

HAZELNUTS – Nutrient composition and available Nutrition and Function health claims

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1.0 Nutrition claims for hazelnuts:

- High in unsaturated fats
- High in monounsaturated fats
- High in fibre
- High in vitamin E
- High in thiamine
- High in vitamin B6
- High in folate
- High in biotin
- High in phosphorus
- High in magnesium
- High in copper
- High in manganese
- Source of vitamin K
- Source of pantothenic acid
- Source of potassium
- Source of calcium
- Source of iron
- Source of zinc
- Contain oleic acid
- Low sugar
- Contain only naturally occurring sugars, with no added sugar
- Very low salt
- No added salt

Protein:

Please note that hazelnuts do not meet the requirements for a protein nutrition claim under EU Nutrition and Health Claims Regulations. A *source of protein* is available for foods that provide at least 12% energy from protein. Hazelnuts provide 9.3% energy from protein.

See ANNEX for additional guidance on use of the nutrition claims.

2.0 Nutrient composition of hazelnuts

	Nutrient content per 100g
Energy	2761 kJ/ 669 kcal
Fat	61.65 g
of which	
- saturates,	4.24 g
- mono-unsaturates,	40.62 g
- polyunsaturates,	4.92 g
Carbohydrate	7.16 g
of which	
- sugars,	2.855 g
Fibre	11.7 g
Protein ¹	15.55 g
Salt	0.0217 g

VITAMINS & MINERALS	Nutrient content per 100g	% Reference intake per 100g
Vitamin E	22.52 mg	188 %
Vitamin K	14.2 µg	18.9 %
Thiamine	0.527 mg	47.9 %
Vitamin B6	0.53 mg	37.9 %
Folate	85 mg	42.5 %
Biotin	76 µg	152 %
Pantothenic acid	1.51 mg	25.2 %
Potassium	568 mg	28.4 %
Calcium	134 mg	16.8 %
Phosphorus	372 mg	53.1 %
Magnesium	159 mg	42.3 %
Iron	3.2 mg	22.9 %
Zinc	2.06 mg	20.6 %
Copper	1.3 mg	130 %
Manganese	4.9 mg	245 %

Nutrient composition has been calculated (averaged) using data from Turkey and Italy (see ANNEX). This data is provided as a reference tool for demonstrating eligibility for nutrition claims. Please note that more detail would be required for compliance of the Nutrition Declaration for labelling purposes.

¹ Assumes Italian protein data uses 6.25 conversion factor.

3.0 Nutrient function health claims

Eligible claims are listed using the authorised claim wording for each claim. Some EU Member States may now allow some flexibility with official claim wording (see ANNEX).

It is important to note that function health claims are associated with nutrients and **not** a food. Eligibility for making nutrient function claims is therefore dependant on the relevant authorised nutrition claim for a specific food.

When using nutrient function health claims, the corresponding **nutrition claim** must be made alongside to validate the claim. This is because the function claims are associated with the nutrient and NOT hazelnuts per se.

A simple consumer communication could be for example:

Compliant:

- ✓ ***Hazelnuts are a source of potassium, which contributes to the maintenance of normal blood pressure.***

Non-compliant:

- ✗ ***Hazelnuts contribute to the maintenance of normal blood pressure.***

Further rules are in place to ensure consumers are not misled. When making nutrient function health claims, the following information must be included on the label/ advertising/ other communication:

- a statement indicating *the importance of a varied and balanced diet and a healthy lifestyle* such as – **hazelnuts can be enjoyed as part of a varied and balanced diet and a healthy lifestyle.**
- the quantity of the food and pattern of consumption required to obtain the claimed beneficial effect – e.g., nutrition claims are based on per 100g (which equates to approximately 3 portions of hazelnuts, which can be considered a reasonable amount to consume in one day as part of a balanced and varied diet) so no additional quantity or pattern of consumption is required for these claims.
- where appropriate, a statement addressed to persons who should avoid using the food – for example those with allergies.
- an appropriate warning for products that are likely to present a health risk if consumed to excess.

3.1 Function health claims listed by broad health topics

Nutrient function *health* claims can be used individually, or as a group when there is more than one nutrient associated with the same function claim (see below).

When using function health claims, it is essential to first state the nutrition claim followed by the function claim as below.

Claims related to oxidative stress:

- Hazelnuts are high in vitamin E, copper and manganese, and a source of zinc which contribute to the protection of cells from oxidative stress.

Claims related to immune function:

- Hazelnuts are high folate, copper and vitamin B6, and a source of iron and zinc which contributes to the normal function of the immune system.

Claims related broadly to muscle function:

- Hazelnuts are high in magnesium, and a source of potassium and calcium, which contribute to normal muscle function.
- Hazelnuts are high in copper, which contributes to maintenance of normal connective tissues.
- Hazelnuts are high in manganese, which contributes to the normal formation of connective tissue.

Claims relating to general health and appearance:

- Hazelnuts are high in vitamin B6, folate and magnesium, and a source of pantothenic acid and iron, which contributes to a reduction of tiredness and fatigue.
- Hazelnuts are a source of zinc, which contributes to the maintenance of normal vision.
- Hazelnuts high in copper and biotin, and a source of zinc, which contribute to normal hair pigmentation.
- Hazelnuts high in copper and biotin, and a source of zinc, which contribute to normal skin pigmentation.
- Hazelnuts are a source of zinc, which contributes to the maintenance of normal nails.
- Hazelnuts are a source of calcium, which is needed for the maintenance of normal teeth.
- Hazelnuts are high in magnesium and phosphorus, which contribute to the maintenance of normal teeth.

Claims related broadly to the nervous system:

- Hazelnuts are high in thiamine, vitamin B6, biotin, magnesium and copper, and a source of potassium, which contribute to normal functioning of the nervous system.
- Hazelnuts are a source of calcium, which contributes to normal neurotransmission.
- Hazelnuts are high in thiamine, folate, biotin, vitamin B6 and magnesium, which contribute to normal psychological function.
- Hazelnuts are a source of pantothenic acid, which contributes to normal mental performance.
- Hazelnuts are a source of iron and zinc, which contributes to normal cognitive function.

Claims related to bone health:

- Hazelnuts are high in phosphorus, magnesium and manganese, and a source of zinc and vitamin K, which contribute to the maintenance of normal bones.
- Hazelnuts are a source of calcium, which is needed for the maintenance of normal bones.

Claims related to energy:

- Hazelnuts are high in thiamine, vitamin B6, biotin, phosphorus, magnesium, copper and manganese, and a source of iron, pantothenic acid and calcium, which contribute to normal energy-yielding metabolism.

Claims broadly related to heart health and/or blood pressure:

- Hazelnuts are high in thiamine, which contributes to the normal function of the heart.
- Hazelnuts are high in vitamin B6 and folate, which contribute to normal homocysteine metabolism.
- Hazelnuts are a source of potassium, which contributes to the maintenance of normal blood pressure.
- Hazelnuts are very low in salt* (sodium). Reducing consumption of sodium contributes to the maintenance of normal blood pressure.

**EU recommends using salt instead of sodium in nutritional information as this is more easily understood by the consumer*

- Hazelnuts are high in monounsaturated fat. Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels [MUFA and PUFA are unsaturated fats].
- Hazelnuts contain oleic acid. Replacing saturated fats in the diet with unsaturated fats contributes to the maintenance of normal blood cholesterol levels. Oleic acid is an unsaturated fat.

Claims broadly related to blood functioning:

- Hazelnuts are a source of calcium and vitamin K, which contribute to normal blood clotting.
- Hazelnuts are high in vitamin B6, which contributes to normal red blood cell formation.
- Hazelnuts are high in folate, which contributes to normal blood formation.
- Hazelnuts are a source of iron, which contributes to normal formation of red blood cells and haemoglobin.
- Hazelnuts are a source of iron, which contributes to normal oxygen transport in the body.
- Hazelnuts are high in copper, which contributes to normal iron transport in the body.
- Hazelnuts are high in magnesium, which contributes to electrolyte balance.

Claims related to cell division:

- Hazelnuts are a source of calcium, which has a role in the process of cell division and specialisation.
- Hazelnuts are high in folate and magnesium, and a source of zinc and iron, which have a role in the process of cell division.

Claims related to body functioning:

- Hazelnuts are a source of zinc, which contributes to normal DNA synthesis.
- Hazelnuts are high in biotin, which contributes to the maintenance of normal mucous membranes.
- Hazelnuts are high in phosphorus, which contributes to normal function of cell membranes.
- Hazelnuts are a source of zinc, which contributes to normal acid-base metabolism.
- Hazelnuts are a source of zinc, which contributes to normal metabolism of vitamin A.
- Hazelnuts are a source of zinc, which contributes to the maintenance of normal testosterone levels in the blood.
- Hazelnuts are high in vitamin B6, which contributes to normal cysteine synthesis.
- Hazelnuts are a source of calcium, which contributes to the normal function of digestive enzymes.
- Hazelnuts are high in vitamin B6, which contributes to the regulation of hormonal activity.
- Hazelnuts are a source of pantothenic acid, which contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters.

Claims related to macronutrients:

- Hazelnuts are high in magnesium and a source of zinc, which contributes to normal protein synthesis.
- Hazelnuts are high in vitamin B6, which contributes to normal protein and glycogen metabolism.
- Hazelnuts are high in folate, which contributes to normal amino acid synthesis.
- Hazelnuts are high in biotin and a source of zinc, which contributes to normal macronutrient metabolism.
- Hazelnuts are a source of zinc, which contributes to normal carbohydrate metabolism.
- Hazelnuts are a source of zinc, which contributes to normal metabolism of fatty acids.

Claims related to pregnancy:

- Hazelnuts are high in folate, which contributes to maternal tissue growth during pregnancy.
- Hazelnuts are a source of zinc, which contributes to normal fertility and reproduction.

Claims related to children*:

- Hazelnuts are high in phosphorus, and a source of calcium, which is needed for normal growth and development of bone in children.
- Hazelnuts are a source of iron, which contributes to normal cognitive development of children.

**please note that these claims are specific to children, whereas the other nutrient function claims are for adults only. To correctly reflect the research only claims that are specific to children can be used in communications targeting children.*

3.2 Function health claims listed by nutrient

When using function health claims, it is essential to first state the nutrition claim followed by the function claim. Depending on the intended use of the claims, they could be grouped as shown as an example for thiamine below.

Thiamine:

Hazelnuts are high in thiamine.

- Thiamine contributes to normal energy-yielding metabolism
- Thiamine contributes to normal functioning of the nervous system
- Thiamine contributes to normal psychological function
- Thiamine contributes to the normal function of the heart

These could be grouped as follows:

Hazelnuts are high in thiamine. Thiamine contributes to normal energy-yielding metabolism, normal functioning of the heart and nervous system, and normal psychological function.

Copper:

Hazelnuts are high in copper.

- Copper contributes to maintenance of normal connective tissues
- Copper contributes to normal energy-yielding metabolism
- Copper contributes to normal functioning of the nervous system
- Copper contributes to normal hair pigmentation
- Copper contributes to normal iron transport in the body
- Copper contributes to normal skin pigmentation
- Copper contributes to the normal function of the immune system
- Copper contributes to the protection of cells from oxidative stress

Vitamin B6:

Hazelnuts are high in vitamin B6.

- Vitamin B6 contributes to normal cysteine synthesis
- Vitamin B6 contributes to normal energy-yielding metabolism
- Vitamin B6 contributes to normal functioning of the nervous system
- Vitamin B6 contributes to normal homocysteine metabolism
- Vitamin B6 contributes to normal protein and glycogen metabolism
- Vitamin B6 contributes to normal psychological function
- Vitamin B6 contributes to normal red blood cell formation
- Vitamin B6 contributes to the normal function of the immune system
- Vitamin B6 contributes to the reduction of tiredness and fatigue
- Vitamin B6 contributes to the regulation of hormonal activity

Vitamin E:

Hazelnuts are high in vitamin E.

- Vitamin E contributes to the protection of cells from oxidative stress

Folate:

Hazelnuts are high in folate.

- Folate contributes to maternal tissue growth during pregnancy
- Folate contributes to normal amino acid synthesis
- Folate contributes to normal blood formation
- Folate contributes to normal homocysteine metabolism
- Folate contributes to normal psychological function
- Folate contributes to the normal function of the immune system
- Folate contributes to the reduction of tiredness and fatigue
- Folate has a role in the process of cell division

Biotin:

Hazelnuts are high in biotin.

- Biotin contributes to normal energy-yielding metabolism
- Biotin contributes to normal functioning of the nervous system
- Biotin contributes to normal macronutrient metabolism
- Biotin contributes to normal psychological function
- Biotin contributes to the maintenance of normal hair
- Biotin contributes to the maintenance of normal mucous membranes
- Biotin contributes to the maintenance of normal skin

Phosphorus:

Hazelnuts are high in phosphorus.

- Phosphorus contributes to normal energy-yielding metabolism
- Phosphorus contributes to normal function of cell membranes
- Phosphorus contributes to the maintenance of normal bones
- Phosphorus contributes to the maintenance of normal teeth
- Phosphorus is needed for the normal growth and development of bone in children

Manganese:

Hazelnuts are high in manganese.

- Manganese contributes to normal energy-yielding metabolism
- Manganese contributes to the maintenance of normal bones
- Manganese contributes to the normal formation of connective tissue
- Manganese contributes to the protection of cells from oxidative stress

Magnesium:

Hazelnuts are high in magnesium.

- Magnesium contributes to a reduction of tiredness and fatigue
- Magnesium contributes to electrolyte balance
- Magnesium contributes to normal energy-yielding metabolism
- Magnesium contributes to normal functioning of the nervous system
- Magnesium contributes to normal muscle function
- Magnesium contributes to normal protein synthesis
- Magnesium contributes to normal psychological function
- Magnesium contributes to the maintenance of normal bones
- Magnesium contributes to the maintenance of normal teeth
- Magnesium has a role in the process of cell division

Iron:

Hazelnuts are a source of iron.

- Iron contributes to normal cognitive function
- Iron contributes to normal energy-yielding metabolism
- Iron contributes to normal formation of red blood cells and haemoglobin
- Iron contributes to normal oxygen transport in the body
- Iron contributes to the normal function of the immune system
- Iron contributes to the reduction of tiredness and fatigue
- Iron has a role in the process of cell division
- Iron contributes to normal cognitive development of children

Potassium:

Hazelnuts are a source of potassium.

- Potassium contributes to normal functioning of the nervous system
- Potassium contributes to normal muscle function
- Potassium contributes to the maintenance of normal blood pressure

Calcium:

Hazelnuts are a source of calcium.

- Calcium contributes to normal blood clotting
- Calcium contributes to normal energy-yielding metabolism
- Calcium contributes to normal muscle function
- Calcium contributes to normal neurotransmission
- Calcium contributes to the normal function of digestive enzymes
- Calcium has a role in the process of cell division and specialisation
- Calcium is needed for the maintenance of normal bones
- Calcium is needed for the maintenance of normal teeth
- Calcium is needed for normal growth and development of bone in children

Vitamin K:

Hazelnuts are a source of vitamin K.

- Vitamin K contributes to normal blood clotting
- Vitamin K contributes to the maintenance of normal bones

Pantothenic acid:

Hazelnuts are a source of pantothenic acid.

- Pantothenic acid contributes to normal energy-yielding metabolism
- Pantothenic acid contributes to normal mental performance
- Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters
- Pantothenic acid contributes to the reduction of tiredness and fatigue

Zinc:

Hazelnuts are a source of zinc.

- Zinc contributes to normal DNA synthesis
- Zinc contributes to normal acid-base metabolism
- Zinc contributes to normal carbohydrate metabolism
- Zinc contributes to normal cognitive function
- Zinc contributes to normal fertility and reproduction
- Zinc contributes to normal macronutrient metabolism
- Zinc contributes to normal metabolism of fatty acids
- Zinc contributes to normal metabolism of vitamin A
- Zinc contributes to normal protein synthesis
- Zinc contributes to the maintenance of normal bones
- Zinc contributes to the maintenance of normal hair
- Zinc contributes to the maintenance of normal nails
- Zinc contributes to the maintenance of normal skin
- Zinc contributes to the maintenance of normal testosterone levels in the blood
- Zinc contributes to the maintenance of normal vision
- Zinc contributes to the normal function of the immune system
- Zinc contributes to the protection of cells from oxidative stress
- Zinc has a role in the process of cell division

Monounsaturated fat:

Hazelnuts are high in monounsaturated fat.

- Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels [MUFA and PUFA are unsaturated fats]

Oleic acid:

Hazelnuts contain oleic acid.

- Replacing saturated fats in the diet with unsaturated fats contributes to the maintenance of normal blood cholesterol levels. Oleic acid is an unsaturated fat.

Salt and sodium*:

Hazelnuts are very low in salt.

- Reducing consumption of sodium contributes to the maintenance of normal blood pressure

**EU recommends talking about salt instead of sodium. (Hazelnuts are very low in sodium)*

Fibre:

Please note there are NO specific function claims for fibre.

Where appropriate, fibre could be discussed in the context of being important for a healthy diet, citing national or international fibre recommendations (e.g., EFSA (2010) recommend 25g/day). In this case, the hazelnut 'high fibre' nutrition claim must also be made AND, depending on where used, a link to the nutrition declaration including the fibre content (g/100g) may be required.

4.0 Annex – clarification of terms and further information

Please note that whilst every effort has been made to ensure this information is accurate and up to date, it is provided as a generic reference guide to interpretation of the EU Nutrition and Health Claims Regulations and does not aim to address the full legal requirements of EU or National food labelling regulations in force within an individual EU country. Each country within the EU may create its own regulations in addition to these rules. Country specific regulations are NOT included in this document. It has not been checked legally and labelling and claims made on any consumer media are the manufacturer's responsibility, being outside the scope of this project. As such we recommend that the normal nutrition and legal checks are carried out on any packaging/materials as appropriate.

Nutrient source data:

Nutrient content can vary significantly depending on a wide range of factors including variety, environmental and processing, so nutrient content, and therefore available nutrition and health claims, for the same food from different countries of origin may differ.

This report uses available data from the main countries of origins (Turkey and Italy) to calculate the nutrient composition and assess available claims for hazelnuts. An average from 3 data sources and various processing methods was deemed the most suitable for this reference guide. Data from Turkey, includes roasted; and blanched; and data from Italy is for dried hazelnuts. EU 1169/2011 regulations allow declared values to be based on a calculated average or generally established and accepted data and/or manufacturers analysis data.

All claims are based on the nutrient content per 100g, which is the EU standard for calculating eligibility of nutrition claims. It would be feasible to consume this quantity of hazelnuts across the day, so these claims are valid. Caution is however needed where hazelnuts are used as an ingredient or in small portion sizes, since eligible claims may not be valid for the end product. The nutritional composition of the final product would require checking, to ensure the claim criteria is met, this being that a 'significant amount' of a nutrient is present in the final product.

Nutrition claims:

To differentiate between nutrient content amounts, two claims are available for a range of nutrients including vitamins, minerals and fibre e.g., high fibre and source of fibre. For vitamins, minerals and fibre the threshold for a 'high' claim is twice that of a 'source of' claim i.e.:

'High in': $\geq 30\%$ of Nutrient Reference Value per 100g or per single portion for vitamins and minerals; and 6g /100g or 3g /100 kcal for fibre.

'Source of': $\geq 15\%$ of Nutrient Reference Value per 100g or per single portion for vitamins and minerals; and 3g /100g or 1.5g /100 kcal for fibre.

Clarification on the distinction between ‘very low’ and ‘free from’: Based on average Turkish and Italian data, hazelnuts are very low in salt. The threshold for a very low salt claim is $\leq 0.1\text{g}/100\text{g}$; and salt free is ≤ 0.0125 . **Therefore, a salt-free claim must not be used for hazelnuts.**

There are strict limitations on the wording for nutrition and health claims within the EU. Limited flexibility is available and this may differ at individual member state level. Please refer to local rules. Authorised wording may (in some Member States) be altered as long as it is clear, easily understood and has the same meaning to the consumer.

- **Natural and naturally:** In the context of the EU nutrition and health claims regulations, nutrition claims can be made with or without the word ‘natural’ or ‘naturally’. For example: Hazelnuts are a natural source of iron.
- **‘High’ nutrition claims:** Alternative options for the claim ‘high’ could be: High in; High source of; Excellent source of; Rich in; Rich source of.

Nutrient function health claims:

The list of function claims may change as the EU Commission extends and authorises its nutrition and health claims register.

The target population for each claim, unless stated, is assumed to be the general adult population.

The European Food Safety Authority (EFSA) have provided **authorised wording** for each health claim, which is specific to the science around the claim, although not always very consumer-friendly. Some guidance is available on how claims can be altered to be more consumer-friendly, which has not been updated (since publication in 2012) and is still subject to interpretation.

- The Commission regulation (EU) No 432/2012 states that health claims should be *‘truthful, clear, reliable and useful to the consumer’* and that **‘any health claims should have the same meaning for consumers as that of a permitted health claim’**. Ultimately evidence may be required to prove that the consumer understands correctly the interpretation of claim wording e.g., from consumer panel testing etc.
- The guidelines say the following about use of the word **‘normal’**: it should be retained in adapted wording, it should not be replaced by another term or removed. However, ‘normal’ does not appear in all linguistic versions of the Regulation and in some European languages words such as ‘healthy’ or ‘proper’ are used instead. In every case, the key principle is that when adapted wording is used it must mean the same to the consumer as the authorised wording because it demonstrates the same health relationship between the food category, food or one of its constituents and health.
- **‘Helps maintain’** is not specifically included in the guidance, but we think it has the same meaning as the suggested alternative wording proposed in the guidance: **‘plays a role’, ‘supports’** and **‘contributes to maintaining’**.

Reference Intake:

For labelling purposes, vitamins and minerals (per 100g) should be expressed by weight and as a percentage of the reference intake as shown in section 2.0. Reference Intakes (RI) were set by EU law as a more scientific version of the typical recommended daily allowances for a healthy diet. They represent the best estimate of the amount of a nutrient that is enough, or more than enough, for about 97.5 per cent of people in a ‘group’ – for EU rules the population ‘group’ is an average sized woman doing an average amount of physical activity.

RIs are given for all of the mandatory nutrients, and for simplicity there is one set of RIs which are used for all (FDF 2013). They are not targets for people to consume, but more a guideline or benchmark to help with making healthy dietary choices. The term Nutrient Reference Values (NRVs) is used within the EU regulations (EU 1169/2011), which has the same meaning as Reference Intake.

Use of nutrition and health claims in the UK post Brexit:

The current EU register of claims was transferred to an independent UK register on 1st January 2021, such that those claims currently authorised by the European Commission and utilised in this report, remain valid for use in the UK. For any future health claim submissions, separate applications to EFSA (European Food Safety Authority) and/or the UKNHCC (UK nutrition and health claims committee) will be needed in order to use authorised claims in the EU and UK, respectively.

5.0 References:

COMMISSION REGULATION (EU) No 432/2012 of 16 May 2012 establishing a list of permitted health claims made on foods, other than those referring to the reduction of disease risk and to children's development and health.

Council Directive 90/496/EEC of 24 September 1990 on nutrition labelling for foodstuffs.

EFSA (2010) Scientific Opinion on Dietary Reference Values for carbohydrates and dietary fibre
<http://www.efsa.europa.eu/de/scdocs/doc/1462.pdf>

EU member states (2012) General principles on flexibility of wording for health claims
<https://www.wp.dh.gov.uk/publications/files/2013/01/health-claims-flexibility-of-wording-principles-UK-19-Dec-2012.pdf>

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Food and Drink Federation (2013) Food and drink labelling: A tool to encourage healthier eating
http://www.fdf.org.uk/corporate_pubs/Food_Drink_Labelling_toolkit.pdf

Food Composition Database for Epidemiological Studies in Italy. <http://www.bda-ieo.it/wordpress/en/>

Food Safety Authority of Ireland (2015) Guidance note No. 29: the use of food marketing terms. FSAI.

GUIDANCE DOCUMENT FOR COMPETENT AUTHORITIES FOR THE CONTROL OF COMPLIANCE WITH EU LEGISLATION ON: 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, amending Regulations (EC) No 1924/2006 and (EC) No 1925/2006 of the European Parliament and of the Council, and repealing Commission Directive 87/250/EEC, Council Directive 90/496/EEC, Commission Directive 1999/10/EC, Directive 2000/13/EC of the European Parliament and of the Council, Commission Directives 2002/67/EC and 2008/5/EC and Commission Regulation (EC) No 608/2004 and Council Directive 90/496/EEC of 24 September 1990 on nutrition labelling of foodstuffs and Directive 2002/46/EC of the European Parliament and of the Council of 10 June 2002 on the approximation of the laws of the Member States relating to food supplements with regard to the setting of tolerances for nutrient values declared on a label.

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REGULATION (EC) No 1924/2006 OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL of 20 December 2006 on nutrition and health claims made on foods.

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, amending Regulations (EC) No 1924/2006 and (EC) No 1925/2006 of the European Parliament and of the Council, and repealing Commission Directive 87/250/EEC, Council Directive 90/496/EEC, Commission Directive 1999/10/EC, Directive 2000/13/EC of the European Parliament and of the Council, Commission Directives 2002/67/EC and 2008/5/EC and Commission Regulation (EC) No 608/2004.

SACN (2015) Carbohydrates and health. Scientific Advisory Committee on Nutrition. London, TSO.

Turkomp. National Food Composition Database. <http://www.turkomp.gov.tr/>