



EFSA's activities in the area of nutrition

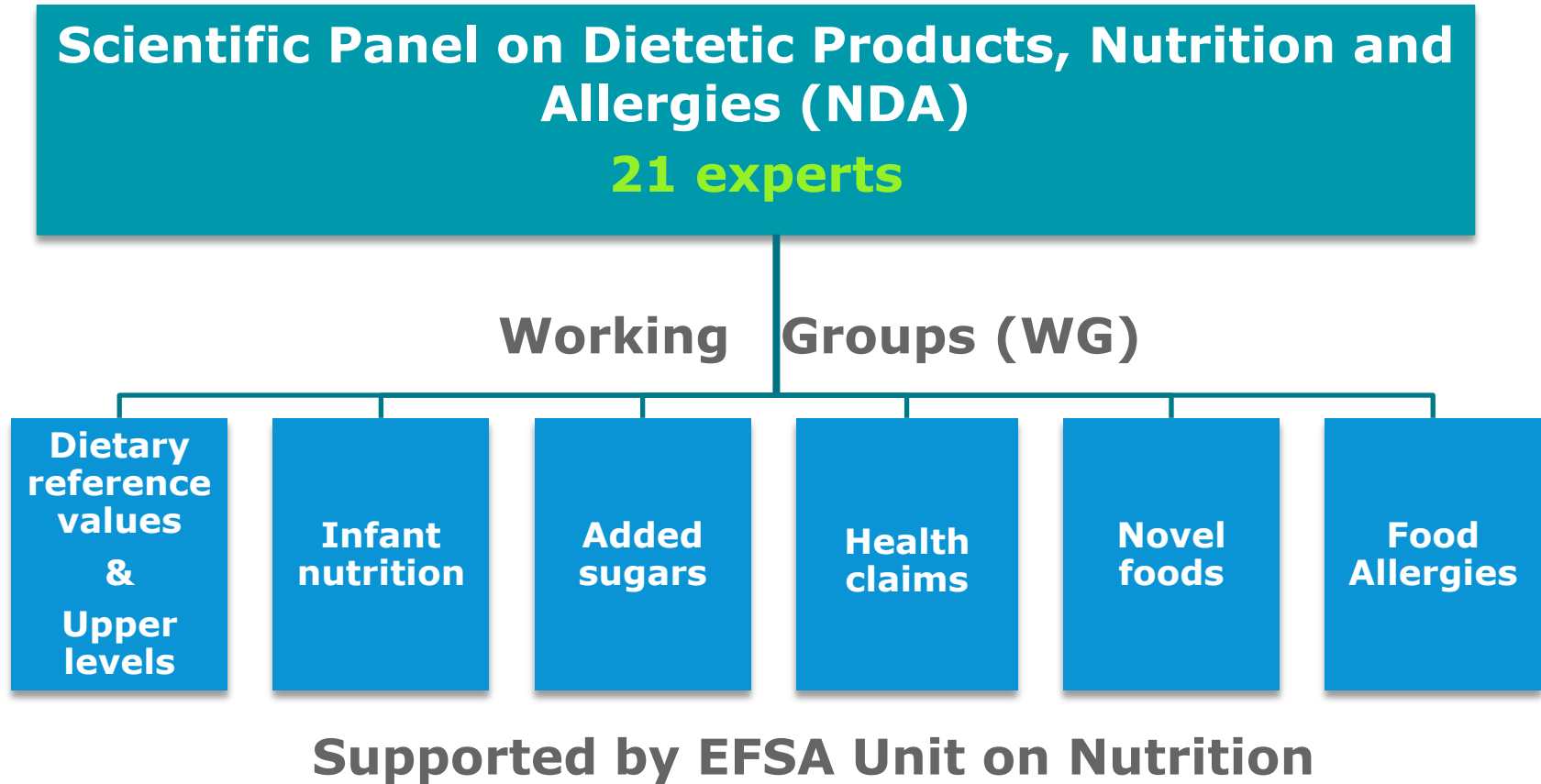
**Lucia Fabiani
Scientific Officer
Nutrition Unit**

European College visit to EFSA
10 April 2018

SUMMARY

- **lifecycle of a generic mandate on nutrition**
- **writing a generic opinion**
- **steps of a public consultation on a generic opinion**
- **mandates in the area of nutrition**
 - **Dietary Reference Values (DRVs)**
 - **Infant nutrition**
 - **Added sugars**

AREAS OF NDA PANEL



AREAS OF NDA PANEL: DRVs, SUGARS, INFANT NUTRITION

Scientific Panel on Dietetic Products, Nutrition and Allergies (NDA)

21 experts

Working Groups (WG)

**Dietary
reference
values
&
Upper levels**

Infant nutrition

Added sugars

Supported by EFSA Unit on Nutrition

LIFECYCLE OF A GENERIC OPINION

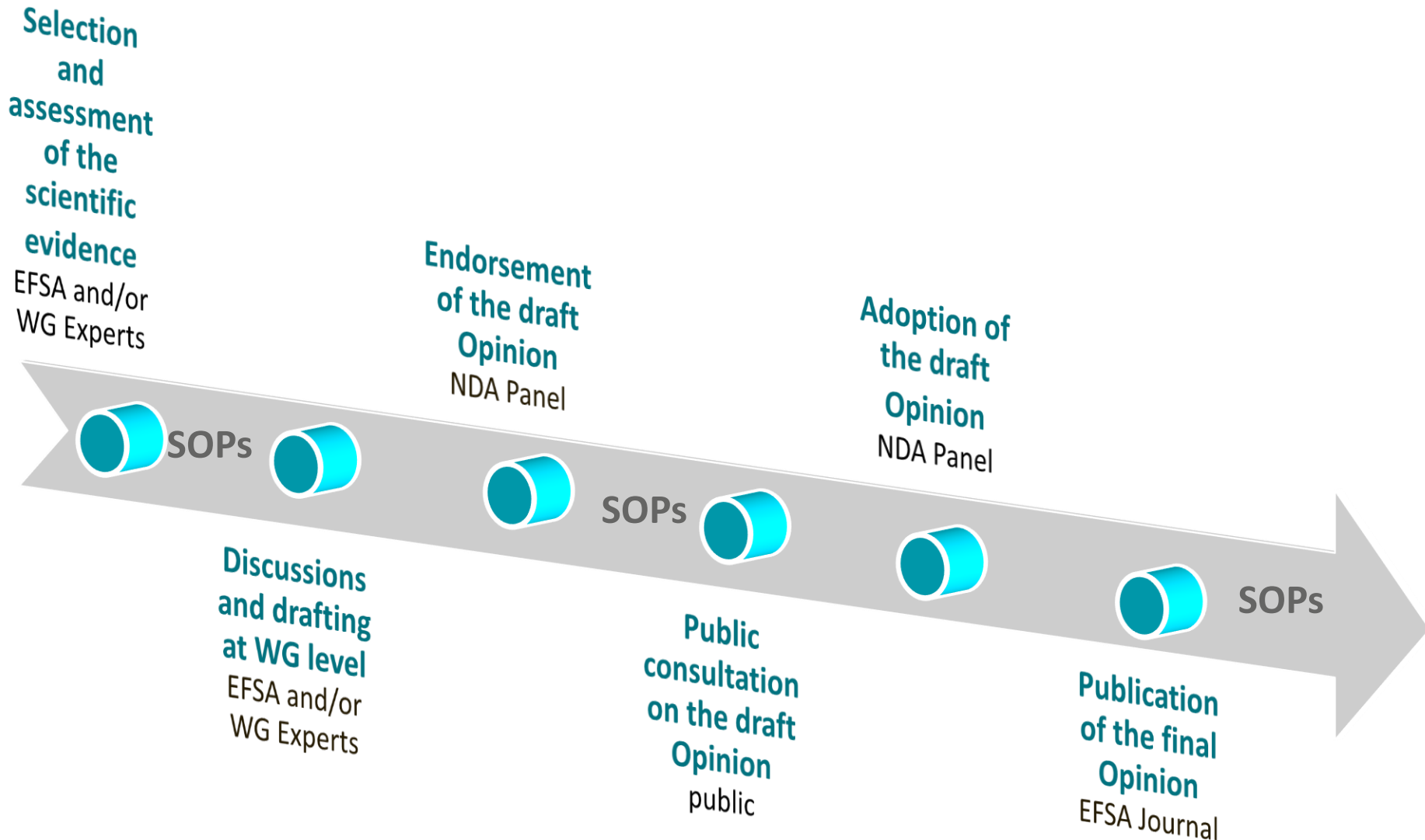
EFSA founding Regulation (EC) 178/2002



EFSA in this area is delegated to provide:

- **Scientific advice and technical support on human nutrition in relation to EU legislation**
- **Assistance concerning communication on nutritional issues linked to EU programmes, at request of the EC**

METHODOLOGY FOR WRITING A GENERIC OPINION



EFSA PUBLIC CONSULTATIONS ON GENERIC OPINIONS: STEPS

**Endorsement
of the draft
Opinion**
NDA Panel

**Draft Opinion
open for
comments
public**

**Revision of
the draft
Opinion (if
needed) and
adoption by
the NDA
Panel**

**Publication
of the draft
Opinion**
EFSA Website

**Review,
address and
summarise
comments
received**
(technical report)
NDA Panel

Not for regulated products opinions!

EFSA PUBLIC CONSULTATIONS ON GENERIC OPINIONS: STEPS

Public consultation: dietary reference values for riboflavin



EFSA has launched a public consultation on its draft scientific opinion on dietary reference values for riboflavin (vitamin B2). Riboflavin is essential for energy metabolism and the...

Nutrition

21 April 2017

Public consultation: dietary reference values for vitamin K



EFSA has launched a public consultation on its draft scientific opinion on dietary reference values for vitamin K. Vitamin K is a fat-soluble vitamin that plays an important role in...

Nutrition

17 January 2017

Public consultation: sugars in food

EFSA is seeking feedback on the approach it plans to take for its upcoming assessment of dietary sugars. The aim of the assessment is to establish a cut-off value for intake of "free"...

Nutrition

9 January 2018

Stakeholders

Consultations

Closed consultations

Public consultations planner

Consultations - have your say on EFSA's work

Help us ensure we consider the widest possible range of views and scientific information.

Share your insights, data and other feedback on draft versions of EFSA's scientific assessments and institutional initiatives.

Last Name : (*)

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If you have comments on different chapters/sections, please select the chapter, add your comment, and submit your comments separately. Repeat this operation for each chapter you would like to comment on. After sending a comment, it will be indicated if it has been sent successfully and you will be able to enter your next comment.

You can submit additional data supporting the comments made by sending an email to [Send Mail](#)

Chapter/Section :

- Select one or more references ---
- 1. Introduction
 - 1.2. Interpretation of the Terms of Reference
- 2. Guidance for handling applications on stunning methods for animals
 - 2.1. Procedure
 - 2.2. Submission of an application for stunning methods for animals
 - 2.2.1. Documentation

Comment :

Please indicate the line numbers of the text on which you comment, if appropriate. The maximum length for each comment is 3800 characters.

AREAS OF NDA PANEL: DRVs, SUGARS, INFANT NUTRITION

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**Dietary
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Added sugars

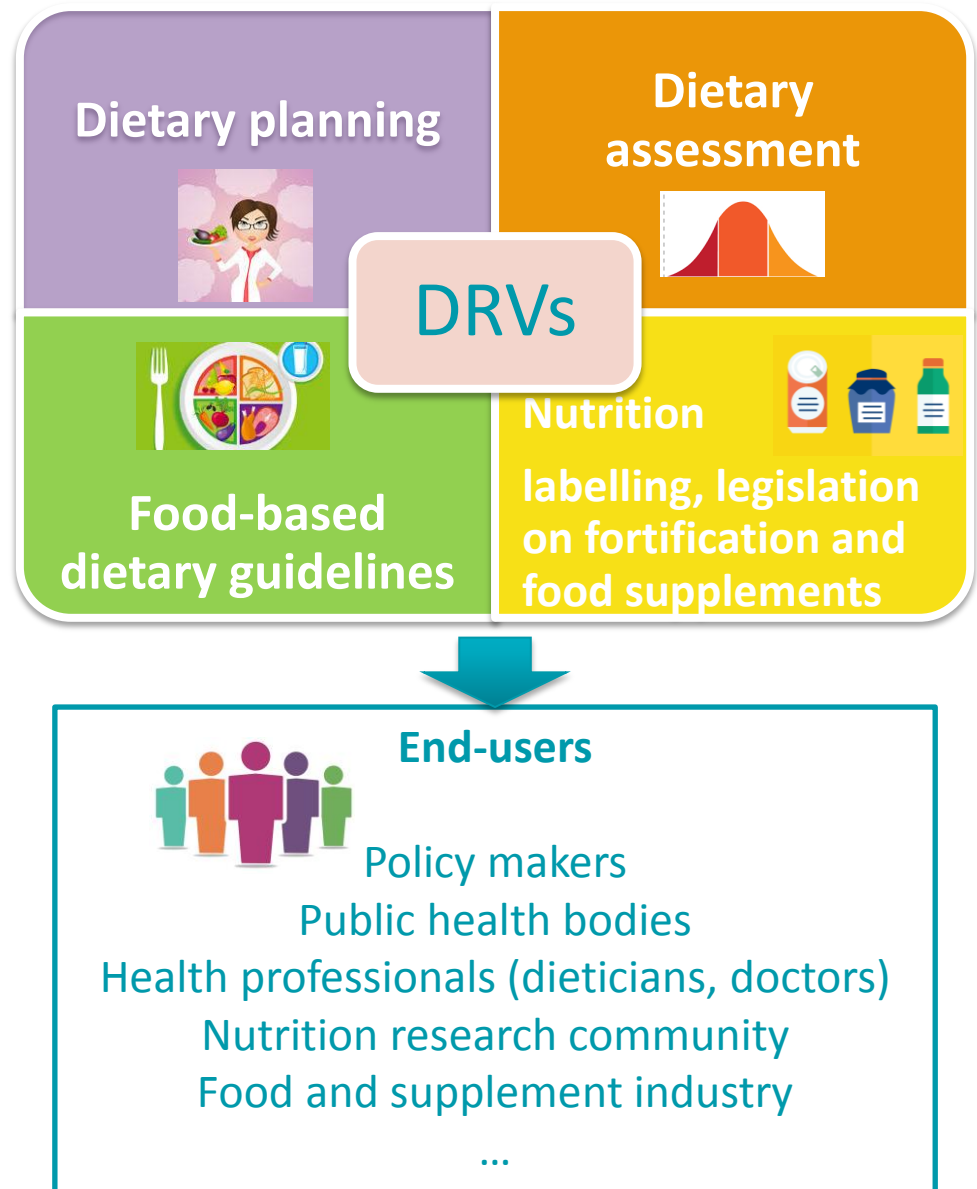
Infant nutrition

Supported by EFSA Unit on Nutrition

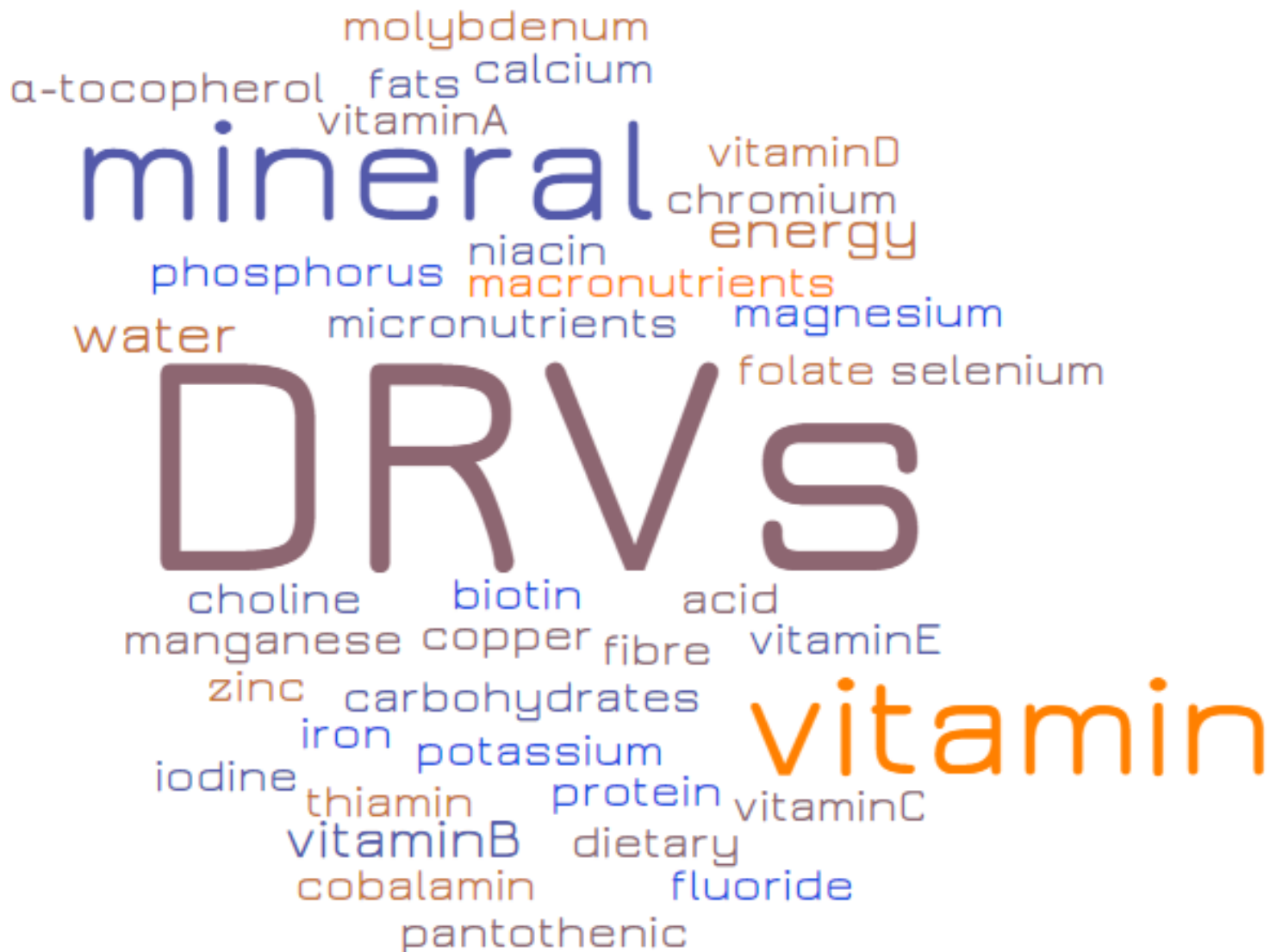
DRVs: DEFINITION AND END-USERS

Request by European Commission (2005)

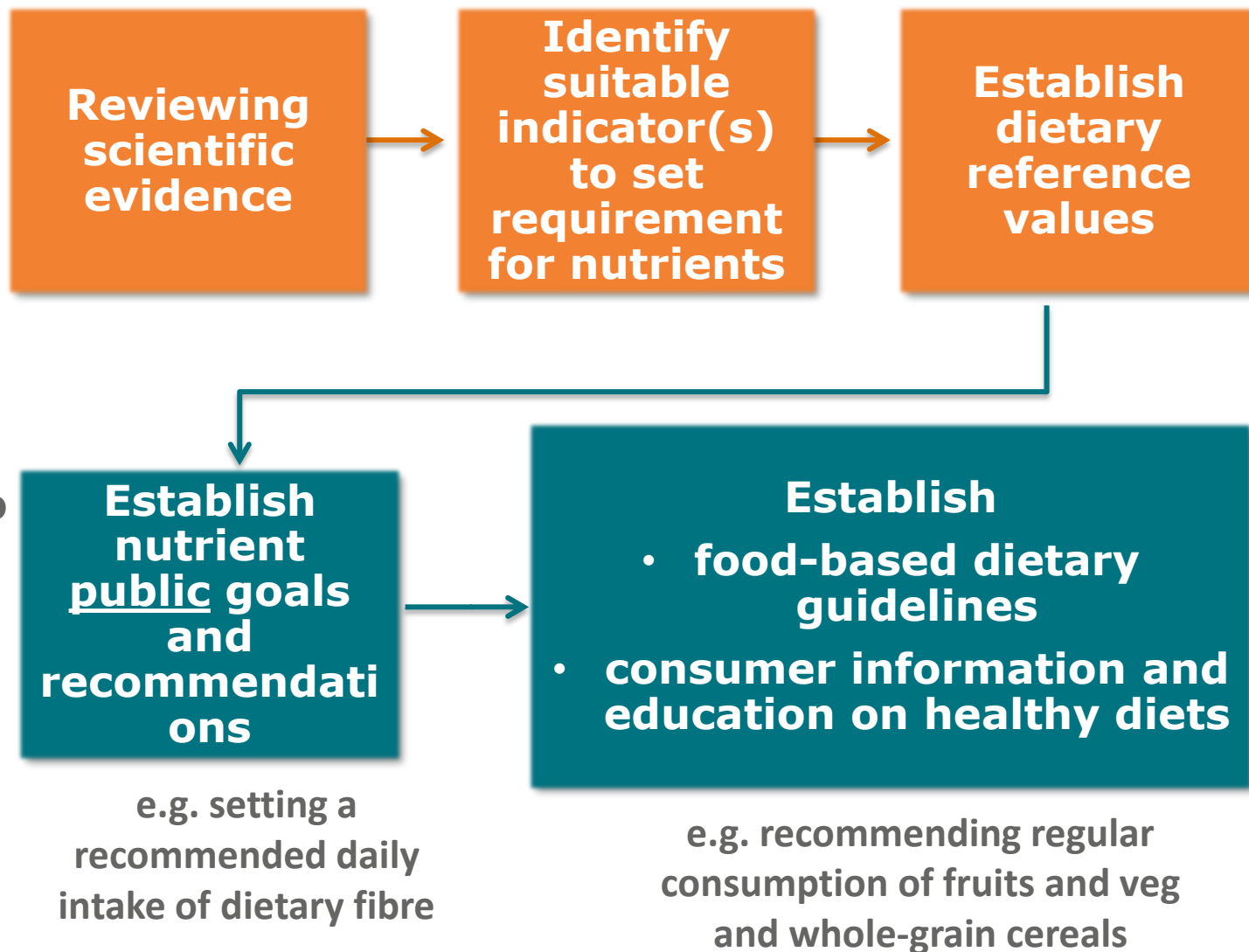
to update the reference values for nutrient and energy intakes (UL excluded) established in 1993 by the Scientific Committee on Foods (SCF)



DRVs: MICRO AND MACRONUTRIENTS



DRVs – WHAT IS IN THE REMIT OF EFSA AND WHAT IS NOT



MORE INFO ON DRVs

EFSA JOURNAL

Open Access



Dietary reference values for nutrients: summary report

Open Access

Dietary Reference Values for nutrients Summary report

European Food Safety Authority (EFSA)

EFSA Supporting Publications | First Published: 8 December 2017

[First Page](#) | [PDF](#) | [References](#) |

First published: **Dec 8, 2017**
Last updated: **19 March 2018**

Dietary reference values (DRVs) is an umbrella term for the complete set of nutrient reference values which include population reference intakes (PRIs), the average requirements (ARs), adequate intakes (AIs) and reference intake (RIs) ranges for macronutrients. These values indicate the amount of a nutrient which must be consumed on a regular basis to maintain health in an otherwise healthy individual (or population). This virtual issue brings together all 32 of EFSA's scientific opinions that have been published over 7 years, covering water, fats, carbohydrates and dietary fibre, protein, energy, as well as 14 vitamins and 13 minerals.

[https://efsa.onlinelibrary.wiley.com/doi/toc/10.1002/\(ISSN\)1831-4732.021217](https://efsa.onlinelibrary.wiley.com/doi/toc/10.1002/(ISSN)1831-4732.021217)

EFSA started recently to follow an **innovative** methodology¹ to improve the way scientists select and use the **evidence** in their scientific assessments



¹ Prometheus project

DRVs FOR SODIUM AND CHLORIDE

- last two DRV opinions to be published
- case study for the Prometheus project
- very sensitive discussion around the sodium opinion



2017



**Public
consultation
and Panel
endorsement
on the
protocol**

2018



**Protocol
implementation
+ finalisation of
opinion on
sodium**

June
2019

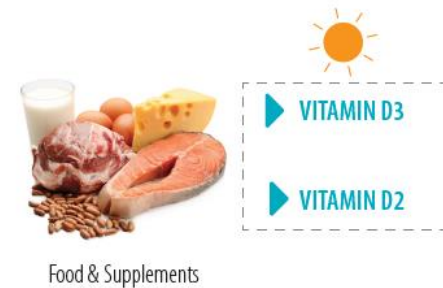


**Deadline
for
publication**

TOLERABLE UPPER INTAKE LEVEL (UL) OF VITAMIN D FOR INFANTS

Mandate (EC): To update the upper level set **for infants** in 2012 considering **new evidence**

- to assess the safety of infant formulae containing an increased max content of vitamin D (taking into account technological considerations brought forward by manufacturers)
- approach as for sodium



2017

Apr-May 2018

June 2018

Public
consultation
on draft
opinion

Deadline for
adoption

AGE FOR INTRODUCTION OF COMPLEMENTARY FEEDING

Mandate (EC): to update the NDA Panel opinion (2009) (safe to introduce solid food between 4 and 6 months of age) considering new evidence

- approach as for sodium



2017



Public consultation on draft protocol on systematic review

Review of data on-going

2018



Public consultation on the draft opinion and adoption

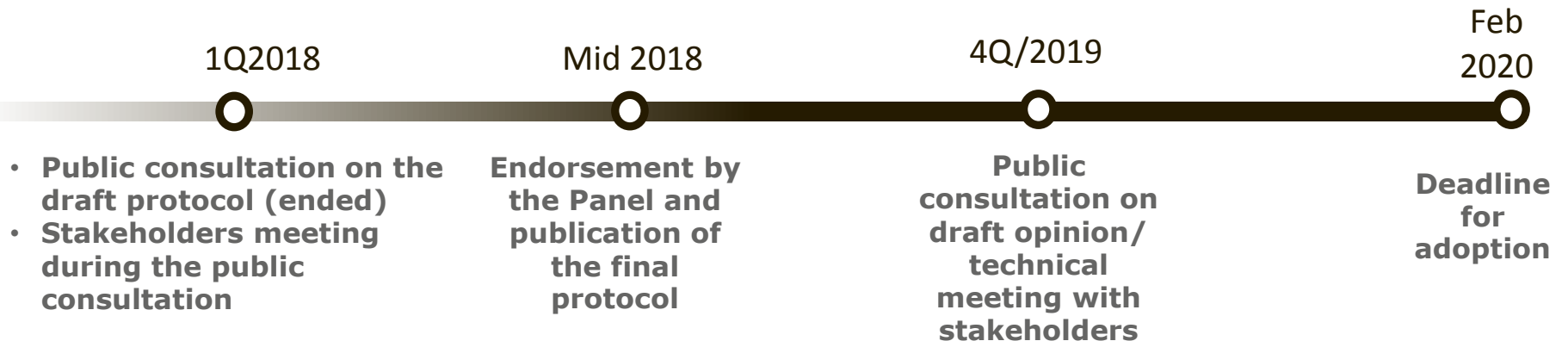
ADDED SUGARS



ADDED SUGARS



- ❑ request by the National Food Agencies of Sweden, Finland, Denmark, Norway, and Iceland (2017)
- ❑ to derive a science-based cut-off value for a daily exposure to added sugars from all sources which is not associated with adverse health effects in the population





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