

Annex C: Basis of the nutrient/food component and scoring for the UK NPM 2004/5 and the draft 2018 NPM

UK NPM 2004/5										Draft 2018 NPM ^a							
UK NPM 2004/5 Based on 8,950kJ (2,130kcal) diet, 3.75% scoring bands										Modifications: Based on 8,400kJ (2,000kcal); 5% total dietary energy from free sugars; 11% food energy from saturated fat; salt in place of sodium 3.75% scoring bands							
'A' points					'C' points					'A' points				'C' points			
Energy kJ (kcal)	Saturated fat (g)	Total sugars (g)	Sodium (mg)	Protein (g)	FVN (%)	Fibre (AOAC) (g)	Fibre (NSP) (g)	Energy kJ (kcal)	Saturated fat (g)	Free sugars (g)	Salt (g)	Protein (g)	FVN (%)	Fibre (AOAC) (g)	Fibre (NSP) (g)		
8,950kJ (2,130kcal)	11% food energy	21% food energy	2,400mg	42g	400g	24g	18g	8,400kJ (2,000kcal)	11% food energy ^b	5% total dietary energy	6g	42g	400g	30g ^c	22.5g		
0	≤	335	1	4.5	90	1.6	40	0.9	0.7	315	0.9	0.9	0.2	1.6	40	0.7	0.6
1	>	335	1	4.5	90	1.6	40	0.9	0.7	315	0.9	0.9	0.2	1.6	40	0.7	0.6
2	>	670	2	9	180	3.2	60	1.9	1.4	630	1.9	1.9	0.5	3.2	60	1.4	1.1
3	>	1005	3	13.5	270	4.8	-	2.8	2.1	945	2.8	2.8	0.7	4.8	-	2.2	1.7
4	>	1340	4	18	360	6.4	-	3.7	2.8	1260	3.7	3.7	0.9	6.4	-	2.9	2.2
5	>	1675	5	22.5	450	8	80	4.7	3.5	1575	4.7	4.6	1.1	8	80	3.6	2.8
6	>	2010	6	27	540					1890	5.6	5.6	1.4			4.3	3.4
7	>	2345	7	31	630					2205	6.6	6.5	1.6			5.0	3.9
8	>	2680	8	36	720					2520	7.5	7.4	1.8			5.8	4.5
9	>	3015	9	40	810					2835	8.4	8.3	2.0				
10	>	3350	10	45	900					3150	9.4	9.3	2.3				

^a Calculating a nutrient profiling score

- A maximum of ten points can be awarded for each nutrient/component (energy, saturated fat, sugar and salt). The total 'A' points are the sum of the points scored for each nutrient/component. Total 'A' points = [points for energy] + [points for saturated fat] + [points for free sugars] + [points for salt]
- A maximum of five points can be awarded for protein and fruit, vegetables and nuts. A maximum of eight points can be awarded for fibre (either as AOAC or NSP). The total 'C' points are the sum of the points for each nutrient/component. Total 'C' points = [points for fruit, vegetables and nut content] + [points for fibre (either NSP or AOAC)] + [points for protein]
- The nutrient profiling score is calculated as total 'A' minus total 'C' points
- If a food or drink scores 11 or more 'A' points then it cannot score points for protein unless it also scores 5 points for fruit, vegetables and nuts
- A food is classified as 'less healthy' where it scores 4 points or more
- A drink is classified as 'less healthy' where it scores 1 point or more

^b Saturated fat based on 11% of food energy calculated as a proportion of food energy based on a 8,400kJ (2,000kcal) diet

^c Adjusted as a proportional change from the existing UK NPM 2004/5 value of 24g (18g NSP)