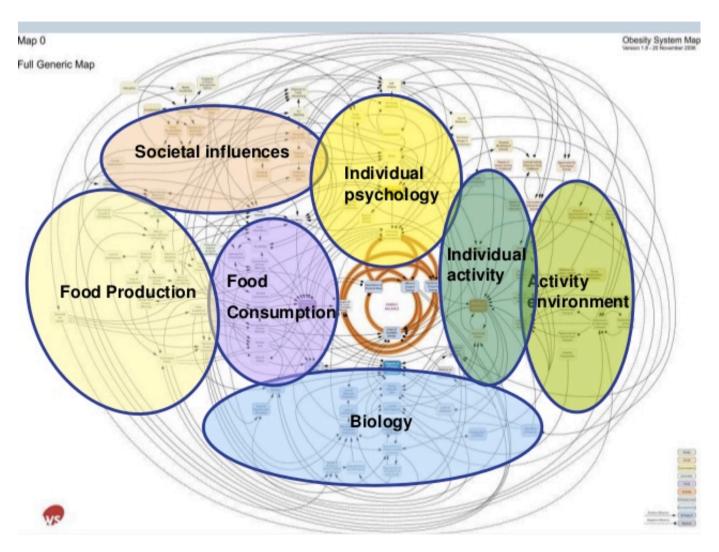
## **Nutrition & Health Claims**

SNDT, Pune 12<sup>th</sup> February 2018

Dr. Joseph I Lewis

Vice Chairman, Regulatory Affairs Committee, PFNDAI



Foresight - Tackling Obesities - Future Choices Project UK 2007





## FRAMEWORK: CLAIMS

#### **HEALTH CLAIMS NUTRITION CLAIMS** OTHER FUNCTION NUTRIENT **DISEASE RISK** NUTRIENT **FUNCTION** REDUCTION **CONTENT** Beneficial effects Significantly altering low in fat Physiological role of from consumption a risk factor (s) for a Nutrient in of foods on normal disease or health NUTRIENT development & functions or **COMPARATIVE** related condition. biological activities body functions less than . .

## Harmonization of claims framework

Disease risk claims) Functional (non - disease) claims **DISEASE RISK** Other Function **Nutrient Function REDUCTION** Structure/Function Claims Health Claims Dietary Supplement (DHSEA 1994) **NLEA 1990 Functional Claims** Disease Reduction Risk Nutritional & Health Claims EC 1924/2006 - Art 13 Article 14.1(a) General Level Health Claim High Level Health Claim Nutrition, Health and Related Claims 1.2.7 Section 17 **Nutrient Function & Other Function Claim** Disease Risk Reduction FSS (AC) 2018 **Nutrient Function & Other Function Claim** Disease Risk Reduction CODEX ALIMENTARIUS Codex: CAC/GL 23 - 1997

## **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% •	



## 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)

#### 

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".