

Improve Your Nutrient Density

Griffith Foods' Nutrient Density Calculator

Nutrition improvement should be more than educated guesses. Griffith Foods' customizable nutrient density calculator helps you make reformulation decisions with clarity, speed, and credibility.



What Is Nutrient Density?

Nutrient density is a measure of the amount of positive components relative to nutrients to limit in a given amount of food. It also compares the amount of a nutrient or food group to recommended daily amounts.

Why Measure Nutrient Density?

Measuring your product's nutrient density gives you a holistic assessment of its nutritional quality, helping you align development with consumer needs and public health concerns, such as:



Weight management
and GLP-1 usage



Processed
food quality

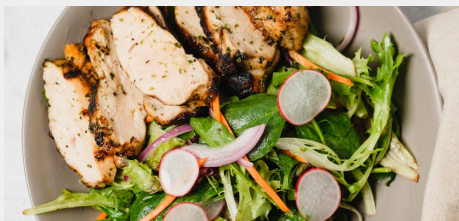


Regulation and
claim preparedness

Insights gained from measuring your product's nutrient density can also help you optimize for existing front-of-pack labeling systems such as Nutri-Score and Health Star ratings while avoiding warning labels where relevant.



Nutrient Density Score



Nutrients to Encourage

- Protein
- Fiber
- Vitamins
- Minerals



Food Groups to Encourage

- Whole Grains
- Fruits & Vegetables
- Pulses
- Nuts & Seeds



Nutrients to Limit

- Sodium
- Saturated Fat
- Sugar

How Is Nutrient Density Measured?

Griffith Foods uses a validated methodology, the Nutrient Rich Food Index (NRFI). The NRFI is validated and cited in over 1,000 studies.



How You Can Win with the Nutrient Density Calculator

Here's how we've applied the nutrient density calculator to improve nutritious outcomes for our customers.

33%

Sodium Reduction
in a beef burger product
with no noticeable taste
difference.

20%

Sodium Reduction
in an alternative protein
that also qualified it for a
Nutri-Score A grade.

70%

Sodium Reduction
in a snack, helping a
global brand shift into a
better-for-you option.



Get In Touch

Learn how to improve your nutrient density at griffithfoods.com