

EPA Comments on the draft Regulation on the use of the 'Good Choice' label to facilitate the identification of foods with a favourable nutritional composition

The [European Association of Polyol Producers](#) (EPA) welcomes the opportunity to comment on the proposed draft Regulation on the use of the 'Good Choice' label to facilitate the identification of foods with a favourable nutritional composition, notified by Slovenia under the TRIS procedure – notification 2024/0577/SI.

The proposed text specifies the conditions for eligibility of the use of the 'Good Choice' label, which prohibit the use of 'additives belonging to the functional class of sweeteners in the production' of food bearing the label. This provision would prohibit from bearing the 'Good Choice' label foods containing polyols, which are listed among sweeteners in the list of food additives in part B of Annex II to Regulation (EC) 1333/2008.¹ Though listed among sweeteners, polyols can be used in foods for technological functions other than sweetener, e.g., as stabiliser, humectant, sequestrant, anticaking agent, bulking agent, thickener, etc. The current wording of the notified text would prohibit the use of the label on all foods containing polyols, including those foods where polyols are used for the other functions, as well as foods where the presence of polyols is due to carry-over.

EPA would like to stress that there are no scientific grounds for preventing foods with polyols from bearing the 'Good Choice' label. On the contrary, there are many health benefits of polyols, which have been scientifically acknowledged at international level by a number of well-established Authorities, notably for improved dental health², improved glycaemic control³ and calorie reduction⁴. Regulation (EU) 432/2012 authorises the two

¹ Commission Regulation (EU) No 1129/2011 of 11 November 2011 amending Annex II to Regulation (EC) No 1333/2008 of the European Parliament and of the Council by establishing a Union list of food additives:
<https://eur-lex.europa.eu/legal-content/EN/ALL/?uri=celex%3A32011R1129>

² **EFSA opinion** on the substantiation of health claims related to the sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose and polydextrose and *maintenance of tooth mineralisation by decreasing tooth demineralisation* and reduction of post-prandial glycaemic responses pursuant to Article 13.(1) of Regulation (EC) 1924/2006;

Regulation (EU) 234/2012 establishing a Community list of permitted claims in foods, other than those referring to the reduction of disease risk and to children's development and health;

US FDA– 21 CFR Part 101.80;

WHO 2003 – Diet, Nutrition and the Prevention of Chronic Diseases;

JNFHA-FOSHU: <http://www.jhnfa.org/>

etc.

³ **EFSA opinion** on the substantiation of health claims related to the sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose and polydextrose and *maintenance of tooth mineralisation by decreasing tooth demineralisation and reduction of post-prandial glycaemic responses* pursuant to Article 13.(1) of Regulation (EC) 1924/2006;

Regulation (EU) 234/2012 establishing a Community list of permitted claims in foods, other than those referring to the reduction of disease risk and to children's development and health;

Livesey, G. Health potential of polyols as sugar replacers, with emphasis on low glycaemic properties; *Nutrition Research Reviews* (2003), 16, 163–191;

etc.

⁴ Regulation (EU) 1169/2011 on the provision of food information to consumers – Annex XIV Conversion factors for the calculation of energy; Polyols are not in the scope of the WHO guideline on use of non-sugar sweeteners (NNS) which questions the use of NNS for weight control.



**EUROPEAN ASSOCIATION
OF POLYOL PRODUCERS**

following health claims for foods in which sugars are replaced with polyols under determined conditions:

- *"Consumption of foods/drinks containing [polyol's name] instead of sugar contributes to the maintenance of tooth mineralisation".*
- *"Consumption of foods/drinks containing [polyol's name] instead of sugar induces a lower blood glucose rise after their consumption compared to sugar-containing foods/drinks".*

All polyols (sorbitols, mannitol, maltitols, lactitol, isomalt, xylitol, erythritol) are approved food additives with defined specifications and purity criteria. Their safety was assessed at the European level by the European Food Safety Authority (EFSA)/Scientific Committee on Food.

According to Regulation (EC) 1333/2008, to be used in food as sweeteners, polyols shall serve one or more of the following purposes:

- Replacing sugars for the production of energy-reduced food, non-cariogenic food or food with no added sugar
- Replacing sugars where this permits an increase in the shelf-life of the food;
- Producing food intended for particular nutritional uses.

Polyols have many of the properties of sugars, making them well suited not just to replace sweetness⁵ but to take over many of the functional properties provided by sugars, and at the same time allowing up to 40% calorie reduction in the final product compared to sugars-containing foods. Therefore, polyols are optimal food ingredients for food re-formulation.⁶

As the proposed criterion prohibiting foods with polyols from bearing the 'Good Choice' logo is not scientifically based and is discriminatory towards safe food ingredients with proven health benefits, we strongly believe that it should be removed from the draft Regulation.

Brussels, 20 December 2024

⁵ The sweetness of polyols varies – some are less sweet than sucrose and some have the same sweetness as sucrose.

⁶ More information about the role of polyols in food (re-)formulation is available [here](#).