

Rejection of health claim on ham and LDL-cholesterol

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EU proposes to refuse health claim for consumption of Joselito® ham and reduction of blood LDL-cholesterol

[Draft](#) Commission Regulation refusing to authorise a health claim made on foods and referring to the reduction of disease risk

[Annex](#)

Update

The European Commission has informed the World Trade Organization Technical Barriers to Trade (WTO TBT) Committee that it intends to refuse a health claim submitted by Cárnicas Joselito S.A. that Joselito® ham has an effect on the reduction of LDL-cholesterol concentration or blood pressure ([G/TBT/N/EU/1114](#)).

Impacted products

Health foods

What is changing?

The European Commission proposes to refuse a health claim from Cárnicas Joselito S.A. that Joselito® ham has an effect on the reduction LDL-cholesterol concentration or blood pressure.

Why?

The European Food Safety Authority ([EFSA 2024](#)) concluded that, based on the data presented, a cause-and-effect relationship cannot be established between the consumption of Joselito® ham and the reduction of blood LDL-cholesterol concentration or blood pressure. The health claim should not be included in the Union list of permitted health claims because it does not comply with the requirements of Regulation [1924/2006](#).

Timeline

The Regulation is expected to be adopted in approximately the fourth quarter of 2025.

Recommended Actions

The WTO consultation on this proposal closed on 12 May 2025 ([G/TBT/N/EU/1114](#)).

Background

Regulation [1924/2006](#) prohibits health claims made on foods unless they are authorised by the Commission and, supported by a favourable EFSA opinion, are included in the Union list of permitted health claims (Regulation [432/2012](#)).

Resources

Regulation [1924/2006](#) on nutrition and health claims made on foods

Regulation [432/2012](#) establishing a list of permitted health claims made on foods, other than those referring to the reduction of disease risk and to children's development and health

EFSA (2024) [Joselito® and lowering of LDL-cholesterol concentration, blood pressure, and reduction of coronary heart disease risk: Evaluation of a health claim pursuant to Article 14 of Regulation \(EC\) No 1924/2006](#). EFSA Journal, 22(7): e8862.

Sources

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[Annex](#)

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