TOMATO PRODUCTS: THE INFLUENCE OF LABELING AND NUTRITION ASPECTS OF CONSUMER HEALTH


Canned tomatoes are widely used in preparations of pasta and meat, for its convenience and taste. They are found in many types and can provide as extract, pulp or sauce. Present in its composition, in addition to the ingredients, natural preservatives and flavor enhancers, as cited in their labeling, an important means of communication between company and consumer. The objective of this study was the analysis of the labeling information of extracts, pulps and tomato sauces exposed for sale in the municipality of Rio de Janeiro, verifying their compliance with current legislation and the possible implications for some of the ingredients in consumer health. We evaluated 32 samples, 10 extracts, 10 pulp and of 12 sauces of different brands in supermarkets of Rio de Janeiro/2012. The data contained in the labeling information were organized into a spreadsheet prepared in accordance with the RDC No. 259/02 and RDC No. 272/05 of ANVISA / MS. The results showed that all the samples reported batch, expiration date and preservation of the product. The levels of sodium found in the extract, sauce and pulp were, respectively, 547mg, 518mg, 181mg. Found - that the portion 100g to facilitate nutritional product comparisons. How 100g equals 5 tablespoons, the intake of tomato extract, corresponding to 23% of the daily amount of sodium recommended by the Brazilian Society of hypertension. Concludes about high sodium content in extracts and sauces, and the importance of information labeling and choosing healthier products and according to health profile of the consumer.