

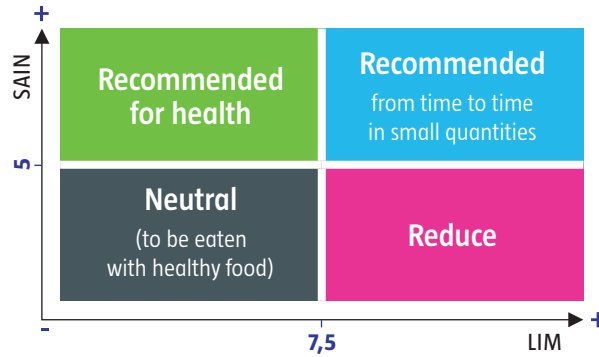
SAIN

Protein	Calcium
Fiber	Iron
Vitamin C	

$$SAIN_i = \frac{\sum_{p=1}^{p=5} \text{ratio}_{ip}}{5} \times 100$$

$$\text{ratio}_{ip} = \left[\frac{\text{nutrient}_{ip}}{RV_p} \right] \times \frac{100}{E_i}$$

where nutrient_{ip} is the quantity (g, mg, or ug) of positive nutrient p in 100 g of food i , RV_p is the daily recommended value for nutrient p , and E_i is the energy content of 100 g of food i (in kcal/100 g). The nutrients included in the SAIN were proteins, fiber, ascorbic acid, calcium, and iron.



LIM

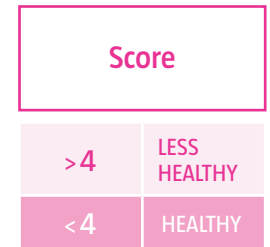
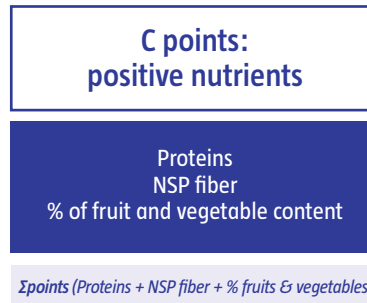
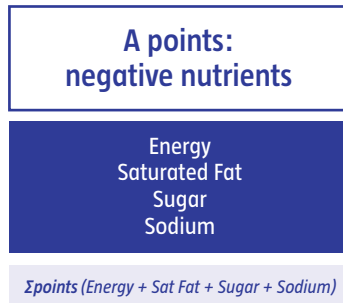
Saturated Fatty Acid	Salt
	Sugar

$$LIM_i = \frac{\sum_{l=1}^{l=3} \text{ratio}_{il}}{3}$$

$$\text{ratio}_{il} = \left[\frac{\text{nutrient}_{il}}{MRV_l} \right] \times 100$$

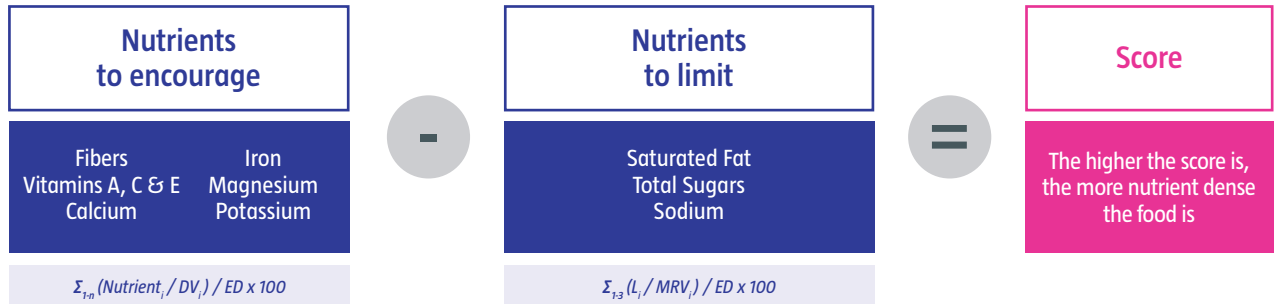
where nutrient_{il} is the content (g, mg) of limited nutrient l in 100 g of food i , and MRV_l is the daily maximal recommended value for nutrient l . The 3 limited nutrients were sodium, added sugars, and saturated fatty acids (SFAs). The LIM was multiplied by 2.5 for soft drinks.

SSCg3d
model
UK ofcom



Source: Rayner M. et al., British Heart Foundation Health Promotion Research Group,
Department of Public Health, University of Oxford, 2005.

NRF 9.3



where ED is the energy density and DV is the daily value.

Source: Drewnowski A., Journal of the American College of Nutrition, 2009, vol. 28, no 4, p. 421S-426S