

SUBSIDIARY LEGISLATION 231.40

**FOODS INTENDED FOR USE IN ENERGY-
RESTRICTED DIETS FOR WEIGHT REDUCTION
REGULATIONS**

31st March, 1999

Legal Notice 1 of 1999.

- 1.1** The title of these Regulations is Foods Intended for Use in Energy-Restricted Diets for Weight Reduction Regulations. Title.
- 2.1** These regulations concern compositional and labelling requirements for foods for particular nutritional use intended for use in energy restricted diets for weight reduction and presented as such. Applicability of these regulations.
- 2.2** These regulations shall not apply to foods intended specifically for persons suffering from carbohydrate metabolism disorders, such as diabetes.
- 3.1** In these regulations, foods for use in energy-restricted diets for weight reduction are specially formulated foods which, when used as instructed by the manufacturer, replace the whole or part of the total daily diet. They are divided into two categories: Interpretation.
- (a) products presented as a replacement for the whole of the daily diet;
 - (b) products presented as a replacement for one or more meals of the daily diet.
- 4.1** No person shall manufacture, import, sell, keep for the purpose of sale, or otherwise distribute any food intended for use in for weight reduction unless it complies with the requirements of these regulations. Sale of food for use in energy-restricted diets for weight reduction.
- 4.2** All individual components making up products presented as a replacement for the whole of the daily diet, as sold, shall be contained in the same package.
- 5.1** Foods falling within the scope of these regulations must comply with the compositional criteria specified in the First Schedule. Compositional criteria.
- 6.1** The name under which the product is sold shall be: Labelling of foods for energy-reduced diets for weight reduction.
- (a) for products covered by regulation 3.1(a), "Total diet replacement for weight control";
 - (b) for products covered by regulation 3.1(b), "Meal replacement for weight control".
- 6.2** The labelling of the products concerned shall bear, in addition to those provided for in the Labelling, Presentation and Advertising of Foodstuffs Regulations, the following mandatory particulars: S.L.231.27
- (a) the available energy value expressed in kJ and kcal, and the content of proteins, carbohydrates and fat,

- expressed in numerical form, per specified quantity of the product ready for use as proposed for consumption;
- (b) the average quantity of each mineral and each vitamin for which mandatory requirements are stipulated in paragraph 5 of the First Schedule, expressed in numerical form, per specified quantity of the product ready for use as proposed for consumption. In addition, for products mentioned in regulation 3.1(b), information on vitamins and minerals listed in the table of paragraph 5 of the First Schedule shall also be expressed as a percentage of the values as defined in the Third Schedule;
 - (c) instructions for appropriate preparation, when necessary, and a statement as to the importance of following those instructions;
 - (d) if a product, when used as instructed by the manufacturer, provides a daily intake of polyols in excess of 20 g per day, there shall be a statement to the effect that the food may have a laxative effect;
 - (e) a statement on the importance of maintaining an adequate daily fluid intake;
 - (f) for products mentioned in regulation 3.1(a) -
 - (i) a statement that the product provides adequate amounts of all essential nutrients for the day;
 - (ii) a statement that the product should not be used for more than three weeks without medical advice;
 - (g) for products mentioned in regulation 3.1(b), a statement to the effect that the products are useful for the intended use only as part of an energy-restricted diet and that other foodstuffs should be a necessary part of such diet.

6.3 The labelling, advertising and presentation of the products concerned shall not make any reference to the rate or amount of weight loss which may result from their use or to a reduction in the sense of hunger or an increase in the sense of satiety.

FIRST SCHEDULE

Essential Composition of Foods for Energy-Restricted Diets

The specifications refer to the products ready for use, marketed as such or reconstituted as instructed by the manufacturer.

1. Energy

1.1 The energy provided by a product mentioned in regulation 3.1(a) shall not be less than 3,360 kJ (800 kcal) and shall not exceed 5,040 kJ (1,200 kcal) for the total daily ration.

1.2 The energy provided by a product mentioned in regulation 3.1(b), shall not be less than 840 kJ (200 kcal) and shall not exceed 1,680 kJ (400 kcal) per meal.

2. Protein

2.1 The protein contained in products mentioned in regulation 3.1(a) and (b) shall provide not less than 25% and not more than 50% of the total energy of the product. In any case the amount of protein of products mentioned in regulation 3.1(a) shall not exceed 125 g.

2.2 The above mentioned provisions on protein refer to a protein the chemical index of which is equal to that of the FAD/WHO (1985) reference protein given in the Second Schedule. If the chemical index is lower than 100% of the reference protein, the minimum protein levels shall be correspondingly increased. In any case the chemical index of the protein shall at least be equal to 80% of that of the reference protein.

2.3 The "chemical index" shall mean the lowest of the ratios between the quantity of each essential amino acid of the test protein in and the quantity of each corresponding amino acid of the reference protein.

2.4 In all cases, the addition of amino acids is permitted solely for the purpose of improving the nutritional value of the proteins, and only in the proportions necessary for that purpose.

3. Fat

3.1 The energy derived from fat shall not exceed 30% of the total available energy of the product.

3.2 For products mentioned in regulation 3.1(a), the linoleic acid content (in the form of glycerides) shall not be less than 4.5 g.

3.3 For products mentioned in regulation 3.1(b), the linoleic acid (in the form of glycerides) shall not be less than 1 g.

4. Dietary fibre

The dietary fibre content of products mentioned in regulation 3.1(a) shall not be less than 10 g and shall not exceed 30 g for the daily ration.

5. Vitamins and minerals

5.1 The products mentioned in regulation 3.1(a) shall provide for the whole of the daily diet at least 100% of the amounts of

vitamins and minerals specified in the Table in this Schedule.

5.2 The products mentioned in regulation 3.1(b) shall provide at least 30% of the amounts of vitamins and minerals specified in the Table per meal; however, the amount of potassium per meal provided by these products shall be at least 500 mg.

Vitamin A	µg RE	700
Vitamin D	µg	5
Vitamin E	mg-TE	10
Vitamin C	mg	45
Thiamin	mg	1.1
Riboflavin	mg	1.6
Niacin	mg-NE	18
Vitamin B 6	mg	1.5
Folate	µg	200
Vitamin B 12	µg	1.4
Biotin	µg	15
Pantothenic acid	mg	3
Calcium	mg	700
Phosphorus	mg	550
Potassium	mg	3100
Iron	mg	16
Zinc	mg	9.5
Copper	mg	1.1
Iodine	µg	130
Selenium	µg	55
Sodium	mg	575
Magnesium	mg	150
Manganese	mg	1

SECOND SCHEDULE

Amino Acid Requirement Pattern¹

	g/100 g protein
Cystine + methionine	1.7
Histidine	1.6
Isoleucine	1.3
Leucine	1.9
Lysine	1.6
Phenylalanine + tyrosine	1.9
Threonine	0.9
Tryptophan	0.5
Valine	1.3

¹ World Health Organisation. Energy and Protein Requirements. Report of a Joint FAO/WHO/UNU Meeting. Geneva: World Health Organisation, 1985 (WHO Technical Report Series, 724).

THIRD SCHEDULE

Vitamins and Minerals and their Recommended Daily Allowances
(RDAs)

Vitamin A µg	800
Vitamin D µg	5
Vitamin E mg	10
Vitamin C mg	60
Thiamin mg	1.4
Riboflavin mg	1.6
Niacin mg	18
Vitamin B 6 mg	2
Folacin µg	200
Vitamin B 12 µg	1
Biotin mg	0.15
Pantothenic acid mg	6
Calcium mg	800
Phosphorus mg	800
Iron mg	14
Magnesium mg	300
Zinc mg	15
Iodine µg	150