

# Sweenergy

Energy intake beyond staple foods

**FRANCESCO VISIOLI**

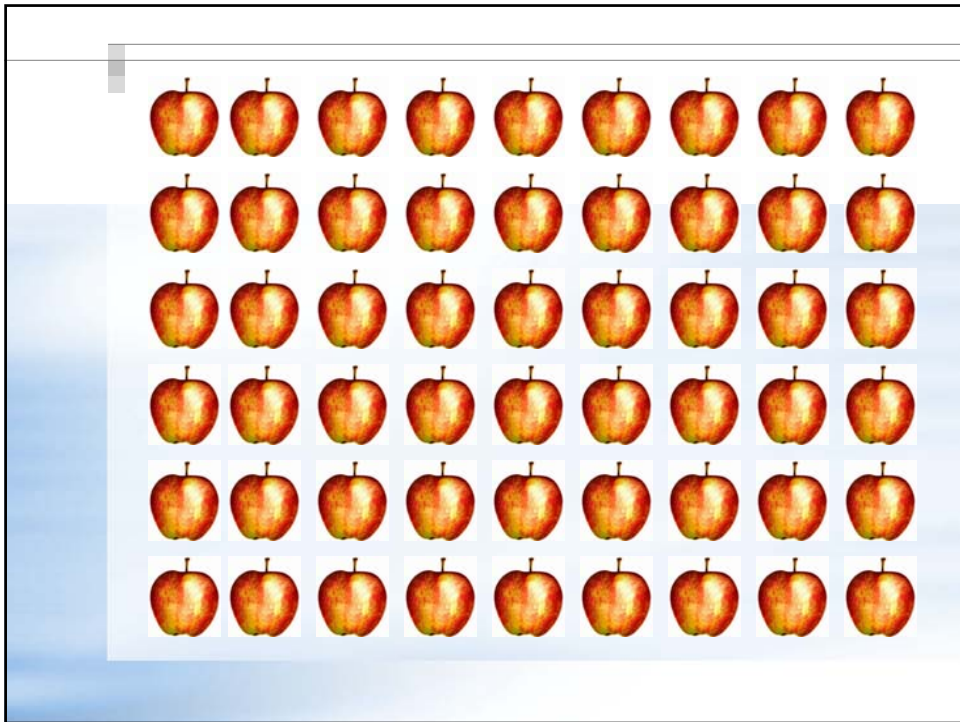
*Université "Pierre et Marie Curie" Paris 6*

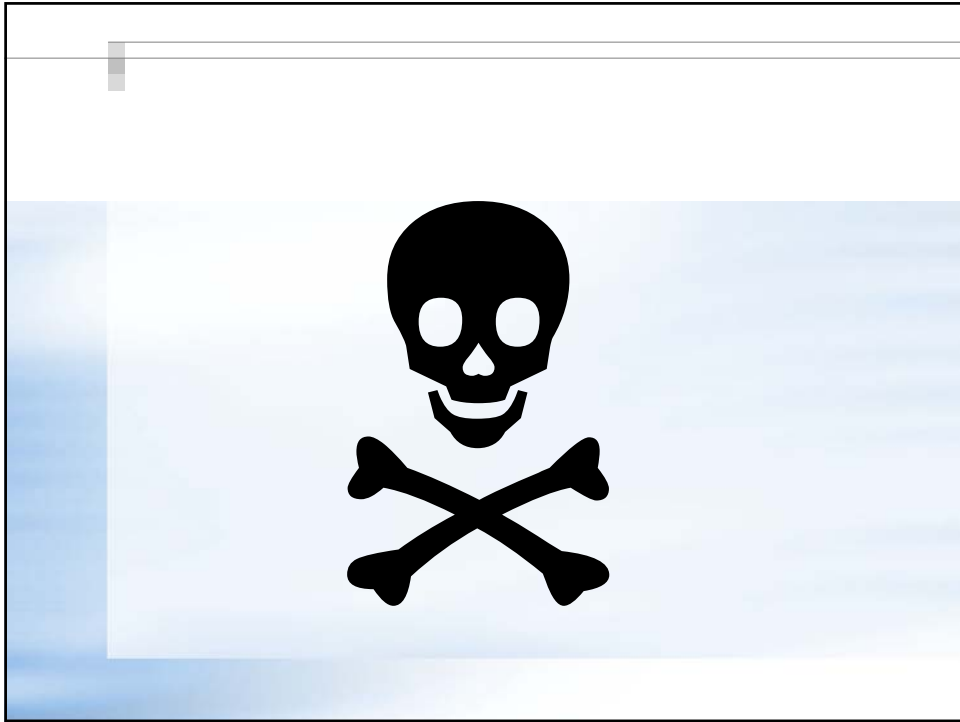
27/05/08, Bruxelles

~~Good foods  
Bad foods~~

A portrait of Paracelsus, a Swiss physician and alchemist, wearing a red cap and holding a book. The background shows a landscape with a river and hills.

the dose makes the poison





# Good diet

vs.

# Bad diet

## EXAMPLE

- After a short stay in the USA, David's been brought back to Florence



## **NUTRITIONAL PROFILES**

- Evidence-based
- Cross socio-economic application
- Inclusion all food items
- Easy to use
- Flexible – new discoveries
- Freedom of choice

## OUR METHOD

# FOODPROFILE.ORG



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UTOPIA  $\neq$  Real  
World

Foodprofile.org

- Based on FAO WHO 916

*DIET, NUTRITION AND THE  
PREVENTION OF CHRONIC  
DISEASES*

2003

## **Foodprofile.org**

- **No good/bad foods**
- **Universally applicable but framed within EU**

## **Foodprofile.org**

- **Micro- and macronutrients**
- **Portion size**
- **Innovation**
- **Informatics**

# **BMEEs**

**Between meals  
eating episodes**



**Up to 30% daily energy**

**Up to 50% daily micronutr**

*De Castro, BJN 1997*

## FSA

- 0 Kcal= 10 points
- 900 Kcal/100 g= 0 points



**No portion size**

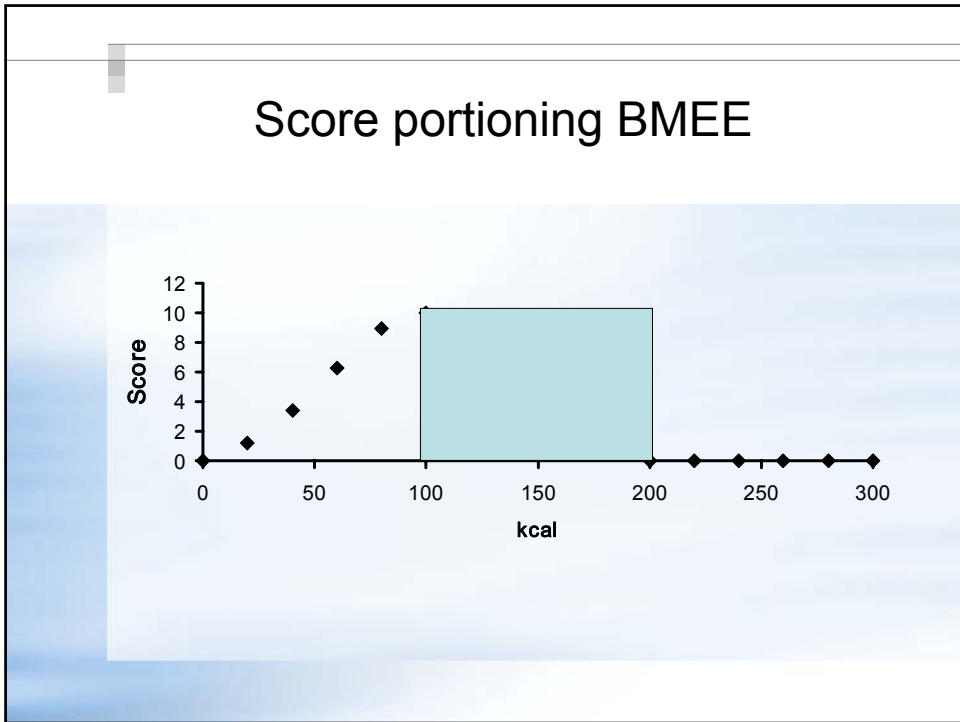
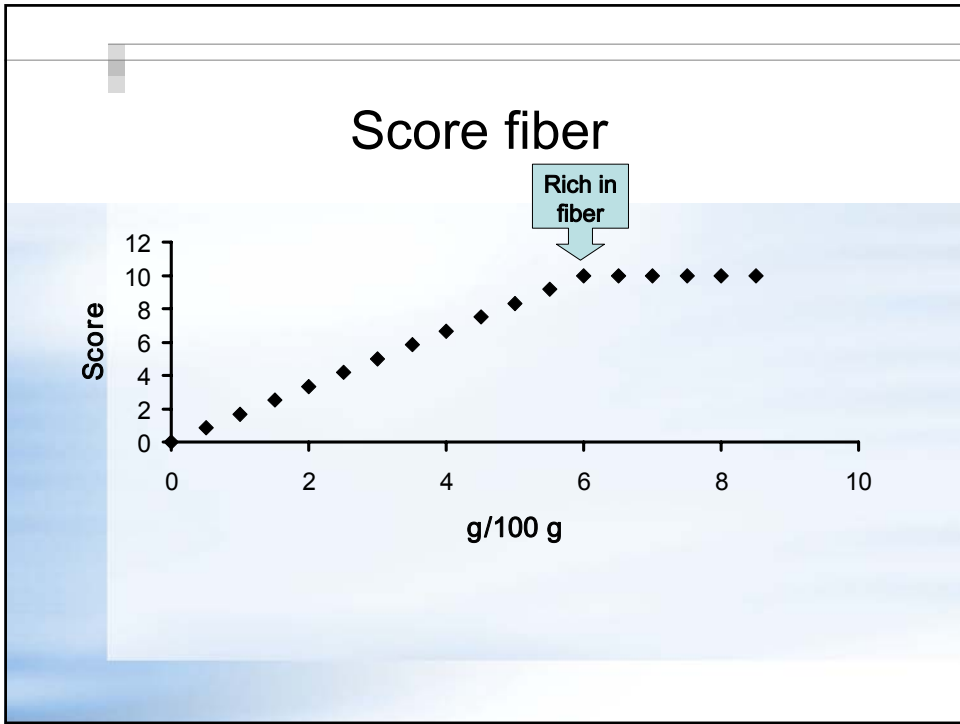
## FOODPROFILE flow

- 1)Energy-per-portion
- 2)Comparison with eating context (BMEEs – 200 Kcal – vs. meal)

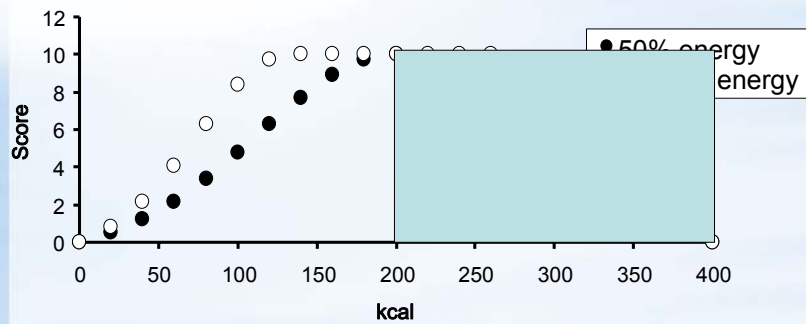
**Normalization by  
calories not by  
weight**

**Fruits and vegetables**





## Score portioning breakfast



## Various models

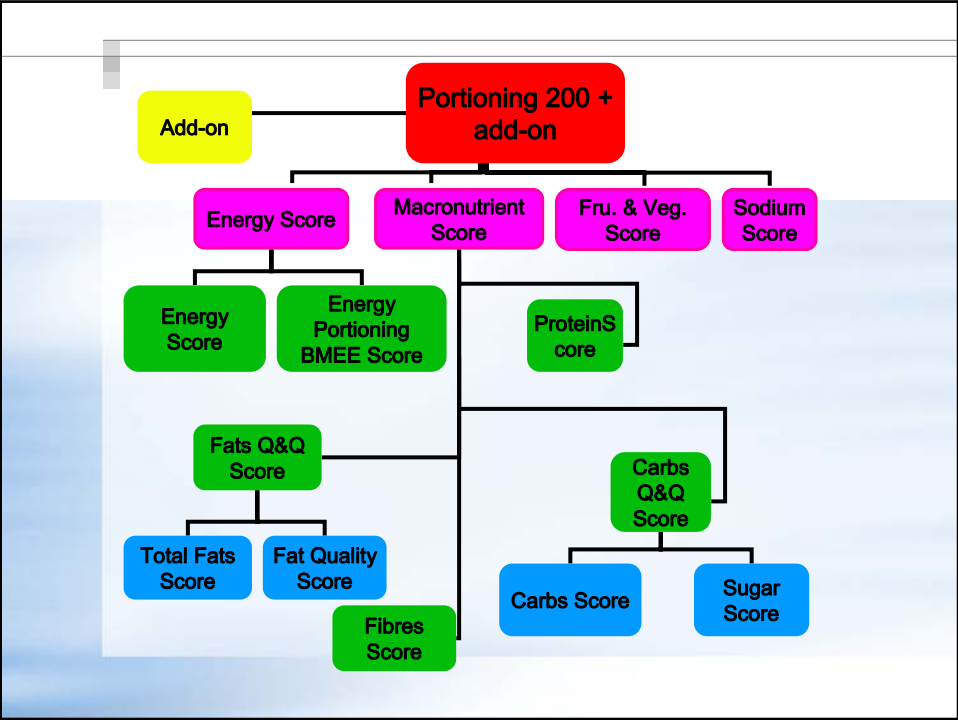
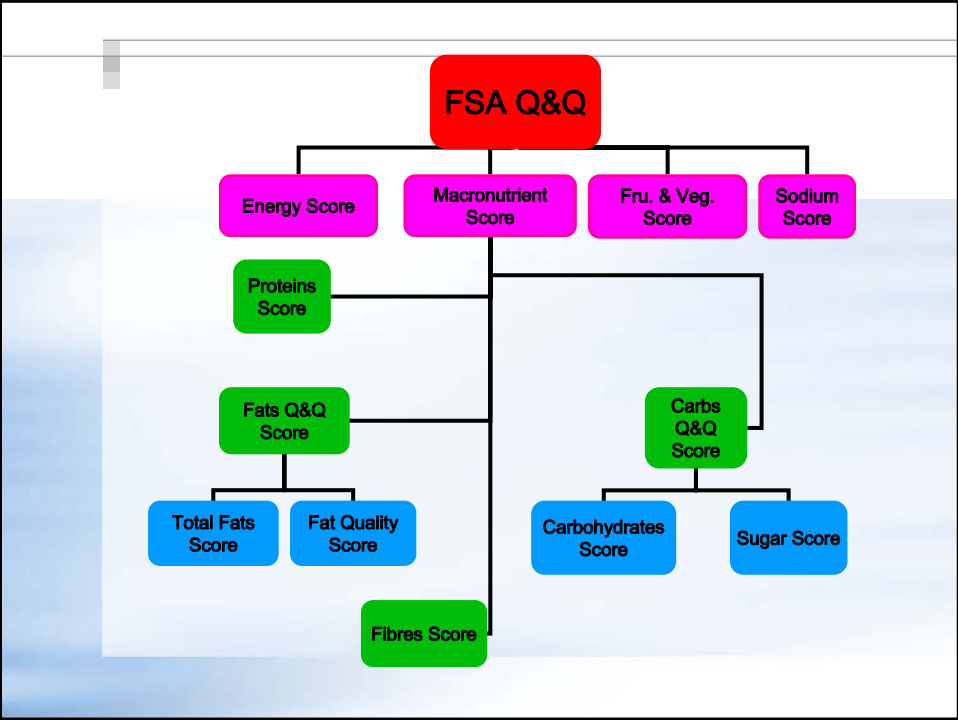
- FSA - that of FSA
- FSA Q&Q (quality & quantity) – Energy and macronutrients

## Various models

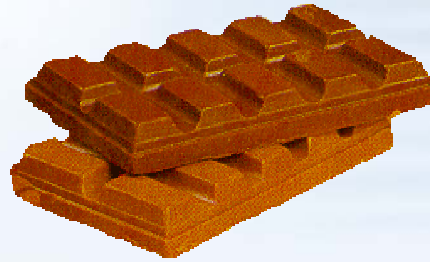
- Portioning – both portion and meal context
- Portioning add-on – as above + vitamins & minerals

## Various models

- Portioning + add-on (GI)  
– as Portioning + GI



In the end





**Where to go from here**

- **Test in different countries**
- **Comments ➔ Adjust**

**THANK YOU**

