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SESSION - III

Nutritional claim

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Panellists:

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What is a Nutrition claim?

'Nutrition claim' means any claim which states, suggests or implies that a food has particular beneficial nutritional properties due to:

- The energy (calorific value) it:
 - provides
 - provides at a reduced or increased rate or
 - does not provide
- The nutrients or other substances it:
 - contains
 - contains in reduced or increased proportions or
 - does not contain



Nutrition claims are only permitted if they are listed in the Annex of Regulation (EC) No 1924/2006, lastly amended by Regulation (EU) No 1047/2012

Permitted nutrition claims

Table 1. Categorization of nutrition claims in the EU⁴

Low/ very low	Free	No added	Contains/ source of	High in	Increased/ reduced
Low sugar	Sugar free	With no added sugars	Source of fiber	High-fiber	Energy reduced
Low sodium/salt	Sodium free/ salt free	No added sodium/salt	Source of protein	High protein	Light/lite
Very low sodium/salt		Naturally/ natural	Contains [name of nutrient/other substance]		Increased [name of nutrient]
Low fat	Fat free		Source of [name of vitamin/s and/or mineral/s]	High [name of vitamin/s and/or mineral/s]	Reduced [name of nutrient]
Low saturated fat	Saturated fat free		Source of omega-3-fatty acids	High omega-3-fatty acids	
Low energy	Energy free			High unsaturated/ monounsaturated/ polyunsaturated fat	