

# SCIENTIFIC PANEL ON NUTRITION, NOVEL FOODS AND FOOD ALLERGENS

165<sup>th</sup> NDA Panel Plenary meeting



28-29 January 2026

09:00-18:00 / 09:00-13:00

MINUTES - Agreed on 21 February 2026

**Location:** Teleconference

**Attendees:**

- Panel Members:

Torsten Bohn, Montaña Cámara, Jacqueline Castenmiller, Stefaan de Henauw, Karen Ildico Hirsch-Ernst, Ángeles Jos, Alexandre Maciuk, Inge Mangelsdorf, Breige McNulty, Androniki Naska, Kristina Pentieva, Alfonso Siani, Frank Thies, and Dominique Turck (Chair).

- European Commission and/or Member States representatives:

EC: Fruzsina Nyemecz

- EFSA:

Nutrition & Food Innovation (NIF) Unit: Reinhard Ackerl, Ionut Craciun, Agnès de Sesmaisons, Lucia Fabiani, Thibault Fiolet, Andrea Germini, Leng Heng, Leonard Matijevic, Annamaria Rossi, Ariane Titz, Emanuela Turla, Silvia Valtueña Martinez, and Ermolaos Ververis.

- Others:

Vania Mendes participated as ISA (Individual Scientific Advisor) contractor (ref. EOI/EFSA/2022/01 – CT 36 NIF) for agenda item 6.1 and 6.2.

Victor Bunea participated as observer (No OC/EFSA/CORSER/2019/05 – 01, specific contract No 184) for agenda item 6.1 and 6.2.

## 1. Welcome and apologies for absence

The Chair welcomed the participants.

## 2. Adoption of agenda

The agenda was adopted with/without changes (changes to be listed).

## 3. Declarations of Interest of Panel members

In accordance with EFSA's Policy on Independence<sup>1</sup> and the Decision of the Executive Director on Competing Interest Management<sup>2</sup>, EFSA screened the Annual Declarations of Interest filled out by the Panel members invited to the present meeting. No conflicts of interest related to the issues discussed in this meeting have been identified during the screening process, and no interests were declared orally by the Panel members at the beginning of this meeting.

<sup>1</sup> [https://www.efsa.europa.eu/sites/default/files/corporate\\_publications/files/independence-policy-2024.pdf](https://www.efsa.europa.eu/sites/default/files/corporate_publications/files/independence-policy-2024.pdf)

<sup>2</sup> [https://www.efsa.europa.eu/sites/default/files/corporate\\_publications/files/decision-ed-on-competing-interest-management-2024.pdf](https://www.efsa.europa.eu/sites/default/files/corporate_publications/files/decision-ed-on-competing-interest-management-2024.pdf)



## 4. Agreement of the minutes of the 164<sup>th</sup> NDA Panel Plenary meeting held on 15-16 December 2025, via teleconference

The [minutes](#) of the 164<sup>th</sup> NDA Panel plenary meeting were agreed by written procedure on 22 December 2025.

## 5. Scientific outputs submitted for discussion/adoption

### 5.1 Draft opinion on Anxiofit-1 and reduction of subthreshold and mild anxiety: evaluation of a health claim pursuant to Article 14 of Regulation (EC) No 1924/2006 ([EFSA-Q-2025-00270](#)). Applicant: 'Anxiofit Ltd.'

The Panel reviewed and discussed the draft scientific opinion, and particularly the sections related to the claimed effect and the studies submitted for the scientific substantiation of the claimed effect. Comments received were incorporated. A revised draft will be submitted to the Panel for adoption by written procedure.

### 5.2 Draft opinion on the oat beta-glucans and reduction of post-prandial glucose peak: evaluation of a health claim pursuant to Article 13 (5) of Regulation (EC) No 1924/2006 ([EFSA-Q-2025-00201](#)). Applicant: ScanOats

The Panel reviewed and discussed the draft scientific opinion, and particularly the sections related to the claimed effect, the studies submitted for the scientific substantiation of the claimed effect, and the dose-response. The opinion was adopted by the Panel on 28 January, subject to the incorporation of editorial changes. The full text of the scientific opinion will be available in the coming weeks in the EFSA Journal.

### 5.3 Draft opinion on the safety of spray-dried powder from house cricket (*Acheta domestica*) as a novel food pursuant to Article 10 of Regulation (EU) 2015/2283 ([EFSA-Q-2023-00374](#)) Applicant: Alia Insect Farm società agricola

The Panel reviewed and discussed the draft scientific opinion, and particularly the sections regarding the identity of the novel food, production process, compositional data, specifications, ADME, nutritional information, toxicological information and allergenicity. The opinion was adopted by the Panel on 28 January 2026, subject to the incorporation of editorial changes. The full text of the scientific opinion will be available in the coming weeks in the EFSA Journal.

## 6. Other scientific topics for discussion/endorsement

### 6.1 Draft opinion on the safety of hydroxycitric acid (HCA) and plant preparations containing HCA ([EFSA-Q-2022-00805](#))

The Panel reviewed and discussed the draft scientific opinion, particularly the sections on the integration of the evidence, the conclusions, and data gaps. The opinion was endorsed for public consultation by the Panel on 28 January 2026, subject to the incorporation of editorial changes.

The public consultation will be open from 3 March to 4 May 2026. Stakeholders are invited to submit their comments via the dedicated link at <https://www.efsa.europa.eu/en/calls/consultations>.



During the public consultation period, a targeted stakeholder online meeting will be held with interested food business representatives. The meeting aims to explain the scientific basis, and data gaps identified in EFSA's assessment. The meeting also aims to encourage stakeholder participation and facilitate the submission of comments during public consultation. Additional information about the meeting will be posted on the EFSA webpage in the coming days.

## **6.2 Draft opinion on the safety of plant preparations containing berberine ([EFSA-Q-2022-00803](#))**

The Panel reviewed and discussed the draft scientific opinion, particularly the sections on the integration of the evidence, the conclusions, and data gaps. The opinion was endorsed for public consultation by the Panel on 29 January 2026, subject to the incorporation of editorial changes.

The public consultation will be open from 3 March to 4 May 2026. Stakeholders are invited to submit their comments via the dedicated link at <https://www.efsa.europa.eu/en/calls/consultations>.

During the public consultation period, a targeted stakeholder online meeting will be held with interested food business representatives. The meeting aims to explain the scientific basis, and data gaps identified in EFSA's assessment. The meeting also aims to encourage stakeholder participation and facilitate the submission of comments during public consultation. Additional information about the meeting will be posted on the EFSA webpage in the coming days.

## **7. Feedback from the Scientific Committee/ Scientific Panels/EFSA/ EC**

Postponed.

## **8. Any other business**

The next meeting will be held on 04 March 2026 via teleconference.