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## **FEDIOL labelling recommendations on frying oils**

***Disclaimer:** The present document contains FEDIOL non legally binding recommendations on its bottled vegetable oils and fats. It should not be construed beyond this scope and FEDIOL cannot be held responsible for other uses and consequences resulting from this. It also contains a description of known legal requirements at the time of the drafting, which should not be interpreted as exhaustive.*

### **Context**

FEDIOL has signed the EU Code of Conduct for responsible business and marketing practices in June 2021. To implement the various aspirational objectives of the Code, FEDIOL has set up a Action Plan for Implementation of the Code and its content was shared in the annual report, to the Commission in April 2022. To contribute to aspirational objective one on *Healthy, balanced, and sustainable diets for all European consumers, thereby contributing to:* 1) *Reversing malnutrition and diet-related non communicable diseases (NCDs) in the EU* 2) *Reducing the environmental footprint of food consumption by 2030*, FEDIOL decided among others to develop a FEDIOL recommendation on the labelling of frying oils.

The below describes firstly the legal requirements applicable today and secondly the FEDIOL recommendations for a labelling on frying oils, as agreed in FEDIOL Working Groups (WGs). It should also be mentioned that the objective is not to issue detailed FEDIOL recommendations on frying oils, which was already achieved in the past by the [FEDIOL infographic](#) (available on FEDIOL website).

### **1. Legal requirements and scientific knowledge**

#### **1.1. EU law**

The general EU labelling rules on frying oils apply, so it means that any labeling must enable consumers to make informed choices, should not be misleading and should be accurate, clear, and easy to understand for the consumers (Regulation (EC) no 1169/2011). There are no specific EU requirements as regards the labelling of vegetable oils and fats destined for frying.

In parallel to this, additional Commission recommendations<sup>1</sup> at which temperature to fry have been made in the context of acrylamide formation. For French fries and other cut deep fried or oven-fried potato products, it is recommended that Food Business Operators (FBOs) shall recommend the end-users to “*keep the temperature between 160 and 175°C when frying, and 180-220°C when using an oven. Lower temperature can be used when the fan is switched on*”. Additional recommendations are set for dough-based potato crisps, snacks, crackers, and other dough-based potato products. In addition, one of the mitigation methods for French fries and other potato products

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<sup>1</sup> Commission Regulation (EU) 2017/2158 of 20 November 2017 establishing mitigation measures and benchmark levels for the reduction of the presence of acrylamide in food.

requires that “frying temperatures shall be below 175°C and in any case as low as possible considering the food safety requirements”.

### 1.2. National law

National laws are sometimes adding specific labelling requirements. This is the case for example in France<sup>2</sup>, where additional labelling requirements apply to edible vegetable oils and fats. In this case, when vegetable oils and fats are exclusively destined to cooking/frying, they should include the wording « réservée à la friture » or « réservée à la cuisson ». In addition, when edible vegetable oils and fats can be used for deep frying, labelling should also include specific use conditions to avoid formation of undesirable compounds<sup>3</sup>.

When setting recommendations for labelling, all such rules above should be met.

### 1.3. Scientific knowledge: DGF recommendations on frying

The Deutsche Gesellschaft für Fettwissenschaft e.V. (DGF) has developed detailed recommendations on optimum deep-frying. This represents the state-of-the-art of the scientific knowledge when deep frying foods. The current version is available [here](#). Such a document is expected to be reassessed and updated, if necessary, in 2023.

## 2. Towards FEDIOL labelling recommendations on frying

Based on available information on current practices on labelling of vegetable oils and fats and following discussions in FEDIOL WGs, the following FEDIOL recommendations labelling are suggested. It remains ultimately the sole responsibility of FEDIOL members, selling packaged vegetable oils to customers and/or consumers, to decide to apply them or not.

### 1) Deep frying:

#### Rationale:

It is suggested to include the temperature recommended in the Commission Regulation (EU) 2017/2158 of 20 November 2017 establishing mitigation measures and benchmark levels for the reduction of the presence of acrylamide in food.

In addition, it is also recommended to specify that foods should be added carefully into the medium for 2 reasons. Firstly, it avoids splashing and possible damages resulting from it when placing a food into the oil. Secondly, it prevents adding air into the oil (not to “disturb” the oil).

The number of cycles is not specified as it might depend on the type of foods to be fried.

#### FEDIOL labelling recommendation:

*Maximum recommended temperature: 175°C. Carefully add ingredients once oil has reached the correct temperature.*

<sup>2</sup> Décret n° 2008-184 du 26 février 2008 portant application du code de la consommation en ce qui concerne les graisses et huiles comestibles  
<https://www.legifrance.gouv.fr/loda/id/JORFTEXT000018188420/2022-06-03/>

<sup>3</sup> Ibidem footnote 2. And to be in line with the set contents of polar compounds or polymers of triglycerides which should not be greater than 25% and 14% respectively.

2) Cooking:Rationale:

When the oil is destined to be used for cooking (by opposition to oils destined to be used for dressing), it is suggested to specify it, as some vegetable oils and fats are best suited than others for cooking. This will provide additional information for consumers.

FEDIOL labelling recommendation:

*Suited for cooking.*

3) Other relevant information:Rationale:

The [FEDIOL infographic on frying oils](#), as developed with FEDIOL members, provides available information on frying in an easy format. It is suggested to refer to such a document, where possible, through existing FEDIOL members own communication tools.

FEDIOL recommendation: make reference to the FEDIOL infographic on frying oils where relevant.

4) Extension to B2B labelling:Rationale:

Whilst the present FEDIOL recommendations aims to apply to B2C bottled vegetable oils and fats that FEDIOL members place on the market, the same recommendations could also be useful to include in B2B products, in collaboration with users of oils on a case-by-case basis.

FEDIOL labelling recommendation: FEDIOL members to investigate, in partnership with users of oils on a case-by-case basis, the possibility to use some or all FEDIOL labelling recommendations on frying to B2B products.

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