

ANNEX I

ESSENTIAL COMPOSITION OF FOODS FOR ENERGY RESTRICTED DIETS

The specifications refer to the products ready for use, marketed as such or reconstituted as instructed by the manufacturer.

1. Energy
 - 1.1. The energy provided by a product mentioned in Article 1 (2) (a) shall not be less than 3 360 kJ (800 kcal) and shall not exceed 5 040 kJ (1 200 kcal) for the total daily ration.
 - 1.2. The energy provided by a product mentioned in Article 1 (2) (b) shall not be less than 840 kJ (200 kcal) and shall not exceed 1 680 kJ (400 kcal) per meal.
2. Protein
 - 2.1. The protein contained in products mentioned in Article 1 (2) (a) and (b) shall provide not less than 25 % and not more than 50 % of the total energy of the product. In any case the amount of protein of products mentioned in Article 1 (2) (a) shall not exceed 125 g.
 - 2.2. The abovementioned provisions on protein refer to a protein the chemical index of which is equal to that of the FAO/WHO (1985) reference protein given in Annex 2. If the chemical index is lower than 100 % of the reference protein, the minimum protein levels shall be correspondingly increased. In any case the chemical index of the protein shall at least be equal to 80 % of that of the reference protein.
 - 2.3. The 'chemical index' shall mean the lowest of the ratios between the quantity of each essential amino acid of the test protein in and the quantity of each corresponding amino acid of the reference protein.
 - 2.4. In all cases, the addition of amino acids is permitted solely for the purpose of improving the nutritional value of the proteins, and only in the proportions necessary for that purpose.
3. Fat
 - 3.1. The energy derived from fat shall not exceed 30 % of the total available energy of the product.
 - 3.2. For products mentioned in Article 1 (2) (a), the linoleic acid (in the form of glycerides) shall not be less than 4,5 g.
 - 3.3. For products mentioned in Article 1 (2) (b), the linoleic acid (in the form of glycerides) shall not be less than 1 g.
4. Dietary fibre

The dietary fibre content of products mentioned in Article 1 (2) (a) shall not be less than 10 g and shall not exceed 30 g for the daily ration.
5. Vitamins and minerals
 - 5.1. The products mentioned in Article 1 (2) (a) shall provide for the whole of the daily diet at least: 100 % of the amounts of vitamins and minerals specified in Table 1.

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- 5.2. The products mentioned in Article 1 (2) (b) shall provide at least 30 % of the amounts of vitamins and minerals specified in the Table per meal; however, the amount of potassium per meal provided by these products shall be at least 500 mg.

TABLE

Vitamin A	(µg RE)	700
Vitamin D	(µg)	5
Vitamin E	(mg-TE)	10
Vitamin C	(mg)	45
Thiamin	(mg)	1,1
Riboflavin	(mg)	1,6
Niacin	(mg-NE)	18
Vitamin B ₆	(mg)	1,5
Folate	(µg)	200
Vitamin B ₁₂	(µg)	1,4
Biotin	(µg)	15
Pantothenic acid	(mg)	3
Calcium	(mg)	700
Phosphorus	(mg)	550
Potassium	(mg)	3 100
Iron	(mg)	16
Zinc	(mg)	9,5
Copper	(mg)	1,1
Iodine	(µg)	130
Selenium	(µg)	55
Sodium	(mg)	575
Magnesium	(mg)	150
Manganese	(mg)	1

ANNEX II

AMINO ACID REQUIREMENT PATTERN⁰

	g/100 g protein
a	World Health Organisation. Energy and protein requirements. Report of a Joint FAO/WHO/UNU Meeting. Geneva: World Health Organisation, 1985. (WHO Technical Report Series, 724).

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Cystine + methionine	1,7
Histidine	1,6
Isoleucine	1,3
Leucine	1,9
Lysine	1,6
Phenylalanine + tyrosine	1,9
Threonine	0,9
Tryptophan	0,5
Valine	1,3

a World Health Organisation. Energy and protein requirements. Report of a Joint FAO/WHO/UNU Meeting. Geneva: World Health Organisation, 1985. (WHO Technical Report Series, 724).
