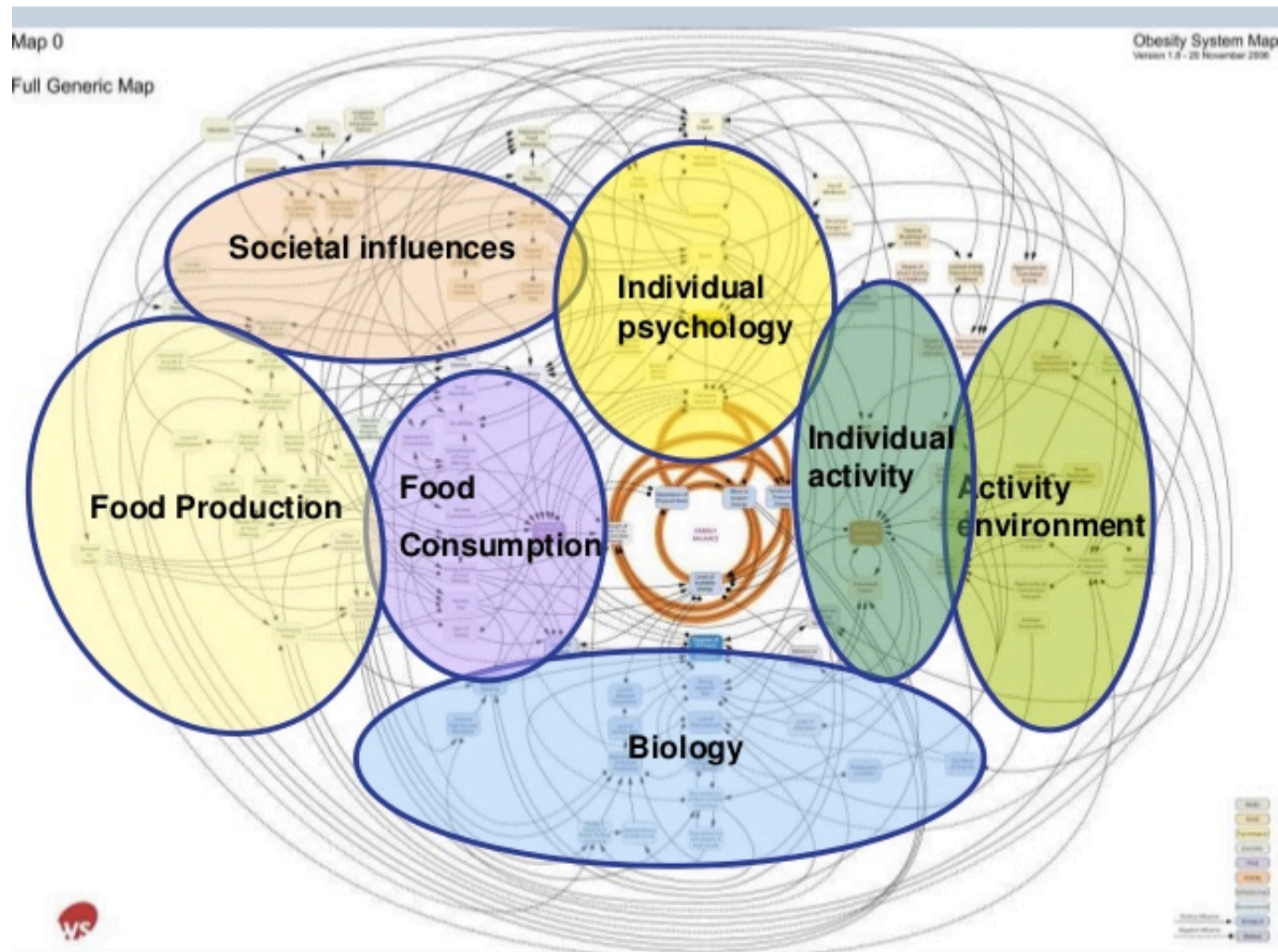


Nutrition & Health Claims

SNDT, Pune
12th February 2018

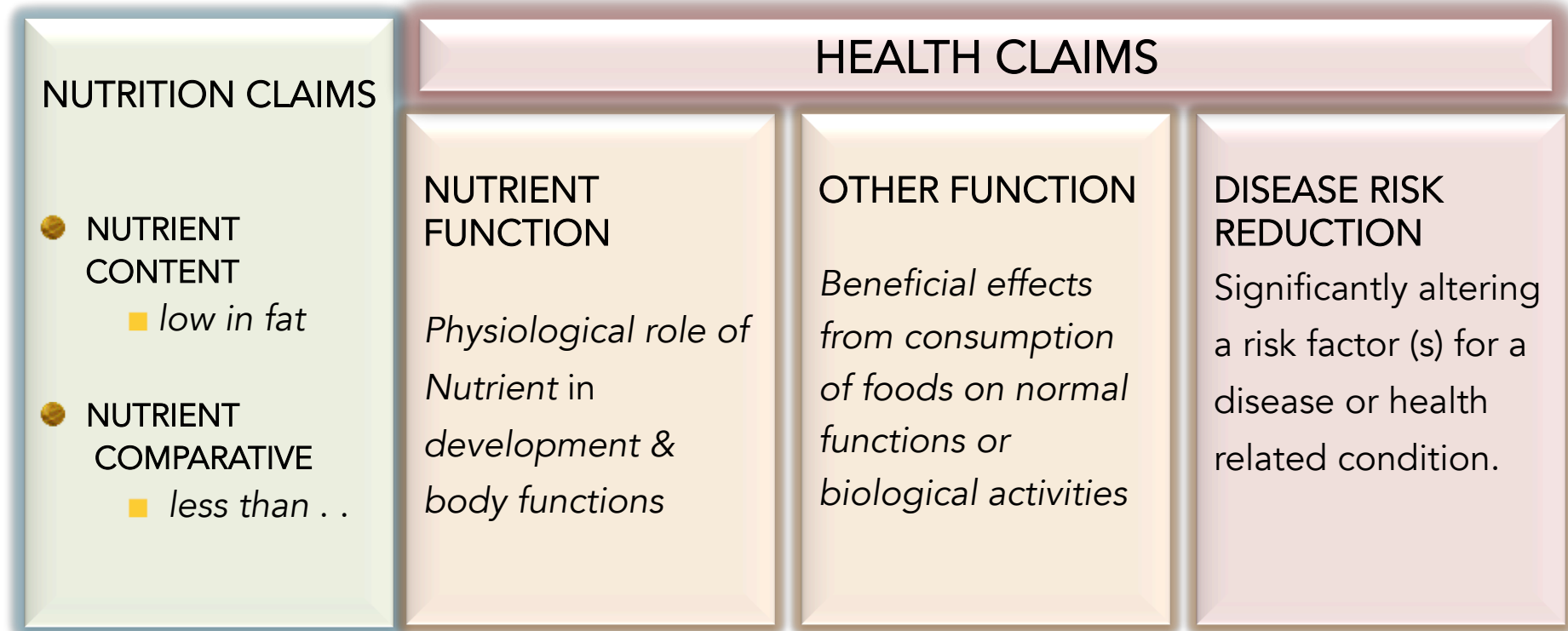
Dr. Joseph I Lewis

Vice Chairman, Regulatory Affairs Committee, PFNDAI

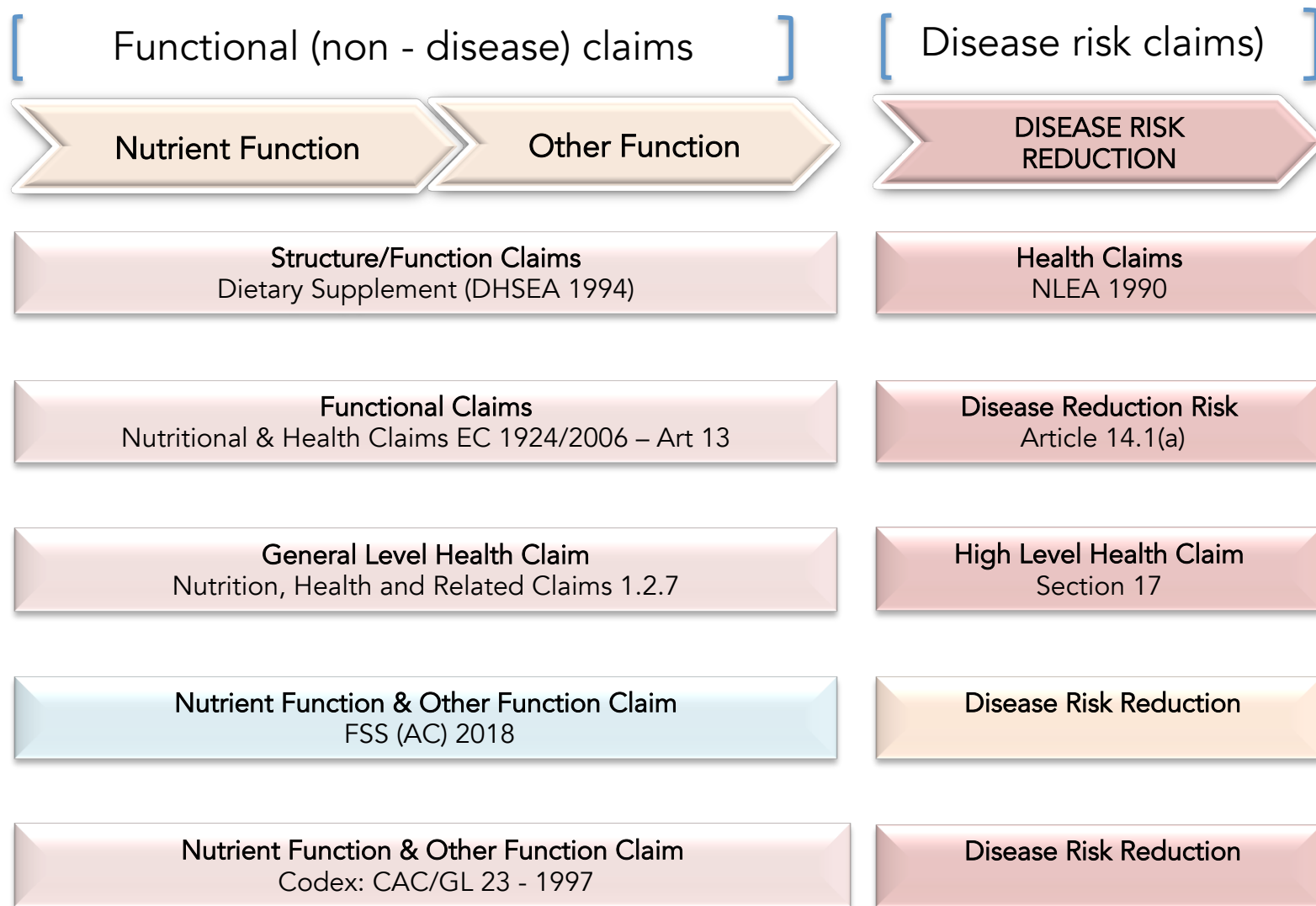


Foresight - Tackling Obesities - Future Choices Project UK 2007

FRAMEWORK: CLAIMS



Harmonization of claims framework



Nutrient Content Claim

❖ Nutrients : Vitamins & Minerals

- ❖ Vitamins & Minerals: % of RDA
- ❖ Terms " source" ; " rich or high"

❖ Nutrients: Other than V&M

- ❖ Terms " zero", "low", "high"

Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6%	• Vitamin C 4%
Calcium 30%	• Iron 0%
Vitamin D 25%	•

Sodium / Sodium 0 mg
Carbohydrate / Glucide
Fibre / Fibres 6 g
Sugars / Sucres 1 g
Protein / Protéines

Not Nutrient Content Claim

- ❖ **Certain Labeling Declarations**
 - ❖ QUID – percentage labeling
 - ❖ High Fructose Corn Syrup – (name of food)
- ❖ **No added sugar**
 - ❖ Sugars means ' all mono- and di- saccharides
 - ❖ Cannot make claim if it contains honey, molasses, fruit juice, maple syrup used

Nutrition Claim: Nutrient Content

NUTRIENT	CLAIM	CONDITION
ENERGY (not more than	Low	40kcal / 100g
FAT (not more than)	Low	3g/100g solids
SUGAR (not more than	Low	5g/100g solids
SALT(not more than)	Low	120mg/100g
Fiber (at least)	High	6g/100g
Vitamin/ Mineral (at least)	Source	15% RDA
	High	30% RDA

Nutrient Comparative

- ❖ The foods should be
 - ❖ different versions of the same food or similar foods being compared and
 - ❖ Easily identifiable
 - ❖ Available in the market
- ❖ Relative difference between the compared foods is at least
 - ❖ 25% in the energy value or nutrient content or
 - ❖ 10% difference in RDA and
 - ❖ Minimum absolute is equivalent to 'low' or 'source'

Health Claim

✧ "Nutrient function claim"

" means a nutrition claim that describes *the physiological role of the nutrient* in the growth, development and normal functions of the body (CFIA)

✧ "Structure function claim"

describes the *role of a nutrient* or dietary ingredient intended to affect normal structure or function in humans (US FDA)

Example: *Calcium builds strong bones*

Disease Risk Reduction Claims

Ingredient	Claim	Condition
Phytosterols, stanols esters	Reduces blood cholesterol	0.8g/serve and 2g/day
Beta Glucan	Reduces blood cholesterol	1g/serve and 3g/day

Type of Claim: Summary

- Nutrient Content

- Nutrient Comparative

- Statement of Fact

- Health Claim

- Nutrient Function

- Other Function

- Disease risk reduction

- Dietary Guidance

- relationship between foods such as fruits or vegetables or whole grains and health)

- Consuming at least 3 or more ounce-equivalents of whole grains per day can reduce the risk of several chronic diseases".