

Qualifying criteria for the Choices stamp

Version Int.1

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Example of qualifying criteria

In this document the most recent qualifying criteria are given, as developed by independent scientific committees in The Netherlands and Belgium. This set of qualifying criteria will pass another expert validation by the International Scientific Committee (currently being established) to set the new Choices International Qualifying Criteria.

The qualifying criteria mentioned in this document are already implemented in some countries. Until two years at most after the International Scientific Committee has set the international qualifying criteria, the Choices Programme is in a transitional period. This means that the criteria being used in some countries or for some products can deviate from the criteria as described in this document as countries are gradually implementing the new criteria.. Please contact the local foundation or the Choices International Foundation if you wish to receive more information on the exact criteria that are being applied in your country.

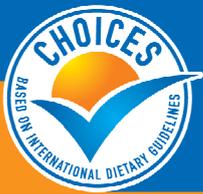
Dynamic system

Every two years, an independent International Scientific Committee will evaluate the product criteria in order to incorporate the latest developments in the field of science and technology. This way, the system will stay in line with current insights in the area of nutrition & health and will continue to stimulate product innovation. After each review, potential revisions to criteria can be directly implemented following a maximum of two years before transition to revised criteria needs to be fully completed.

Products excluded

A number of products are excluded from eligibility for the stamp:

- products containing > 1.2% alcohol,
- supplements,
- products for use under medical supervision,
- foods for children younger than 1 year old.



Most recent qualifying criteria*

Product groups

In order to be eligible to carry the stamp, a product must satisfy the criteria of the product group to which it belongs. There are two sorts of groups defined within the system: main product groups and supplemental product groups.

Main product groups

Main product groups have been defined on the basis of the product group classification operated in more than 20 countries. The four criteria for saturated fat, trans fat, sodium and added sugar are determined in these groups. Additional criteria have been drawn up for situations in which the intake of essential or useful nutrients (e.g. bread should contribute to the intake of fibre) or the intake of suitable amounts of energy is of importance (Table 1). Categorized in these main product groups are foundation foods such as

- fruit and vegetables;
- sources of carbohydrates;
- meat, fish, poultry, eggs, and meat substitutes;
- dairy products;
- oils, fats and fat-containing spreads;
- main dishes.

Supplemental product groups and generic criteria

The supplemental product groups are generally not intended to provide a substantial contribution to the supply of essential nutrients, but product innovation can indeed be stimulated in this area. Categorized within these product groups are:

- soups,
- sauces,
- snacks (sweet and savoury),
- beverages.

Criteria for saturated fat, trans fat, sodium and added sugar are applied for products that do not fall under any of the main product groups or supplemental product groups (defined as “all other products” in Table 2).

* As the qualifying criteria are in a transitional phase, local deviations from these criteria can occur. Please contact your local foundation or the Choices International Foundation for more details.



TABLE 1: CRITERIA FOR MAIN PRODUCT GROUPS

Product group	Criteria	Definition
Fruit & vegetables		
Fresh or fresh frozen fruit, vegetables and legumes*	All types of fresh fruit and vegetables, without additives, satisfy the criteria for the stamp. This also applies to freshly frozen and/or sliced fruit & vegetables, providing they contain no additives.	All kinds of unprocessed fruit, vegetables and legumes including sliced and frozen fruit & vegetables, but without any additives. E.g.: pre-cut leek, pre-sliced melon, cucumber, broccoli, deep-frozen French beans, vegetable salad (without additives), deep-frozen spinach (without added cream), and raspberries.
Processed fruit & vegetables	Saturated fat: ≤ 1.4 g/100 g Trans fat: ≤ 0.14 g/100 g Sodium: ≤ 120 mg/100 g Added sugar: not added Fibre: ≥ 1.3 g/100 kcal	All kinds of processed fruit & vegetables with the exception of fruit juices and frozen or pre-sliced fruit & vegetables without further processing. E.g.: tinned tomatoes, tinned carrots, kidney beans (not tinned), deep-frozen spinach with cream, deep-frozen vegetables with added herbs or flavouring agents (including salt), rhubarb purée, tomato juice, carrot juice, dried lentils, pickles (gherkins, silver onions, relish), vegetable salads with dressing or other additives, mixed vegetable juices, dried apricots, dried figs, pine on juice, fruit cocktail in own juice or syrup, apple sauce, candied dates, strawberry purée, olives, mixed fruit & vegetable purées or juices.
Fruit juices	Saturated fat: ≤ 1.4 g/100 g Trans fat: ≤ 0.14 g/100 g Sodium: ≤ 120 mg/100 g Added sugar: not added Fibre: ≥ 0.75 g/ 100 kcal	All kinds of fruit juices with a minimum of 98% own juice. E.g.: orange juice, apple juice, grape juice, blackcurrant juice, multi-fruit juice.

Continuation of table 1

Product group	Criteria	Definition
Sources of carbohydrates		
Potatoes (unprocessed)*	All unprocessed uncooked potatoes, without additives, satisfy the criteria of the stamp. This also applies to uncooked peeled, sliced and/or chilled potatoes, without additives.	
Potatoes (processed), rice, pasta, noodles	Saturated fat: ≤ 1.4 g/100 g Trans fat: ≤ 0.14 g/100 g Sodium: ≤ 120 mg/100 g Added sugar: not added Fibre: ≥ 1.3 g/100 kcal	All kinds of potato products, rice, pasta, and similar grain products, used for a main dish. E.g.: cooked/baked/mashed/sweet potatoes, chips, couscous, (wholemeal) pasta, unpolished rice, white rice, Chinese noodles, potato salad (as side dish).
Bread	Saturated fat: ≤ 1.4 g/100 g Trans fat: ≤ 0.14 g/100 g Sodium: ≤ 500 mg/100 g ** Added sugar: ≤ 13 energy% Fibre: ≥ 1.3 g/100 kcal	All kinds of bread or substitutes for bread with the exception of breakfast cereals. E.g.: white/brown/wholemeal bread, (Swedish) crisp bread, croissants, rye bread, rolls, crackers, biscuit rusks.
Grains and cereal products	Saturated fat: ≤ 1.4 g/100 g Trans fat: ≤ 0.14 g/100 g Sodium: ≤ 120 mg/100 g Added sugar: ≤ 3.25 g/100 g Fibre: ≥ 1.3 g/100 kcal	All kinds of grains and cereal products (other than bread). E.g.: all types of breakfast cereals (corn flakes, muesli, Brinta, Rice Crispies, etc.), flour, breadcrumbs, binding agents (corn flour, starch, etc.), pancake mixes.
Meat, fish, poultry, eggs, meat substitutes		
Meat, poultry, eggs (unprocessed)	Saturated fat: ≤ 13 energy % # Trans fat: ≤ 0.14 g/100 g *** Sodium: ≤ 120 mg/100 g Added sugar: not added	All kinds of unprocessed meat, poultry and eggs (including deep-frozen meat without further processing). E.g.: beef, pork, turkey, lamb, egg, game (rabbit, partridge, pheasant, etc.), organ meat.
Processed meat, meat products and meat substitutes	Saturated fat: ≤ 13 energy% # Trans fat: ≤ 0.14 g/100 g *** Sodium: ≤ 900 mg/100 g Added sugar: ≤ 3.25 g/100 g	All kinds of processed meat/poultry, meat products and (vegetable) meat substitutes. E.g.: ready-to-eat meatballs, breadcrumbed meat, spiced or salted meat (fresh or deep-frozen), salami, smoked beef, filet américain, grilled ham, chicken fillet, corned beef, tempeh, tofu, Valess (dairy-based meat substitute), Quorn (fungus-based meat substitute).
Fresh or fresh frozen fish, shellfish and crustaceans	Saturated fat: ≤ 30 % of total fat # Trans fat: ≤ 0.14 g/100 g Sodium: ≤ 120 mg/100 g Added sugar: not added	All kinds of unprocessed fish, crustaceans and shellfish (including deep-frozen fish without further processing). E.g.: uncooked herring, cod, mackerel, sole, fresh eel, lobster, crab, mussel, shrimp/prawn.
Processed fish or fish products	Saturated fat: ≤ 13 energy% # Trans fat: ≤ 0.14 g/100 g Sodium: ≤ 450 mg/100 g Added sugar: not added	All kinds of processed fish, processed crustaceans and processed shellfish. E.g.: cod parings, fried fillet of haddock, deep-fried octopus/squid, pickled mussels, herring in tomato sauce, tinned sardines, tinned tuna, spiced or salted fish (fresh or deep-frozen).

Continuation of table 1

Product group	Criteria	Definition
Dairy products		
Milk (-products)	Saturated fat: ≤ 1.4 g/100 g Trans fat: ≤ 0.14 g/100 g *** Sodium: ≤ 120 mg/100 g Added sugar: ≤ 5 g/100 g **	All kinds of milk and milk products. E.g.: skimmed/low-fat/whole milk, buttermilk, evaporated milk, skimmed/low-fat/whole (fruit) yoghurt, skimmed/low-fat/whole soft curd cheese, custard, yoghurt drink, milk based desserts, coffee cream, cream (for culinary use), milk/custard powder, whipped cream, milk substitutes like soymilk.
Cheese (-products)	Saturated fat: ≤ 15 g/ 100 g Trans fat: ≤ 0.14 g/100 g *** Sodium: ≤ 900 mg/100 g Added sugar: not added	All kinds of cheese and cheese products. E.g.: 20+/30+/40+ cheese, Edam, Brie 50+, Camembert 45+, Maasdammer, 48+ cheese products containing polyunsaturated fatty acids, Gouda cheese, blue cheese, Kernhemmer, Gorgonzola, Gruyere, soft herb cheese (e.g. Boursin).
Oils, fats and fat-containing spreads		
Oils, fats and fat containing spreads	Saturated fat: ≤ 30% of total fat** Trans fat: ≤ 1.3 energy% Sodium: ≤ 1.6 mg/kcal Added sugar: not added	All fats and oils used as spreads on bread and/or the preparation of food. E.g.: oil (all types), low-fat margarine, margarine, butter, low-fat butter, oil/fat products for roasting, or deep-frying (solid or liquid).
Main courses		
Main dish****	Saturated fat: ≤ 13 energy% # Trans fat: ≤ 1.3 energy% # Sodium: ≤ 2.2 mg/kcal** Added sugar: ≤ 13 energy% # Fibre: ≥ 150 g vegetables/portion Energy: 400-700 kcal/portion	All ready-to-cook meals that are intended to be eaten as main dish during lunch or dinner. E.g.: meals for steaming, ready-to-cook meals from the refrigerated display, pizzas, meal salads, pasta salads, mixes for hot meals, deep-frozen meals, meals consumed in the canteen/company restaurant.
Filled sandwiches/rolls**	Saturated fat: ≤ 13 energy% # Trans fat: ≤ 1.3 energy% # Sodium: ≤ 1.9 mg/kcal Added sugar: ≤ 13 energy% # Fibre: ≥ 0.8 g/100 kcal Energy: ≤ 350 kcal/portion	All ready-to-eat filled sandwiches/rolls. E.g.: Filled sandwiches/rolls in the canteen or roadside service area/company restaurant.

* Products in these product groups do not need to be tested by the logo clearance authority.

** This value will be reduced within two years.

*** Naturally occurring trans fat from meat or milk is excluded.

**** If all the components of the meal satisfy the criteria in their product group and the meal is in line with the energy and the fibre criterion for this meal, the meal then satisfies the criteria for the stamp.

If a product contains less than the 'level of insignificance' of this specific nutrient, this nutrient meets the criteria. The levels of insignificance are: :

SAFA: < 1.4 g/100g



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TFA: < 0.14 g/100g
Sodium: < 120 mg/100g
Added sugar: < 3.25 g/100g

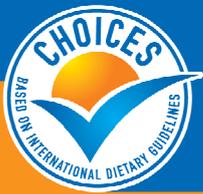


TABLE 2: CRITERIA FOR SUPPLEMENTAL PRODUCT GROUPS

Product group	Criteria	Definition
Soups	Saturated fat: ≤ 1.4 g/ 100 g Trans fat: ≤ 0.14 g/ 100 g Sodium: ≤ 350 mg/100 * Added sugar: ≤ 3.25 g/ 100 g Energy: ≤ 100 kcal/100 g	All kinds of soups and broths. E.g.: tinned soup, Cup-a-Soup, deep-frozen soup, packets of powder soup, soup in stand-up pouches, soup served by the catering industry, beef cubes.
Sauces	Saturated fat: ≤ 1.4 g/100 g Trans fat: ≤ 0.14 g/100 g Sodium: ≤ 450 mg/ 100 g Added sugar: ≤ 3.25 g/ 100 g Energy: ≤ 100 kcal/ 100 g	All sauces that constitute a substantial component of the meal (portion size > 35 g). E.g.: tomato sauce/pasta sauce, béchamel sauce, vegetable sauce, meat sauce, fish sauce, cheese sauce, mustard sauce, gravy.
Other sauces (on water basis)	Saturated fat: ≤ 1.4 g/100 g Trans fat: ≤ 0.14 g/100 g Sodium: ≤ 750 mg/ 100 g Energy: ≤ 100 kcal/ 100 g	All sauces that constitute only a minor component of the meal (portion size < 35 g) to which no emulsifying agent is added AND have a fat content < 10% w/w. E.g.: ketchup, soy sauce, chocolate sauce, fruit sauce, barbecue sauce, water based salad dressing.
Other sauces (emulsions)	Saturated fat: ≤ 30% of total fat # Trans fat: ≤ 1.3 energy% # Sodium: ≤ 750 mg/ 100 g Added sugar: ≤ 13 energy% # Energy: ≤ 350 kcal/ 100 g**	All sauces that constitute only a minor component of the meal (portion size < 35 g) to which an emulsifying agent is added OR have a fat content ≥ 10% w/w. E.g.: mayonnaise, salad dressing, dip, marinade, mustard, vinaigrette.
Snacks	Saturated fat: ≤ 13 energy% # Trans fat: ≤ 1.3 energy% # Sodium: ≤ 400 mg/100 g Added sugar: ≤ 20 g/100 g Energy: ≤ 110 kcal/ portion	All kinds of sweet, savoury, sweet baked and ice products intended to be eaten as a small snack between meals or as a minor component of a meal. E.g.: potato crisps, Japanese mix, salted sticks, Wokkels, salted flaky pastry, popcorn, meat croquettes, small meal salads (Russian, potato, etc.), mini pizzas, fried rice croquette, Chinese noodle ball, spring/egg roll, prawn/shrimp cracker, boiled sweets, liquorice, marzipan, wine gums, all types of chocolate, all types of candy bars, biscuits, cookies, snack biscuits or nutritional biscuits, cake, all types of pies and pastries, ice-cream, vanilla ice-cream, sorbet, yoghurt ice and milkshake.



Continuation of table 2

Product group	Criteria	Definition
Beverages	Saturated fat: ≤ 1.4 g/100 g Trans fat: ≤ 0.14 g/100 g Sodium: ≤ 120 mg/100 g Energy: ≤ 32 kcal/100 ml*	Liquid food products that are normally consumed from a cup, mug or glass (incl. products packed in portions in cardboard packaging, bottles, etc.), with the exception of dairy products and fruit juices. E.g.: mineral water, coffee, tea, (light) soft drinks, sweet fruit drinks, alcoholic beverages with $< 1.2\%$ alcohol, sports drinks (also in powder form).
All other products	Saturated fat: ≤ 13 energy% # Trans fat: ≤ 1.3 energy% # Sodium: ≤ 1.6 mg/kcal # Added sugar: ≤ 13 energy% #	All kinds of food products that do not fall within any of the above mentioned product groups. E.g.: vinegar, sweet spreads (jam, honey, etc.), salad spreads (celery, tuna, chicken, etc.).

* This value will be reduced within two years.

** This value will be reduced to 300 kcal/100 g within two years.

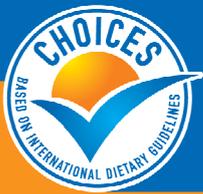
If a product contains less than the 'level of insignificance' of this specific nutrient, this nutrient meets the criteria. The levels of insignificance are: :

SAFA: < 1.4 g/100g

TFA: < 0.14 g/100g

Sodium: < 120 mg/100g

Added sugar: < 3.25 g/100g



Annexes

In Annex I the definitions for the nutrients can be found. Annex II contains descriptions of portion sizes for every product group. Almost all food products can be categorized under one of the specified product groups. Equivalence criteria are defined for situations in which uncertainty arises about the product group in which a food product should be classified. These equivalence criteria can be found in Annex III.

For the time being, the equivalence criteria are only applied for surrogates of main products like meat- or milk substitutes. For other product groups, like processed fruit & vegetables, these equivalence criteria are still being worked out. The values for these products are for now merely indicative. The logo clearance authority determines if a product has been placed in the right product group.

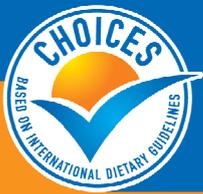
In case of reasonable doubt, it is agreed that a product must constitute minimally for 70% of the basic raw material of the main product group. For instance, a dairy product must constitute minimally of 70% dairy. If a product cannot be categorized in any of the product groups, it will then be assessed according to the criteria for “all other products”. In the event of uncertainty, the foundation will be contacted and can, if necessary, contact the Scientific Committee.

Preparation

Products are in principle registered and assessed as ‘as sold’.

Only in the case of dried products in powder form, concentrated or condensed products, food products may be registered as ‘as prepared’, but only if the method of preparation is unambiguous. This refers for example to dried and concentrated soups, broths, sauces in powder form, meal mixes, potatoes in powder form and syrups. The nutrient declaration for these products is registered for the product as ‘as prepared’. The basis for this must be the standard preparation method as marked on the packaging.

- The standard preparation method should be unambiguous, so that consumers do not interpret it their own way. For example: if it is stated that milk should be added, it should be clear if full fat, skimmed or semi-skimmed milk should be added.
- Variable components (in sort or in amount) should not be taken into account (for instance the statement that a meal component should be served with rice or pasta).
- For products that are added during the preparation, the nutrient declaration can be calculated using the values from the Dutch NEVO-table (for instance fresh meat or vegetables)
- Variations on the standard preparation method (like variation tips, suggestions for serving) are not being used for the calculation of the nutrient declaration.
- Suggestions for serving that have a clear influence on the criteria nutrients (like the addition of sugar or salt for the taste) are not allowed.
- For products that will be assessed ‘as prepared’, the standard preparation method should be submitted for assessment as well.



Annex I: Definitions of nutrients

Added sugars - All monosaccharides and disaccharides with a calorific value of > 3.5 kcal/g, from sources other than fresh fruit & vegetables and milk products. Sugar from products that (mainly) contain natural sugars such as honey, syrups and (more than 2 times) concentrated fruit drinks is considered as added sugar. When glucose-fructose syrups are added to a fruit product, the sugars from the syrup have to be counted as added sugars.

Examples of sugars and sugar containing ingredients that are considered as “added sugars”:

- monosaccharides: glucose/dextrose, (liquid) fructose, galactose;
- disaccharides: sucrose, lactose, maltose, trehalose;
- sugars: white sugar, brown sugar, raw sugar, invert sugar, granulated sugar, powdered/solved sugar, fruit sugar, etc.;
- syrups: (dried) corn syrup, corn syrup high in fructose, malt syrup, maple syrup, pancake syrup, fructose/glucose syrup, starch syrup, brown-rice syrup, etc.;
- miscellaneous: honey, malt, molasses, fruit and vegetable extracts (of which one or more components of fruit or vegetables are used), fruit concentrates (> 2 x concentrated).

Examples that do not fall under “added sugars”:

- fruit: fresh fruit, fruit juice, fruit pulp, fruit concentrate (up to a maximum 2x the concentration), tinned fruit, dried fruit, deep-frozen fruit; When glucose-fructose syrups are added to a fruit product, the sugars from the syrup have to be counted as added sugars
- vegetables: fresh or frozen vegetables, vegetable juice, vegetable pulp, tinned vegetables;
- dairy: all kinds of (non isolated) ingredients, in liquid or powdered form, of milk (i.e. milk, powder milk, cream, yoghurt). Lactose may be restored to the original level in dairy products.

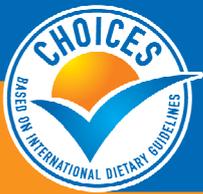
Carbohydrates - The carbohydrates that are metabolised in the human organism, including polyols.

Dietary fibre – The collective term for those substances that are not digested or taken up by the human small intestine and which have the chemical character of carbohydrates (suitable for human consumption) or compounds analogous to carbohydrates.

Dietary fibre consists of one or more:

- carbohydrates naturally occurring in food products at the moment of consumption,
- carbohydrates that are obtained from the raw materials of food products by means of physical, enzymatic or chemical methods,
- synthetic carbohydrates.

Examples of substances that fall under this definition of dietary fibre are: cellulose, hemicellulose, pectin, inulin, galacto-oligosaccharides, non-digestible dextrins, polydextrose, and lignin. In regard to the assessment of the fibre content of fruit & vegetables, only naturally occurring dietary fibre is considered. This means added oligosaccharides are not counted as fibre in fruit or vegetable products.



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The method of analysis is as proposed by the Association of Official Analytical Chemists (AOAC), methods 991.43 and 997.08. Measurement of the total amount of fibre is done by enzymatic-gravimetric method. This is based on digestion resistance. The method uses enzymatic digestion in order to remove non-fibres from the product, after which quantification is carried out by weighing the residues.

Energy - The amount of energy from food products that is available for the metabolism of the body, expressed in kJ or kcal.

The following conversion factors should be used in the calculation of the energy value:

- carbohydrates (with the exception of polyols) 4 kcal/g or 17 kJ/g,
- polyols: 2.4 kcal/g or 10 kJ/g,
- protein: 4 kcal/g or 17 kJ/g,
- fat: 9 kcal/g or 37 kJ/g,
- alcohol (ethanol): 7 kcal/g or 29 kJ/g,
- organic acids:
 - citric acid: 2.5 kcal/g or 10 kJ/g,
 - lactic acid: 3.6 kcal/g or 15 kJ/g,
 - malic acid: 2.5 kcal/g or 10 kJ/g,
 - tartaric acid: 2.5 kcal/g or 10 kJ/g,
 - oxalic acid: 2.5 kcal/g or 10 kJ/g.

Energy percentage (energy%) – The part of the total energy content of a food product that is provided by one nutrient. For example:

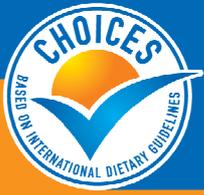
energy% (SAFA) = [amount of energy from SAFA per 100g / amount of total energy per 100g] * 100%

Fat – All kinds of lipids, including triglycerides and phospholipids.

Portion – The portion size of a product as indicated by the supplier (e.g. in separate packets or as indicated on the packaging). In the event that it is not clear from the packaging what is constituted by a portion, use is made of (internationally) available, standardized portion sizes (see Annex II). The logo clearance authority will use either the mentioned standardized portion sizes of the VCN (Voedingscentrum Nederland – Netherlands Nutrition Centre) or of the FNLI (Federatie Nederlandse Levensmiddelen Industrie – Federation of the Dutch Food and Grocery Industry) as points of reference.

Protein - The protein content is calculated using the following formula: protein = total Kjeldahl-nitrogen × 6.25. In dairy products, a multiplication factor of 6.38 is applied.

Saturated fat – The sum of all types and sources of saturated fatty acids.



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Sodium – This includes both added sodium (e.g. via salt or monosodium glutamate: MSG) and sodium that is naturally present in one of the ingredients (e.g. in yeast extract or in protein hydrolysates).

Trans fat - All the geometric isomers of mono- and polyunsaturated fatty acids with non-conjugated, double carbon-carbon conjugations in the trans-configuration, and which are separated by at least 1 methylene group. Natural trans fatty acids from meat and milk are not included. The amount of TFA present can be calculated by: [total trans fat – natural trans fat from meat/dairy].



Annex II: Description of portion sizes

The table hereunder gives an overview of the portion sizes that can be employed if what is a portion is not clearly defined on the packaging. The logo clearance authority can use either the mentioned standardized portion sizes of the VCN (Voedingscentrum Nederland – Netherlands Nutrition Centre) or of the FNLI (Federatie Nederlandse Levensmiddelen Industrie – Federation of the Dutch Food and Grocery Industry) as points of reference.

Product category	Product	Portion	Amount
Bread	Bread, uncut	slice	35 g
	Currant loaf, with or without almond paste	slice	35 g
	Gingerbread, uncut	slice	25 g*
	Spiced gingerbread, uncut*	slice	35 g*
	Luxury pastries, uncut*	slice	32 g*
	Rye bread, light brown	slice	25 g
	Rye bread, dark brown	slice	50 g
Butter and margarine	Fat products used for spreading*	on 1 slice*	5 g
	Oils and liquid fats*	1 tablespoon	15 g*
Sandwich filling, savoury	Hard and semi-hard cheese	on 1 slice*	20 g
	Cheese products, "fresh"*	on 1 slice*	10 g*
	Cheese spread products	on 1 slice*	15 g
	Smoked cheese	on 1 slice*	20 g
	Fish	on 1 slice*	40 g
	Meat products	on 1 slice*	15 g
	Other fillings: peanut butter etc.	on 1 slice*	15 g
Sandwich filling, sweet	For spreading	on 1 slice*	15 g
	For sprinkling	on 1 slice*	20 g*
Milk and milk products	Liquid dairy products, thin*	glass/mug	200 ml*
	Liquid dairy products, thick*	glass/mug	150 ml*
	Solid dairy (dessert) products*	small dish	125 g
	Whipped solid (dessert) products*	small dish	115 ml
	Curd products	small dish	150 ml*
	Cream products, unsweetened*	tablespoon	9 g
	Cream products, sweetened (incl. spray cans)*	tablespoon	10 g
	Sour cream products*	tablespoon	20 g
	Liquid coffee creamers	individual cup	7 ml*
	Powdered coffee creamers*	sachet	2.5 g
	Grated cheese products*	-	20 g*
Ice dish	small dish (3 scoops)	100 ml / 50 g*	

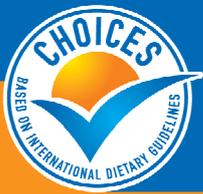
* Differs from the VCN food quantities table



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Product category	Product	Portion	Amount
Beverages	Soft drink	glass	250 ml*
	Squash syrup*	glass	200 ml*
	Coffee	cup	6 g*
	Tea	cup	1 g*
	Tomato juice	glass	200 ml
	Fruit juice, fruit drink*	glass	200 ml*
	Water, mineral water	glass	250 ml
Beverages, alcoholic (< 1.2 %)	Beer	glass	200 ml
Soup	Soup	bowl/cup	250 ml
	Broth	mug*	175 ml*
Meat	Meat	slice	100 g
	Meat on the bone	slice	160 g
Fish	Fish	slice	100 g
Sauce	Gravy	gravy ladle	25 ml
	Sauce, savoury, cold/hot	tablespoon*	15 ml*
	Sauce, sweet, dessert	tablespoon*	15 ml*
Vegetables	Vegetables, prepared	4 serving spoons*	200 g
	Leaf vegetables, without dressing, uncooked	small dish	35 g
	Solid vegetables, without dressing, uncooked	small dish	70 g
Fruit	Fruit, prepared	small dish	125 g
	Fruit conserved	small dish	125 g
	Fruit, dried, steeped	small dish	125 g
Potatoes, rice, pasta	Potatoes	200 g peeled* or 4 serving spoons *	200 g* prep. product
	Mashed potatoes	4 serving spoons *	200 g*
	Pasta, dried	80 g uncooked	200 g prepared*
	Chips	135 g deep-frozen*	100 g prepared
	Rice	3 serving spoons *	150 g
Legumes	Legumes	4 serving spoons	200 g
Snacks, savoury snacks, sweets (candy)	Cheese, pâté and other fillings	on Melba toast, large	10 g
	Cheese, pâté and other fillings	on Melba toast, small	5 g
	Seasoned sausage*	slice*	15 g*
	Crips	small dish, 300 ml*	equivalent weight
	Peanuts and nuts	tablespoon	30 g
	Satay (sate) with sauce	3 skewers	150 g
	Chocolate	small piece	10 g
	Liquorice	3-5 pieces	10 g
Cake and pastry	Cake	slice	30 g
Sugar	Sugar	teaspoon	2 g*

* Differs from the VCN food quantities table



Annex III: Equivalence criteria

Equivalence criteria are defined for situations in which uncertainty arises about the product group in which a food product can be classified. For the time being, the equivalence criteria are only applied for surrogates of main products like meat- and milk substitutes. For other product groups, these equivalence values are merely indicative for the contents of a product.

An equivalent food product must contain a minimally quantity of two of the following nutrients:

- for fruit & vegetables: vitamin C, dietary fibre, folic acid and vitamin A;
- for bread and grains: dietary fibre, vitamin B6, folic acid, iron, vitamin B1;
- for milk(-products): calcium, vitamin B2, folic acid, vitamin B12;
- for meat, poultry, fish: vitamin A, vitamin B1, vitamin D, iron, vitamin B12;
- for fats, oils and fat containing spreads: vitamin D, vitamin E, vitamin A.

From two of the above mentioned nutrients, a product has to contain at least the following amount per 100 gram:

Nutrient	Value per 100g
Vitamin A (retinol equivalents)	70 µg
Vitamin E	1.5 mg
Vitamin D	0.5 µg
Vitamin B1	0.11 mg
Vitamin B2	0.11 mg
Vitamin B6	0.13 mg
Vitamin B12	0.24 µg
Folic acid	40 µg
Vitamin C	7.5 mg
Calcium	100 mg
Iron	0.8 mg
Dietary fibre	2.5 g