



Paper for information:

Worked example of Nutrient profiling model - WXY

Nutrient Profiling Model WXY

Worked Example – Wholemeal Bread¹

100g of Wholemeal Bread contains:

| KJ | Sat Fat (g) | Sugar (g) | Sodium (g) | NSP Fibre (g) | Protein (g) | F &V (%) |
|-----|----------------|--------------|---------------|------------------|----------------|-------------|
| 922 | 0.46 | 2.8 | 487 | 5 | 9.4 | 0 |

Step 1 - work out the scores for the 'A' nutrients

- Bread contains 922 kJ per 100g so it scores 2 points for energy because 922 is **more than (>)** the number in pale blue box, but is **not** more than the number in the yellow box
- Bread contains 0.46g of saturated fat per 100g, so it scores zero points for saturated fat because 0.46 is **less than (<)** the number in the pink box.
- Bread contains 2.8g of sugar per 100g so it scores zero points for sugar because 2.8 is **less than (<)** the number in the grey box.
- Bread contains 487 mg of sodium per 100g so it scores 5 points for sodium because 487 is **more than (>)** the number in the dark blue box and **not** more than the number in the red box.

| Points ⇒ | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----------------|-------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|
| Energy (kJ) | ≤ 335 | >335 | >670 | >1005 | >1340 | >1675 | >2010 | >2345 | >2680 | >3015 | >3350 |
| Sat Fat (g) | ≤ 1 | >1 | >2 | >3 | >4 | >5 | >6 | >7 | >8 | >9 | >10 |
| Total Sugar (g) | ≤ 4.5 | >4.5 | >9 | >13.5 | >18 | >22.5 | >27 | >31 | >36 | >40 | >45 |
| Sodium (mg) | ≤ 90 | >90 | >180 | >270 | >360 | >450 | >540 | >630 | >720 | >810 | >900 |

So the total score for A points is: 2 + 0 + 0 + 5 = 7

Step 2 - do the same for the 'C' nutrients:

- Bread contains 9.4g of protein per 100g, so it scores 5 points because 9.4 is **more than (>)** the number in the pale blue box (below)
- Bread contains 5g of fibre per 100g, so it scores 5 points because 5 is **more than (>)** the number in the yellow box.
- Bread contains no (0%) fruit and vegetables – so it scores no points.

¹ Based on McCance and Widdowson data for “Wholemeal Bread, Average”

| <i>Points ⇒</i> | 0 | 1 | 2 | 3 | 4 | 5 |
|----------------------------|----------|----------|----------|----------|----------|----------|
| Protein (g) | ≤ 1.6 | >1.6 | >3.2 | >4.8 | >6.4 | >8.0 |
| NSP Fibre (g) | ≤ 0.7 | >0.7 | >1.4 | >2.1 | >2.8 | >3.5 |
| Fruit & Veg (%) | ≤ 40 | >40 | >60 | - | - | >80 |

Total 'C' nutrients is therefore: 5 + 5 + 0 = 10.

Step 3 - Work out overall score - Total 'A' points minus Total 'C' points

$$7 - 10 = \mathbf{-3}$$

Wholemeal Bread scores minus 3 and is therefore a **healthier choice**