



Defending public health in the EU Legislative and regulatory approach

Basil Mathioudakis

Head of Unit E.4, Nutrition, food composition and
information

Health and Consumers Directorate General

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Nutrition and Health

EU Strategy

- **Better informed consumers:**
 - Nutrition labelling
 - Nutrition and health claims
 - Scientific information and education campaign
- **Making the healthy option available**
 - Promoting the consumption of fruits and vegetables
 - Promoting the reformulation of foods to:
 - reduce the levels of certain nutrients
 - Improving the nutrient content of manufactured foods
- **Regulating specific categories of foods**
- **Encouraging physical activity**



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Variety of actions

Binding legal measures:

- Regulation on Food Information to Consumers (FIC)
- Regulation on nutrition and health claims (NHC)
- Regulations on specific categories of foods

Voluntary measures:

- Pledges in the context of the EU Platform for Action on Diet, Physical Activity and Health



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Regulation (EU) No 1169/2011 on the Provision of food information to consumers



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Mandatory particulars

Maintains the required information under
Directive 2000/13

IN ADDITION

Nutritional Information becomes mandatory



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Nutrition information

Mandatory

- energy (kilojoules and kilocalories)
- fat
- saturates
- carbohydrate
- sugars
- protein
- salt (sodium expressed as "salt" equivalents)

Commission report by 13 December 2014

- +trans fats?



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Non pre-packed food & alcoholic drinks

The content of the nutritional declaration can be limited to:

A) In the case of **non-prepacked foods**

- The energy value or
- The energy value including the fat, saturates, sugars and salt content

May be given only per portion or consumption unit

B) In the case of **alcoholic beverages**

- The energy value



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Front-of-pack nutrition information

Voluntary front-of-pack labelling for

- energy alone

OR

- energy, fat, saturates, sugars and salt



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Additional forms of presentation and expression of the nutrient declaration Rationale

- Extensively discussed during the negotiations
- Lack of evidence across the Union on how the average consumer understands and uses such information
- Aim is to **allow further developments within a frame**
- Experience will show if further harmonisation is needed



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Additional Forms of Expression and Presentation

- Can be developed and used by food business operators
- Member States may recommend to businesses one or more schemes which best fulfill the criteria, and provide the Commission with details
- Must comply with defined criteria set out in Art 36



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Application of the new rules

From 13 December 2014...

... with exception of information related to mandatory nutrition labelling, which shall apply from 13 December 2016

- Voluntary nutrition labelling after 13 December 2014 shall comply with Regulation (EU) 1169/2011
- Exhaustion of stocks



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Permitted claims on the market

- **Only authorised claims can be made**
- **Subject to principles and conditions**
 - Limited flexibility allowed for wording
 - Compliance with specific conditions of use AND
 - Compliance with other general principles and conditions
- **Subject to compliance with nutrient profiles**



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Union lists of claims

- **Nutrition claims - List of permitted claims in Annex of Regulation (EC) No 1924/2006**
 - Amendments to the Annex
- **Health claims – Lists of permitted claims**
 - “Function” claims
 - Reduction of disease risk claims
 - Claims referring to children’s development and health



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Claims, where do we stand today?

30
permitted
nutrition
claims

254
permitted
health
claims

1863 not
authorised
health
claims

2166 health
claims under
consideration



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EU Register

- **Interactive** database
- List of **permitted** claims with wording, condition of use, restrictions
- List of **non-authorised** claims with **reasons**
- Useful **additional information** for stakeholders

<http://ec.europa.eu/nuhclaims/>



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Regulation (EU) No 609/2013 of the European Parliament and the Council on food intended for infants and young children, food for special medical purposes and total diet replacement for weight control



The Regulation on Food for Specific Groups (FSG Regulation)



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Many implementing obligations for the Commission

In particular

Delegated acts - by July 2015 – on:

- Infant formulae and follow-on formulae
- Processed cereal-based foods and baby foods
- Food for Special Medical Purposes (FSMPs)
- Total Diet Replacement products for weight control including Very Low Calorie Diets (VLCDS)



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Food for infants and young children

- Composition requirements of infant formulae and follow-on formulae will be updated
- Food information on these products will be reconsidered
- Report on "young-child formulae" will be prepared:
 - Consider necessity of rules
 - After EFSA's consultation
 - May be accompanied by legislative proposals