

# BEUC® Lasagna

400 g

100 g contain:

Fat 6.1g

Sat.Fat 3.8g

Salt 0.65g

Sugars 3.7g

## Nutrition information:

Typical values per	100g	Portion
Energy kcal	120	480
Protein	4.3g	17.2g
Carbohydrate	11.9g	47.6g
of which sugars	3.7g	14.8g
Fat	6.1g	24.4g
of which saturates	3.8g	15.2g
Fibre	1.1g	4.4g
Salt	0.65g	2.60g
Transfats	1g	4g

## Ingredients:

Whole milk, pasta (17%) (France), water, tomatoes (8%) (Morocco), cream, soft cheese, onions, cornflour, butter, wheatflour, tomato puree, beef meat, olive oil, salt, sugar, garlic puree, gelling agent: pectin, pepper. Pasta: wheat, water, pasteurised egg, dried egg white.

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# How to help consumers make healthy food choices

As part of a broad strategy to tackle obesity and other diet-related diseases, consumers need clearer food information to help them make healthy choices.

The current proliferation of different simplified labelling schemes is causing unnecessary confusion; the lack of full nutrition information on many food products makes it difficult to compare or to choose the most suitable option; the very small size of the letters and the lack of contrast between the print and the background (writing in black on dark purple for example) prevents even sharp-eyed consumers from reading the information; the lack of details on the country of origin of ingredients can mislead consumers who might believe a lasagne comes from Italy, whereas the pasta was produced in France and tomatoes in Morocco...

In this context, the Commission proposal on food information to consumers was very much welcomed, but falls short of responding to several key consumer demands.

BEUC, the European Consumers' Organisation and our members all over the EU, want:

## **A significant contrast and a realistically readable font size**

All the food information must be clearly readable, i.e. printed in characters of a font size of at least 3mm and presented in a way so as to ensure a significant contrast between the print and the background.

## **Four colour-coded nutrients on the front of pack**

A simplified colour-coded labelling scheme on the front of the pack would provide at-a-glance, effective, easy-to-understand information and an easy way to compare products. It uses red, amber and green to tell consumers whether the level of key nutrients (fat, saturated fats, sugars and salt) are high, medium or low (per 100g or ml of food) from a public health point of view. The colour categorisation must be based on sound, independent science-derived criteria, founded on advice from the European Food Safety Authority (EFSA).

## **The 'big 8' and trans fats on the back of pack**

Consumers want more information to make their choices. In order for a back-of-pack nutrient label to be meaningful, it should include the levels, per 100g or 100ml and per portion of the 'big 8': energy, protein, fat, saturated fats, carbohydrate, sugars, salt and fibre, as well as trans fatty acids. Each of these are important; they all have their own characteristics and impacts on health, and should be clearly and carefully labelled.

## **To 'keep COOL' (Country Of Origin Labelling)**

The country of origin labelling must be specified for single ingredient products as well as for the 'significant ingredient' and 'characterising' ingredients in a multi-ingredient foods (for example the tomato in a lasagne).



Find out more on

[www.beuc.eu](http://www.beuc.eu)



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