

You can obtain 3 CEU's for reading the article "The nutrient quality and labelling of ready-to-eat snack foods with health and/or nutrition claims" and answering ALL the accompanying questions, if a pass mark of 70% or more is achieved.

This article has been accredited for CEU's (ref. no. DT/A01/P00008/2021/00002)

HOW TO EARN YOUR CEUs

- 1) Register at <https://www.mpconsulting.co.za>.
- 2) Log in.
- 3) Click on "Journal CPD".
- 4) Go to "SAJCN".
- 5) Click "Access" to complete the CPD questionnaire.
- 6) Visit <https://www.tandfonline.com/toc/ojcn20/current> to access the relevant CPD article.
- 7) Complete the CPD questionnaire.
- 8) Click "Submit" to obtain your results.

Only online questionnaires will be accepted.

Activity 155

1. Negative claims highlight the presence or absence of nutrients that are usually present or absent respectively from:
 - (a) A variety of foodstuffs
 - (b) Same or similar foodstuffs in the same food category
 - (c) Highly processed foods
2. Countries such as Australia, New Zealand, the United Kingdom and the United States of America regulate their health claims on food products relating to:
 - (a) Childhood obesity
 - (b) Anti-aging
 - (c) Health, weight loss and reduction of disease
3. In this study, how many food product packages were examined for accuracy of claims?
 - (a) 93
 - (b) 64
 - (c) 12
 - (d) 44
4. Which category of snack foods contained the most non-compliant "low in energy" nutrient content claims?
 - (a) Trail mix
 - (b) Protein snack bars
 - (c) Crisps or chips
5. Which nutrient was found to be lower in energy or high-performance bars claiming to be 83% lower in sugar than other bars from the same brand?
 - (a) Fat
 - (b) Protein
 - (c) Fibre
6. What types of endorsement claims were found to be displayed on the sample of RTE snack foods?
 - (a) Kosher and Halaal
 - (b) Added nutraceutical ingredients, Halaal and weight loss claims
 - (c) Diabetic-friendly, Weigh-less and low in carbohydrates
7. Which snack food category contained a higher amount of energy, total fat and saturated fats compared to the overall average?
 - (a) Protein bars
 - (b) Fruit bars or snacks
 - (c) Crisps or chips
8. Once the R429 legislation is promulgated, a nutrient profiling model will be implemented which requires food products to have a score of ___ to be able to display health or nutrient claims. A total of ___ products within the sample would be ineligible to display nutrient or health claims as they currently are once the new legislation is promulgated.
 - (a) 3; 55
 - (b) 4; 67
 - (c) 10; 35
9. A Brazilian study on packaged food targeted at children found that that 50.5% of products displayed health claims, mainly for:
 - (a) High in protein
 - (b) High in and source of vitamins and minerals
 - (c) Low in saturated fats and cholesterol
10. Most South Africans trust the information and nutrition claims displayed on food packaging and may even choose to purchase these products based on label claims.
 - (a) True
 - (b) False
11. Nutrient claims on food products for _____ may confuse consumers and mislead them into thinking they are low in energy. This may lead to consumers consuming these products in larger amounts:
 - (a) Low in sugar
 - (b) Low in fat
 - (c) Low in saturated fat
12. Which nutrients were found to be higher in 59% of American products with nutrition marketing?
 - (a) Saturated Fatty Acids (SFA), sodium and sugar
 - (b) Energy and sugar
 - (c) Fat, sodium and fibre
13. What was the mean nutrient profile score across products in the chocolate's category?
 - (a) 3
 - (b) 10
 - (c) 8
14. Which regulatory body is in place to protect South African consumers from misleading label information?
 - (a) The Competitions Commission
 - (b) The Department of Health
 - (c) The Consumer Protection Act
15. What role can Dietitians and Nutritionists play in facilitating better food choices amongst consumers?
 - (a) Educating consumers to evaluate food labels
 - (b) Encouraging consumers to avoid shopping online
 - (c) Reporting inaccurate and misleading advertisements