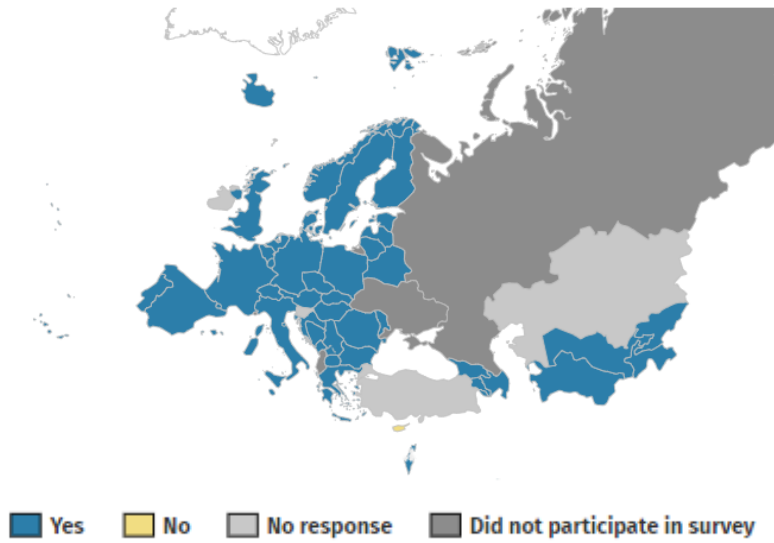
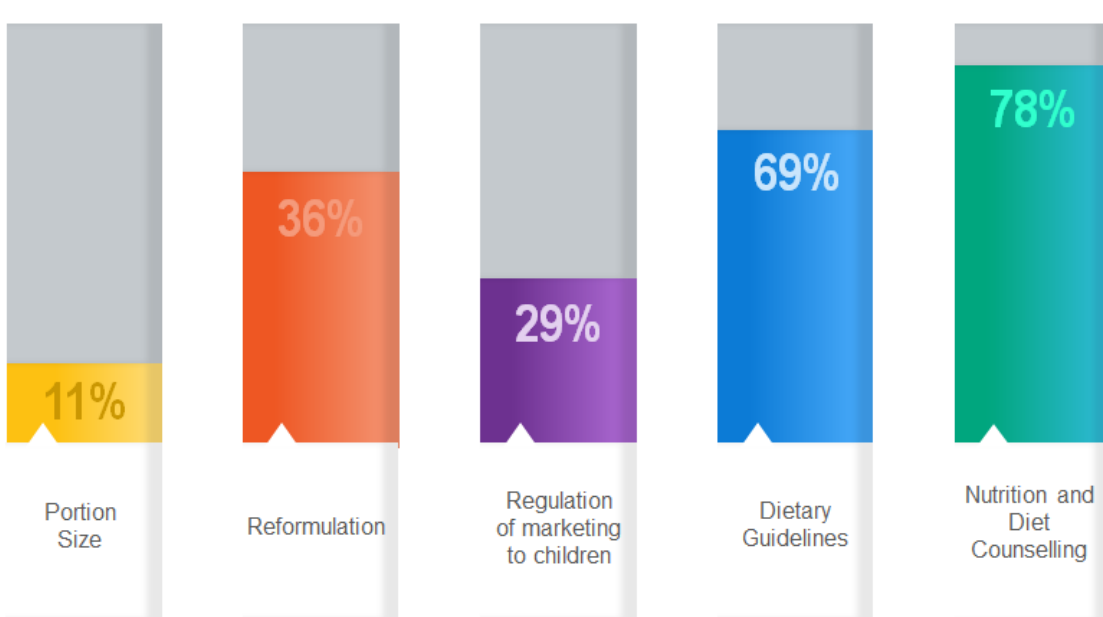


Current Strategies on Healthy Food and Lifestyles

All countries of Atlantic Area implemented policies and strategies in healthy food and lifestyles



Key Policies actions and measures to promote healthy diets and nutrition



Most Countries had adapted measures to promote healthy behaviors in schools

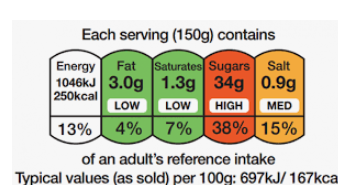


Nutrition Labelling

Nutrient-specific Label

Voluntary Label
Help Consumer
Leads to Product Reformulation
Mixed health message

Multiple Traffic Light label



Summary Labels

Voluntary Label
Help Consumer
Leads to Product Reformulation
Mixed health message

Nutriscore



Endorsement Label

Voluntary Label
Help Consumer
Leads to Product Reformulation
Positive health message

Keyhole



Food Reformulation

Salt
France: 12% in bread, 32% in soups and 23% in pizzas
Ireland: 28% (2005-2017)
Spain: 23% in bread (2005-2009)
UK: 20 to 40%(2006-2014)



Sugar
France: produced less than 10.4 tonnes / year
Ireland: 8% (2005 -2017)
Portugal: 15% reduction in total sugar
Spain: 23% in soft drinks (2005 -2014)
UK: 19% (between 2013 and 2018)



Saturated Fatty Acids
France: -2.14 tons per year of saturated fatty acids
Ireland: 10% (2005-2017)
UK: 70% for saturated fats



Children Marketing



01 Limit your child's exposure to television advertisements (ads)

02 Banning advertisements for HFSS products during children's programs

03 Restriction of ads for children on online platforms and applications