

Minutes' statement of the Scientific Committee on Food on applications for approval of a variety of plant sterol-enriched foods

(expressed on 4 December 2002 at its 135th plenary meeting, corresponding to item 11 of the agenda)

11. Novel foods

11.2. Draft opinion on applications for approval of a variety of plant sterol-enriched foods

The Committee is currently considering a number of applications for the approval of novel foods-containing phytosterols and phytostanols and notes that regular consumption of a number of such products could result in intakes of phytosterols/phytostanols greater than the recommended range. The Committee agreed to have one opinion covering several applications for the approval of novel foods-containing phytosterols/phytostanols. During the discussions the Committee agreed on a number of modifications. The Working Group will meet again in January 2003 to discuss the modifications suggested and intends to submit a revised draft opinion to the next plenary meeting of the SCF.

The Committee recently concluded it prudent to avoid plant sterol intakes exceeding a range of 1-3 g/day (SCF, 2002). The Committee considers that approval of new products enriched with phytosterols/phytostanols would necessitate the development of appropriate risk management measures to minimise the risk of cumulative intakes from different type of products exceeding the range of 1-3 g/day.