

Checklist Daily Menus: Example from the Netherlands

Name nutritionist **UFRHI**

Country: **the Netherlands**

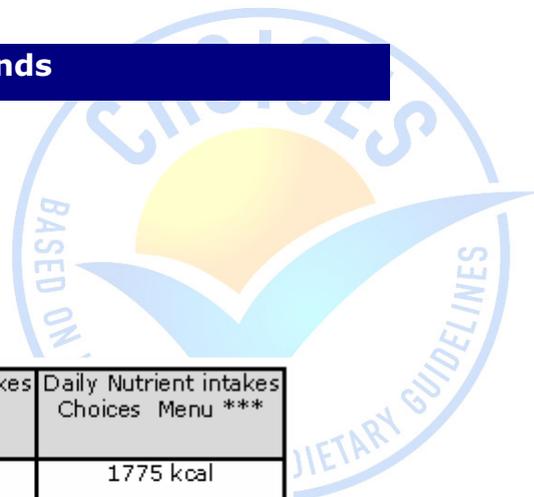


Table 1: Daily Menu Collection table: Reporting

Nutrient	WHO recommendation	Daily Nutrient intakes based on National Survey *	Daily Nutrient intakes Typical Daily Menu **	Daily Nutrient intakes Choices Menu ***
Energy	2000 kcal	2190 kcal	2401 kcal	1775 kcal
SAFA	10 en %	14.2 en%	14.8en%	8.4 en%
TFA	1 en %	1.7 en%	1.0 en%	0.1 en%
Sodium	2400 mg	2785 mg	2838 mg	2301 mg
Sugar	10 en % free sugar	15.5 en% added sugar	12.9 en% added sugar	5.5 en% added sugar
Fibre	>25g	21 g	22 g	25 g

* Derived from Dutch National Dietary Survey 1998; Free sugar = added sugar

** Typical Dutch menu = average of three typical menus (based on Dutch food intake data 'Zo eet Nederland', 1998); trans fat value is likely to be an underestimation due to missing

*** Choices menu = same menus as with Typical Dutch Menu' but with replacing regular products (not meeting Choices qualifying criteria) by comparable products with the Choices stamp where possible. 'Choices' is recommended as part of a healthy diet.

Please fill in the information of the National Dietary Survey, Typical Daily Menu and Choices Menu in table 1

Information regarding National Dietary Survey

Year of the Dietary Survey: **Values derived from VCP1998**

Country: **the Netherlands**

On behalf of: **Nutrition Centre /ministries**

Reference: <http://www.rivm.nl/vcp/>

Average Intake NL:

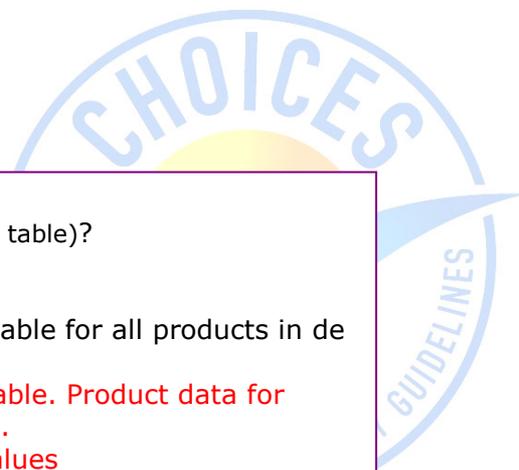
- Sugars are total mono- and disaccharides (total sugars)
- But trans fat value taken report Dutch health council (Gezondheidsraad); <http://www.gr.nl/pdf.php?ID=498>
- Sodium value estimated from VCP 1998 (303 mg/MJ* 9,191MJ = 2785 mg, plus 25% table salt added on average (source VCP sodium value: http://www.zuivelengezondheid.nl/tno/Index/Deel-1/b_tabel_34.PDF

Number of Subjects included: **5,958 persons (response 70.5% at household level and 68.5% at individual level).**

Age range of the subjects: **between the ages of 1 and 97 years**

Diet Assessment Method: **two-day diary method (two consecutive days).**

The person who mainly prepared the meals noted in a household diary what all members of the household ate at home. Each person also noted independently in a personal diary what he/she had eaten outdoors



Calculation Typical Daily Menu

Where did you get the nutrient data from (e.g. local food composition table)?

Local food consumption table (NEVO table), internet sites

Was Energy, SAFA, TFA, added sugars, fibre and sodium data available for all products in de menus? If not please specify for which nutrients

Added sugar was not always available from the food composition table. Product data for snacks from internet sites was needed to specify the added sugars.

Trans fat value is likely to be an underestimation due to missing values

Did you need to make assumptions for nutrient data in de menu? If yes please specify which products: NO

Did you encounter problems regarding the 10% variance in nutrient intakes between National Dietary Survey and Typical Daily Menu?

- The Dietary Survey didn't specify added sugars therefore 2/3 of mono -disach is estimated as the added sugars in the Dietary Survey
- There is a > 10% variance in TFA between the National Survey and Typical Daily Menu due to no accurate food consumption data for TFA.

Any Other Comments

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Calculation Choices Menu

Was there for all products which scored yellow in the Typical Daily Menu a healthier alternative? NO

If not, please specify products.

Boiled egg, cracker (knackerbrod) breakfast cereals (muesli)

There are no products on the Dutch Market which qualify for a Choices stamp in the Choices NL product category: (savoury) snacks and grains and cereal products

If yes, what did you do with these products?

These products are still included in the Choices Daily Menu

Was it necessary to make assumptions for healthier products in de menu? If yes please specify which products NO assumptions made

Any Other Comments

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