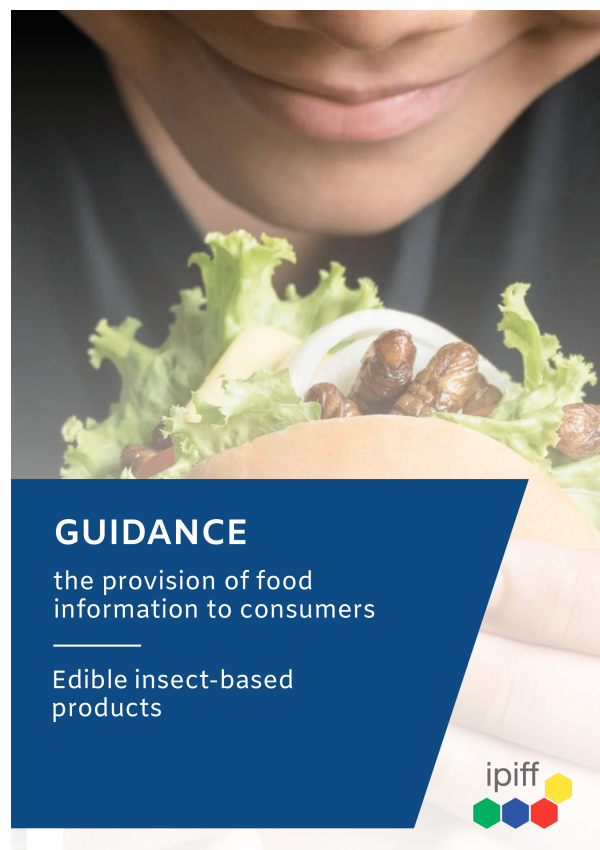


- PRESS RELEASE -

Bringing food information closer to consumers: the European insect sector publishes guidelines for edible insects



IPIFF – the [International Platform of Insects for Food and Feed](#) - the EU umbrella organisation for the European insect production sector is publishing today a [Guidance document on EU food labelling standards](#) applicable to **insects** and **insect-based** products (hereinafter - 'FIC Guidance').



Built around the framework of the European legislation that defines the criteria for 'food information to consumers' - [Regulation \(EU\) 1169/2011](#) - this publication **aims at assisting** prospective and active Food Business Operators (FBOs) in the production of insect-based food in order to **comply with the relevant labelling provisions**. In addition to regulatory standards, this document brings together directions from different Commission Notices, but also fair practices from the food sector.

The [FIC Guidance](#) represents the joint efforts of IPIFF members (within the framework of the **Working Group on 'Food Safety & Consumers'**) to follow EU regulatory standards. The **primary objectives** of this Guidance document are to **exemplify** the relevant provisions of the EU food labelling standards in the context of edible insect-based food products and to **facilitate** the application of EU compulsory labelling requirements. *'Despite the young age of our sector, we wish to demonstrate that we act responsibly, adapting our activities to the dynamic EU legislative framework'*, explains Antoine Hubert, **IPIFF's President**. This Guide focuses on labelling requirements, Health and Nutrition claims, standards on the labelling of allergens, origin, as well as the responsibilities of operators along the food chain.

Presently, standards on the placing of edible insect-based products on the market are defined by [Regulation \(EU\) 2015/2283](#), which establishes harmonised rules for the EU-wide commercialisation of Novel Foods (including insects). While specific insect-based products are currently approved by certain Member States, it is foreseen that a number of novel food applications will be authorised by the European Commission in the near future - eliminating the barriers for the EU trade of edible insect-based products (see [IPIFF guidelines on insects as novel food](#)). Therefore, the **FIC Guidance** will prove to be beneficial for actors active on Member State level, but also for FBOs who aim at selling their products in the Single Market.

Thus, this [Guidance](#) document provides recommendations towards best labelling practices, building from obligations derived from [Regulation \(EU\) 1169/2011](#). *'We also wish to raise awareness regarding the excellent nutritional properties of edible insects - a label in line with EU best labelling practices is the first step in order to transparently inform consumers'*, complemented Marijn

Concurrently, IPIFF is also launching a one-page [factsheet](#) that summarises the relevant **nutritional and health benefits of edible insects** and their potential contribution to a **well-balanced diet** (hereinafter - 'insect nutrition factsheet'). *'Edible insects are popular in numerous countries across the globe and they are known to be a viable complementary source of proteins, minerals and vitamins. During the past years, more and more Europeans wish to integrate edible insects in their diet to combat nutrient deficiencies or as functional food'*, concluded Bastien Rabastens, **IPIFF Executive Committee Member**.

EDIBLE INSECTS & HUMAN NUTRITION

ipiff

INSECTS MEET ALL HUMAN ESSENTIAL AMINO ACID CRITERIA

ALTHOUGH SMALL THEY ARE PACKED WITH PROTEINS (50-80 % DRY MATTER BASIS, 7-48% FRESH-WEIGHT PROTEIN*)

Proteins are necessary for the growth and development of the body

* The protein content of insects also varies strongly by species

✓ PROTEINS
✓ FATS
✓ FIBRES
✓ MINERALS
✓ VITAMINS

CONSUMED BY OVER
2 BILLION PEOPLE IN 80% OF THE COUNTRIES

AROUND THE GLOBE, MORE THAN 2,000 INSECT SPECIES ARE REPORTED TO BE EDIBLE

DID YOU KNOW?

ESTIMATED UP TO 80% OF AN INSECT IS EDIBLE VS 55% FOR CHICKEN & PIGS AND 40% FOR CATTLE

✓ Insects have a high content of minerals important for human nutrition
✓ Rich in trace elements such as copper, iron, magnesium, manganese, phosphorus, selenium and zinc

Promote chemical reactions in the human body and may form part of many tissues. Required in small amounts for metabolic purposes

✓ Prebiotic fibres, such as chitin, provide nutrients for probiotic gut bacteria in humans
✓ Chitin-derived substances are commonly found in insect exoskeletons

Fibres are necessary to have a healthy human gut

Fe P Zn Mg

✓ High in monounsaturated fatty acids and/or polyunsaturated fatty acids (MUFA, PUFA) at acceptable standards
✓ Omega-6 and Omega-3 fatty acids

Fatty acids constitute the main component of lipids and are required as a source of energy, for metabolism and structure. The human body cannot produce specific fatty acids, so we need supplementary sources

B1 B2 B12

✓ B12 (Cobalamin), B2 (Riboflavin), B1 (Thiamine) and other vitamins are present in insects

Essential for normal growth and activity of the body, as well as for energy production, immunity and other functions

INTEGRATING INSECTS IN A BALANCED DIET FOR:

✓ Combating undernutrition and micronutrient deficiency
✓ Fulfilling nutritional deficiencies in case of change in behaviour or dietary preferences
✓ Boosting current diets, as insects are packed with proteins and essential amino acids, good fats, fibre, vitamins and minerals

CAUTION: Insects contain similar allergens to crustaceans, molluscs and dust mites

HOW CAN YOU EAT INSECTS?

Insects can be consumed whole or as ingredients in food products (e.g. pasta, energy bars, burgers, etc.)

Van Huynh, Arnold, et al. Edible insects: future prospects for food and feed security. No. 171. Food and Agriculture Organization of the United Nations, 2013.
FAO Human Nutrition: <http://www.fao.org/nutrition/infocentre/default.asp>
Churchward Venne, Tyler A., et al. "Consideration of insects as a source of dietary protein for human consumption." Nutrition reviews 75.12 (2017): 1038-1046.

The **FIC Guidance** and the **insect nutrition factsheet** are publically available on [IPIFF's website](#). Furthermore, the **FIC Guidance** will be **periodically updated** so as to incorporate future developments in terms of EU labelling standards. The Secretariat of IPIFF will also take the opportunity to speak about the **FIC Guidance** on the occasion of an International Workshop on **'Research activities for the insect sector'**, that will be organised on the **3rd of December** this year in Brussels. More information will be published during the upcoming weeks.

The International Platform of Insects for Food and Feed (IPIFF) is a non-profit organisation which represents the interests of the insect production sector towards EU policymakers, European stakeholders and citizens. Composed of 52 members, most of which are European insect producing companies, IPIFF promotes the use of insects and insect-derived products as top tier source of nutrients for human consumption and animal feed.



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