

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' palates 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 summarised 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 technical 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:

[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](#)

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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](#)