



Expert Group on food intended for infants and young children, food for special medical purposes and total diet replacement for weight control

Summary report

Brussels, 20 April 2015

Chairman: Ms Alexandra Nikolakopoulou

1. Exchange of views on a Working Document on total diet replacement for weight control

The Commission presented the Working Document focusing on the specific compositional requirements and on the specific information requirements of total diet replacement for weight control to be laid down in a delegated act to be adopted in line with Article 11 of 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 FSG Regulation) and as explained in recital 16 of that Regulation.

The Commission introduced the scientific opinion of EFSA on the "*essential composition of total diet replacement for weight control*" (EFSA-Q-2013-00994)¹. The scientific opinion of EFSA requested by the Commission proposed on one hand updated compositional requirements for total diet replacement for weight control products with an energy content between 800 kcal/day and 1200 kcal/day (so-called "low calorie diets", LCDs) starting from the requirements laid down in Directive 96/8/EC², and on the other hand proposed new compositional requirements for total diet replacement for weight control products with an energy content below 800 kcal/day (so-called "very low calorie diets", VLCDs). More specifically, on the basis of the available evidence considered, EFSA proposed one set of compositional requirements for all total diet replacements for weight control, without distinguishing between the two product categories on the basis of the energy content.

On the basis of EFSA's scientific opinion, discussions took place on the following *specific compositional aspects* that could be covered by the forthcoming delegated act on total diet replacement for weight control: (1) energy content; (2) protein level; (3) fat; (4) dietary fibre; (5) magnesium; (6) choline; (7) addition of optional ingredients. The Commission asked for the experts' views on whether the EFSA's opinion should be followed entirely or whether, in specific cases, the delegated act should move away from EFSA's opinion, taking into account other legitimate factors. Delegations asked for additional time to reflect on the question and on the implications of the EFSA opinion, but stressed the importance of public health considerations when it comes to laying down compositional requirements for total diet replacement products for weight control. The Commission concluded that compositional requirements will be further considered after having received input from the experts.

¹ EFSA NDA Panel (EFSA Panel on Dietetic Products, Nutrition and Allergies), 2014. Scientific Opinion on essential composition of total diet replacement for weight control. EFSA journal 2015;13(1):3957, 52pp. doi: 10.2903/j.efsa.2015.3957, <http://www.efsa.europa.eu/en/efsajournal/doc/3957.pdf>

² Commission Directive 96/8/EC of 26 February 1996 on foods intended for use in energy restricted diets for weight reduction, OJ L 55, 6.3.1996, p.22

With respect to *specific information requirements* of total diet replacement for weight control, the Commission introduced the general approach that should be followed in the future delegated act, namely that labelling requirements applicable to all foods (as set out in Regulation (EU) No 1169/2011³) apply to the concerned products, and that, in addition, specific requirements/derogations from the general rules should be foreseen for these foods, as appropriate. To this end, it was discussed whether nutrition information on the content of saturates, sugars as well as salt should be mandatorily provided on total diet replacement for weight control, as it is required in Regulation (EU) No 1169/2011. Delegations were generally in favour of mandatorily indicating saturates and sugars. Further consideration will be needed on whether salt should be indicated, but most of the delegations that intervened were in favour of mandatory indication of sodium. With regards to the labelling of vitamins and minerals for total diet replacement for weight control, the Commission sought Member States' view on how this information should be provided. Delegations underlined that some differences from food for normal consumption should be envisaged, taking into account the specific nature of these foods (e.g. on the indication of vitamins and minerals as percentage of reference intakes laid down in Regulation (EU) No 1169/2011 for the healthy population). Other labelling requirements (not related to nutrition labelling) were also discussed with Member States. It was agreed that the currently existing specific requirements should be maintained with adjustments if necessary, taking also account of the scientific opinion of EFSA.

Discussions also took place on the question whether the labelling of total diet replacement for weight control should include an indication of the energy content of the products, taking into account the currently used denominations of 'low calorie diet' and 'very low calorie diet'. Of the delegations that intervened, most considered the introduction of provisions in this respect as useful. However, it appeared that the details of a possible provision in this respect (e.g. if such a distinction should be mandatory or allowed on a voluntary basis), need further reflection.

Member States were invited to send written comments by mid-May.

³ Regulation (EU) No 1169/2011 of the European Parliament and of the Council of 25 October 2011 on the provision of food information to consumers, OJ L 304, 22.11.2011, p.18