

# Development of a protocol based on linear programming to assess the amount of free sugars in processed foods in France

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## INTRODUCTION

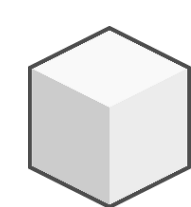
WHO recommends a free sugars intake lower than 10% of total energy intake

**BUT**

Free sugars are not available in nutritional composition database neither on food label.

## OBJECTIVE

To develop and test a protocol using linear programming (LP) to estimate free sugars content in a batch of products.

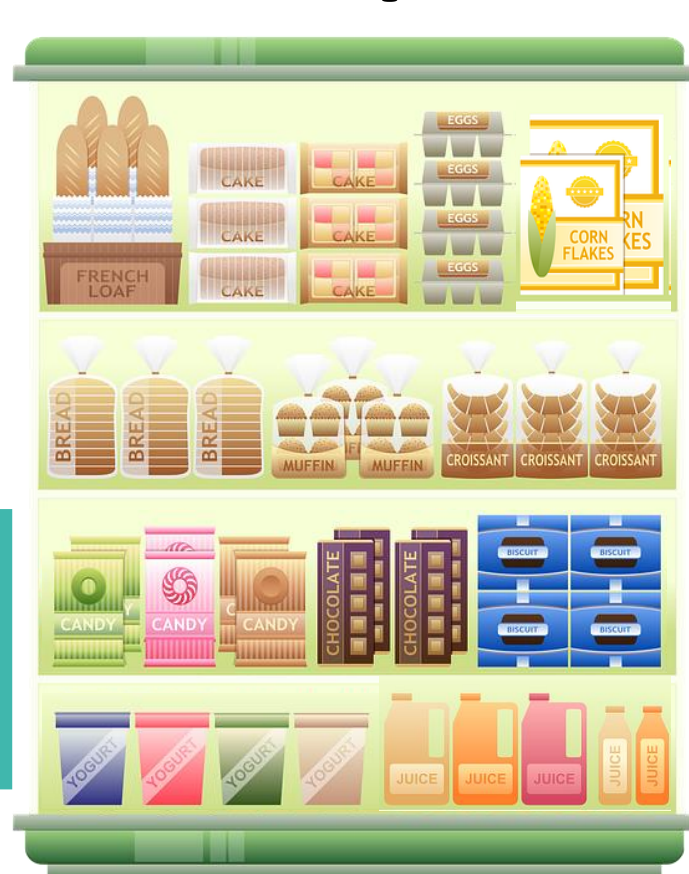


**Free sugars** are defined as monosaccharide and disaccharide, regardless of sweetening powers, added to food and also total sugars naturally occurring in honey, syrups, fruit juices and fruit juices from concentrate.

## MATERIALS AND METHODS

### DATA COLLECTION

#### 8 processed food items



- orange nectars
- marbled cakes
- two types of biscuits
- puffed corns with honey
- soft breads
- pizzas
- fresh cheeses

OOALI database

**Selection** in OOALI database of 3 different products per food item that have the **lowest, median and highest** amount of total sugars (+ 2 for nectar containing banana puree or glucose syrup).

= **26 different products**

+ **1 additional product**, whose yield factor and all ingredients amounts were known.

**Extraction** of nutrition and ingredients information :

#### 1 Ingredients list as indicated on the label

Ingredients : orange juice from concentrate (65%), water, sugar, citric acid

#### 2 Nutrition facts label (NFL)

Nutrition Information		Per 100 g
Energy		485 kJ / 117 kcal
Fat		8 g
Of which Saturates		3,7 g
Carbohydrate		9 g
Of which Sugars		8 g
Protein		1,4 g
Salt		0,02 g
Vitamin C		14,81 mg 19% RI*

#### 3 A database of all ingredients nutritional composition:

energy, proteins, fats, carbohydrates, total sugars, salt, free sugars (estimated using Louie et al. method)

All our acknowledgments for Caroline ROUVEYROL (CRITT) and Christine CHENE (ADRIANOR) for their work to build the ingredients database

### PROTOCOL applied to each product to assess free sugar content

#### Input data

##### 1 Ingredients list as indicated on the label

##### 2 Nutrition facts label

##### 3 Database of all ingredients nutritional composition

#### Linear programming models

**Variables** : amounts of each ingredient

**Constraints** :

- Sum of ingredients = 100 g
- Amount of ingredient (when known) set to the labeled value
- Ingredients order conserved
- Total sugars set to the labelled value

**Objective function** : Minimize deviation from NFL (i.e. nutritional deviation)

→ **4 different LP models** varying according to the way to express the nutritional deviation

M1

Absolute difference

M2

Relative difference

M3

Weighted difference with nutrients tolerance from literature (Westrich et al, 1994)

M4

Weighted difference with European Commission nutrients tolerance for labelling

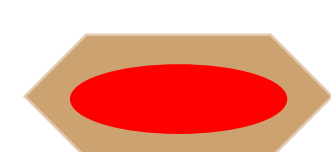
#### Output

Modelled amounts of ingredient in each model → **Free sugars contents**

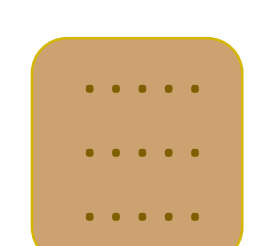
## RESULTS

### For 2 products,

- The 4 LP models were unfeasible due to uncertainties in NFL or in nutrient compositions for ingredients or due to non-inclusion of manufacturing processes.



Biscuit topped with strawberry  
53 g of total sugars (median)



« petit-beurre » biscuit  
22 g of total sugars (median)

### For 24 products,

- The 4 models resulted in similar ingredients amounts and free sugars content

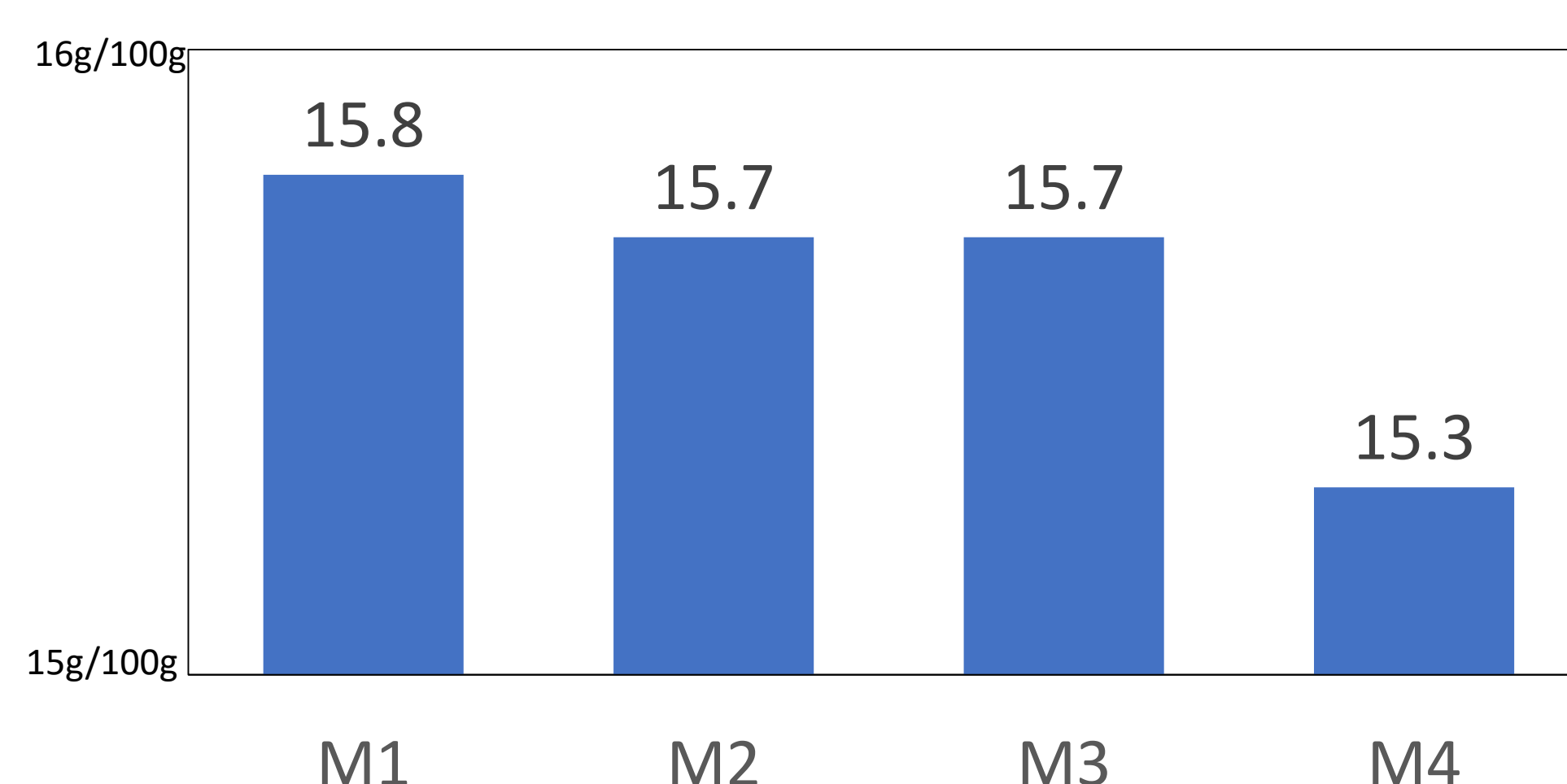


Figure 1 : Average free sugars content among 24 products, in g/100g

### For the additional product,

- Amount of free sugars calculated with known ingredients amounts and yield factor (0.92) = 27.5 g / 100g
- Average free sugars content estimated from the 4 models = 27.1 g**



**estimation of free sugars content is close to the calculated value**

## CONCLUSION

This protocol, fast when nutritional content of ingredient is available and easily reproducible seems to provide an acceptable free sugars estimation, but further work might be needed to improve models and validate the approach.