

**SALE OF FOOD ACT  
(CHAPTER 283, SECTION 56 (1))  
FOOD REGULATIONS**

**False or misleading statements, etc.**

9. (6B) Notwithstanding paragraphs (3), (5) and (6), the following claim may be made on prepacked foods that are permitted under these Regulations or approved under regulation 250A to contain phytosterols, phytosterol esters, phytosteranols, or phytosteranol esters:

"Plant sterols/stanols have been shown to lower/reduce blood cholesterol. High blood cholesterol is a risk factor in the development of coronary heart disease" .

**Fat spread**

91A.—(1) Fat spread shall be table spread which is food in the form of a spreadable emulsion, principally of edible animal or vegetable fats or oils with water or milk products or both.

(2) Fat spread may contain permitted colouring matter, anti-oxidant, emulsifier, flavouring agent, chemical preservative and sequestrant.

(3) Fat spread sold as special purpose food may, subject to compliance with regulation 250A, contain up to 8% (w/w) of added phytosterols or 14% (w/w) phytosterol esters.

(4) Fat spread does not include margarine and butter.

**SPECIAL PURPOSE FOODS**

**Special purpose foods**

247.—(1) In these Regulations, "special purpose food" shall be a food named or described as particularly suitable for consumption by persons belonging to a particular class who require a special diet. It shall be composed of food substance modified, prepared or compounded so as to possess nutritive and assimilative properties which render it specially suitable for use as food by these persons requiring the special diet.

(2) Special purpose food shall include diabetic food, food containing added phytosterols, phytosterol esters, phytosteranols or phytosteranol esters, low sodium food, gluten-free food, low protein food, carbohydrate-modified food, low calorie food, energy food, infant formula food and formulated food.

(3) Special purpose food may contain, unless otherwise prohibited under these

**Foods containing phytosterols, phytosterol esters, phytosteranols or phytosteranol esters**

250A.—(1) Food containing added phytosterols, phytosterol esters, phytosteranols or phytosteranol esters shall be special purpose food that is particularly suitable for persons who require a special diet for the purposes of lowering blood cholesterol levels.

(2) The following foods may be added with phytosterols, phytosterol esters, phytosteranols or phytosteranol esters in an amount such that the suggested amount of the food to be consumed per day shall contain not more than 3 g in total of phytosterols, phytosterol

esters, phytosterols or phytostanol esters:

- (a) milk containing no more than 3 g total fat per 100 g, or 1.5 g total fat per 100 ml;
- (b) yoghurt containing no more than 3 g total fat per 100 g; and
- (c) fat spread.

(3) Where any food with added phytosterols, phytosterol esters, phytosterols or phytostanol esters is sold or intended for sale, the can, bottle or other receptacle in which the food is contained shall have appearing thereon or attached thereto a label with the following statements or statements to the like effect:

- (a) The product is a special purpose food intended exclusively for people who want to lower their blood cholesterol level;
- (b) Patients on cholesterol lowering medication should only consume the product under medical supervision;
- (c) The product may not be nutritionally appropriate for pregnant and breast-feeding women and children under the age of 5 years;
- (d) The product should be used as part of a balanced and varied diet, including regular consumption of fruit and vegetables to help maintain carotenoid levels;
- (e) Consumption of more than 3 g per day of added phytosterols or phytosterols should be avoided; and
- (f) A statement suggesting the amount of the food (in g or ml) to be consumed each time (referred to as a serving) and the number of servings suggested to be consumed per day, with a statement of the amount of phytosterols or phytosterols that each serving contains.