

6 EASY WAYS TO RECOGNISE A FOOD FOR SPECIAL MEDICAL PURPOSES (FSMP)



The EU has strict rules covering the content and labelling of foods designed specifically for people with medical needs. Within these rules, the EU Regulation on Foods for Specific Groups defines a Food for Special Medical Purposes (FSMP) as “food specially processed or formulated and intended for the dietary management of patients, including infants, to be used under medical supervision; it is intended for the exclusive or partial feeding of patients with a limited, impaired or disturbed capacity to take, digest, absorb, metabolise or excrete ordinary food or certain nutrients contained therein, or metabolites, or with other medically-determined nutrient requirements, whose dietary management cannot be achieved by modification of the normal diet alone”.¹

It is easy to recognise an FSMP if you check the six points listed below.

By law, a product is an FSMP if the label states or includes all of the following 6 points (in local language):

- 1 “Food for special medical purposes” ✓
- 2 “For the dietary management of ...” followed by the name of the disease, disorder or medical condition for which the product is intended, or any equivalent language or suggestion ✓
- 3 A description of the properties and/or characteristics that make the product useful in relation to the disease, disorder or medical condition for the dietary management of which the product is intended ✓
- 4 “The product must be used under medical supervision” ✓
- 5 Information whether or not the product is suitable for use as the “sole source of nourishment” ✓
- 6 Vitamins and minerals are not indicated as percentage of reference daily value ✓

About MNI

The Medical Nutrition International Industry (MNI) is the voice of the medical nutrition industry at international level. MNI’s vision is to achieve better care through better nutrition, across all ages and healthcare settings. Find out more on www.medicalnutritionindustry.org

About SNE

Specialised Nutrition Europe (SNE) is the voice of the specialised nutrition industry across Europe. SNE’s vision is to enhance quality of life of people of all ages with specific nutritional needs through the provision of safe, innovative and suitable specialised nutrition products. Find out more on <https://www.specialisednutritioneurope.eu>

¹ Article 2 of Regulation (EU) No 609/2013 on food intended for infants and young children, food for special medical purposes, and total diet replacement for weight control.