole or chopped, e.g. fruit salad), in the case of one set menu.	3 times a week	4 times a week
To increase the offer of grilled, boiled and baked meals, without adding stir fried mixes or ready-made sauces, if there are several meals to choose from.	4 times per month	8 times per month
To reduce the offer of precooked fried dishes (croquettes, San Jacobo [deep-fried breaded ham and cheese], small pies...).	15% per month (of all products served, including side dish)	<10% per month of all products served, including side dish)
To increase the offer of sugar free plain yoghurt compared to the overall offer of dairy products, if there are several menus to choose from.	1 out of 8 per month	1 out of 4 per month

For 7-day full board residential centres (except social and health sector)

MEASURES	FIGURES IN 2016 (mean estimate of all the companies)	FIGURES IN 2020 (mean estimate of all the companies)
To increase the offer of biscuits/bread without salt and sugar-free biscuits compared to the total offer of biscuits.	10% of biscuits 10% of bread	25% of biscuits 50% of bread
To increase the offer of vegetable-based first courses, if there are several menus to choose from.	4 times a week	6 times a week
To increase the offer of pulse-based first courses, if there are several menus to choose from.	Once a week	2 times a week
To increase the offer of second courses with a vegetable side dish, including vegetables or pulses, in the case of one set menu.	7 times a week	8 times a week
To increase the offer of fish dishes for second course, in the case of one set menu.	3 times a week	4 times a week
To increase the offer of lean meat-based dishes for second course, in the case of one set menu.	2 times a week	3 times a week
To increase the offer of choices of dessert: fresh in-season fruit (whole or chopped, e.g. fruit salad), in the case of one set menu.	7 of 14, which are the total number of meals offered per week including lunch and dinner	10 of 14, which are the total number of meals offered per week including lunch and dinner
To increase the offer of grilled, boiled and baked food, without adding stir fried mixes or ready-made sauces.	5 times per month	9 times per month
To reduce the offer of precooked fried dishes (croquettes, San Jacobo [deep-fried breaded ham and cheese], small pies...).	20% per month	≤ 15% per month
To increase the offer of plain unsweetened yoghurt compared to the total offer of dairy products.	1 de cada 8	1 out of 4

OTHER MEASURES

For companies/hospital canteens/armed and security forces and public administration canteens

Measure	FIGURES IN 2016 (mean estimate of all the companies)	FIGURES IN 2020 (mean estimate of all the companies)
To increase the offer of brown bread as an alternative to white bread, if there are several menus to choose from.	75% of companies	100% of companies

For 7-day full board residential centres (except social and health sector)

Measure	FIGURES IN 2016 (mean estimate of all the companies)	FIGURES IN 2020 (mean estimate of all the companies)
To increase the offer of brown bread as an alternative to white bread.	50% of companies	100% of companies



For schools

Measure	FIGURES 2016	FIGURES 2020
Promotion of agreed health-related messages, during the school year, in menus or other means which permit the companies to spread these messages.	10% schools	50% schools

For companies/hospital canteens/armed and security forces and public administration canteens and 7-day full board residential centres (except social and health care sector)

Measure	FIGURES 2016	FIGURES 2020
Collaborating in the promotion of health-related messages or tips regarding diet and physical activity to increase consumer awareness, through media used by the companies.	10% of companies	100% of companies
Offering training in nutrition and healthy habits to kitchen personnel in the companies.	10% of companies	70% of companies

Associations and businesses which have signed up to these agreements

Federación Española de Asociaciones Dedicadas a la Restauración Social (FEADRS, Spanish acronym for Spanish Federation of Associations Dedicated to Contract Catering)

8.16. Definitive agreements with the modern restaurant sector (Marcas de restauración-restaurant brand business association)

Reformulation

GENERAL QUANTITATIVE MEASURES

Sit-down establishments/establishments without service at the table/take-away establishments

Measures	FIGURES IN 2016 (mean estimate of all the companies)	% Reduction	FIGURES IN 2020 (mean estimate of all the companies)
Reduction in the sugar content in single-dose packets.	6 g	50%	3 g
Reduction in the salt content in single-dose packets.	1.2 g	33%	0.8 g

Sit-down establishments (casual dining, fine dining)

Measures	FIGURES IN 2016 (mean estimate of all companies in this segment)	FIGURES IN 2020 (mean estimate of all the companies in this segment)
Increase of the use of low-fat milk and skimmed milk for breakfasts and coffee.	20% of breakfasts and coffee	50% of breakfasts and coffee

OTHER MEASURES

Sit-down establishments (casual dining, fine dining)

Measures	FIGURES IN 2016 (mean estimate of all companies in this segment)	FIGURES IN 2020 (mean estimate of all the companies in this segment)
Absence of salt pots and sauces on tables. These will be offered to the customer on request.	30% of companies	70% of companies
Use of sunflower oil, high oleic sunflower and/or olive oil in frying processes.	40% of companies	100% of companies
Purchase of reformulated products.	0% of companies	90% of companies
Reduction in the size of portions or increase in the offer of dishes "to share".	13% of companies offer this	50% of companies will offer this
Offer alternatives to white bread and/or increase of the offer of wholegrain cereals.	12% of companies offer this	50% of companies will offer this
Increase of the offer of ready meals prepared using culinary techniques including baking, steam and grilling rather than frying.	10% of companies	70% of companies

Establishments without service at the table (fast food and casual food)

Measures	FIGURES IN 2016 (mean estimate of all companies in this segment)	FIGURES IN 2020 (mean estimate of all the companies in this segment)
Use of sunflower oil and high oleic sunflower in frying processes.	50% of companies	100% of companies
Purchase of reformulated products.	0% of companies	90% of companies
Reduction in the size of portions or increase in the offer of dishes "to share", products of different sizes.	15% of companies	50% of companies
Offer alternatives to white bread and/or increase the offer of wholegrain cereals.	5% of companies	50% of companies
Offer low fat or skimmed milk in breakfasts and coffees served all day.	20% of companies	90% of companies



Take-away establishments (airports, railway and bus stations, motorway service areas and concessions)

Measures	FIGURES IN 2016 (mean estimate of all the companies in this segment)	FIGURES IN 2020 (mean estimate of all the companies in this segment)
Absence of salt pots and sauces on tables. These will be offered to the customer on request.	30% of companies	70% of companies
Use of sunflower oil, high oleic sunflower and/or olive oil in frying processes.	40% of companies	85% of companies
Purchase of reformulated products.	0% of companies	90% of companies
Offer low fat or skimmed milk in breakfasts and coffees served all day.	20% of companies	90% of companies

OTHER OPTIONAL MEASURES TO WHICH THE COMPANIES FROM THE THREE TYPES OF ESTABLISHMENT HAVE SIGNED UP

- Reduction in the size of holes in salt pots.
- Increased use of spices to reduce added salt content.
- Offer consumer virgin olive oil for dressing salads.
- Increase the use of fats or oils with a healthier nutritional profile such as olive oil and sunflower oil instead of certain saturated fats.
- Increase the offer of vegetable side dishes as an alternative to French fries.
- Increase the offer of side dishes containing pulses.
- Include fruit in salads.
- Increase the offer of fruit and fruit juices as an option for dessert.
- Offer fruit all day long (at other meals) and no reduction in its offer as an alternative dessert.
- Increase the availability of tap water to the customer, on request.
- Our partners will promote the reformulation of products among their suppliers in accordance with the criteria signed in each of the product categories in the present agreement by the different sectors of the FIAB.

ASSOCIATIONS AND COMPANIES WHICH HAVE SIGNED UP TO THESE AGREEMENTS

Asociación Empresarial de Marcas de Restauración (MARCAS DE RESTAURACIÓN-Restaurant brand business association).

8.17. Definitive agreements with the vending sector (ANEDA)

To guarantee healthy vending, the lines of action to which companies have agreed for this PLAN include:

- Acting as an area for demand for the manufacturer.
- Increasing the presence of reformulated products and food which forms part of a healthy diet.
- Serving as a conveyor of messages about healthy habits.

Reformulation

QUANTITATIVE MEASURES

Measure	Figures 2016	% Reduction	Figures 2020
ADJUSTMENT OF MAXIMUM DOSES OF ADDED SUGAR in hot drink machines	7 g/100 ml	15%	6 g/100 ml

Measure	Figures 2016	Figures 2020
Purchase of reformulated products	0%	100% as the manufacturers introduce them
Increase in % of BALANCED FOODS WHICH ENHANCE A HEALTHY DIET ⁴⁹ of the total products included in the machine	30%	50%
Increase of % of WATER in cold drinks vending machines of the total of drinks offered in the machine	30%	45%
Increase of % of SOFT DRINKS WITHOUT ADDED SUGARS in cold drinks vending machines of the total of soft drinks offered in the machine	5%	7%

⁴⁹ Such as fruit, dairy products, juices, etc. The offer with respect to products with lower levels of fats, salt and sugars, etc. must comply, at least, with the criteria established in the "Consensus Document on Food in Schools" drafted under the framework of the NAOS Strategy and approved on 21 July 2010 by the Inter territorial Council of the National Health System, with the following criteria: a maximum energy value of 200 kilocalories; 35%, at most, of the kilocalories will come from fat. For a portion with less than 200 kilocalories, this is equivalent to a maximum content of 7.8g of fat; 10%, at maximum, of the kilocalories will come from saturated fats; for a portion of 200 kilocalories, this is equivalent to a maximum content of 2.2g of saturated fats*; the absence of trans fatty acids, except those naturally present in dairy and meat products; 30%, at most, of the kilocalories will come from the total sugars. For a portion of 200 kilocalories, this is equivalent to a maximum content of 15g of sugars; a maximum 0.5g of salt (0,2g of sodium).



OTHER MEASURES

- Incentive measures to encourage consumption of reformulated products and foods which are part of a healthy diet by placing these in the machine in areas which are more visible to the consumer, as permitted by the technical constraints of the machine (temperature, etc.).
- Inclusion of information or messages about healthy habits on the machines:
 - QR codes, specific labels, etc.
 - Development of a label to be attached to a visible part of the machine, which will direct you to campaigns related with healthy eating habits and a healthy and balanced diet including the AECOSAN campaigns, etc.
 - ANEDA Web page.
- Information for professionals from the sector regarding their Health PLAN.
 - With corporate Video https://www.youtube.com/embed/_UNaYuAPmN0 and with the SALUS Mascot which will convey specific messages using mini-videos
 - Sectoral events.

Associations and companies which have signed up to these agreements

Asociación Nacional Española de Distribuidores Automáticos (ANEDA, Spanish acronym for Spanish Association of Vending Machine Distributors).

Madrid, 5 February 2018

