

Traditional food: roasted baru (*Dipteryx alata*) nuts

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European Union authorises sale on EU market of roasted baru (*Dipteryx alata*) nuts

Commission Implementing Regulation (EU) [2025/1263](#) of 30 June 2025 authorising the placing on the market of roasted seeds of *Dipteryx alata* Vogel (baru) as a traditional food from a third country and amending Implementing Regulation (EU) 2017/2470

Update

The EU has authorised the sale of a traditional food from Brazil: roasted baru (*Dipteryx alata*) nuts

Impacted products

Roasted seeds of *Dipteryx alata* (baru)

What is changing?

The European Union (EU) considers that the consumption of roasted baru (*Dipteryx alata*) nuts, a traditional food from Brazil, is safe and has authorised their sale in the EU.

Foodstuffs containing this traditional food must be labelled “roasted nuts of *Dipteryx alata*” or “roasted baru (*Dipteryx alata*) nuts”.

Why?

Foods that are new to the EU market, including traditional foods from non-EU countries, have to undergo evaluation and authorisation before being sold in the EU.

The European Food Safety Authority (EFSA) has concluded that roasted baru (*Dipteryx alata*) nuts are safe to be used as a whole food (roasted seeds) by the general population ([EFSA 2025](#)). No objections have been received to adding this traditional Brazilian food to the [EU's list of novel foods](#).

Timeline

Roasted baru (*Dipteryx alata*) nuts and products may be sold on the EU market from **21 July 2025**.

Background

Roasted baru (*Dipteryx alata*) nuts, also known as baru, bajuró, cumaru, cumarurana, and feijão-coco, is a traditional product consumed in Brazil.

In 2023 a cooperative from Brazil submitted a request to the European Commission to market this traditional food as roasted seeds in the EU.

For further information on how to bring novel foods to the EU market, see [Novel foods explained](#).

Resources

EFSA (2025) [Technical Report on the notification of roasted seeds of *Dipteryx alata* Vogel as a traditional food from a third country pursuant to Article 14 of Regulation \(EU\) 2015/2283](#). EFSA Supporting Publication, 22(2): EN-9234.

European Commission: [Union list of novel foods](#)

Regulation [2017/2470](#) establishing the Union list of novel foods

Regulation [2015/2283](#) on novel foods

Sources

Regulation [2025/1263](#) authorising the placing on the market of roasted seeds of *Dipteryx alata* Vogel (baru) as a traditional food from a third country

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