

FEDIOL POSITION ON HOW TO DEFINE A PORTION FOR BOTTLED VEGETABLE OILS Updated

FEDIOL is the European federation representing the interests of the European vegetable oil and protein meal industry. FEDIOL covers about 150 processing sites that crush oilseeds and/or refine crude vegetable oils and fats. These plants belong to around 35 companies. It is estimated that over 80% of the EU crushing and refining activities are covered by the FEDIOL membership structure.

For many years, FEDIOL has engaged deeply in discussions around food information to consumers and labelling. More recently, FEDIOL provided numerous inputs to the EU ongoing discussions linked to front-of-pack nutrition labelling and nutrient profiles through consultations, interviews and FEDIOL documents. In view of upcoming discussions, FEDIOL would like to reiterate its position on how to define a portion-size for vegetable oils and fats.

According to article 33 of Regulation (EC) No 1169/2011 on Food Information to Consumers, the energy value and amounts of several nutrients as referred to in article 30 (1) to (5), may be added on a per portion basis on top of the form of expression per 100g or 100ml for bottled oils or instead of the form of expression per 100g or 100ml for non-prepacked oils.

To ensure a harmonised approach throughout the sector, the EU vegetable oil and fat sector agreed to define a portion of vegetable oils and fats as the soup spoon, which can be translated in several languages as 'cuillère à soupe', 'eetlepel', 'Esslöfel', etc. The content of such a soup spoon has been rounded to 10g of vegetable oil. Such an approach is followed by FEDIOL members on their labels.

This portion size has been substantiated by FEDIOL companies' studies assessing the average oil quantity in a soup spoon. Measurements performed with 14 soup spoons available today on the French market gave an average value of 10.13g. Similar measurements were performed in Belgium, Italy, Portugal, Hungary, Romania, Poland, leading to an average quantity around or below 10g. This approach of 10g of vegetable oil per spoon has also been confirmed by national governments¹.

FEDIOL stands ready to provide further information.

¹ See for example in Belgium where the Belgian official scientific nutritional information explicitly refers to a soup spoon of 10g vegetable oil as the measurement of vegetable oil. <https://www.nubel.be/wp-content/uploads/2023/01/PoidsEtMesure.pdf?lang=fr>