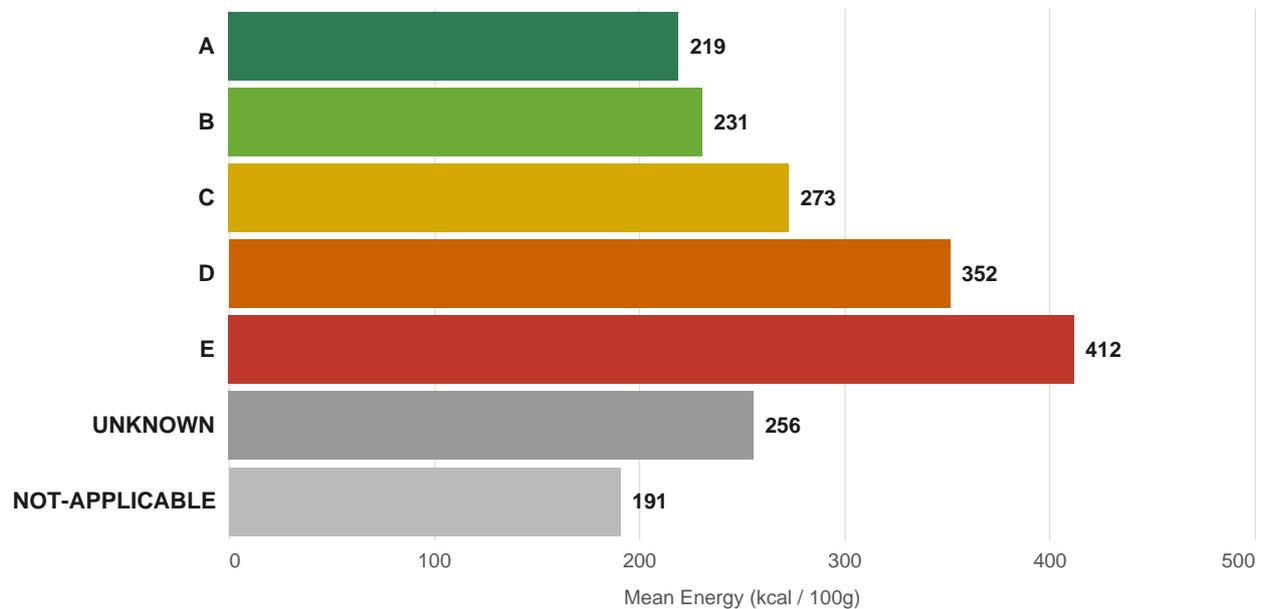


Grade E foods average 412 kcal/100g - nearly twice the energy of Grade A

4,997 branded/packaged food products with Nutri-Score grades (A-E plus UNKNOWN/NOT-APPLICABLE) and per-100g nutritional values.



Average energy (kcal per 100g) by Nutri-Score grade, filtered to valid numeric energy values. Grades ordered A->E by nutritional quality.

Dataset Snapshot

4,997 branded/packaged food products with Nutri-Score grades (A-E plus UNKNOWN/NOT-APPLICABLE) and per-100g nutritional values.

Key Insight

Grade E products average 412 kcal/100g - nearly twice the 219 kcal average of Grade A products. The calorie gradient is nearly monotonic: A (219) -> B (231) -> C (273) -> D (352) -> E (412). Grade E has the highest fat and sugar averages, reinforcing the calorie gap. NOT-APPLICABLE grades sit lowest at 191 kcal/100g, while UNKNOWN sits at 256 kcal/100g. Practical read (decision): If you need a simple calorie-reduction rule, avoiding Grade D and E products cuts average intake from ~352-412 kcal/100g down to ≤ 273 kcal/100g - a threshold that aligns with the A-C boundary.

Supporting Chart

A WHO-styled horizontal bar chart sorted by Nutri-Score grade (A->E) with muted Nutri-Score colors, clean minimal axes, bold sans-serif typography, and value labels on each bar.

Why This Matters

- The Nutri-Score grade is a reliable proxy for calorie density: each step down the scale adds roughly 13-121 kcal/100g on average.
- Grade E products carry the highest caloric load at 412 kcal/100g, making grade-based filtering an actionable reformulation lever.
- Grades A and B together average under 232 kcal/100g, offering a practical 'safe zone' for energy-conscious selection.

Confidence and Limits

Means are computed on non-null, valid numeric energy_kcal values; severe outliers may inflate Grade E slightly. Correlation is observational - Nutri-Score is computed from multiple nutrients, so energy is one of several drivers, not the sole cause.