

Lipid and magnesium requirements for total diet replacement

Published by AGRINFO on 30 Nov 2022; Revised 18 Jul 2024

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**

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](#)

Table & 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



www.agrinfo.eu

Disclaimer: *Under no circumstances shall COLEAD be liable for any loss, damage, liability or expense incurred or suffered that is claimed to have resulted from the use of information available on this website or any link to external sites. The use of the website is at the user's sole risk and responsibility. This information platform was created and maintained with the financial support of the European Union. Its contents do not, however, reflect the views of the European Union.*