

codex alimentarius commission



FOOD AND AGRICULTURE
ORGANIZATION
OF THE UNITED NATIONS

WORLD
HEALTH
ORGANIZATION



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Agenda Item 3

**CX/NFSDU 01/3-Add. 1
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JOINT FAO/WHO FOOD STANDARDS PROGRAMME

CODEX COMMITTEE ON NUTRITION AND FOODS FOR SPECIAL DIETARY USES

Twenty-third Session

Berlin, Germany, 26-30 November 2001

GUIDELINES FOR THE USE OF NUTRITION CLAIMS: DRAFT TABLE OF CONDITIONS FOR NUTRIENT CONTENTS (PART B CONTAINING PROVISIONS ON DIETARY FIBRE)

- Comments at Step 6 of the Procedure -

Comments from: MEXICO

1. Mexico shares the view that nutrition claims should continue to be subjected to evaluation before they are approved, and that the decision concerning its usage should be taken by individual governments in accordance with local regulations.
2. Based on the available data and in accordance with experience gained in Mexico, the average recommended dietary fibre intake for adults is estimated at 20–40 g per day. Hence we regard the proposed limits as very high, since excessive fibre intake removes inorganic nutrients and may necessitate higher water consumption.

We therefore propose the following values:

Source	2g per 100g or 1g per 100kcal
High	4g per 100g or 2g per 100kcal

3. We propose that products for which dietary fibre content claims are made be accompanied by a note stating the importance of drinking water if the intended benefits of dietary fibre consumption are to be achieved, and that foodstuffs such as fruit and vegetables also contain dietary fibre.