



**Paper for information: Government Updates on Nutrition
Related Activities
EFSA**

Agenda Item: 7

Please see attached paper for information.

**Scientific activities of the EFSA Panel on
Dietetic Products, Nutrition and Allergies (NDA Panel)**

(submitted by Dr. Rodríguez Iglesias, scientific co-ordinator of the NDA Panel)

- 1) Set up provisionally in Brussels (Belgium) in 2002, EFSA provides independent scientific advice on all matters linked to food and feed safety - including animal health and welfare and plant protection - and provides scientific advice on nutrition in relation to European Community legislation.
- 2) The NDA Panel is the EFSA Scientific Panel dealing with questions on dietetic products (foodstuffs intended to fulfill particular nutritional needs, as defined by Community legislation), nutrition and allergies, as well as other associated subjects such as novel foods.
- 3) The current Work Program of the NDA Panel can be summarised as follows:
 - Setting tolerable upper levels of intake for individual vitamins and minerals.
 - Evaluation of allergenic foods for labelling purposes (Annex IIIa of Food Labelling Directive 2000/13/EC).
 - Safety assessment of novel foods (Novel Foods Regulation (EC) N° 258/97).
 - Evaluation of the suitability for the particular requirements of infants and young children of infant formulae or follow-on formulae (Infant Formulae Directive 91/321/EEC)
 - Nutrition claims relating to unsaturated fat, poly-unsaturated fat, mono-unsaturated fat and omega-3 fatty acids (European Commission's proposal for a Regulation on nutrition and health claims made on foods).
 - Population reference intakes for macro- and micronutrients.
- 4) The mandates given to EFSA on the previous requests for scientific opinion are given below.

Setting tolerable upper levels of intake for individual vitamins and minerals

- 5) EFSA is asked 1) to review the upper levels of daily intakes that are unlikely to pose a risk of adverse health effects; and 2) to provide the basis for the establishment of safety factors, where necessary, which would ensure the safety of fortified foods and food supplements containing the following nutrients: vitamin C, iron, fluoride, boron, nickel, silicon, vanadium, potassium, sodium, chloride, phosphorus, and tin.

Evaluation of allergenic foods for labelling purposes

- 6) The Food Labelling Directive 2000/13/EC requires the mandatory labelling of ingredients present in foodstuffs, including all known allergens, such as cereals containing gluten, crustaceans, eggs, fish, peanuts, soybeans, milk and dairy products including lactose, nuts, sesame seeds, celery, mustard, and sulphites. Given the possibility that certain derivatives of known food allergens may not

trigger an allergic reaction, this same legislation also provides for possible exemption from their mandatory declaration in the ingredient lists of food labels.

- 7) In this context, EFSA is requested to evaluate the scientific data submitted in the framework of the procedure laid down for temporary labelling exemptions in Article 6 paragraph 11 of Directive 2000/13/EC. On the basis of that evaluation, EFSA is requested to issue an opinion on the information provided, and particularly, pending the final results of the studies undertaken, to consider the likelihood of adverse reactions triggered in susceptible individuals by the consumption of the ingredients/substances used under the conditions specified by the applicant.

Safety assessment of novel foods

- 8) The European Commission requests EFSA to issue a scientific opinion on novel food ingredients in the context of Regulation (EC) N° 258/97. EFSA is asked to specify whether the authorization of the novel food as a food ingredient is likely to have an effect on public health and, in particular, to focus on the elements of a scientific nature in the comments/objections raised by the Member States to the Initial Assessment Report.

Evaluation of the suitability for the particular requirements of infants and young children of low protein infant formulae or follow-on formulae

- 9) The European Commission asks EFSA to provide a scientific opinion on the suitability of infant formulae and of follow-on formulae based on whey protein partial hydrolysates with a protein content of at least 1.9 g protein/100 kcal for the particular nutritional requirements of infants and young children.
- 10) If the formula under evaluation is considered to be suitable for the particular nutritional requirements of infant and young children, EFSA is asked to advise whether a level of at least 1.9 g protein/100 kcal would be applicable to all formulae based on whey protein partial hydrolysates. If this is not the case, EFSA is asked to advise on the specific criteria that need to be satisfied for the suitability of such formulae to be demonstrated.

Nutrition claims relating to unsaturated fat, poly-unsaturated fat, mono-unsaturated fat and omega-3 fatty acids

- 11) The European Commission requests EFSA to issue an opinion on the scientific substantiation of the aforementioned nutrition claims. In this context EFSA is asked to review the scientific merits of the proposed claims and advise on their addition to the Annex of the proposed Regulation.

Population reference intakes for macro- and micronutrients

- 12) The Commission requests EFSA to review the existing advice of the Scientific Committee for Food on population reference intakes for energy, nutrients and other substances with a nutritional or physiological effect in the context of a

balanced diet which, when part of an overall healthy lifestyle, contribute to good health through optimal nutrition.

- 13) In the first instance EFSA is asked to provide advice on energy, macronutrients and dietary fibre. Specifically advice is requested on the following dietary components: carbohydrates, including sugars; fats, including saturated fatty acids, polyunsaturated fatty acids and monounsaturated fatty acids, *trans* fatty acids; protein; dietary fibre.
- 14) Following on from the first part of the task, EFSA is asked to advise on population reference intakes of micronutrients in the diet and, if considered appropriate, other essential substances with a nutritional or physiological effect in the context of a balanced diet which, when part of an overall healthy lifestyle, contribute to good health through optimal nutrition.
- 15) Finally, EFSA is asked to provide guidance on the translation of nutrient based dietary advice into guidance, intended for the European population as a whole, on the contribution of different foods or categories of foods to an overall diet that would help to maintain good health through optimal nutrition (food-based dietary guidelines).