



# A1134 Increased Concentration of Plant Sterols in Breakfast Cereals

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The Dietitians Association of Australia (DAA) is the national association of the dietetic profession with over 6000 members, and branches in each state and territory. DAA is a leader in nutrition and advocates for food and nutrition for healthier people and healthier nations. DAA appreciates the opportunity to provide feedback on the proposal A1134 Increased Concentration of Plant Sterols in Breakfast Cereals by Food Standards Australia New Zealand.

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## **DAA interest in this consultation**

DAA is the peak professional body for dietitians in Australia and responsible for the Accredited Practising Dietitian (APD) program as the basis for self-regulation of the profession.

DAA advocates for a safe and nutritious food supply in which the community has confidence and which meets the nutritional needs of all Australians, including groups with special needs.

As experts in nutrition, APDs assist the general population and groups with special dietary needs to meet their nutritional needs. APDs also assist with the translation of food labels and nutrition content claims.

## **Recommendations**

The DAA understands this application is to seek approval for the exclusive use for 15 months of an increased concentration of plant sterols to be added to breakfast cereals under the novel food provisions. Specifically, the applicant (Sanitarium Health and Wellbeing Australia) seeks to amend current novel food permissions to allow increased concentrations of plant sterols in 'portion-controlled' breakfast cereals, where 'portion-controlled' refers to either individually wrapped portions or portions that can be easily divided.

The DAA supports FSANZ draft variation to the Code which permits the addition of plant sterols to breakfast cereals at no less than 0.5 g and no more than 2.2 g total plant sterol equivalents per serving of breakfast cereal, for the following reasons:

- FSANZ has not identified sufficient reason to limit the scope of breakfast cereals permitted to be fortified at the higher concentration to 'portion-controlled' breakfast cereals only, and recommends that the higher concentration is permitted for all breakfast cereals meeting existing nutrient criteria.
- FSANZ has no toxicological concerns regarding the addition of plant sterols to breakfast cereals up to the concentrations proposed in the Application, for consumption by the general population. However, appropriate risk management measures are required for individuals with phytosterolaemia (sitosterolaemia).

DAA are interested to view the evaluation and/or outcomes report after the 15-month exclusive implementation period prior to supporting a general permission after the exclusive use period expires.