

# Traditional food: makhana

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## EU authorises sale of roasted makhana

Commission Implementing Regulation (EU) [2023/652](#) of 20 March 2023 authorising the placing on the market of roasted and popped kernels from the seeds of *Euryale ferox* Salisb. (makhana) as a traditional food from a third country under Regulation (EU) 2015/2283 of the European Parliament and of the Council and amending Commission Implementing Regulation (EU) 2017/2470

## Update

The EU has authorised the sale of roasted and popped kernels from the seeds of makhana (*Euryale ferox*). The authorisation follows an evaluation of makhana as a traditional food according to the novel foods Regulation [2015/2283](#).

## Impacted products

makhana, fox nuts

## What is changing?

The EU has accepted that this Indian snack, roasted and popped kernels from the seeds of plants of *Euryale ferox* (also known as makhana or fox nuts), is safe for consumption and may be placed on the EU market.

## Why?

Foods that are new to the EU market have to undergo evaluation and authorisation. [EFSA \(2022\)](#) concluded that roasted and popped makhana seed kernels do not raise safety concerns.

## Timeline

Date of entry into force: 10 April 2023.

## Recommended Actions

Roasted and popped kernels from the seeds of *Euryale ferox* plants (known as makhana or fox seeds) can now be legally placed on the EU market. They must be labelled "roasted seeds of *Euryale ferox*" or "makhana (*Euryale ferox*) roasted seeds". Suppliers of this snack **must ensure that their products comply** with the microbiological criteria and levels for contaminants (heavy metals, mycotoxins, cyanotoxins, process contaminants) and pesticides, set out in the Annex of Regulation [2023/652](#).

## Background

The EU maintains a [Union list of novel foods](#) (including traditional foods) that have been evaluated and may be placed on the EU market (as set out in Implementing Regulation (EU) [2017/2470](#)).

## Resources

EFSA (2022) [Technical Report on the notification of roasted and popped kernels from the seeds of \*Euryale ferox\* Salisb. as a traditional food from a third country pursuant to Article 14 of Regulation \(EU\) 2015/2283](#).

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

## Sources

Commission Implementing Regulation (EU) [2023/652](#)

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