Lipid and magnesium requirements for total diet replacement

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European Commission amends requirements for linoleic acid, alpha-linolenic acid, and magnesium in diet replacement products

Commission Delegated Regulation (EU) 2022/2182 of 30 August 2022 amending Delegated Regulation (EU) 2017/1798 as regards the lipid and magnesium requirements for total diet replacement for weight control

Update

The European Commission has removed the linoleic acid requirement, lowered the alpha-linolenic acid requirement, and increased the magnesium content permitted in total diet replacements for weight control.

Impacted products

foods for special medical purposes

What is changing?

The Commission has changed the compositional requirements of linoleic acid, alpha-linolenic acid, and magnesium in total diet replacement for weight control products, as set out in Table 1.

Why?

The Commission received a stakeholder request, accompanied by new scientific evidence, to review current compositional requirements.

Timeline

Date of adoption: **30 August 2022**

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Background

Total diet replacement products for weight control are specially formulated for overweight or obese adults who want to reduce their weight. The EU has established rules to ensure that the daily nutritional requirements of overweight or obese adults in good health are met.

Delegated Regulation (EU) 2017/1798 specifies compositional requirements for these products, including requirements on energy values, and macronutrient and micronutrient content. Those requirements are based on the latest scientific advice from the European Food Safety Authority (EFSA).

Resources

EFSA (2021) Statement on additional scientific evidence in relation to the essential composition of total diet replacement for weight control. EFSA Journal, 19(4): 6494.

Sources

Commission Delegated Regulation (EU) 2022/2182

Delegated Regulation (EU) 2017/1798

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Tables & Figures

Table 1
Lipid and magnesium requirements for total diet replacement

Substance	Amount in total daily ration of diet replacement for weight control products	
	Current requirement	Proposed new requirement
Linoleic acid	Not less than 11 g	Requirement deleted
Alpha-linolenic acid	Not less than 1.4 g	Not less than 0.8 g
Magnesium	Not more than 250 mg	Not more than 350 mg

Source: based on Regulation (EU) 2022/2182

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