

**GUIDELINES FOR ACCEPTABILITY**  
**NIGERIAN HEART FOUNDATION APPROVED PRODUCT**  
**JULY 30TH, 2019**

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**PRODUCT CATEGORY GUIDELINES FOR ACCEPTABILITY**

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**CEREAL & CEREAL PRODUCTS**

Bread	<ul style="list-style-type: none"><li>* fat: 5% or less</li><li>* Sodium: 350mg/100g or less</li><li>* dietary fiber content: 3g/100g or more</li><li>* added sugar: 5% or less</li></ul>
Breakfast Cereals	<ul style="list-style-type: none"><li>* fat: 5% or less (see note 2f)</li><li>* Sodium: 345mg/100g or less</li><li>* added sugar: 15% or less</li><li>* dietary fiber content: 3g/100g or more</li></ul>
Cakes, Cereal Bars, Cereal and Fruit Bars	<ul style="list-style-type: none"><li>* fat: 5% or less (see note 2f)</li><li>* Sodium: 350mg/100g or less</li><li>* added sugar: 15% or less</li><li>* dietary fiber content: 3g/100g or more</li></ul>
Crispbreads, Crackers, Biscuits	<ul style="list-style-type: none"><li>* fat: 5% or less (see note 2f)</li><li>* Sodium: 350mg/100g or less</li><li>* added sugar: 15% or less</li><li>* dietary fiber content: 3g/100g or more</li></ul>
Flour, self-raising	<ul style="list-style-type: none"><li>* Sodium: 350mg/100g or less</li><li>* dietary fiber content: 5g/100g or more</li></ul>
Flour, Meal	<ul style="list-style-type: none"><li>* sodium: no added sodium</li><li>* dietary fiber: 5g/100g or more</li></ul>
Grains, plain	<ul style="list-style-type: none"><li>* all acceptable</li></ul>
Pasta, Plain Pasta - processed (see note 5b)	<ul style="list-style-type: none"><li>* all acceptable</li><li>* fat: 5% or less</li><li>* Sodium: 350mg/100g or less</li><li>* dietary fiber content: 3g/100g or more</li></ul>

## VEGETABLES

	* all acceptable
Frozen and Dried	* fat 5% or less (see note 2b) * Sodium: no added sodium
Canned	* fat: 5% less (see note 2b) * Sodium: 100mg/100g or less
Vegetable Juice	* Sodium: 100mg/100g or less * added sugar: 4% or less
Canned Vegetables in Sauce (includes legumes)	* Sodium 200mg/100g or less * fat: 5% or less (refer note 2b)

## FRUITS

Fresh, Frozen and Dried	* fat: no added fat * sugar: no added sugar * Sodium no added sodium
Canned	* sugar: similar to fresh counterpart
Fruit Bars	* fat: 5% or less * Sodium: no added sodium * sugar: no added sugar * dietary fiber content: 3g/100g or more
Fruit Juice	* added sugar: 4% or less
Fruit pies	fat: 5% or less (see note 2a) * Sodium: 350mg/100g or less * added sugar: 15% or less
Fruit Spreads	* sugar: no added sugar

## SEAFOOD

Fresh & Frozen

- \* fat: (see note 2c)
- \* Sodium: no added sodium
- \* Cholesterol: 120mg/100g or less

Processed & Canned

- \* fat: (see note 2d)
- \* Sodium: 350mg/100g or less
- \* Cholesterol: 120mg/100g or less

## MEAT & MEAT PRODUCTS (INCLUDING POULTRY)

Fresh & Frozen

- \* fat: 10% or less
- \* Sodium: 100mg/100g or less

Meat Pies, Pastries,  
Sausage Rolls

- \* fat: 10% or less (see note 2a)
- \* Sodium: 350mg/100g or less

Organ Meats

- \* fat: 10% or less
- \* Sodium: 100mg/100g or less
- \* Cholesterol: 120mg/100g or less

Processed & Canned

- \* fat: 10% or less (see note 2a)
- \* Sodium: 450mg/100g or less

Poultry: Fresh & Frozen

- \* fat: 10g/100g or less
- \* Sodium: 100mg/100g or less

## MILK & OTHER DAIRY PRODUCTS

Liquid Milk, Dairy Drinks

- \* fat: 2% or less
- \* added sugar: 5% or less

Dried Milk (as reconstituted)

- \* fat: 2% or less

Evaporated Milk

- \* fat: 4% or less

Cheese, Processed Cheese,  
Cheese, Spread and Cheese  
substitutes

- \* fat: 15% or less (see note 2a)
- \* Sodium: 600mg/100 or less

Soft cheese e.g. Cottage

- \* fat: 8g/100g or less
- \* Sodium: 600mg/100g or less

Frozen confection, Frozen Dessert,  
Ice Cream & Frozen Yoghurt

- \* fat: 5% or less (see note 2a)
- \* Sodium: 100mg/100g or less
- \* added sugar: 15% or less

Yoghurt

- \* fat: 2% or less
- \* added sugar: 10% or less

## EGGS

Egg Products and  
Egg substitutes

- \* fat: 10% or less (see note 2a)
- \* Sodium: 100mg/100g or less
- \* Cholesterol: 120mg/100g or less

## LEGUMES, NUTS & SEEDS

Legumes – Dried

- \* all acceptable

Legumes –Canned  
(e.g. baked beans)

- \* fat: 5% or less
- \* Sodium: 100mg/100g or less

Nuts & seeds

- \* fat: (see note 2b)
- \* Sodium: no added

Peanut Butter

- \* Sodium: no added sodium

Soy beverages

- \*fat: 2% or less (see note 2a)
- \*sodium: 100mg/100g or less
- \*added sugar: 7% or less
- \* Calcium: 120mg/100g or more

## FATS & OILS & RELATED PRODUCTS

Oils, fats, & fat Spreads

- \*SAFA < 36.0g/100g
- \*TFA < 1.0g/100g
- \*Sodium < 100mg/100g
- \*Sugar: no added sugar

## MISCELLANEOUS

Convenience Meals (see note 5a)

- \* fat: 5% or less (see note 2a)
- \* Sodium: 100mg/100g or less
- \* Cholesterol: 120mg/100g or less

Dips (see note 2e)

- \* fat: 5% or less (see note 2a)
- \*Sodium: 250mg/100g or less

Meat and fish pastes, pates

- \* fat: 5% or less (refer note 2a)
- \* Sodium: 100mg/100g or less

Mineral Water

- \*Sodium: 15mg/100g or less
- \*Sugar: no added sugar
- \*bacteria levels: according to NAFDAC Recommendation

Non Dairy Cream

- \* fat: 5% or less (see note 2a)
- \* Sodium: 100mg/100g or less
- \* added sugar: 5% or less

Pizza Bases

- \* Sodium: 300mg/100g or less
- \* fat: 5% or less (refer note 2a)

Popcorn

- \* Sodium: 200mg/100g or less
- \* fat: 10% or less
- \* added sugar: 15% or less

Salad Dressing and

- \* fat: 10% or less (see note 2a)

Mayonnaise Sauces, Pasta

- \* fat: 5% or less (see note 2a)
- \*Sodium: 100mg/100g or less

Savoury pies

- \* fat 10% or less (see note 2a)

\* Sodium: 350mg/100g or less

Soups (as reconstituted)

\* fat: 5% or less (see note 2a )

\* Sodium: 200mg/100g or less

\* fiber 1.5g/100g or more

#### **EXPLANATORY NOTES**

##### **1. CHOLESTEROL**

This refers to the total cholesterol content of the product contributed by all ingredients

##### **2. FAT**

The total fat content as a percentage of the product weight will be used as the criteria. In some cases the type of fat will be taken into consideration.

- a. Products in this category with a fat content marginally above the guideline may be approved if the saturated fatty acids are 36% or less of the total fatty acids
- b. Products in this category will only be approved if the saturated fatty acids are 36% or less of total fatty acids
- c. In general, the fatty acid content of fish is acceptable
- d. In general, the fatty acid content of fish is acceptable. Products will be assessed on an individual basis depending on the content of any added fat.
- e. Dips are not to be promoted as Nigerian Heart Foundation's approved in conjunction with high fat foods such as chips and cracker
- f. Products with a fat level of between 5% and 10% will also be approved if the saturated fatty acids are 36% or less of total fatty acids.

##### **3. SODIUM**

This refers to the total sodium content of the product contributed by all ingredients. NO

ADDED SODIUM allows for only that sodium naturally present in the product.

##### **4. SUGAR**

This refers to the content of sugars and related products in the food product ADDED

SUGAR refers to those sugars, which are added by the food manufacturer.

##### **5. MISCELLANEOUS**

- a. Convenience meals are defined as a complete meal such as meal and vegetables. Individual convenience items are classified under their main component.
- b. The guideline for processed pasta refers to the product 'as consumed'. Therefore, the product will be prepare/red as per the cooking instructions prior to analysis.