Nx Consumer Guide: Indices & Produce Profiles

Why Nx Uses Two Measurements

Nx uses two independent measurements to help compare similar foods more clearly. These measurements look at different characteristics of produce and are not opposites.

What the Indices Mean

SCI (Sweetness-related Index)
Reflects sweetness-related, soluble characteristics commonly associated with sugars.

NDI (Density-related Index)
Reflects structure-, solidity-, and density-related characteristics of produce.

Important to Know

• SCI and NDI are independent measurements.
• Neither index is ‘good’ or ‘bad’ on its own.
• Different foods naturally emphasise different characteristics.

What Does SCI Higher Than NDI Mean?

When SCI is higher than NDI, sweetness-related characteristics are more dominant than density-related characteristics. This is normal for many naturally sweet fruits and is not a sign of poor quality.

Understanding Produce Profiles

By looking at sweetness-related and density-related signals together, Nx describes produce using simple profiles rather than a single score.

• Sweet-leaning: sweetness-related signals dominate
• Density-leaning: structure-related signals dominate
• Low overall signals: often immature or long-stored produce
• High overall signals: well-developed produce with multiple characteristics present

Using Nx Correctly

Nx is a comparison tool. For best results, compare the same type of food side by side and at the same time. Avoid comparing different food types.

Nx is designed to support informed choice. It does not replace laboratory testing or provide medical or dietary advice.