

# Nutritional Testing in Food

With increasing legislative requirements and consumer concerns with salt and fat or sugar content, it is recommended that nutritional information on packaging is confirmed by analytical techniques, rather than published data.

Published data can be used as a reference in some cases, however there are limitations as they have been established using averages, occasionally limited data and can fast become outdated. Therefore it is essential to confirm the nutritional information of products by analysis prior to the generation of the label. For due diligence purposes this should be followed by regular validation of the data by analysis following a risk based approach.



Eurofins offers an extensive range of nutritional testing from our UK facilities to assist food manufacturers and suppliers with:

- Compliance with retailer specifications
- Due diligence and quality control

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- Surveillance studies
- New product Development
- Compliance with food labelling legislation

## Key nutritional tests

- Group 1 and 2 nutritional labelling
- Meat and added water content
- Fat
- Trans fatty acids
- Labelling requirements
- Omega 3 fatty acids
- Cholesterol
- Additives
- Rancidity
- Vitamins
- Major minerals and trace elements
- Caffeine, sweeteners, preservatives and other additives

## Label check

Eurofins can provide assistance to help businesses understand the complex labelling legislation and to check draft labels against the relevant regulations.

No one understands **food analysis** better than Eurofins

