

## **Nutri-Score: a scientific tool serving Public Health**

May 29, 2026

As parliamentary discussions on the European harmonization of nutrition labels get underway, the French National Academy of Medicine (ANM) reaffirms its support for Nutri-Score, the only scientifically validated system designed to guide consumers towards healthier food choices. Scientific data show that diet quality is a key factor in the risk of developing many chronic diseases and that diet is one of the major determinants of health.

The Nutri-Score is a simple tool that summarizes the overall nutritional quality of food at a glance, without banning any product. Its algorithm, regularly updated, is based on epidemiological data and public health recommendations, and 90% of consumers understand it and would like to see it made mandatory. In response to criticism, ANM maintains that this system is not stigmatizing, as it objectively assesses the nutritional composition of foodstuff in line with health recommendations. It does not penalize traditional products: 62% of PDO/PGI<sup>1</sup> food are rated A or B. It evolves with science: an independent European committee is working on the integration of new criteria, such as ultra-processing, the harmful effects of which have recently been substantiated by robust research.

The ANM requests parliamentarians to:

1. Support the adoption of Nutri-Score as the single mandatory logo in Europe.
2. Support its mandatory display on the front of packaging and combine it with a warning if the product is an ultra-processed food (for example, a black band next to the Nutri-Score).
3. Reject the misleading arguments of the agri-food lobbies, which seek to delay its widespread adoption to the detriment of public health.

Nutri-Score is a step forward for public health. Blocking it would be to act against the public interest.

<sup>1</sup> Protected designation of origin (PDO); Protected geographical indication (PGI)

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