Migration from NetWISP to Nutritics – a quality control procedure

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Introduction

- safefood** recipes online display FSA Front of Pack nutrition labelling⁽¹⁾.
- 59% of consumers show interest in diet and health advice, 55% trust government websites⁽²⁾.
- Recipes are a main driver to the **safefood** website, generating 1,000 – 2,000 views daily.
- safefood** used NetWISP to analyse recipes. This platform is no longer supported. Migration to a new software was necessary. Nutritics was identified as most suitable.

Aim

To identify variability in nutrition information when using different software programs

Methods

- The migration process was undertaken in September 2017.
- As a quality control, 35 recipes were selected at random for re-analysis using NetWISP and Nutritics – 10 breakfast, 10 lunch, 10 dinner and 5 dessert.
- Differences in macronutrients and salt between software packages were identified for all recipes.
- Mean percentage variance across micro and macronutrients were calculated.

Results

- All recipes displayed variance of greater than 20%.
- Saturated fat and salt showed the greatest mean differences of 76.3% and 71.9%, respectively.
- Lower salt was observed in 32 recipes analysed on Nutritics.
- Values for saturated fat were higher in 21 recipes analysed on Nutritics.

Figure 1 Mean difference in nutrients, expressed as a percentage, between software packages for all recipes

Nutrient	Range in macronutrients and salt between software packages for all recipes
Energy (Kcal)	1.0 – 160.0
Fat (saturates) (g)	0.0 – 10.1 (0.0 -2.9)
Carbohydrate (sugars) (g)	0.02 – 18.0 (0.0 – 8.5)
Fibre (g)	0.0 – 3.2
Protein (g)	0.0 – 17.0
Salt (g)	0.0022 – 0.6

Table 1 Range for nutrients between software packages for all recipes

Discussion & Conclusions

Considerable differences between software packages were identified. Major reasons include:

- Food composition and food label data differ. Nutritics presents food label data whilst NetWISP displayed food composition data.
- NetWISP used an older food composition database. This didn't reflect recent product reformulation.
- A salt reduction programme was introduced in 2003, reducing the salt content of many processed meats, breads, breakfast cereals and spreadable fats⁽³⁾.
- Introduction of new foods, farming and fortification practices and methods of preparation and cooking all cause alterations in food composition.

Conclusion: This quality control exercise highlights the importance of understanding differences between nutritional analysis programmes and using up-to-date software in an environment of product reformulation.

References

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