

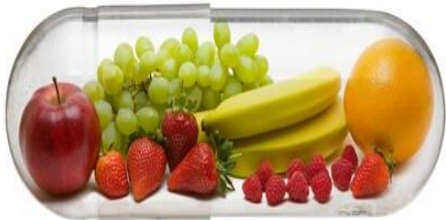
# Functional Foods, Food Ingredients and Supplements

Functional foods & beverages (enriched foods, supplements, food ingredients)

- properties additional to only meeting nutritional needs
- concept to improve health through individual contribution/management
- no current legal classification
- “biologically-active components that enhance health or reduce disease risk”
- exponential increase in production of functional foods



Session will discuss current and emerging challenges in risk assessing functional foods



FUNCTIONAL  
*foods*

# Functional Foods, Food Ingredients and Supplements

Q1: How should authorities practically apply the criteria for authorisation of novel foods, of not misleading consumers or putting them at a nutritional disadvantage, for foods that have benefits only for parts of the population and not others?



Populations



Specific target groups



# Functional Foods, Food Ingredients and Supplements

Q2: The relevance of health claims for the ACNFP - how should the purpose and intended use of novel foods effect the approach to the assessment of novel food?



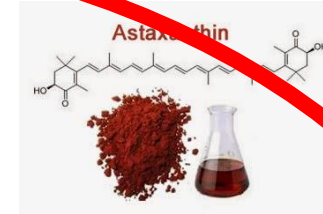
Obesity



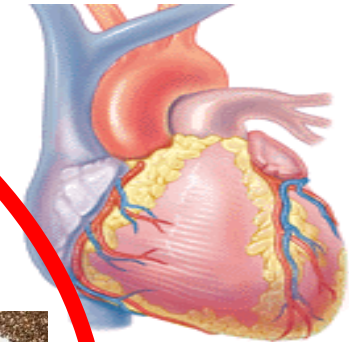
Vit D mushrooms



Marine/algal oils



Supplements



Heart disease



Plant phytosterols

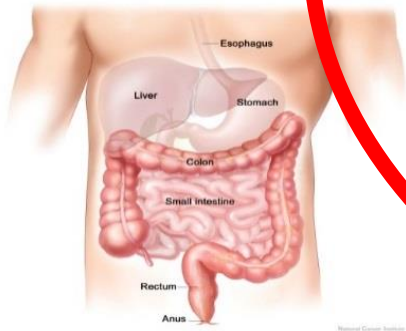
FUNCTIONAL  
FOOD



Plant proteins



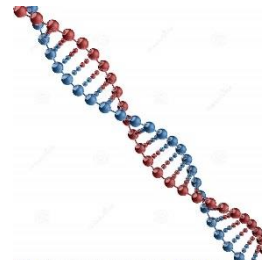
Dementia



Cancer



Plant extracts



DNA modulators



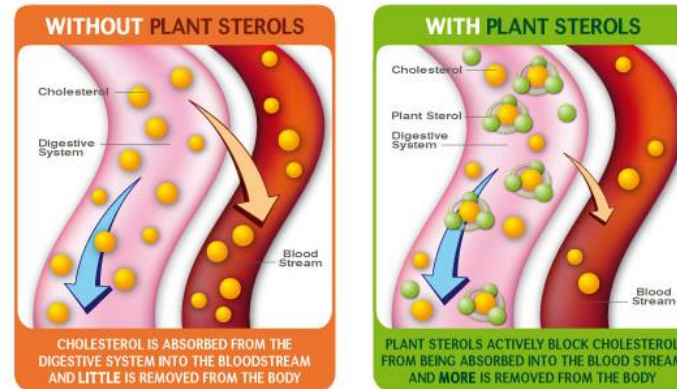
Marine peptides

# Functional Foods, Food Ingredients and Supplements

Q3: 17 years on from the first authorisation of plant phytosterols that reduce cholesterol to be used in food, what can we learn from this experience on how new functional foods should be assessed and managed?



## PLANT STEROLS WORK TO ACTIVELY LOWER YOUR CHOLESTEROL ABSORPTION



## Phytosterols - Plant Sterols



# Functional Foods, Food Ingredients and Supplements

Q1: How should authorities apply the criteria for authorisation of novel foods of not misleading consumers or putting them at a nutritional disadvantage, for foods that have benefits only for parts of the population and not others?

Q2: The relevance of health claims for the ACNFP - how should the purpose and intended use of novel foods effect the approach to the assessment of novel food?

Q3: 17 years on from the first authorisation of plant phytosterols that reduce cholesterol to be used in food, what can we learn from this experience on how new functional foods should be assessed and managed?

Session timing: 15 min per question and 15 reflection/agreement on outputs?

