

Nutrient profiles in the context of Regulation 1924/2006 on nutrition and health claims made on foods

by

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Recital 10: why we need nutrient profiles

- Foods promoted with claims may be perceived by consumers as having a [...] advantage over similar [...] products.
- This may encourage consumers to make choices which directly influence their total intake of individual nutrients or other substances in a way which would run counter to scientific advice.
- To address this potential undesirable effect, [...] factors such as the presence of certain substances, or the nutrient profile of a product, are appropriate criteria for determining whether the product can bear claims.

Recital 11 objectives of nutrient profiles

- The application of nutrient profiles as a criterion would aim to avoid a situation where nutrition or health claims mask the overall nutritional status of a food product
- Nutrient profiles as provided for in this Regulation should be intended for the sole purpose of governing the circumstances in which claims may be made.

Recital 11 : how to set nutrient profiles, factors to take into account

- They should be based on generally accepted scientific evidence relative to the relationship between diet and health.
- However, profiles should also allow for
 - product innovationand should take into account
 - the variability of dietary habits and traditions,
 - and the fact that individual products may have an important role in the context of an overall diet.

Recital 12: nutrients to take into account

- fat, saturated fat, trans-fatty acids, sodium and sugars
- poly- and mono-unsaturated fats, available carbohydrates other than sugars, vitamins, minerals, protein and fibre

Recital 12: factors to take into account for the setting of nutrient profiles, exemptions

- different categories of foods and the place and role of these foods in the overall diet
- various dietary habits and consumption patterns
- exemptions from the requirement to respect established nutrient profiles may be necessary for certain foods or categories of foods depending on their role and importance in the diet

Article 4 derogations for nutrition claims

■ Claims referring to the reduction of

- fat,
- saturated fatty acids,
- transfatty acids,
- sugars
- salt/sodium

shall be allowed without reference to a profile for the specific nutrient/s for which the claim is made

- ### ■ Where a single nutrient exceeds the nutrient profile provided that a statement about the specific nutrient appears in close proximity to, on the same side and with the same prominence as the claim. This statement shall read as follows: 'High ... content'.

Process to set nutrient profiles

■ EFSA scientific opinion

- (i) profiles set for foods in general and/or categories of food;
- (ii) choice and balance of nutrients
- (iii) the choice of reference quantity/basis for profiles;
- (iv) the approach to the calculation of the profiles; and
- (v) the feasibility and testing of a proposed system.

■ Stakeholders consultation

■ New comitology procedure, including EP scrutiny

■ 2 years of transitional period

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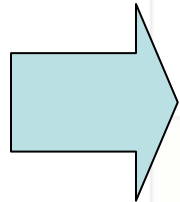
■ Stakeholders consultation

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■ Profiles to be set for food in general and/or categories of food

- a single set of nutrient profiles may be too rigid
- an excessive number of categories of foods could be rather unmanageable



combine both: an overall nutrient profile and derogations, adjustments and exemptions for a limited number of categories of foods or individual foods.

These could be identified by taking account of Article 4(1):

- "(b) the role and importance of the food [...] and the contribution to the diet [...]"
- (c) [...] the presence of nutrients that have been scientifically recognised as having an effect on health."

■ Profiles to be set for food in general and/or categories of food

- Categories could be, for example, some or all of:
 - Vegetable oils
 - Spreadable fats
 - Dairy products
 - Cereal products (bread, breakfast cereals)
 - Fruit products
 - Other foods [...] may have a micronutrient content and bioavailability of particular interest [...] such as iron in meat products [...]

■ Choice and balance of nutrients to be taken into account

- wide range / few pertinent ones depending on the food category
- Total fat / saturated fat
- Fat, sugar / energy density
- Transfatty acids / sum transfat + sat fat
- Other nutrient to balance the negative effect, for some food categories: fibre, calcium

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- **The choice of reference quantity/basis for profiles**
 - energy or weight/volume
 - portion size (lack of uniformity)
- **The approach to the calculation of the profiles**
 - thresholds
 - scoring system
 - starting point: WHO technical report “Diet, nutrition and the prevention of chronic diseases” (2003)
- **The feasibility and testing of a proposed system**
 - food basket
 - Data from the food industry
 - Data from national authorities

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