



## Abstract

# The EU Food and Beverages Labels Explorer (FABLE)—A New Open-Access Web-Based Tool to Monitor Branded Food Products across Europe <sup>†</sup>

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<sup>†</sup> Presented at the 14th European Nutrition Conference FENS 2023, Belgrade, Serbia, 14–17 November 2023.

**Abstract:** Background and objectives: Nutrients of concern (i.e., salt, sugars, and total fat/saturated fat) are associated with noncommunicable diseases (NCD); their intakes in adults across the EU are, on average, above the recommended intake. Reformulation policies for healthier food and beverage products are an NCD Best Buy to tackle unhealthy diets and could lead to lower intakes of these nutrients. However, regular monitoring of such policies and of food environments is lacking; good quality and representative data about the food offer in supermarkets are difficult or expensive to obtain. Aiming to support public monitoring of the nutritional quality of the food offer, the JRC developed a web-based tool to host data on branded food products across Europe. Methods: FABLE hosts data on branded food and beverage products across Europe collected within three public-funded projects, EUREMO, JANPA and Best-ReMaP. The aligned food product nomenclature makes for more effective data analysis. The FABLE design will allow for the addition of future data collection efforts. Results: FABLE's dynamic dashboard will enable users to explore, interact with and visualize data on the nutritional content of branded food and beverage products across Europe. Several food categories are covered, such as bread and bread products, breakfast cereals, soft drinks, and dairy products. FABLE allows for (1) country comparisons for specific nutrients and food groups, (2) deep dives into each country/food category-specific nutrient of concern, and (3) the possibility of making time comparisons on the progress of the nutritional quality of the food offer. Discussion: Currently, there is no publicly available systematic approach to collecting and accessing data to continuously monitor food offer across Europe. FABLE aims to close this gap by making data collected on branded food and beverages through EU-funded projects publicly available for researchers, policymakers and the public. Users will be able to interact with, explore and easily visualize data. This will allow for the public monitoring of the food supply across the EU, which can incentivize reformulation efforts and lead to an improved food offer, making healthier choices more available to consumers.

**Keywords:** monitoring; food supply; reformulation; web-based application

**Citation:** Dias, J.; Grammatikaki, E.; Wollgast, J. The EU Food and Beverages Labels Explorer (FABLE)—A New Open-Access Web-Based Tool to Monitor Branded Food Products across Europe. *Proceedings* **2023**, *91*, 57. <https://doi.org/10.3390/proceedings2023091057>

Academic Editors: Sladjana Sobajic and Philip Calder

Published: 20 November 2023



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**Author Contributions:** J.D., E.G. and J.W. designed the project. J.D. and E.G. wrote the first draft. All authors have read and agreed to the published version of the manuscript.

**Funding:** This research received no external funding.

**Institutional Review Board Statement:** Not applicable.

**Informed Consent Statement:** Not applicable.

**Data Availability Statement:** The data presented in this study are available on the FABLE website ([food-labels-explorer.jrc.ec.europa.eu](https://food-labels-explorer.jrc.ec.europa.eu)).

**Conflicts of Interest:** The authors declare no conflict of interest.

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