

79th MEETING OF THE EFSA ADVISORY FORUM
Thematic Discussion on Sustainable / Healthy Diets – 04/03/2021

EFSA scientific advice to inform harmonised front-of-pack labelling and restriction of claims on foods

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Trusted science for safe food

- Art 4 of Regulation 1924/2006 - 2008 EFSA **scientific opinion on the setting of nutrient profiles (NP) for foods bearing nutrition and health claims**
 - **The purpose** was solely for the regulation of nutrition and health claims made on foods.
 - Application of NPs should avoid that health claims mask the overall nutritional status of a food product and mislead consumers when trying to make healthy choices in the context of a balanced diet.
 - **Nutrient profile:** the nutrient composition of a food or diet.
 - **Nutrient profiling:** the classification of foods based on their nutrient composition for specific purposes.

- The Commission adopted on 20 May 2020 the [Farm to Fork Strategy](#) for a fair, healthy and environmentally-friendly food system, as part of the European Green Deal
 - The Commission proposals for a **harmonised mandatory front-of-pack nutrition labelling** and **for the setting of nutrient profiles** for restricting nutrition and health claims on foods
 - The F2F Action Plan: Q4 2022

- ❑ To provide scientific advice for the development of harmonised mandatory front-of-pack nutrition labelling and the setting of nutrient profiles for restricting nutrition and health claims on foods. In particular, EFSA is requested to provide scientific advice on the following:
 - **Nutrients** of public health importance for European populations, **including non-nutrient components** of food (e.g. energy, dietary fibre)
 - **Food groups** which have important roles in diets of European populations and subgroups thereof
 - **Choice of nutrients and other non-nutrient components of food for nutrient profiling**
- ❑ The mandate excludes developing a nutrient profiling scheme or advising on current profiling models already in use for different purposes.
- ❑ Deadline: **31 March 2022**

27/01/2021:

Mandate acceptance
WG Claims

Jan-Mar 2021:

Protocol Development
Endorsement by NDA Panel

Oct 2021:

Draft opinion
Endorsement by NDA Panel
Open plenary

Nov-Dec 2021:

Draft opinion
Public consultation

Mar 2022:

Opinion
Adoption

- **Protocol to define the approach for scientific assessment (WG/EC/EFSA)**
 - Interpretation of the Terms of Reference
 - Problem formulation (identification of assessment questions/sub-questions)
 - Definition of evidence needs for each (sub)questions
 - Identification of sources of information/data
- Owing the tight deadline, EFSA will consider recent review publications and sources such as:
 - Published reviews on dietary recommendations for healthy diets based on evidence from human studies
 - EFSA's own work on e.g. dietary reference values and nutrient profiles
 - National food-based dietary guidelines in European countries
 - A comprehensive review of front-of-pack labelling schemes provided by the European Commission