Toolkit

Reformulation support toolkit

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Topics

Reformulation Diet & health

Sodium reduction supplier database

So you want to reduce the sodium in your product; what next?

Use our database of ingredient suppliers to help you find the best solution for your product.

Supplier database

2024 salt and calorie targets

UK salt reduction has been achieved through a number of stepwise reductions, allowing for consumers pallates to adjust over time. Nutritional targets for both salt and calorie content have been set, to be achieved by 2024, with guidance and maximum levels for salt, sodium and calories.

We have summaried just some of these targets in our condensed guidance sheets.

Please consult the full documentation before beginning your reduction project:

2024 salt and sodium targets

2024 calorie targets

Reformulation guides

Feeling confused about the process of reformulation?

Our reformulation guides explain the eight principles of reformulation, with information on each of the nutritional components and helpful tips for achieving your reformulation goals:

Light reformulation guide

Comprehensive reformulation guide

Reformulation guide for bakers

Sensory analysis guide

The adjustment of a product can be an unsettling concept for a brand, which is why Reformul8 are committed to supporting industry with the tools to allow them to do so with confidence.

Our guide has been developed to give SME food manufacturers the tools to carry out their own sensory analysis, in a way that suits them. Download our interactive worksheets for free.

Interactive guide

Advice tool

Thinking of making your products healthier?

FDF Scotland's Reformulation for Health advice tool will help you start your reformulation journey.

Complete for bespoke advice and support on making your products and processes healthier.

We will then contact you to develop your reformulation action plan.

Advice tool

Consumer and business attitudes to reformulation

FDF Scotland carried out research with Levercliff to determine consumer and business attitudes to product reformulation.

View the results:

Attitudes of typical consumer profiles

Understanding Scottish consumers

Food business feedback

Research results webinar

Further guidance

Reformulation tools

The Institute for Grocery Distribution (IGD) is a research and training charity which sits at the heart of the food and consumer goods industry. Visit their website for a range of useful reformulation guidance and tools.

Reformulation technical briefs

The Institute of Food Science and Technology (IFST) has a range of resources to support reformulation, including a number of technocal briefs.

Reformulation reports and resources

The Food Safety Authority of Ireland (FSAI) has a dedicated Task Force which has developed a range of reports and resources to support reformulation.

Webinars

View recordings of our previous webinars, featuring a range of industry experts:

Preparing for HFSS Regulations in Scotland: A guide for retailers and food manufacturers

Introduction to Scotland's HFSS regulations

Using nutrition software to crack the reformulation equation: unlocking the full power of your toolset

Using nutrition software to crack the reformulation equation: an introduction

Focus on fibre

Sodium reduction solutions

Consumer and business attitudes to reformulation

Healthier Bakery: a recipe for reformulation success

The importance of Scotland's local suppliers in retail and food service for health

Podcasts

You can find the Reformulation for Health podcasts on the FDF Scotland podcast page, or on your preferred podcast platform; search "FDF Scotland" to subscribe.

FDF Scotland produces regular podcasts featuring insights and updates from Scotland's food and drink industry. These focus on behind the scenes of the food and drink business, skills, reformulation, environment and other topics of interest.

Celebrating Innovation and Reformulation for Health

Chewing the fat

Sodium solutions

A spotlight on sugars

Focus on fiber

How bakers can make their produce healthier

Consumer and business attitudes to reformulation

How butchers can make their produce healthier

How the food industry can help consumers make healthier choices

Jump to:

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- Reformulation guides
- Sensory analysis guide
- Advice tool
- Consumer and business attitudes to reformulation
- Further guidance

- Reformulation webinars
- Reformulation podcasts

Related content

Reformulation guide - Spotlight on sugars

This guidance sets out regulatory considerations for sugars reduction, outlines available sugar replacers and factors affecting consumer acceptance of sugar replacers.
Download

Scotland

Reformulation for Health

Programme funded by Scottish Government to support all small and medium-size food businesses in reformulating their product.
Learn more

Scotland

Reformul8 Partnership

Are you involved in any way in the reformulation process? Read about how we are connecting the key players and get involved.
Learn more