HEALTHGRAIN FORUM

Overview of cereal related health claims and EFSA Scientific Opinions (June 2012)

Material	Claimed effect	EFSA Opinion / Conditions of use	EFSA Journal number
Rye fibre	contributes to normal bowel function	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE	2011;9(6):2249
Barley grain fibre	contributes to an increase in faecal bulk		2011;9(6):2249
Oat grain fibre			2011;9(6):2249
Wheat bran fibre			2010;8(10):1817
Wheat bran fibre	contributes to an acceleration of intestinal transit	information shall be given to the consumer that the claimed effect is obtained with a daily intake of ≥ 10 g of wheat bran fibre.	2010 ;8(10):1817
Arabinoxylan (AX) produced from wheat endosperm (wheat grain fibre, mainly soluble)	Consumption of AX as part of a meal contributes to a reduction of the blood glucose rise after that meal	may be used only for food which contains at least 8 g AX-rich fibre produced from wheat endosperm (≥ 60 % AX) per 100 g of available carbohydrates in a quantified portion as part of the meal.	2011;9(6):2205
Beta-glucans from oats and barley	Consumption of beta-glucans from oats or barley as part of a meal contributes to the reduction of the blood glucose rise after that meal	The claim may be used only for food which contains ≥ 4 g of beta-glucans from oats or barley for each 30 g of available carbohydrates in a quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming the beta-glucans from oats or barley as part of the meal.	2011;9(6):2207
Beta-glucans	contribute to the maintenance of normal blood cholesterol levels	The claim may be used only for food which contains ≥ 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	2009; 7(9):1254 2011;9(6):2207
Resistant starch	Replacing digestible starches with resistant starch in a meal contributes to a reduction in the blood glucose rise after that meal.	The claim may be used only for food in which digestible starch has been replaced by resistant starch so that the final content of resistant starch is at least 14 % of total starch.	2011;9(4):2024
Whole grain(WG) WG flour WG foods Diets rich in WG	gut health/bowel function, weight control, blood glucose/insulin levels,	the food constituent, whole grain, which is the subject of this opinion is not sufficiently characterised in relation to the	2010;8(10):176

	weight management, blood cholesterol, satiety, glycaemic index, digestive function and cardiovascular health.	claimed effects	
dietary fibre (DF), rich in DF and “soluble fibre”	Wide range of claims	the food constituent, dietary fibre, which is the subject of this opinion, is not sufficiently characterised in relation to the claimed effects	2010;8(10):1735