Novel food: Chia seed

Published by AGRINFO on 25 Oct 2023

EU updates specifications for partially defatted chia seed (Salvia hispanica) powders

Commission Implementing Regulation (EU) 2023/2214 of 23 October 2023 amending Implementing Regulation (EU) 2017/2470 as regards the conditions of use and the specifications of the novel foods partially defatted chia seed (*Salvia hispanica*) powders

Update

The EU has updated the conditions of use and specifications for partially defatted chia seed (*Salvia hispanica*) powders, which have been authorised as a novel food since 2020. These powders can be sold only by the authorisation holder, Functional Products Trading Arica S.A./BENEXIA, until November 2028.

Impacted products

cakes, pastries, processed fruits, vegetables, bread, pasta products, food supplements, protein products

What is changing?

In 2020, the EU approved the use of chia seeds in various beverages, confectionery, and food supplements (Regulation (EU) 2020/500). The company Functional Products Trading Arica S.A./BENEXIA has received approval to expand the use of chia seed powders in a broader range of foods: cakes and pastries, processed fruit and vegetables (including vegetable-based dishes), bread and rolls, pasta-based products, and protein products.

Why?

The new uses of chia seeds were approved following an evaluation of their safety by EFSA (2023).

Copyright © **COLEAD 2026,** *AGRINFO is funded by the European Union and implemented by COLEAD.*

Timeline

For a period of 5 years (starting on 13 November 2023), only Functional Products Trading Arica S.A./BENEXIA may sell chia seed powder for the specific uses approved in this Regulation.

What are the major implications for exporting countries?

Only Functional Products Trading Arica S.A./BENEXIA is authorised to market chia seed powder in the specified food categories within the EU for 5 years from 13 November 2023, unless that company permits it, or if another company obtains a novel food authorisation for these uses the basis of its own scientific data (without using the protected data of Functional Products Trading Arica S.A./BENEXIA).

Background

This Regulation updates the Annex to Implementing Regulation (EU) 2017/2470 which lists authorised novel foods (see the Union list of novel foods).

Resources

Commission Implementing Regulation (EU) 2017/2470 establishing the Union list of novel foods

Commission Implementing Regulation (EU) 2020/500 authorising the placing on the market of partially defatted chia seed (*Salvia hispanica*) powders as novel foods

EFSA (2023) Safety of the extension of use of partially defatted chia seed powder with a high fibre content as a novel food. EFSA Journal, 21(4): 7904.

Sources

Commission Implementing Regulation (EU) 2023/2214 as regards the conditions of use and the specifications of the novel foods partially defatted chia seed (*Salvia hispanica*) powders

Visit the AGRINFO website to view the latest AGRINFO Update newsletters and search the database.

Copyright © **COLEAD 2026,** *AGRINFO is funded by the European Union and implemented by COLEAD.*

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.*

Copyright © **COLEAD 2026,** *AGRINFO is funded by the European Union and implemented by COLEAD.*