

## **Commission Directive on foods intended to meet the expenditure of intense muscular effort, especially for sports people**

**Start date of consultation:** Tuesday, 27<sup>th</sup> July 2004

**Finish date:** 31<sup>st</sup> August 2004

### **Consultation details.**

The European Commission has produced a working document of a draft Directive on foods intended to meet the expenditure of intense muscular effort, especially for sportspeople. This was signalled in the White Paper on Food Safety, in which the Commission indicated that it would introduce a specific Directive on such foodstuffs. (Action No. 55).

The objective of the Proposal is to introduce rules which would contribute to a high level of protection of consumer interests by ensuring that the foods marketed as satisfying the particular nutritional requirements associated with expenditure of intense muscular effort have an appropriate composition, are safe and labelled in an adequate and clear manner, allowing consumers to make informed choices.

The name under which products covered by the proposal are sold shall be “dietary food for physical activity” or, if appropriate, “dietary drink for physical activity”. If the product is intended to satisfy the nutritional requirements associated with a specific type of physical activity then the type of physical activity may be also included in the name of the product. Where the physical activity is associated with a sport then the name of the sport for which the product is intended may be indicated in association with the name of the product.

The working document classifies foods intended to meet the expenditure of intense muscular effort into four categories. These categories are based on the opinion adopted by the Scientific Committee on Food (SCF) on 22 June 2000 (*Report of the Scientific Committee on Food on composition and specification of food intended to meet the expenditure of intense muscular effort, especially for sportsmen. Adopted by the SCF on 22/6/2000, corrected by the SCF on 28/2/2001*). These categories are:

- Carbohydrate-rich energy food products;
- Carbohydrate-electrolyte solutions;
- Protein and protein components; and,
- Supplements – containing essential nutrients or other food components.

Compositional criteria for the categories are set out in the Annex of the working document. The working document also sets out mandatory labelling particulars which will apply in addition to the labelling requirements in Directive 2000/13/EC on the labelling presentation and advertising of foodstuffs.

**We would particularly welcome comments in relation to the proposed four categories in Article 2(2).**

All comments and views on the above consultation should be sent by the 31<sup>st</sup> August 2004 via email to: [consultation@fsai.ie](mailto:consultation@fsai.ie)

### **Or post to:**

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