



EU Register: Successful dietary fibre nutrition and health claims

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission Regulation	Status	Entry Id
Art.13(1)	Arabinoxylan produced from wheat endosperm	Consumption of arabinoxylan as part of a meal contributes to a reduction of the blood glucose rise after that meal	The claim may be used only for food which contains at least 8 g of arabinoxylan (AX)-rich fibre produced from wheat endosperm (at least 60 % AX by weight) per 100 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 arabinoxylan (AX)-rich fibre produced from wheat endosperm as part of the meal.	Reduction of post-prandial glycaemic responses	2011;9(6):2205	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	830
Art.13(1)	Barley grain fibre	Barley grain fibre contributes to an increase in faecal bulk	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006.	Increase in faecal bulk	2011;9(6):2249	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	819
Art.13(1)	Oat grain fibre	Oat grain fibre contributes to an increase in faecal bulk	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006.	Increase in faecal bulk	2011;9(6):2249	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	822
Art.13(1)	Rye fibre	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 as listed in the Annex to Regulation (EC) No 1924/2006.	Changes in bowel function	2011;9(6):2258	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	825
Art.13(1)	Wheat bran fibre	Wheat bran fibre contributes to an acceleration of intestinal transit	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE 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 claimed effect is obtained with a daily intake of at least 10 g of wheat bran fibre.	Reduction in intestinal transit time	2010;8(10):1817	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	828 839 3067 4699
Art.13(1)	Wheat bran fibre	Wheat bran fibre contributes to an increase in faecal bulk	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006.	Increase in faecal bulk	2010;8(10):1817	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	3066
Art.13(5)	Sugar beet fibre	Sugar beet fibre and increasing faecal bulk	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006.		Q-2011-00972	Commission Regulation (EU) No 40/2014 of 17/01/2014	Authorised	N/A