

# Fiji targets for fat, sugar and salt reduction in processed foods and beverages

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As part of efforts to improve the nutrient profile of existing processed foods available in Fiji, targets are proposed which local manufacturers and importers can work towards. At the same time, efforts will continue with caterers and consumers regarding similar changes in their food preparation.

The sodium targets are the most clearly defined, as they build on work undertaken elsewhere, while the targets for the other nutrients focus more on a proportional reduction. All targets are expected to be reassessed on a regular basis and should be considered as interim targets, rather than gold standard targets. If a product can have its fat/sugar/salt level further reduced below the target/at a faster pace than the target that is preferred. It should be borne in mind however, that generally consumers fail to detect small changes in a product, but will detect for example a 30% drop in sugar in one change.

In some cases, product formulation cannot be changed for a particular nutrient (or has already been modified as much as possible already), this is quite acceptable and could be indicated as such to Ministry of Health. There are also some products which are easier to change than others, and companies with a large product portfolio may need to prioritize some products for action. It is preferred if this is based on sales data (ie targeting the highest selling products first) as this will have most impact on health of Fijians. It should be noted that while it is acceptable to change a product formulation for one nutrient only, this should not be done by increasing the levels of another nutrient for which a reduction target has been set – for example reducing sodium in a food, should not be done by increasing sugar content.

Industry will need to consider its preference regarding promotion of changes made to products. Adherence to nutrient labelling regulations should be maintained however.

## **TRANS FAT**

Any intake of synthetic/artificial trans fat is deemed harmful to health, and there is no safe level of intake defined in nutrient guidelines. As such, eradication of synthetic trans fat from the food supply is the target. A number of countries and states have effectively banned trans fats, while in a number of countries industry has voluntarily removed all trans fats from their products, in response to consumer demand.

At the moment it is not possible to clearly document trans fat levels in food, as around 79% of foods (store survey in 2011) did not label trans fat level. The recent labelling regulation change will greatly assist with ensuring data is available. A student study of trans fat in foods sold in Fiji (Chand et al 2011) found a significant problem of trans fat in a range of products including bakery items, takeaways and processed foods. Further study is being undertaken on this in Fiji.

**Target: Eradication of artificial trans fat from all processed foods and beverages,** (bakery items and catered food). (Note 'trans fat free' usually defined as less than 0.2g/serve)

## **TOTAL FAT AND SATURATED FAT**

High intake of fat and saturated fat is linked with increased risk of obesity, heart disease, stroke and some forms of cancer. Reduction in levels across all processed foods is recommended. Emphasis is placed particularly on saturated fat reduction.

**Target: Reduction by 5% per year (average) of saturated fat and total fat in applicable products.**

## **SUGARS**

The term 'sugars' is used to denote the multiple forms of sugars, which are included in the target: sucrose, dextrose, fructose, high fructose corn syrup, corn syrup, glucose, glucose syrup etc. High intake of sugars is linked with unhealthy diets and an increased risk of obesity and associated diseases.

**Target: Reduction by 5% per year (average) of sugars in applicable products.**

## **SALT**

High intake of sodium is linked with increased risk of stroke, heart disease and a number of other diseases. Sodium reduction is therefore recommended, this includes salt, MSG (monosodium glutamate), bicarbonate of soda and other sodium derivatives. Detailed targets are provided in the table below.

# Proposed targets and current status for sodium

Category	Sub-category	# of Products in 2011 survey	#of Products in 2013 survey	Range sodium mg/100g product in 2011 survey	Range sodium mg/100g product in 2013 survey	Mean sodium mg/100 product in 2011 survey	Mean sodium mg/100 product in 2013 survey	Proposed target for Fiji	Source target	% meeting targets in 2011 survey	% meeting targets in 2013 survey	# of Product of Fiji Origin (2013) meet target
<b>Sauces &amp; spreads</b>	Mayonnaise	3	5	413 - 4079	510-692	2331	616.4	650	AWASH	1 (33%)	2(40%)	0
	Salad dressing	23	11	2333 - 10743	0-1033	4094	583	940	AWASH	0	8(73%)	0
	Asian sauces	20	18	431 - 43053	7.5-7800	20160	3898	4840	AWASH	5 (25%)	8(44%)	1
	Marinade	2	0	30000 - 35853		32927		1600	AWASH	0		0
	Meal-based sauces- other	11	16	300-14447	23.6 - 6800	2683	2090.96	800	FSA	2 (18.2%)	4(25%)	0
	Meal-based- curry paste	13	18	20-545	0 - 5900	260	1273.722	490	AWASH	9 (69%)	6(33%)	0
	Mustard	11	3	13720 - 97900	2000-2143	32745	2081	1910	AWASH	0	0(0%)	0
	Meat accompaniment	3	4	110 - 7430	0-700	2732	260	600	FSA	1 (33.3%)	3(75%)	0
	Pasta sauce	18	19	240 - 2511	222-510	681	373.79	450	AWASH	11 (61%)	15(79%)	0
	Gravy Stock	2	9	675 - 6000	454-29250	2497	7981.244	540	AWASH	0	2(20%)	0
	Chilli sauce	16	18	275 -12356	769-11746	5903	1980.941	1600	AWASH	2 (12.5%)	12(66%)	2
	Tomato sauce	10	11	490-6994	505-5290	3426	1296	750	FSA	2 (20%)	3 (27%)	2

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<b>Meat &amp; other products</b>	Canned meat	11	12	550-950	550-1036	670	714	540	AWASH	0	0	0
	<b>Other processed meat:</b>											
	Sausages -uncooked	9		537-2200		1147		650	AWASH	1 (11%)		0
	Sausages – pre-cooked	6	7	573-1542	402-1122	1162	775	650	AWASH	1 (17%) (25%)	1 (17%)	1
	Hot dogs	2	1	748-963	602	856	602	1150	AWASH	2 (100%)	0 (0%)	0
	Meat-free products	1	4	20	6 - 411	20	150.9	480	AWASH	1 (100%)	4 (100%)	0
	Luncheon meat	2	0	2000-2800		2400		1030	FSA	0		0
	Sliced meat (ham, beef, chicken)	2	0	1468-5200		3334		650	AWASH	0		0
	Meat with pastry frozen	2	1	3700	700	3700		450	FSA	0	0	0
	Salami	7	0	1932-2800		2619		1400	FSA	0		0
	Meat burger	1	0	1850		1850		300	FSA	0		0
	Bacon	2	0	240-280		2600		1210	AWASH	2 (100%)		0
	Tuna	18	17	218-625	220-513	670	401.2	390	AWASH	8 (44%)	7 (41%)	0
	Sardines	7	4	240-540	340-505	433	422.5	360	AWASH	2 (28.5%)	1 (25%)	0
Mackerel	14	23	147-646	185.6-556	441	403.54	420	AWASH	5 (35.7%)	12 (52%)	4	
Salmon-pink	4	2	421-817	468-515	654	491.5	430	AWASH	1 (25%)	0 (0%)	0	
<b>Frozen seafood:</b>												

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	Shrimps/prawns peeled cooked/crumbed	6	2	490 – 4900	571.5-890	2115	770.5	350	AWASH	0	0	0
	Fish finger/fillet	7	14	27 - 700	227-1050	297	393	350	AWASH	6 (75%)	7 (50%)	0
	Squid/calamari	5	1	286 - 850	506	510		350	AWASH	1 (20%)	0	0
	Marinara/ seafood stick	2	0	440-630		535		350	AWASH	0		0
	Crab meat/ball/mix	3	1	360 - 2000	600	999		350	AWASH	0	0	0
	Mussel	1	2	527	449-671	527	560	350	AWASH	0	0	0
	Instant flavoured assorted - dry		19	1702 - 2505	1555-3510	2936	2191	1600	AWASH	0	1(5%)	1
	Potato crisps	23	30	250-1594	130-836	734	499	600	AWASH	10 (44%)	18 (55%)	7
	Corn chips	11	17	533-2160	120-767	1085	461	560	AWASH	1 (9%)	9 (53%)	0
	Extruded	27	41	340-10725	70-1603	4244	758	750	FSA	3 (11%)	19 (46%)	8
<b>Snacks</b>	Salt & vinegar	5	3	750-2160	1200-1210	1173	1205	1000	AWASH	3 (60%)	0	0
	Snack packs–bhujas etc.	18	44	2075-10405	138.2-1375.5	4091	730	650	FSA	0	8 (18%)	3
	Other: dalo, cassava chips etc	3	5	78-2111	7-105.3	1193	65	560	AWASH	1 (33%)	5 (100%)	1
	Other: rice crackers, popcorn etc	36	27	250-4000	7-1223	833	543	650	AWASH	20 (55.5%)	18 (67%)	0
	Sweet, filled	49	75	66-4356	16.3-1020	912	275	450	FSA	12 (24.5%)	66 (88%)	19
<b>Biscuits</b>	Sweet, unfilled	32	58	190-4096	30-4571	1482	427	450	FSA	6 (18.8%)	51(88%)	20
	Plain, dry	12	12	400-4000	200-1146	2131	557	610	AWASH	1 (8%)	7 (58%)	2
	Savoury	8	5	500-14412	450-760	4168	634	800	FSA	2 (25%)	4(80%)	1

