

Joint Workshop on strategies to reduce salt or other selected nutrients in processed foods

8th February 2013

**Radisson Blu Hotel Olümpia, Liivalaia 33, Tallinn
Conference room Omega**

Scope and purpose:

The aims of the meeting are:

- a) to discuss the importance and the health impact of reducing the levels of salt in processed foods with the perspective to reduce the level of other selected nutrients (sugar, saturated fat and eliminating *trans* fatty acids);
- b) to share experiences, good-practices as well as to advise experts working with the industry and catering sector.

Target group:

- Representatives from stakeholders namely food industry, marketing and advertising, catering and mainly responsible for product development;,
- public health specialists working in the area of nutrition (MoSA, MoA, NIHD, HB, EHIF)
- Institute of Food Technology in the Tallinn University of Technology

9:00 Registration / welcome

9:30-10:15 Session 1. Introduction

The reduction of salt intake in the WHO European Region within the framework of the Action Plan on the NCD

What is the burden of disease, link with the prevention of chronic diseases? Why the reduction of salt content in processed food is important? How countries have and need to address this challenge? Success stories from countries and possible impact. Presentation of efforts and results of modeling of benefits of salt reduction. Discuss the possibility to expand other nutrients where similar reformulation can be rolled out, namely saturated fat and “trans” fat? The main aim is to motivate food industry to continue or scale up their efforts in food reformulation.

Presenter: Dr João Breda, Programme Manager Nutrition, Physical Activity and Obesity; WHO Regional Office for Europe

10:15-11:15 Session 2. Stakeholder collaboration – the example from Switzerland

How to collaborate with the industry and other stakeholders in reaching the aim to reduce the salt content in the processed foods? How to reach to agreements with the industry and stakeholders on the reduction of the salt content? How to make things work? What are the possible mechanisms, processes? Good practice approach; good practice examples...

Presenters: Prof Sigrid Beer-Borst, Researcher; Bern University of Applied Sciences, Section of Health (Bern, Switzerland) & Dr Michael Beer, Head of the Division of Food Safety at the Federal Office of Public Health (Bern, Switzerland)

11:15-11:30 Coffee break

11:30-12:30 Session 3. Technical advice on how to reformulate processed food drawing on good practices and practical examples in food development

Overview on the all possible methods, practical examples on how to reformulate food products in all areas of food industry and opportunities

Presenter: Dr Peter de Kok, Principal Scientist Flavour, NIZO food research BV (Ede, the Netherlands)

12:30-13:30 Lunch

13:30-15:00 Session 4. Good practices in food reformulation in Estonia

15:00-15:30 Coffee break

15:30-16:00 Session 5. Panel discussion on the possible way forward in the collaboration with food industry