



Overview of EU regulatory initiatives on nutrition information on foods

**EuroFIR Stakeholder Event
25 March 2010**

Helen Lee
European Commission



Overview

- EU Nutrition Strategy
- Proposal for the provision of food information to consumers
- Regulation on nutrition and health claims made on foods
- Regulation on the addition of vitamins and minerals to food



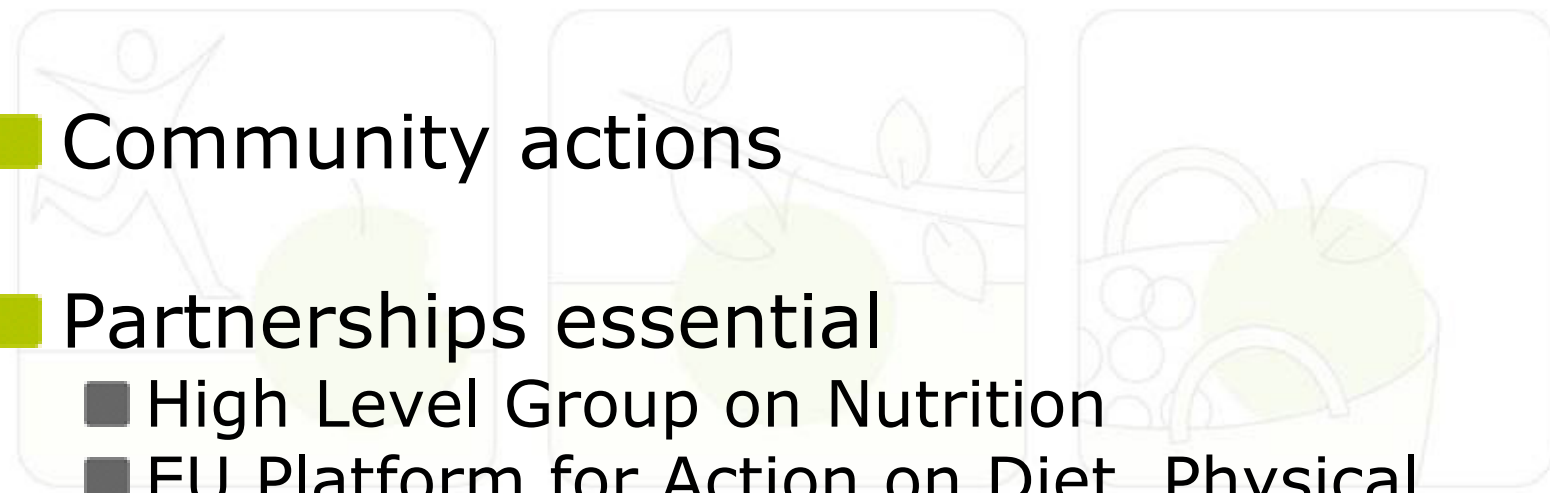


Aim of the EU Nutrition Strategy

Marshalling action towards:

- Better informing the consumer
- Making the healthy option available
- Encouraging physical activity
- Focus on priority groups and settings
- Developing the evidence base to support policy making
- Developing monitoring systems

The main elements

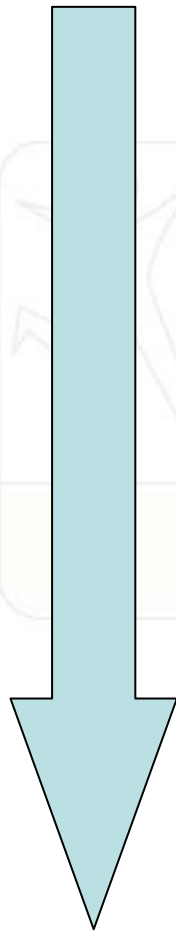
- An inter-sectoral vision
 - Community actions
 - Partnerships essential
 - High Level Group on Nutrition
 - EU Platform for Action on Diet, Physical Activity and Health
 - Encourage local multi-stakeholder networks
 - Salt reduction a first initiative to test strength of partnerships
- 



Commission proposal for a Regulation on the provision of food information to consumers

(COM(2008) 40 final)

Time line for the food information proposal



- Consultation and review of existing rules on general and nutrition labelling (2003 to 2006)
- Food labelling better regulation consultation on all aspects of food labelling (March 06 to June 06)
- Impact Assessment associated with proposal (Dec. 06 to July 07)
- Proposal (Adopted 30 January 08)
- First Reading in European Parliament expected May 2010
- Final adoption 2011(?)



Commission proposal for revision of nutrition labelling

Mandatory nutrition information on the majority of processed foods of:

- energy
- fat
- saturated fat
- carbohydrates
- sugars
- salt (sodium expressed as salt equivalents)

Calculation of values

The values declared shall be average values based on:

- the manufacturer's analysis of the food
 - calculation from the ingredients used
 - calculation from generally established and acceptable data (e.g. food composition tables)
-
- Commission may establish conversion factors for vitamins and minerals
 - Commission may establish tolerances around the declared values

Next steps

■ Codecision procedure

- Adoption by European Parliament and the Council

■ Transition for adaptation to new rules

- 3 years after the entry into force
- 5 years for micro businesses to implement nutrition labelling (businesses with fewer than 10 employees plus an annual turnover not exceeding € 2 million)



Regulation (EC) No 1924/2006 on nutrition and health claims made on foods



Aims of the Regulation

- To achieve a high level of consumer protection
- To improve the free movement of goods within the internal market
- To increase legal security for economic operators and
- To ensure fair competition in the area of foods



Key tools for achieving goals

- Application of general principles and conditions
- Approved lists of nutrition and health claims
- Setting of nutrient profiles that products should meet to be able to make claims



Regulation (EC) 1925/2006
on the addition of vitamins and
minerals and of certain other
substances to foods
(FORTIFIED FOODS)



Key provisions

- Conditions for the addition of vitamins and minerals to foods
- Positive lists of vitamins and minerals and their specific chemical forms (adaptable)
- Criteria for setting maximum amounts
- Provisions for minimum amounts
- Specific labelling provisions
- Procedure for dealing with certain other substances

Establishing maximum amounts

- upper safe levels of vitamins and minerals
- intake of vitamins and minerals from other dietary sources



Thank you

For more information see

Nutrition Strategy

http://ec.europa.eu/health/nutrition_physical_activity/policy/index_en.htm

Regulatory activities

http://ec.europa.eu/food/food/labellingnutrition/index_en.htm