

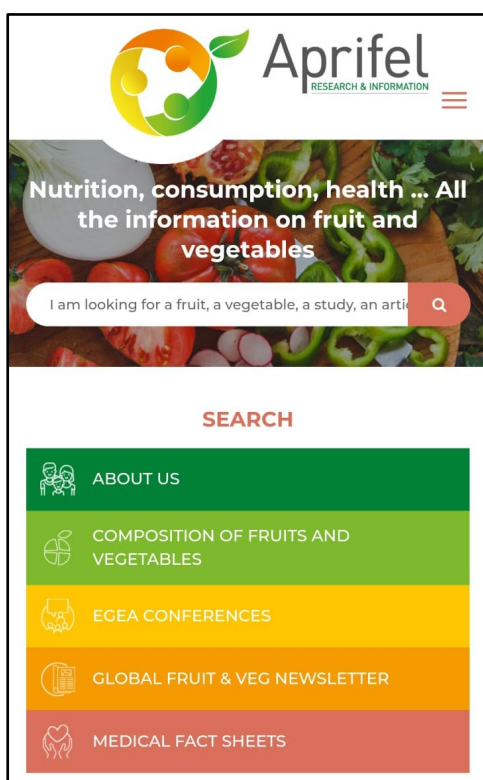


NEWS FLASH - JULY 2022

APRIFEL LAUNCHES ITS INTERNATIONAL WEBSITE.

Following a complete redesign of its website in 2020, Aprifel launches today an international version. This new version is structured around two core tools: 120 sheets with detailed nutritional information on fruit and vegetables and GFVN*, a monthly publication sharing the latest scientific updates on healthy and sustainable diets. New contents will progressively be added to the international website in the following months.

Aprifel's website has been developed as a knowledge base on fruit and vegetables, health, and sustainability. It is aimed at a variety of audiences and is enriched weekly with new content. Historically, aprifel.com was mainly focused on a French-speaking audience. It expands today to a broader audience with the launch of the English version. Primarily, this international version will offer two main tools, developed by Aprifel.



**DISCOVER THE DETAILED NUTRITIONAL
COMPOSITION OF MORE THAN
100 FRUIT AND VEGETABLES**

Nutritional information is the core of Aprifel's website. **120 sheets present the nutritional composition of fruit, vegetables, but also legumes, oleaginous plants, and herbs.** The data presented in these sheets were updated in 2020 thanks to a **partnership with the French Agency for Food, Environmental and Occupational Health & Safety.** These data are specific to products available on the French market.

For each product, you will find:



DESCRIPTION COMPOSITION AND ANALYSIS CLAIMS

RAW		VITAMINS			
Macronutrients		VALUES	SOURCES		
Minerals and trace elements		Constituent	Average content	Min-Max per 100g	DRV%
VITAMINS	Vitamins	Provitamin A Beta-carotene (µg)	554	407 - 2980	-
	Polyphenols	Vitamin A equivalent (µg)	92,33	67,83 - 496,67	11,54
SAUTÉÉD	Vitamins	Vitamin B1 (mg)	0,036	NC - 0,063	3,27
	Macronutrients	Vitamin B2 (mg)	0,31	0,076 - 0,13	7,86
Minerals and trace elements	Vitamins	Vitamin B3 (mg)	0,34	NC - 2,01	2,13
	Vitamins	Vitamin B5 (mg)	0,18	NC - 0,44	3
VITAMINS	Vitamins	Vitamin B6 (mg)	0,31	0,22 - 0,42	22,14
	Polyphenols	Vitamin B9 (µg)	81,80	46 - 103	40,90
VITAMINS	Vitamins	Vitamin C (mg)	121	1 - 210	151,25
	Polyphenols	Vitamin E (mg)	3,45	1,50 - 4,17	28,75
		Vitamin K1 (µg)	3,16	NC - 6	4,21

A **SYNTHETIC BANNER** including the energy value/100g, the key nutrients provided by the product, and the Nutri-score (Santé Publique France, 2021).

3 TABS presenting:

- The **physical and organoleptic characteristics** of the product (data based on scientific literature);

- The **detailed nutritional composition** for 100 g of product and per portion *

(quantity of each nutrient, minimum and maximum analytical value, and percentage of the Dietary Reference Values associated).

For some fruit and vegetables, **polyphenol quantities** are also proposed.

- The **nutrition and health claims** associated with a portion of the product * (Regulation (EC) N° 1924/2006; Regulation (EU) N°432/2012).

* Portion sizes considered: 100 g for fruit and vegetables, legumes, potatoes and related products, 30 g for nuts, 5 g for herbs and spices.

Finally, **two search tools** (by product and by component) facilitate the consultation of the sheets. They offer the possibility of sorting the products by ascending or descending order, based on their content in a specific nutrient.

FOLLOW THE SCIENTIFIC NEWS ON HEALTHY AND SUSTAINABLE DIETS WITH GFVN

Each month, Aprifel shares the **latest scientific updates** on healthy and sustainable diet through its **publications** - Equation Nutrition (in French) and GFVN* (in English). For each issue, a theme is addressed through an editorial signed by an international expert, and three recent scientific articles. Created in 2006, GFVN* is aimed at international researchers who wish to follow the latest research on healthy and sustainable diets. Distributed in more than 30 countries thanks to the support of the AIAM5 association, **GFVN relies on the contribution of the scientific community**. The contents are developed with the authors of the original publications themselves.

Since 2021, the Aprifel team has also been offering a monthly short scientific watch providing an overview of five scientific publications that have caught our attention.

*The Global Fruit & Veg Newsletter

MORE INFORMATION

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