

Supplement to: Market analysis of potentially cardio- protective foods in context of legal health and nutrition claims

Focus: meat, dairy and egg products

*Florian Bratzke, Falk Ritschel, Richard Wache, Katrin Thamm, Julia Kühn,
 Christine Dawczynski, Claudia Wiacek, Gabriele I. Stangl, Peggy Braun,
 Stefan Lorkowski, Toni Meier*

Claim type	Nutrient substance, food or food category	Claim	Conditions of use of the claim/ Restrictions of use/ Reasons for non- authorisation	Health relationship	Scientific opinion reference	Regulation	Status	Entry Id
EFSA Art.13(1)	alpha-linolenic acid (ALA)	ALA contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which is at least a source of ALA as referred to in the claim SOURCE OF OMEGA 3 FATTY ACIDS as listed in the Annex to Regulation (EC) No 1924/2006. Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of ALA.	maintenance of normal blood cholesterol concentrations	2009; 7(9): 1252	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	493, 568
EFSA Art.13(1)	beta-glucans	beta-glucans contribute to the maintenance of normal blood cholesterol levels	The claim may be used only for food which contains at least 1 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these sources per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans.	maintenance of normal blood cholesterol concentrations	2009; 7(9): 1254	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	754, 755, 757, 801, 1 236, 1 299, 1 465, 2 934

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EFSA Art.13(1)	chitosan	chitosan contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 3 g of chitosan. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of chitosan.	maintenance of normal blood LDL-cholesterol concentrations	2011; 9(6): 2214	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	4 663
EFSA Art.13(1)	docosahexaenoic acid and eicosapentaenoic acid (DHA/EPA)	DHA and EPA contribute to the maintenance of normal blood pressure	The claim may be used only for food which provides a daily intake of 3 g of EPA and DHA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of EPA and DHA. When the claim is used on food supplements and/ or fortified foods information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined. The claim shall not be used for foods targeting children.	maintenance of normal blood pressure	2009; 7(9): 1263	Commission Regulation (EU) 536/2013 of 11/06/2013	authorised	502, 506, 516, 703, 1 317, 1 324
EFSA Art.13(1)	docosahexaenoic acid and eicosapentaenoic acid (DHA/EPA)	DHA and EPA contribute to the maintenance of normal blood triglyceride levels	The claim may be used only for food which provides a daily intake of 2 g of EPA and DHA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of EPA and DHA. When the claim is used on food supplements and/ or fortified foods information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined. The claim shall not be used for foods targeting children.	maintenance of normal (fasting) blood concentrations of triglycerides	2009; 7(9): 1263	Commission Regulation (EU) 536/2013 of 11/06/2013	authorised	506, 517, 527, 538, 1 317, 1 324, 1 325

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EFSA Art.13(1)	docosahe- xaenoic acid (DHA)	DHA con- tributes to the maintenance of normal blood triglyceride levels	The claim may be used only for food which provides a daily intake of 2 g of DHA and which contains DHA in combination with eicosapentaenoic acid (EPA). In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of DHA. When the claim is used on food supplements and/ or fortified foods information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined. The claim shall not be used for foods targeting children.	maintenance of normal (fasting) blood concentrations of triglycerides	2010; 8(10): 1734	Commission Regulation (EU) 536/2013 of 11/06/2013	authorised	533, 691, 3 150
EFSA Art.13(1)	eicosapenta- enoic acid and docosahexae- noic acid (EPA/ DHA)	EPA and DHA contribute to the normal function of the heart	The claim may be used only for food which is at least a source of EPA and DHA as referred to in the claim SOURCE OF OMEGA 3 FATTY ACIDS as listed in the Annex to Regulation (EC) No 1924/2006. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.	maintenance of normal cardiac function	2010; 8(10): 1796	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	504, 506, 510, 516, 527, 538, 688, 703, 1 128, 1 317, 1 324, 1 325, 1 360
EFSA Art.13(1)	folate	folate con- tributes to normal homocysteine metabolism	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/ OR [NAME OF MINE- RAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.	homocysteine metabolism	2009; 7(9): 1213	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	80

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EFSA Art.13(1)	glucomannan (konjac mannan)	glucomannan contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 4 g of glucomannan. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 4 g of glucomannan. Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake – advice on taking with plenty of water to ensure substance reaches stomach.	maintenance of normal blood cholesterol concentrations	2009; 7(9): 1258	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	836, 1 560, 3 100, 3 217
EFSA Art.13(1)	guar gum	guar gum contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 10 g of guar gum. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 10 g of guar gum. Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake – advice on taking with plenty of water to ensure substance reaches stomach.	maintenance of normal blood cholesterol concentrations	2010; 8(2): 1464	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	808

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EFSA Art.13(1)	hydroxypropyl methylcellulose (HPMC)	hydroxypropyl methylcellulose contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 5 g of HPMC. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 5 g of HPMC. Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake – advice on taking with plenty of water to ensure substance reaches stomach.	maintenance of normal blood cholesterol concentrations	2010; 8(10): 1739	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	815
EFSA Art.13(1)	linoleic acid	linoleic acid contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for a food which provides at least 1.5 g of linoleic acid (LA) per 100 g and per 100 kcal. Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 10 g of LA.	maintenance of normal blood cholesterol concentrations	2009; 7(9): 1276	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	489, 2899
EFSA Art.13(1)	magnesium	magnesium contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.	neurotransmission and muscle contraction including heart muscle	2009; 7(9): 1216	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	242
EFSA Art.13(1)	magnesium	magnesium contributes to normal muscle function	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.	neurotransmission and muscle contraction including heart muscle	2009; 7(9): 1216	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	241, 380, 3083

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EFSA Art.13(1)	olive oil polyphenols	olive oil polyphenols contribute to the protection of blood lipids from oxidative stress	The claim may be used only for olive oil which contains at least 5 mg of hydroxytyrosol and its derivatives (e. g. oleuropein complex and tyrosol) per 20 g of olive oil. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 20 g of olive oil.	protection of LDL particles from oxidative damage	2011; 9(4): 2033	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	1 333, 1 638, 1 639, 1 696, 2 865
EFSA Art.13(1)	pectins	pectins contribute to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 6 g of pectins. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 6 g of pectins. Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake – advice on taking with plenty of water to ensure substance reaches stomach.	maintenance of normal blood cholesterol concentrations	2010; 8(10): 1747	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	818, 4 236
EFSA Art.13(1)	plant sterols and plant stanols	plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0.8 g of plant sterols/stanols.	maintenance of normal blood cholesterol concentrations	2010; 8(10): 1813	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	549, 550, 567, 568, 713, 1 234, 1 235, 1 466, 1 634, 1 984, 2 909, 3 140
EFSA Art.13(1)	potassium	potassium contributes to the maintenance of normal blood pressure	The claim may be used only for food which is at least a source of potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.	blood pressure	2010; 8(2): 1469	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	321

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EFSA Art.13(1)	foods with a low or reduced content of saturated fatty acids	reducing consumption of saturated fat contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which is at least low in saturated fatty acids, as referred to in the claim LOW SATURATED FAT or reduced in saturated fatty acids as referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation (EC) No 1924/2006.	maintenance of normal blood LDL-cholesterol concentrations	2011; 9(4): 2062	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	620, 671, 4 332
EFSA Art.13(1)	foods with a low or reduced content of sodium	reducing consumption of sodium contributes to the maintenance of normal blood pressure	The claim may be used only for food which is at least low in sodium/salt as referred to in the claim LOW SODIUM/SALT or reduced in sodium/salt as referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation (EC) No 1924/2006.	maintenance of normal blood pressure	2011; 9(6): 2237	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	336, 705, 1 148, 1 178, 1 185, 1 420
EFSA Art.13(1)	oleic acid	replacing saturated fats in the diet with unsaturated fats contributes to the maintenance of normal blood cholesterol levels – oleic acid is an unsaturated fat	The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim HIGH UNSATURATED FAT as listed in the Annex to Regulation (EC) No 1924/2006.	maintenance of normal blood LDL-cholesterol concentrations	2011; 9(4): 2043	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	673, 728, 729, 1 302, 4 334
EFSA Art.13(1)	monounsaturated and/or polyunsaturated fatty acids	replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels [MUFA and PUFA are unsaturated fats]	The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim HIGH UNSATURATED FAT as listed in the Annex to Regulation (EC) No 1924/2006.	replacement of mixtures of saturated fatty acids (SFAs) as present in foods or diets with mixtures of polyunsaturated fatty acids (PUFAs) and maintenance of normal blood LDL-cholesterol concentrations	2011; 9(4): 2069	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	621, 674, 1 190, 1 203, 2 906, 2 910, 3 065, 4 335

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EFSA Art.13(1)	riboflavin (Vitamin B ₂)	riboflavin contributes to the maintenance of normal red blood cells	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.	maintenance of normal red blood cells	2010; 8(10): 1814	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	40
EFSA Art.13(1)	rapeseed oil (canola)	rapeseed oil helps to control cholesterol	Rapeseed oil: SAFA 6 %, MUFA 61 %, PUFA 33 % and 11 g/100 g, 1.5 g/serving (1 tsp) of omega-3 fatty acids.	maintenance of normal blood LDL-cholesterol concentrations and maintenance of normal blood HDL-cholesterol concentrations	2011; 9(4): 2068	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	580
EFSA Art.13(1)	thiamine	maintenance of normal blood HDL-cholesterol concentrations	The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.	cardiac function	2009; 7(9): 1222	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	20
EFSA Art.13(1)	vitamin B ₁₂	vitamin B ₁₂ contributes to normal homocysteine metabolism	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.	contribution to normal homocysteine metabolism	2010; 8(10): 4114	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	96, 103, 106
EFSA Art.13(1)	vitamin B ₆	vitamin B ₆ contributes to normal homocysteine metabolism	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.	contribution to normal homocysteine metabolism	2010; 8(10): 1759	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	73, 76, 199

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EFSA Art.13(1)	walnuts	walnuts contribute to the improvement of the elasticity of blood vessels	The claim may be used only for food which provides a daily intake of 30 g of walnuts. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 30 g of walnuts.	improvement of endothelium-dependent vasodilation	2011; 9(4): 2074	Commission Regulation (EU) 432/2012 of 16/05/2012	authorised	1 155, 1 157
EFSA Art.14(1) (a)	monounsaturated and/or polyunsaturated fatty acids	replacing saturated fats with unsaturated fats in the diet has been shown to lower/ reduce blood cholesterol – high cholesterol is a risk factor in the development of coronary heart disease	The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim HIGH UNSATURATED FAT as listed in the Annex to Regulation (EC) No 1924/2006. The claim may only be used on fats and oils.		Q-2009-00458	Commission Regulation (EU) No 1226/2014 of 17/11/2014	authorised	N/A
EFSA Art.14(1) (a)	barley beta-glucans	Barley beta-glucans have been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease.	Information shall be given to the consumer that the beneficial effect is obtained with daily intake of 3 g of barley beta-glucan. The claim can be used for foods which provide at least 1 g of barley beta-glucan per quantified portion.		Q-2011-00799	Commission Regulation (EU) 1048/2012 of 08/11/2012	authorised	N/A
EFSA Art.14(1) (a)	barley beta-glucans	Barley beta-glucans have been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease.	Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of barley beta-glucan. The claim can be used for foods which provide at least 1 g of barley beta-glucan per quantified portion.		Q-2011-00798	Commission Regulation (EU) 1048/2012 of 08/11/2012	authorised	N/A

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EFSA Art.14(1) (a)	oat beta-glucan	Oat beta-glucan has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease.	Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of oat beta-glucan. The claim can be used for foods which provide at least 1 g of oat beta-glucan per quantified portion.		Q-2008-681	Commission Regulation (EU) 1160/2011 of 14/11/2011	authorised	N/A
EFSA Art.14(1) (a)	plant stanol esters	Plant stanol esters have been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease.	Information to the consumer that the beneficial effect is obtained with a daily intake of 1.5–3 g plant stanols. Reference to the magnitude of the effect may only be made for foods within the following categories: yellow fat spreads, dairy products, mayonnaise and salad dressings. When referring to the magnitude of the effect, the range «7 % to 10 %» for foods that provide a daily intake of 1.5–2.4 g plant stanols or the range «10 %-12,5 %» for foods that provide a daily intake of 2.5–3 g plant stanols and the duration to obtain the effect «in 2 to 3 weeks» must be communicated to the consumer.		Q-2008-118	Commission Regulation (EC) 983/2009 of 21/10/2009 Amended by Commission Regulation (EC) 376/2010 of 03/05/2010, Amended by Commission Regulation (EU) No 686/2014 of 20/06/2014	authorised	N/A

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EFSA Art.14(1) (a)	plant sterols/ plant stanol esters	Plant sterols and plant stanol esters have been shown to lower/ reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease.	Information to the consumer that the beneficial effect is obtained with a daily intake of 1.5–3 g plant sterols/stanols. Reference to the magnitude of the effect may only be made for foods within the following categories: yellow fat spreads, dairy products, mayonnaise and salad dressings. When referring to the magnitude of the effect, the range «7 % to 10 %» for foods that provide a daily intake of 1.5–2.4 g plant sterols/stanols or the range «10 % to 12,5 %» for foods that provide a daily intake of 2.5–3 g plant sterols/stanols and the duration to obtain the effect «in 2 to 3 weeks» must be communicated to the consumer.		Q-2008-779	Commission Regulation (EU) 384/2010 of 05/05/2010 Amended by Commission Regulation (EU) No 686/2014 of 20/06/2014	authorised	N/A
EFSA Art.14(1) (a)	plant sterols: sterols extracted from plants, free or esterified with food grade fatty acids	Plant sterols have been shown to lower/ reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease.	Information to the consumer that the beneficial effect is obtained with a daily intake of 1.5–3 g plant sterols. Reference to the magnitude of the effect may only be made for foods within the following categories: yellow fat spreads, dairy products, mayonnaise and salad dressings. When referring to the magnitude of the effect, the range «7 % to 10 %» for foods that provide a daily intake of 1.5–2.4 g plant sterols or the range «10 % to 12,5 %» for foods that provide a daily intake of 2.5–3 g plant sterols and the duration to obtain the effect «in 2 to 3 weeks» must be communicated to the consumer.		Q-2008-085	Commission Regulation (EC) 983/2009 of 21/10/2009 Amended by Commission Regulation (EC) 376/2010 of 03/05/2010, Amended by Commission Regulation (EU) No 686/2014 of 20/06/2014	authorised	N/A

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FDA	soy protein	Soy proteins, as part of a diet low in saturated fat and cholesterol, have been shown to lower total blood and LDL-cholesterol level.	(1) 25 g of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of [name of food] supplies ___ grams of soy protein. (2) Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of [name of food] provides ___ grams of soy protein.	reduce the risk of heart disease	FDA (1999), FDA (2016)	Nutrition Labeling and Education Act (NLEA) (Public Law 101-535), Food and Drug Administration Modernization Act (FDAMA) of 1997	authorised	N/A
FDA	nuts (peanuts and nine tree-nuts)	Diets containing one ounce of nuts per day can reduce your risk of heart disease. Eating a diet that includes one ounce of nuts daily can reduce your risk of heart disease.	Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts [,such as name of specific nut'] as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. [See nutrition information for fat content.]	reduce the risk of heart disease	FDA (2003)	Nutrition Labeling and Education Act (NLEA) (Public Law 101-535), Food and Drug Administration Modernization Act (FDAMA) of 1997	authorised	N/A

Tab. 4: Health and Nutrition Claims considered in this market analysis
 MUFA = monounsaturated fatty acids; PUFA = polyunsaturated fatty acids; SAFA = saturated fatty acids