

Enabling Assessment of Nutritional Value of Meals Combining Multiple Dishes

Ajinomoto Group Develops Japan's First Nutrient Profiling System for Meals

Contributing to a nutritionally well-balanced diet for consumers

TOKYO, May 27, 2025 – The Ajinomoto Group has developed the Ajinomoto Group Nutrient Profiling System for Japanese Meals (ANPS-Meal) as a method of scientifically assessing nutritional value. It is the first such system for meals in Japan. The results of this research have been published in *Frontiers in Nutrition*, an international academic journal in the field of nutrition.

The method of making science-based evaluations of the quantities of nutritional ingredients contained in foods and expressing the nutritional quality of these foods in an easy-to-understand manner is known as a nutrient profiling system (NPS). In recent years, in order to improve people's nutrition, governments and companies in countries around the world have been developing and introducing their own NPS and public interest has also been growing.

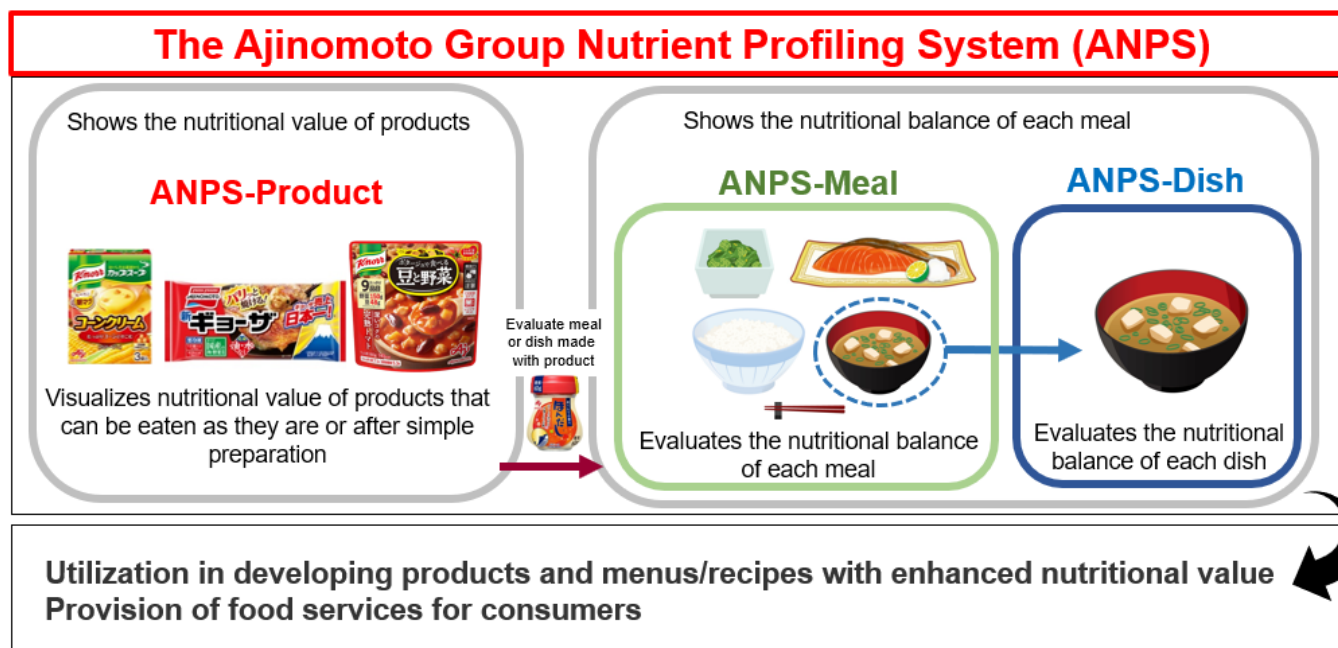
Up to the present, the Ajinomoto Group has developed its own unique NPS that visualizes the nutrients in foods using scores (The Ajinomoto Group Nutrient Profiling System: ANPS), launching ANPS-Product for products in 2020 and ANPS-Dish for cooked dishes in 2021. In Japan, however, since it is common practice to combine multiple dishes in meals, an NPS that could assess the nutritional value of a meal (ANPS-Meal) was considered necessary.

The newly-developed ANPS-Meal is a system that assesses the nutritional value of a meal combining multiple dishes, which is necessary in efforts such as "delicious salt reduction," "protein intake optimization", delicious sugar and fat reduction, vegetables intake promotion set forth in the "Nutrition Without Compromise" approach advocated by the Ajinomoto Group. ANPS-Meal makes it possible to grasp the nutritional issues of meals and determine what can be done to create meals to improve nutritional value based on these issues.

In developing ANPS-Meal, as in the case of ANPS-Dish, four evaluating elements taking into account Japanese food culture and health issues (protein, vegetables, saturated fatty acids, and sodium) were determined and a highly practical system was designed to enable the simple and easy-to-understand assessment of the nutritional value of meals.

Going forward, this system can be expected to be used not only in developing healthy meals, but also to contribute to consumers' adoption of nutritionally well-balanced diets through its use in the cross-company project, "*Tsujitsuma Shiawase (Enjoy what you want to eat while balancing out in nutritional value)*," which promotes the approach of striking a nutritional balance between meals over a certain period of time, and "Future Menu," Ajinomoto Co.'s meal proposal service in which, in addition to this system, AI creates meals incorporating users' preferences.

With its purpose of “contributing to the well-being of all human beings, our society and our planet with ‘AminoScience’,” the Ajinomoto Group has set the goal of helping extend the healthy life expectancy of one billion people by 2030. By continuing to promote its approach to nutrition based on the theme of “Nutrition Without Compromise,” it will contribute to the realization of people’s healthy and comfortable lives.



Reference

Press release dated May 14, 2020:

The Ajinomoto Group Introduces a Nutrient Profiling System

https://www.ajinomoto.com/cms_wp_ajnmnt_global/wp-content/uploads/pdf/2020_05_14E.pdf

Press release dated December 24, 2021:

The Ajinomoto Group Introduces the Nutrient Profiling System for Menus

https://www.ajinomoto.com/cms_wp_ajnmnt_global/wp-content/uploads/pdf/2021_12_24E.pdf

Press release dated March 25, 2024:

Ajinomoto Co., Inc. Starts Providing Menu Proposal Service, “Future Menu” (Japanese Only)

https://www.ajinomoto.co.jp/company/jp/presscenter/press/detail/2024_03_25_01.html

Press release dated July 19, 2024:

“Tsujiitsuma Shiawase” Project with the Participation of Ajinomoto Co., Inc. is Rolled Out Nationwide (Japanese Only)

https://www.ajinomoto.co.jp/company/jp/presscenter/press/detail/2024_07_19.html

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