Nutrition Criteria for the Nutrient Rich Foods Index

The IOM Committee on Examination of Front-of-Package Nutrition Rating Systems and Symbols
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Benefits of Balance

- Better Diet Quality
- Nutrients to Encourage
- Consumer-Centric
- Nutrients to Limit
- Fewer Calories
Nutrient Rich Foods Approach

...helps people build healthier meals, menus, and diets by helping to identify the most nutrient-dense foods within every food group.
Final Nutrient Rich Foods Formula

NRF9.3 = $\sum_{i=9}^{\text{ENC}}(\%DV/100\text{kcal}) - \sum_{i=3}^{\text{LIM}}(\%DV/100\text{kcal})$

9 Nutrients to Encourage

- Protein
- Fiber
- Vitamin A
- Iron
- Calcium
- Vitamin C
- Potassium
- Magnesium
- Vitamin E

3 Nutrients to Limit

- Saturated Fat
- Added Sugars
- Sodium
Family of NRF Indices and HEI

Variable number of nutrients to encourage (5-15)
A 5-Point System
Applicable to All Food Groups

Energy Density (kcal/100g)

Quintiles of NRF9.3 Index

Q1
Q2
Q3
Q4
Q5

Energy density
(kcal/100g)
Higher NRF Scores = More Nutrients

*Presented at Achieve Better Health with Nutrient Rich Foods Symposium, March 17, 2009
Higher NRF Scores = Better Diets

*Presented at Achieve Better Health with Nutrient Rich Foods Symposium, March 17, 2009*
Higher NRF Scores = Fewer Calories

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A Less Balanced Approach

LIM = Σ_{i=3}^{9} (\%DV/100kcal)

9 Nutrients to Encourage
- Protein
- Fiber
- Vitamin A
- Iron
- Calcium
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- Vitamin E

3 Nutrients to Limit
- Saturated Fat
- Added Sugars
- Sodium
LIM Scores and Diets

The graph shows the percent of LIMQ5 across different quintiles (LIMQ1 to LIMQ5) for various food categories:
- **Top Quintile**
- **Fruit**
- **Vegetables**
- **Milk/Milk Products**
- **Meat/Beans**
- **Whole Grains**

As the quintile increases, the percent of LIMQ5 for each category decreases, indicating a trend towards lower consumption of these food items in higher quintiles.
LIM Scores and Calories

Top Quintile

Percent of LIMQ5

LIMQ1  LIMQ2  LIMQ3  LIMQ4  LIMQ5

HEI
Calories
Benefits of Balance

Better Diet Quality

Nutrients to Encourage

Consumer-Centric

Nutrients to Limit

Fewer Calories

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