

Management Board  
20 June 2024

# EFSA PANEL ON NUTRITION, NOVEL FOODS AND FOOD ALLERGENS (NDA)

Prof. Dominique Turck – Chair of the NDA Panel

# EFSA'S REMIT IN HUMAN NUTRITION

*EFSA's Founding Regulation (EC) 178/2002, provision of:*

- ❑ **Scientific advice** and scientific and technical support on human nutrition **in relation to Community Legislation**
- ❑ **Assistance** concerning **communication** on nutritional issues **within the framework of the Community health program**, at request of the Commission
- ❑ **NO** recommendations to consumers, control on food labelling, product authorisation, safety policies and legislation



# WHAT IS THE ROLE OF NDA PANEL?

## Scientific advice in relation to human nutrition to support Community Legislation



- Dietary reference values, including tolerable upper intake levels (ULs) for nutrients
- Novel foods
- Nutrient sources
- Other substances intentionally added to foods (e.g. plants)
- Foods for specific groups (e.g. infant formulae)
- Food allergens (for labelling exemption)
- Health claims made on foods
- Other generic questions related to human nutrition

Type of mandates in the last years:

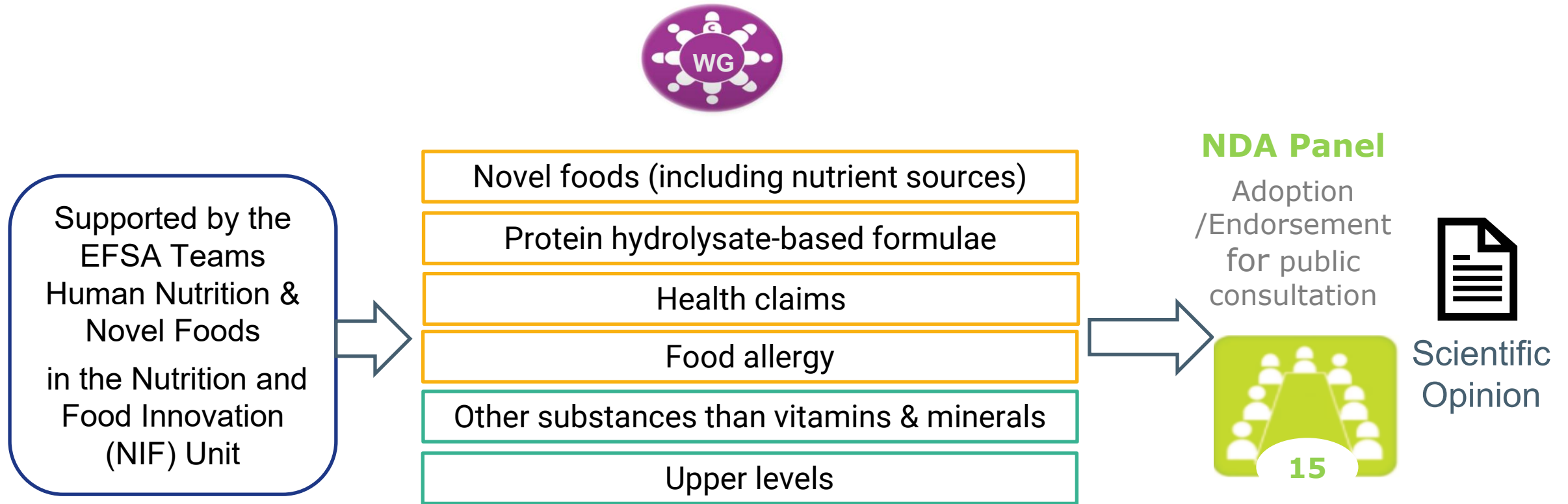
~70% applications

~25% generic mandates

~5% guidances



# HOW NDA PANEL WORKS

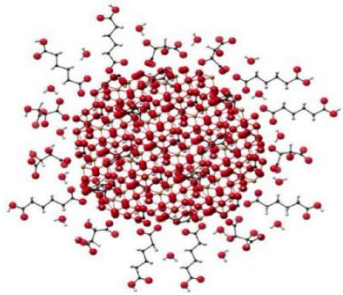


# NDA PANEL ACTIVITIES – APPLICATIONS (1)



Novel Food (NF) –  
UV-treated powder of  
whole yellow  
mealworm

**SAFETY**  
9 months



Nutrient sources –  
Iron hydroxide adipate  
tartrate

**SAFETY &  
BIOAVAILABILITY**  
~9 months



Health claims –  
Appethyl® (spinach  
leaves extract) and  
body weight reduction

**EFFICACY**  
5 months



Protein hydrolysate  
used in infant formula  
and follow-on formula

**NUTRITIONAL SAFETY  
& SUITABILITY**  
~9 months



Permanent exemption  
from labelling –  
behenic acid from  
mustard seeds

**ALLERGENICITY**  
~9 months

- 5 types of Applications: different deadlines (legal & negotiated), different assessment frameworks





# NDA PANEL ACTIVITIES – APPLICATIONS (2)

- ❑ **95% of applications are NFs:** ~45 applications/year; 64 in validation, 98 in assessment (86 in clockstop)
- ❑ **Application dossier:** often limited quality (1 to 6 clockstops for additional information requests)
- ❑ **Increasing complexity of NFs**
- ❑ **Tasking Grant on preparatory work introduced in 2023 for NFs** (9 art.36 organisations selected)



# NDA PANEL ACTIVITIES – GENERIC MANDATES (1)

Vitamins B6\*, D\*, A\*, E,  
B-carotene\*,  
folic acid/folate\*, Manganese\*,  
Iron\*

## UPDATE OF UPPER LEVELS (ULs)

To support the Eur. Commission's work  
on setting maximum levels for vitamins  
and minerals added to foods & food  
supplements

**\*Outsourcing**



Berberine  
plant preparations \*

Hydroxycitric acid  
plant preparations \*

Sweet and bitter fennel  
seed preparations \*

## SAFETY ASSESSMENT

Regulation (EC) No 1925/2006 on the addition of vitamins and minerals  
and of certain other substances to foods – Articles 8(2)

**\*Outsourcing Systematic Reviews**

- ❑ Diversity & inherent complexity of each nutrient/substance impacted on deadlines (negotiated)



# NDA PANEL ACTIVITIES – GENERIC MANDATES (2)

- ❑ Protocol development & Systematic Reviews (SRs) to inform the Panel decisions
- ❑ Outsourcing variable quality & impact on timeliness
- ❑ Demanding methodological competences to identify robust, comprehensive, and reliable evidence
- ❑ Complexity of the assessments for plant extracts/mixtures
- ❑ Calls for data & intake assessments need consumption data on food supplements/fortified food
- ❑ Public consultations to collect inputs from stakeholders

**High workload and time-resource intensive**



References	Outcomes	Risk of bias domains <sup>(a)</sup>						Tier <sup>(b)</sup>
		Confounding	Attrition	Exposure	Outcome	Reporting	Statistics	
Lelli et al. (2018)	Non-fatal CVD (any)	-	++	+	-	++	-	2
Joosten et al. (2014)	Fatal and non-fatal CHD	+	NR	++	++	++	++	1
Kieneker et al. (2018)	Fatal and non-fatal stroke	+	NR	+	+	++	+	1
Stolarz-Skrzypek et al. (2011)	Fatal CVD	+	-	-	+	++	-	2
	Fatal and non-fatal CVD							
	Fatal and non-fatal CHD							
	Fatal and non-fatal stroke							
Cook et al. (2014)	Fatal and non-fatal CVD (any)	++	+	++	++	++	++	1
Tuomilehto et al. (2001)	Non-fatal stroke	-	++	+	+	++	-	2
	Non-fatal CHD							



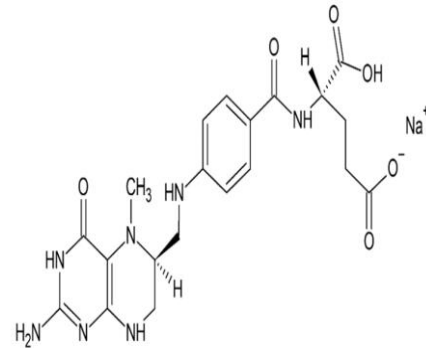
# NDA PANEL ACTIVITIES – GUIDANCE UPDATE



Guidance on novel food applications (ongoing)



Guidance on notifications & applications for traditional food from third country (ongoing)



Guidance on applications for new micronutrient sources (ongoing)



Guidance on methodology for establishing tolerable upper intake levels (ongoing)



# CHALLENGES AND OPPORTUNITIES (1)

- ❑ Limited quality of application dossiers
- ❑ Complexity of the assessment: call in domain experts & collaboration (within & outside EFSA)
- ❑ Partnership with Member States
  - ❖ To complement scientific expertise & services
  - ❖ A new EU Risk Assessment model: June 2024, Launch of Partnership Grant on drafting the scientific opinions for NFs

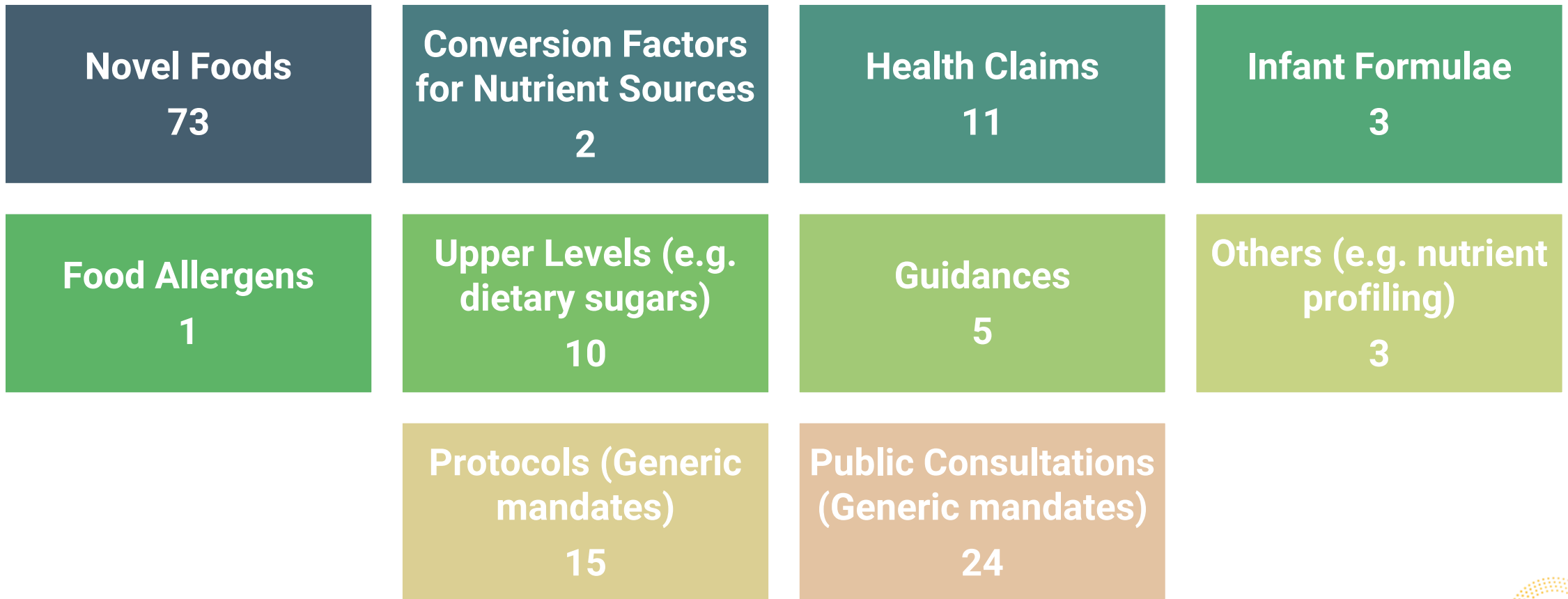


# CHALLENGES AND OPPORTUNITIES (2)

- ❑ Generic mandates: tailoring approach to account for the inherent complexity of each nutrient/substance
- ❑ Systematic Reviews (SRs) are costly-time-resource intensive: International collaboration
- ❑ To balance Speed with Scientific Excellence



# ACHIEVEMENT (2018-2024): FINALISED ASSESSMENTS



# HIGH MEDIA INTEREST: NUTRITION & NOVEL FOOD

January 2022 – April 2024

□ 3,698 articles

(24% of all the EFSA's articles tracked)

□ 215 media exchanges

(21% of the gross number of requests from journalists)

□ 27 interviews given

(19% of all EFSA interviews)

**ANSA**

28/02/2022

**EFSA recommends limiting added and free sugars**

**POLITICO**

20/04/2022

**Balls is in Brussels' court after EFSA report on food labels (Opinion on Nutrient Profiling)**



**NATIONAL GEOGRAPHIC**

07/07/2023

**Forbes**

17/04/2024

**EU Bites Into Cultivated Meat As Meatable Sets First Sausage Tasting**







#Safe2Eat

#OpenEFSA

