





healthpro Energy, Allergen & Lifestyle Coding Key

Key Notes:

- All symbols are copyright of **healthpro**
- All **healthpro** Menu Mentoring endorsed analyses must contain their assigned coloured symbols (or letters) as per the **healthpro** Energy, Allergen & Lifestyle Coding Key protocol set out below.
- All **healthpro** Menu Mentoring endorsed analyses must contain the Allergen and Lifestyle symbols as per the order set out below.
- **healthpro** Menu Mentoring clients will only be considered for inclusion in the online **healthpro** Healthy Eating Guide providing all guidelines are strictly adhered to.
- Please direct all queries to your assigned **healthpro** Menu Mentoring account manager.


















Understanding Calories / Energy Intake

To facilitate consumer understanding of energy (calories), **healthpro** have created a user-friendly guide which classifies menu items relative to their calorie content per serving. A snack (< 300 kcals / serving) is assigned one **healthpro** symbol, while an indulgence (800 + kcals) is assigned the maximum of four **healthpro** symbols.

Energy Coding Guide		
Symbol	Calories	Meal Type
	< 300 kcals	Snack
	300 – 500 kcals	Light Meal
	500 – 800 kcals	Main Meal
	800 + kcals	Indulgence



Allergen & Lifestyle Symbol Key

Symbol	Lettering	Description
Allergen Symbols		
	Ce	Contains Celery
	Cr	Contains Crustaceans
	Eg	Contains Egg
	F	Contains Fish
	G	Cereals Containing Gluten
	Lu	Contains Lupin
	M	Contains Milk
	Ms	Contains Molluscs
	Mu	Contains Mustard
	N	Contains Nuts (including peanuts)
	P	Contains Peanuts
	Se	Contains Sesame
	Sy	Contains Soya
	SO ²	Contains Sulphur Dioxide
	W	Contains Wheat
Lifestyle Symbols		
	BM	Balanced Meal
	C	Coeliac Friendly



	DF	Dairy Free
	EgF	Egg Free
	GF	Gluten Free
	HF	Source of Fibre
	LFM	Low FodMAP
	LF	Low Fat
	LSF	Low Saturated Fat
	LS	Low Salt
	Na	Low Sodium
	RW	Red Wine
	S	Low Sugar
	V	Vegetarian
	Ve	Vegan
	WF	Wheat Free
	WW	White Wine

Note: All symbols are a copyright and trademark of **healthpro**.

They must not be copied or reproduced without written permission from **healthpro** management.

Disclaimers, as stated below, must be applied to print and web menus.

All symbols are available through the **healthpro** office in png and jpeg format.

All coloured symbols must follow the pantone chart colours.

Pantone Colour Chart: <http://www.pantone-colours.com/>

All text (Description) in legends must read as per the chart above



All print menus must contain the following disclaimer:

Disclaimer

Energy and nutrient values are estimates only. Variations to energy and nutrient values, and ingredients, may occur due to product availability and food preparation methods.

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All websites must contain the following disclaimer:

Disclaimer

***healthpro** wish to state that the supplied nutrition and allergen information is given in good faith and is intended for educational purposes only. It is based upon the breakdown of the product formulation and data supplied by the head chef / appointed person(s), raw material manufacturers and suppliers, and nutrient software supporting the UK and European nutrient databank from the Office of Public Sector Information (OPSI). Whilst **healthpro** makes every effort to obtain comprehensive nutritional and allergen specification from manufacturers and suppliers to support the analysis of each food item, such data is not always available and therefore, absolute values cannot always be provided.*

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