

PROTOCOL FOR FLIP STUDY OF PROJECT IDRC 108167 SCALING-UP AND EVALUATING SALT REDUCTION POLICIES AND PROGRAMS IN LATIN AMERICAN COUNTRIES

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Protocol for FLIP study of Project IDRC 108167 Scaling-up and evaluating salt reduction policies and programs in Latin American countries

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Protocol for FLIP study of Project IDRC 180167 Scaling-up and evaluating salt reduction policies and programs in Latin American countries

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IMPORTANT DATES (TIMETABLE)

| Part | Start Date | End Date | Activities |
|------|-----------------|-----------------|---|
| I | January 1, 2018 | June 30, 2018 | <ul style="list-style-type: none"> ▪ Full data collection and data entry into database using established protocols. ▪ Categorize foods into pre-determined food categories. ▪ Analyze any foods that need to be analyzed “as prepared” (i.e., recipes created), such as for soups and cake mixes. ▪ Quality assurance and database completion: Verify the accuracy of data entry and food classification using established protocols. |
| II | July 01, 2018 | August 31, 2018 | <ul style="list-style-type: none"> ▪ Data Analysis |

AVAILABLE TOOLS AND GUIDES

USER GUIDES

The most up-to-date version of the PDFs will always be at these links for you to download:

- **English (version 6.4 most up to date as of January 16):**

[FLIP PAHO User Guide English 6.4 20180116.pdf](#)

- **Spanish (version 6.4 most up to date as of January 22):**

[FLIP PAHO User Guide Spanish 6.4 20180124.pdf](#)

- There is also a Help tab, visible only to PAHO users:
- <https://flip.canadafoodtracker.com/help.aspx>

FOOD COLLECTOR APP (page 3 of User Guide)

You can download the app on your iPhone using the following link:

<http://flip.canadafoodtracker.com/app.aspx>

NOTE: You should install the latest version that is available. The app store should automatically prompt those who already have the app installed to upgrade if a newer version is available. Also, please note that you must update the app and not delete and reinstall the app. **If you delete and reinstall the photos would also be deleted from the phone.**

TECHNICAL ISSUES CONTACT (page 3 of User Guide)

At the beginning of the Canada collection, there were major problems with the app crashing and uploading photos. While most of these problems have been fixed, some phones in other countries may experience issues. If you experience technical problems with either the app or the website, be sure to contact support at support@dietitians.ca.

OVERVIEW OF STEPS

1. Data Collection Using Food Collector App:

- Collect data in 3 different chains of retail supermarkets, one of them of low socioeconomic level.
- Collect at least 10 food categories with regional PAHO/WHO targets. Classification details can be consulted on **page 17**.
- Collect data on as many products as possible.
- Systematically scan grocery store shelves to ensure all products are captured. Start at one end of the aisle and work your way down to the other end of the aisle.
- Collect 6-9 pictures per product (cover all sides of the product: Front of Pack, Back of Pack, Right Side, Left Side, Top, Bottom, Ingredients Closeup, Nutrition Facts Table Closeup, Barcode)
- Collect all the info from the label (prices not required)
- Select the product size that has the most space in the shelf or the medium size.
- Information on how to use the Food Collector App can be found in the User Guide

***Collecting and linking multiple sizes of the same product (pages 14 and 24 of the English User Guide):** This feature in the iPhone app and in the website is optional. Please email Alyssa Schermel at a.schermel@gmail.com if you wish to use this feature so she can help you further. This feature allows you to link multiple package sizes of the same product (for example, Kellogg's Frosted Flakes, regular size, and family size) under the same product ID in FLIP.

2. Photo Processing on the FLIP Website:

- There is an additional step by step guide on photo processing on **page 6** of this protocol (making sure photos are good quality etc. and potentially flagging them for recapture before moving on to data entry). Use this in conjunction with the main User Guide.

3. Data Entry Using FLIP Website:

- You will enter the enter data for: **Brand name, company name, product name, food category, the serving size (in g)**.
- On the Nutrition Facts table enter data for: energy in kcal and Kj, carbohydrates, total fat, protein and total fibre in g. **Sodium has to be enter in mg**.
- Additionally, you must select the type of preparation required (1. None/Ready to Eat, 2. Add water or other ingredients, 3. Cook only). Selecting “Add water or other ingredients” will allow you to enter “As consumed” information. You can also enter data for the other nutrients and ingredients (optional).
- Information on how to use the FLIP website can be found in the User Guide.
- Information on how to enter nutrient information can be found on **page 9**.
- For foods that need to be reported “As consumed” (i.e., some soups, cake and cookie mixes, etc), prepare a recipe using the protocol provided on **page 10**.
- A note on MULTIPACKS: This information is not collected if the products within the multipack already exist as individual versions. If the products in the multipack do not exist as individual products (different flavours, versions), the multipack should be collected. Each product from the multipack must be separated in FLIP by adding new products. Instructions for adding a new product are found on page 21 of the User Guide. Use the same barcode for all of the products found in the multipack.

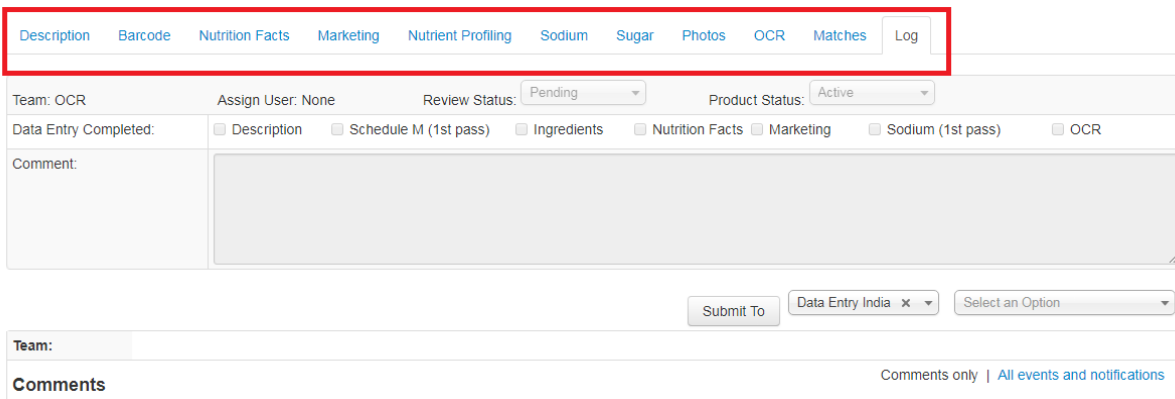
4. Quality Assurance and Analyses:

- Data can be downloaded from FLIP into an Excel file (see User Guide).
- Conduct quality assurance measures on the data in Excel.
 - a. Check for duplicates (sort by barcode and identify those that match)
 - b. Check for outliers (within each sodium subcategory)
 - c. Perform Atwater calculations (see **page 14**)
 - d. Grams to millilitres (g to mL) conversions: Scan to make sure that the necessary products are converted (use a 1:1 ratio), and compare Nutrition Facts table serving size values of similar products to ensure they were calculated correctly.
- Conduct descriptive statistics. The required data will be calculated and entered into the template data table used in the pilot study.

PHOTO PROCESSING STEP-BY-STEP GUIDE

Photo processing should be completed during data collection (after photos have been uploaded to the website), and before manual data entry.

- 1) Log in to FLIP with username and password
- 2) Select “**Incomplete**” tab at the top of the page
- 3) Start at page 1
- 4) Select a product to begin photo validation
 - a. Selecting “**Edit**” assigns a product to you and prevents other users from accessing that product
 - b. Selecting “**View**” allows you to view a product without it being assigned to you but you cannot make edits
- 5) Select “**Edit**” to begin processing
- 6) View the “**Log**” tab for any comments made by the person who collected the product in-store
 - a. Note: On the “**Log**” page, you can add additional comments if necessary
 - b. If you open a product and it is a recaptured product, it will have a comment stating, “Recapture Completed”. Double check photos to make sure the recapture is complete.



- 7) Select “**Photos**” tab to begin reviewing photos
 - a. Most products have about 9 photos (Top, Bottom, Left, Right, Front, Back, NFT, Ingredients, Barcode).
 - b. Linked products for multiple package sizes (pg. 14 and 24 of User Guide) will not say “original” underneath their photos (e.g. see screenshot)
 - c. Some products may have more or fewer photos due to:
 - i. Some products having blank sides – a photo may not have been taken (common for canned products where tops or bottoms are blank)
 - ii. Some products requiring multiple photos of a side (e.g. Front) because 1 photo cannot capture all of the text with sufficient clarity or text wraps around a corner
 - iii. There is a linked product




- 8) If there are multiple photos of one side, delete the lower quality photo(s)
- Be sure not to delete if the photo is a linked product photo, or multiple photos were required because of reasons cited above

Processing Photos – click the edit icon on a photo; click on the zoom icon to enlarge photo

Back to Products / 28764 - Creamy Vanilla Yogurt

Description Barcode Nutrition Facts Marketing Nutrient Profiling Sodium Sugar Photos OCR Matches Log



Ingredients

Ingredients

Image Type:

- Front
- Back
- Left
- Right
- Top
- Bottom
- Ingredients
- Nutrition Facts Table
- Barcode

Recapture

Barcode: 0629025410108

Recapture

Image Type: Front Back Left Right Top Bottom Ingredients Nutrition Facts Table Barcode

Barcode: 0629025410108

Recapture

- 9) Rotate photos if required
- 10) If a product is incorrectly labeled, select the appropriate label under “**Image Type**”
- 11) To make a request for a photo to be recaptured, click “**Recapture**” and enter detailed comments
- Provide the reason why a photo needs to be retaken (e.g. NFT text is too blurry)
 - Specify which photo needs to be taken (e.g. the front, ingredient, or back photo)
 - Specify which size product if there are linked product photos, and select the appropriate barcode from the dropdown menu
- 12) If the product does not need to be recaptured, you can move onto data entry (e.g. entering Nutrition Facts table information, entering ingredients, etc.)

NUTRITION FACTS DATA ENTRY PROTOCOL

Serving Size on NFT: This is the serving size indicated on the package. For example, “2 cups” or “1/2 pie” or “1 tsp”.

Weight_G: This is the serving size indicated on the package in grams. If grams is not indicated on the package, the weight or volume indicated must be converted to grams, as the sodium categories are all in grams. NOTE: we are using a conversion ratio of 1:1.

Vol_ML: This is the serving size indicated on the package in mL.

SchedM_Weight: Leave this field blank. This is only applicable to Canada.

Example:

Under the “**package**” column:

- Enter **125** in the first box beside “Serving Size on NFT”. Enter **mL** in the second box.
- Enter **125** beside “VOL_ML”
- Convert this number to grams. In this case, grams would be 125. Enter **125** beside “WEIGHT_G”
- **NEVER** write in the unit (mL or g) in the fields VOL_ML or WEIGHT_G.
- Enter the nutrient information. Do **NOT** enter units.
- If the food requires the addition of water or other ingredients, follow “As Consumed” Recipe Protocol

Description Barcode Nutrition Facts

Marketing

Nutrient Profiling

Sodium

Sugar

Photos

OCR

Matches

Log

Save



| | package | | package as prepared | |
|----------------------|---------|----|---------------------|--|
| Serving Size on NFT: | 125 | ml | | |
| WEIGHT_G: | 125 | | 250 | |
| VOL_ML: | 125 | | 250 | |
| SchedM_Weight: | | | 250 | |

| | package | | | package as prepared | | |
|--------|---------|------|-------|---------------------|------|-------|
| | amount | | %DV | amount | | %DV |
| KCAL | 40.00 | kcal | | 40.00 | kcal | |
| FAT | 1.00 | g | 2.00 | 1.00 | g | 2.00 |
| SATFAT | 0.20 | g | 1.00 | 0.20 | g | 1.00 |
| TRANS | 0.00 | g | | 0.00 | g | |
| CHOL | 0.00 | mg | | 0.00 | mg | |
| NA | 650.00 | mg | 27.00 | 650.00 | mg | 27.00 |
| CHO | 6.00 | g | 2.00 | 6.00 | g | 2.00 |
| FIBRE | 2.00 | g | 8.00 | 2.00 | g | 8.00 |
| SUGAR | 3.00 | g | | 3.00 | g | |
| PRO | 2.00 | g | | 2.00 | g | |
| VITA | | RE | 0.00 | | RE | 0.00 |
| VITC | | mg | 2.00 | | mg | 2.00 |

“AS CONSUMED” RECIPE PROTOCOL

On the FLIP website, you may enter “as prepared/consumed” information in the “Package As Prepared” columns of the Nutrition Facts tab. By default, these columns are greyed out and cannot be edited. To edit this section, you must select “Add water or other ingredients” from the dropdown menu in the Description tab (see page 25 of User Guide).

For Ready-to-Eat Breakfast Cereals

The nutritional information of the cereal should be recorded in the system as dry, since it is ready to eat. It should not include the contribution of milk, yogurt or any other ingredient that the package suggests to add. For the pilot study, some soups will need to be prepared (e.g. condensed soups and soup sachets).

For Condensed Soups / Soup Sachets

1. Read the preparation instructions on the can/sachet
2. For products that indicate to add water:
 - a. The addition of water does not vary the nutritional value of the food, which includes the nutritional information indicated on the packaging for the dry product
 - b. Only serving size will change. Add the appropriate amount of water to the serving size in the As Prepared column in FLIP.
 - c. Copy the additional nutrient information from the “package” column to the “package as prepared” column in FLIP.
3. For products that indicate to add milk, add nutritional information according to the quantity and type of milk indicated on the package.
 - a. Complete the As Prepared information using the template (Excel sheet) provided by Dietitians of Canada
 - b. The nutritional contribution should be added according to the type of milk (e.g. 1% or 2%) indicated on the dry product package. When this information is not indicated, the nutritional contribution of the milk most commonly consumed by the country should be added. This information should be searched by each country team. For example, in Canada and Costa Rica, the milk most commonly consumed is 2% fat or partly-skimmed milk.
4. Note: For products that indicate to add either milk or water, add whichever substance was added to comparable products (most products appear to have water added).

SEE EXAMPLES WITH PHOTOS BELOW.

NOTE: Nutrition information including sodium does not need to be converted per 100g. FLIP automatically does this when exporting to Excel. Only serving size must be converted to grams if in mL. Use a conversion factor of 1:1.

Example of Condensed Soup with Added Water:

In the “package as prepared” column:

- The NFT indicates that a prepared serving is 250 mL (after adding water). Enter **250** beside “VOL_ML”
- Convert this number to grams. We are using a conversion factor of 1:1. Therefore, in this case, grams would be 250. Enter **250** beside “WEIGHT_G”
- The nutrient information does not change from the NFT, since only water was added. Copy the nutrient information from the NFT to the “package as prepared” column.
- **NEVER** write in the unit (mL or g) in the fields VOL_ML or WEIGHT_G.
- Ignore the field SchedM_Weight. This field is only used in Canada.

Description Barcode Nutrition Facts Marketing Nutrient Profiling Sodium Sugar Photos OCR Matches Log Save



| | package | | package as prepared | |
|----------------------|---------|----|---------------------|--|
| Serving Size on NFT: | 125 | ml | | |
| WEIGHT_G: | 125 | | 250 | |
| VOL_ML: | 125 | | 250 | |
| SchedM_Weight: | | | 250 | |

| | package | | | package as prepared | | |
|--------|---------|------|-------|---------------------|------|-------|
| | amount | | %DV | amount | | %DV |
| KCAL | 40.00 | kcal | | 40.00 | kcal | |
| FAT | 1.00 | g | 2.00 | 1.00 | g | 2.00 |
| SATFAT | 0.20 | g | 1.00 | 0.20 | g | 1.00 |
| TRANS | 0.00 | g | | 0.00 | g | |
| CHOL | 0.00 | mg | | 0.00 | mg | |
| NA | 650.00 | mg | 27.00 | 650.00 | mg | 27.00 |
| CHO | 6.00 | g | 2.00 | 6.00 | g | 2.00 |
| FIBRE | 2.00 | g | 8.00 | 2.00 | g | 8.00 |
| SUGAR | 3.00 | g | | 3.00 | g | |
| PRO | 2.00 | g | | 2.00 | g | |
| VITA | | RE | 0.00 | | RE | 0.00 |
| VITC | | mg | 2.00 | | mg | 2.00 |

Example of a Soup Sachet with Added Water:

In the “package as prepared” column:

- The instructions and NFT indicate that a prepared serving is 200 mL (1000mL/5 portions). Enter **200** beside “VOL_ML”
- Convert this number to grams. Enter **200** beside “WEIGHT_G”.
- The nutrient information does not change from the NFT, since only water was added. Copy the nutrient information from the NFT to the “package as prepared” column.
- **NOTE:** In the “package” column, you should write 11.4 beside WEIGHT_G.

| INFORMACIÓN NUTRICIONAL | Por Porción (11.4 g) Porciones por sobre 5 | %VD (*) |
|-------------------------------|---|---------|
| Energía | 150 kJ / 40 kcal | 2% |
| Proteína | 1.0 g | 2% |
| Carbohidratos | 7.0 g | 2% |
| Grasa total | 0.0 g | 0% |
| Ácidos Grasos saturados | 0.0 g | 0% |
| Ácidos Grasos monoinsaturados | 0.0 g | ** |
| Ácidos Grasos poliinsaturados | 0.0 g | ** |
| Ácidos Grasos Trans | 0.0 g | ** |
| Colesterol | 0.0 mg | 0% |
| Sodio | 740.00 mg | 31% |
| Hierro | 2.1 mg | 15% |

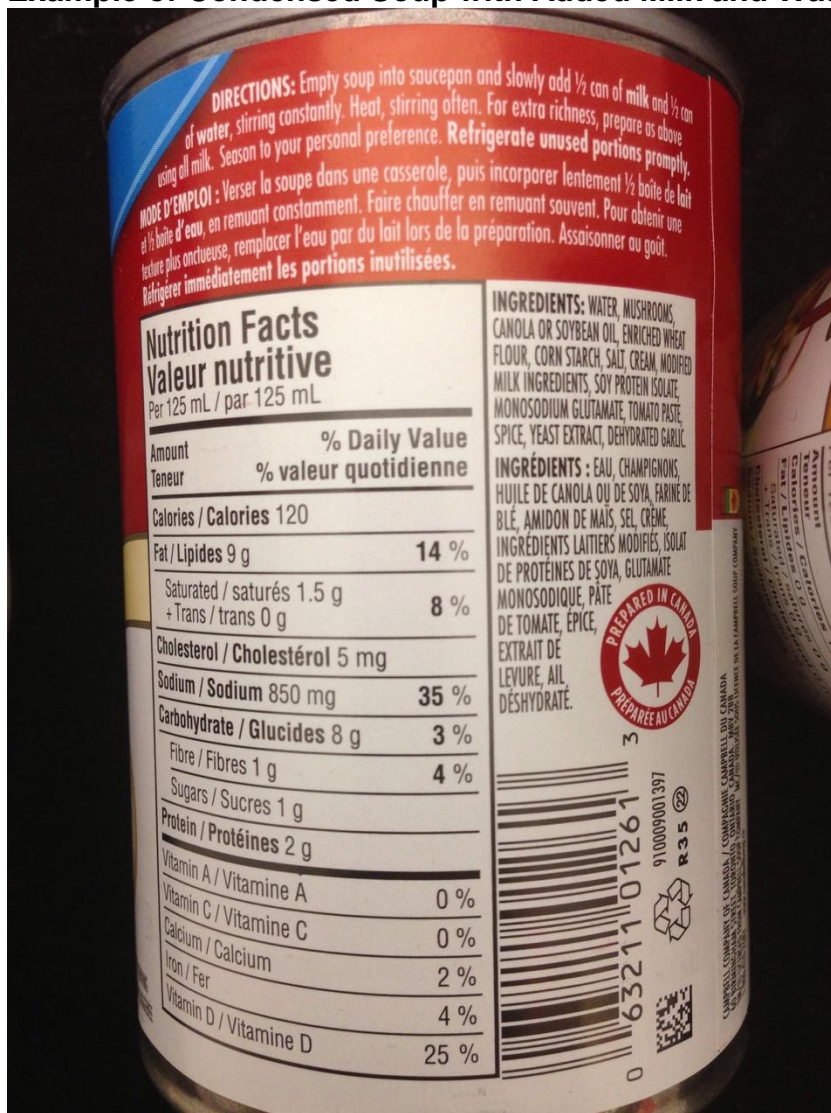
* Los porcentajes de valores diarios están basados en valores de referencia de nutrientes de FDA, en una dieta recomendada de 2.000 kcal.
** Valores no establecidos por FDA.

© NUTRITIONAL COMPASS. Marcas registradas por Société des Produits Nestlé S.A. Vevey, Suiza.



**Water
volume**

Example of Condensed Soup with Added Milk and Water:



Step 1: Read the recipe directions on the soup package and determine the amount to be added.

The directions on the soup package indicate to add ½ a can of milk and ½ a can of water.

1 can = 284 mL. Therefore ½ can = **142 mL**.

Step 2: Determine the overall volume of the prepared soup

Overall volume = 284 mL (soup can) + 142 mL (1/2 can water) + 142 mL (1/2 can milk) = **568 mL**

Step 3: Look up the NFT information for the added ingredients.

In this case, we would be adding 2% milk (use the percent milk that is most commonly consumed in your country). In Canada, this was 2% milk. Here is the NFT for 2% milk in Canada:

| Nutrition Facts Valeur nutritive | |
|--|---------------------------------------|
| Per 1 cup (250 mL) / pour 1 tasse (250 mL) | |
| Amount Teneur | % Daily Value % valeur quotidienne |
| Calories / Calories 130 | |
| Fat / Lipides 5 g | 8 % |
| Saturated / saturés 3 g + Trans / trans 0.2 g | 15 % |
| Cholesterol / Cholestérol 20 mg | |
| Sodium / Sodium 110 mg | 5 % |
| Potassium / Potassium 400 mg | 11 % |
| Carbohydrate / Glucides 12 g | 4 % |
| Fibre / Fibres 0 g | 0 % |
| Sugars / Sucres 11 g | |
| Protein / Protéines 9 g | |

Step 4: Convert the nutrient amounts found on the NFT to the amount that is being added to the condensed soup.

Given that...

Serving size of milk found on the NFT = 250mL

Volume of milk to be added to condensed soup = 142 mL

Therefore...

Calories per 142 mL of milk added = 130 calories x 142 mL / 250 mL = 74 calories

Fat per 142 mL of milk added = 5 g x 142 mL / 250 mL = 3 g

Sodium per 142 mL of milk added = 110 mg x 142 mL / 250 mL = 62 mg

Etc.

Step 5: Determine the nutrient amounts of the entire recipe (condensed soup + added ingredients).

Next, add the above calculated numbers to the nutrient information on the NFT:

Sodium per 568 mL = [850 mg (sodium information found on can) / 125mL (serving size found on can) x 284 mL (total volume of can)] + 62 mg (sodium per 142 mL of milk added) = **1,993 mg**

Step 6: Determine the final nutrient amounts per prepared serving

The standard prepared serving size should be determined by country. In Canada, the standard prepared serving size for soups was 250 mL. This was based on the average serving size for ready-to-eat soups.

Sodium per 250 mL = 1,993 mg / 568 mL x 250 mL = **877 mg (this is the amount of sodium recorded in FLIP under the "Package as Prepared" column)**

Note: Do not forget to record the per prepared serving (250 mL) in FLIP under the "Package As Prepared" column in the VOL_ML row.

ATWATER VALIDATION PROTOCOL

PURPOSE: Atwater validation is used to identify errors in data inputting of the nutrition information in the FLIP database. It will indicate product where the calories, fat, carbohydrate, and/or protein contents may have been entered incorrectly. Should any errors be found, they can then be corrected. This validation does not indicate if there are errors in other nutrients on the Nutrition Facts table.

The following document outlines the protocol used to validate the macronutrient and calorie contents for as packaged and as consumed foods inputted into FLIP.

1. Calculating Atwater Values:

Atwater values are calculated with the following equation using as sold values and then repeated again with as consumed values for products where it is applicable. To include this calculation in your Excel report, check the Atwater box under the “Export” tab in FLIP.

Atwater Calorie Content (kcal/serving) = (Carbohydrate content (g/serving) *4kcal/g) + (Protein content (g/serving) *4kcal/g) + (Fat content (g/serving) *9kcal/serving)

2. Compare Calculated Atwater Calories with Inputted Calories

Based on the formula in step #1, compare the two calorie contents to enable the identification of discrepancies using the following equation for the as sold values and then repeated again with the as consumed values for products where it is applicable.

Calorie % Difference = (Calorie Content from FLIP (kcal/serving) - Atwater Calorie Content (kcal/serving)) ÷ Calorie Content from FLIP (kcal/serving)*

Do the above equation in two stages so you can calculate the absolute calorie difference (Calorie Content from FLIP – Atwater Calorie Content).

3. Identifying Outlier Values

- i. Values for the “Calorie % Difference” that are >20% or <-20% are “initial outliers” and the values inputted in FLIP may need to be checked. **
- ii. Of the “initial outliers” see if any are caused by a small absolute calorie difference (less than 13.5 calories). This is more likely to occur because of a small serving size or because the product is already lower in calories. Because of the CFIA rounding criteria, products can vary by up to 13.5 calories[‡]. Those that vary 13.5 calories and more will be referred to as “2nd step outliers”.
 - a. Declared calorie content can be rounded up or down to the nearest multiple of 10 calories (up to 5 calories of rounding).
 - b. Declared fat, carbohydrates, and protein can be rounded up or down by 0.5g to the nearest multiple of 1g (up to 4.5 calories for fat, 2 calories for protein and carbohydrates = 8.5 calories of rounding).

*NOTE: Atwater values can be exported from FLIP. The values in this variable are calculated automatically using the equation in Step 2 then multiplied by 100 to see the % difference. This is calculated for the “as sold” version.

** +/- 20% is the accuracy required on the NFt by the CFIA.

¥ <http://www.inspection.gc.ca/food/labelling/food-labelling-for-industry/nutrition-labelling/additional-information/compliance-test/eng/1409949165321/1409949250097?chap=6>

- iii. Of the “2nd step outliers”, see if any of the variation can be caused by high fibre contents. This can be determined by multiplying the fibre content (g/serving) by 4 calories/g and subtracting this from the Atwater Calorie Contents. Then repeat step 2 with these values and run through Step 3 i) and ii) again. Those that cannot be explained by the fibre content will be referred to as “3rd step outliers”.
- iv. Of the “3rd step outliers”, see if any of the variation can be explained by the presence of low and no-calorie sweeteners in the ingredient list.* Those that do not contain any low and no-calorie sweeteners will be referred to as “4th step outliers”.
- v. The “4th step outliers” are the ones that need to be checked in FLIP to ensure there were no errors when the calorie, fat, carbohydrates, and protein was being entered. If an error is found, then it should be corrected in FLIP (if people have already begun analysis, then inform the FLIP team of the change to ensure everyone knows there has been updates). If the information entered matches what is on the NFt, then this product is considered correct.
 - a. If there are circumstances where there is a major error (e.g. >100% variation) in the manufacturers’ declaration on the NFt, then these products should be flagged to the team so that it can be excluded from analyses when appropriate.

¥ <http://www.inspection.gc.ca/food/labelling/food-labelling-for-industry/nutrition-labelling/additional-information/compliance-test/eng/1409949165321/1409949250097?chap=6>

* <http://www.hc-sc.gc.ca/fn-an/securit/addit/list/9-sweetener-edulcorant-eng.php>

Categories to collect for the FLIP study of Project IDRC 180167 “Scaling-up and evaluating salt reduction policies and programs in Latin American countries”

PAHO/WHO Categories (Specific PAHO categories are **red letters**. The other categories are optional for to register).

| Major Category | Subcategories | Minor Categories |
|-----------------------------|-------------------------------------|---|
| 1. Bakery Products | 1.1 Breads | 1.1.1 White 1.1.2 Brown |
| | 1.2 Cookies | 1.2.1 With filling 1.2.2 Without filling |
| | 1.3 Crackers | 1.3.1 With filling 1.3.2 Without filling |
| | 1.4 Cakes | 1.4.1 Cakes |
| | 1.5 Other | |
| 2. Breakfast Cereals | | |
| 3. Dairy Products | 3.1 Cheese & Derivatives | 3.1.1 Spread 3.1.2 Ripe 3.1.3 Fresh 3.1.4 Dairy-Free alternatives 3.1.5 Other Cheeses |
| | 3.2 Milk | 3.2.1 Regular 3.2.2 Light 3.2.3 Plant-based Alternatives |
| | 3.3 Yogurt | 3.3.1 Regular 3.3.2 Light 3.3.3 Plant-based Alternatives |
| | 3.4 Ice Cream | |
| | 3.5 Sour Cream | |
| | 3.6 Dairy Spreads (non-cheese) | |
| | 3.7 Other | |
| | | |
| 4. Fats and Oils | 4.1 Butter | |
| | 4.2 Mayonnaise | |
| | 4.3 Margarine | |
| | 4.4 Other | |

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| 5. Meats and Derivatives | 5.1 Cooked, uncooked and processed meats and sausages | |
| | 5.2 Dry cured meats and meats conserved at room temperatures | |
| | 5.3 Breaded meat and poultry | |
| | 5.4 Other | |
| 6. Pastas | 6.1 As consumed 6.2 Dry, uncooked 6.3 Other | |
| 7. Snacks | | |
| 8. Soups | 8.1 Wet and dry (as consumed) 8.2 Noodles in broth (as consumed) 8.3 Other | |
| 9. Spices, Condiments, Sauces and Additives | 9.1 Spices and herbs | 9.1.1 With added salt 9.1.2 Without added salt |
| | 9.2 Condiments | 9.2.1 Rice and side/main dish condiments (not meat or fish) 9.2.2 Meat and fish condiments 9.2.3 Bouillon cubes and powders 9.2.5 Seasonings |
| | 9.3 Sauces and Dressings | 9.3.1 Sauces 9.3.2 Salad Dressings |
| | 9.4 Additives | 9.4.1 Salts 9.4.2 Other |
| | 9.4 Other | |