

16 NOVEMBER 2021

# SCIENCE VS IDEOLOGY BEYOND NUTRISCORE

KEY TAKEAWAYS

The event saw the participation of an expert **nutrition panel**

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University of Padova

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## 3 key takeaways

1. **Nutriscore's algorithm** is arbitrary and can be easily manipulated, generating the paradox whereby healthy foods like olive oil are penalized.
2. The distinction between positive and negative foods goes **against scientific literature** and it ignores the impact of the nutrient on the overall eating pattern.
3. Any scientific front-of-pack label should take into account the **amount and frequency of consumption** recommended for each product.

## Next steps in nutrition

- Health awareness campaigns
- Hyper-personalized diets



For more information and the full recording:

[bit.ly/3CBd8Cd](https://bit.ly/3CBd8Cd)

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