Novel food: Cyperus esculentus (tiger nut) oil

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EU authorises Cyperus esculentus (tiger nut) oil as a novel food

Commission Implementing Regulation (EU) 2025/1528 of 30 July 2025 authorising the placing on the market of Cyperus esculentus (tiger nut) oil as a novel food and amending Implementing Regulation (EU) 2017/2470

Update

The European Union (EU) has authorised *Cyperus esculentus* (tiger nut) oil as a novel food, to be used as an oil for cooking or as a seasoning, and as an ingredient in several foods.

Impacted products

Pasta-based products, bread and rolls, snacks other than chips (crackers), fats, fine bakery, milk-based products

What is changing?

The EU has authorised *Cyperus esculentus* (tiger nut) oil to be marketed in the EU as a novel food, to be used as an oil for cooking or as a seasoning, and as an ingredient in several food categories: pasta-based products, bread and rolls, snacks other than chips (crackers), fats, fine bakery, and milk-based products.

The maximum levels for tiger nut oil used as an ingredient (ranging from 30 to 60 ml per 100 g), and labelling requirements, are set out in the Annex to this Regulation.

Why?

The European Food Safety Authority (EFSA) concluded that this novel food is safe for the general population under the proposed conditions of use, meaning that there are no specific limitations for foods targeted at children.

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Timeline

Cyperus esculentus (tiger nut) oil can be marketed in the EU as a novel food from **19 August 2025**.

Background

This Regulation updates the Annex to Regulation (EU) 2017/2470, which lists authorised novel foods (see the Union list of novel foods). For further information on the EU novel foods authorisation process, see Novel foods explained.

Resources

EFSA (2024) Safety of Tiger nuts (*Cyperus esculentus*) oil as a novel food pursuant to Regulation (EU) 2015/2283. EFSA Journal, 11: e9102.

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

Sources

Commission Implementing Regulation (EU) 2025/1528 authorising the placing on the market of Cyperus esculentus (tiger nut) oil as a novel food

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