Medical Nutrition International Industry

ISDI International Special Dietary Foods Industries

Based on CODEX ALIMENTARIUS INTERNATIONAL FOOD STANDARDS



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

The Codex Standard for the Labelling of and Claims for Foods for Special Medical Purposes[1] defines foods for special medical purposes as a category of foods for special dietary uses which are specially processed or formulated and presented for the dietary management of patients and may be used only under medical supervision. They are intended for the exclusive or partial feeding of patients with limited or impaired capacity to take, digest, absorb or metabolize ordinary foodstuffs or certain nutrients contained therein, or who have other special medically-determined nutrient requirements, whose dietary management cannot be achieved only by modification of the normal diet, by other foods for special dietary uses, or by a combination of the two.

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

According to Codex Alimentarius* 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

* Without prejudice to national regulations and interpretations

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.com

About ISDI

ISDI is the leading international expert association on special dietary foods. ISDI is an industry platform for debate on regulatory, technical and scientific issues regarding special dietary foods. Find out more on www.isdi.org

[1] CODEX STAN 180-1991

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