



Regulation related to Whole Grains in Food Products

Ati Widya Perana, SP, MP
Direktorat Standarisasi Pangan Olahan
Badan Pengawas Obat dan Makanan

Seminar and Workshop “Towards a higher wholegrain intake among Indonesia population : initiating a public private partnership”
Jakarta, 1 Agustus 2019

OUTLINE



01

Introduction

02

What is whole grain

03

Legal aspect

04

**Trend of food product with
“whole grain”**

01. Introduction

01

Consumers



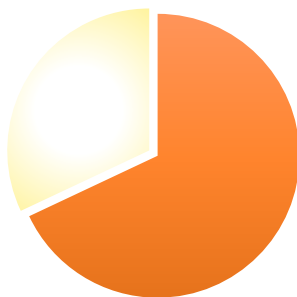
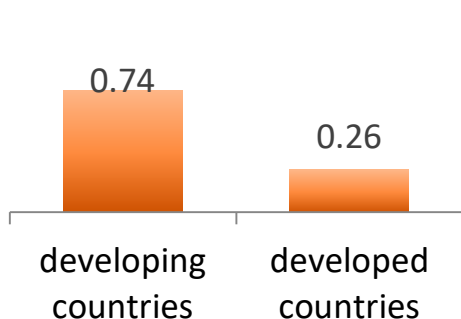
- Increasing welfare
- Changes in diet and behavior
- Increasing NCD



56 Million morbidity
In 2012



NCD



02 Food and Disease



Food is not only for satisfaction and as a source of nutrients, but also for health

03 Science and Technology



- an innovation and food development
- the opportunity to produce food is more than its initial nature, to provide health benefits



04 Food Industry



challenges of food industries by innovating the development and formulation of food products in accordance with market demand



protecting consumers'
health

2

1

Government role

3

ensuring fair practices
in the food trade



02. What is whole grain

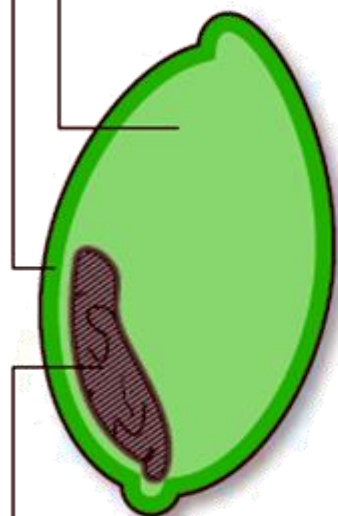
Whole grain kernel

Bran

"Outer shell" protects seed
Fiber, B vitamins, trace minerals

Endosperm

Provides energy
Carbohydrates, protein



Germ

Nourishment for the seed
Antioxidants, vitamin E, B vitamins

American Association of Cereal Chemists (AACC)¹ : 'Whole grains shall consist of the intact, ground, cracked or flaked caryopsis, whose principal anatomical components the starchy endosperm, germ and bran are present in the same relative proportions as they exist in the intact caryopsis.' grains include 'all' cereals and pseudocereals.

(AACC (2000), *Whole grains definition*)

FDA : 'Whole grains are cereal grains that consist of the intact, ground, cracked or flaked kernel, which includes the bran, the germ, and the inner most part of the kernel (the endosperm).' grains include 'all' cereals and pseudocereals.

(FDA Consumer Health Information, *The Scoop on Whole Grains.*)

EFSA : 'in a whole-grain related health claim opinion, provides the definition of the AACC.

(EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA) 2010)

03. Legal aspect

Food Law No. 18 year 2012

PP No. 69 year 1999 regarding food label and advertising

BPOM Regulation No. 13 year 2016 regarding Supervision of Claims on Processed Food Labels and Advertising

BPOM Regulation No.21 year 2016 regarding Food Category

BPOM Regulation No. 31 year 2018 regarding Processed Food Labelling

UU No. 18/ 2012

- Every label concerning food being traded must contain information regarding food that is **correct and not misleading** (article 100)

PP No. 69/ 1999

- The attaching of statements to labels that food has already been supplemented, enriched or fortified by vitamins, minerals or other nutritional supplements shall not be prohibited as long as the statements are true and not misleading. (article 21)



Food Category 06.1 Whole, broken, or flaked grain,

Includes whole, husked, unprocessed cereals and grains.

Examples include:

barley, corn (maize), hops (for beer manufacture), oats, rice (including enriched, instant and parboiled), sorghum, soybeans, and wheat.

06.3 Breakfast cereals, including rolled oats:

Whole Grain Ready To Eat Cereal

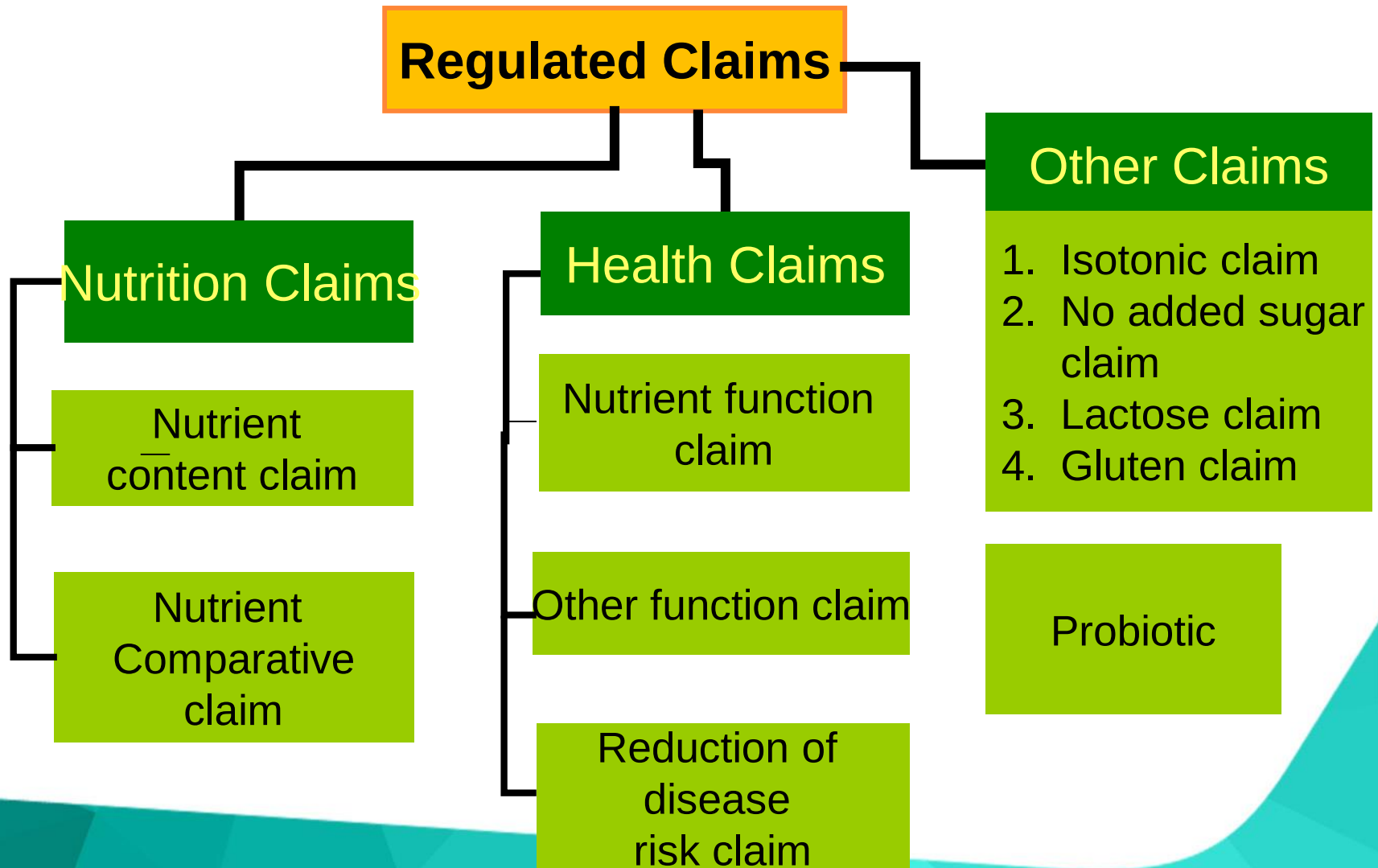
Requirement : not less than 25% of whole grain

07.1.1.1 Yeast-leavened breads and specialty breads

Whole Wheat Bread

Requirement : not less than 10% of whole wheat

BPOM Regulation No. 13/ 2016



Claims cannot be used for intermediate food products which require further processing with the addition of other foodstuffs

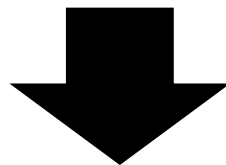
Determination claim concerning to:

- type, quantity and function of nutrient or food components;
- the amount of reasonable food consumed per a day;
- balanced nutrition consumption patterns;
- general public health condition; and
- the feasibility of food as a carrier of nutrients or food components



New Food Component and/or Claim

Food component and/or claim other than those specified in the regulation, can be used after Head of BPOM approval



Some consideration for new claims :

- a.support nutrition policy and/or national health policy
- b.not related with curative and preventive disease
- c.not encourage incorrect consumption pattern
- d.based on total diet, especially for health claim (reduction of disease risk claim)
- e.truthful and non-misleading

Proposed of New component and claim shall be supported by scientific evidence

The attached documents, as follow :

- ☐ Product composition
- ☐ Purpose of adding the new component
- ☐ Total daily intake of food component
- ☐ Regulation from the other country
- ☐ Certificate of analysis of final product
- ☐ History of use as food
- ☐ Scientific publication (peer reviewed journal, textbook)

For claim related to
other function
claim & reduction
disease risk claim

It must be based on
the results of human
research that meets
prevailing scientific
rules

**Proven by
clinical study in
final product**

Claim relates to Whole Grain

Dietary fiber

**Nutrient
content claim :**
the level of
nutrient in food



**Source and high
in Dietary fiber**

**Comparative
claim :** compare
of nutrient
content



**“More”
Dietary fiber**

**Nutrient function
claim :**
Describe the specific
role of the nutrient in
relation to
physiological functions



**Soluble food fiber can
help to maintain the
function of the
digestive tract**

BPOM Regulation No. 31/ 2018

01 Processed food produced using more than one food ingredient **must be stated as a percentage ingredients** for the main raw material on the list material used.

02 The main raw material is the material used to produce processed food with the highest amount and / or ingredients who can provide the identity of the product.

03 It is presented on the label through **words or pictures**.

For using
“words” :

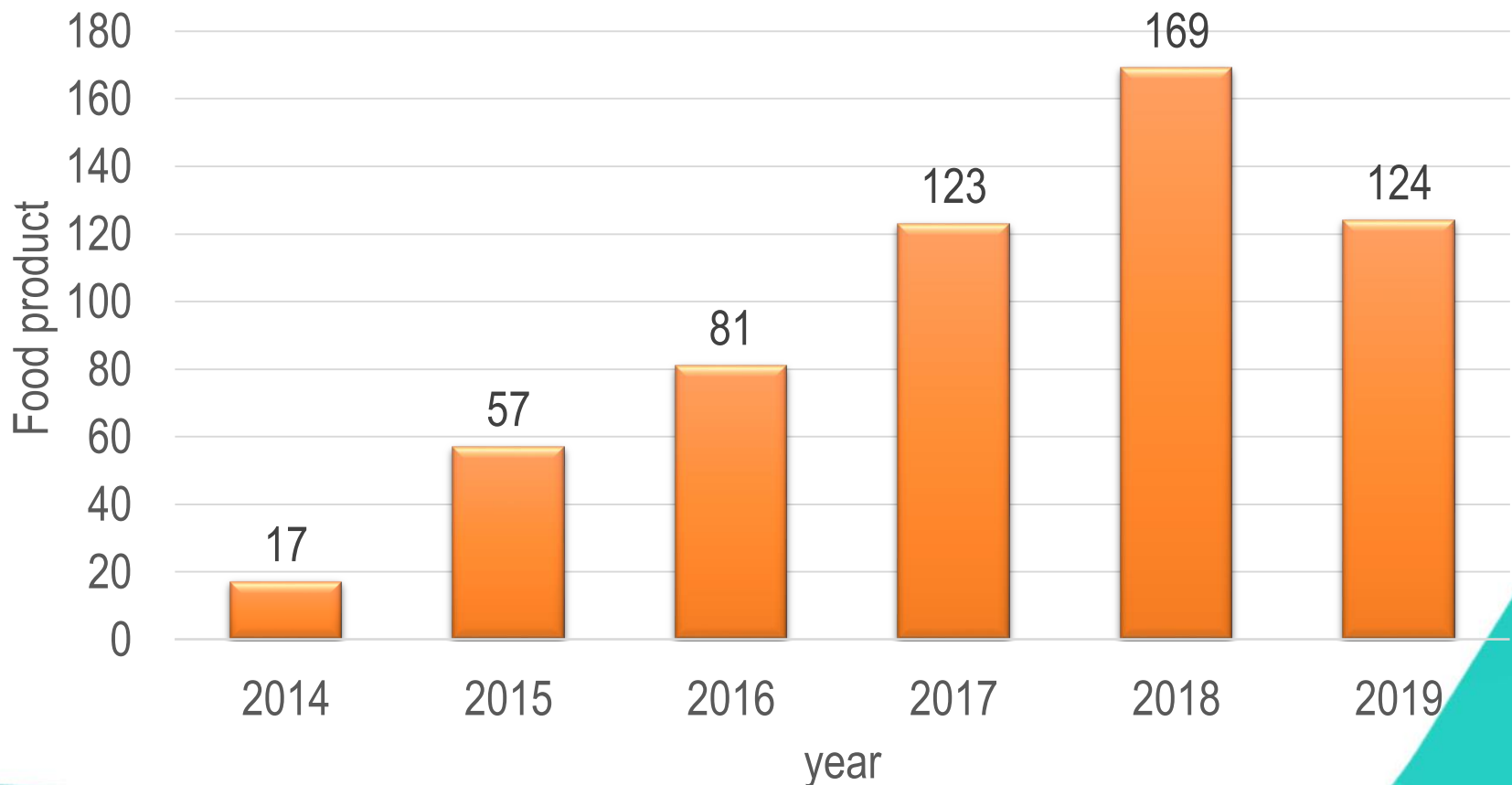
a. “with ... (raw material)

b. “made with ... (raw material) -> minimum content 50% of raw material

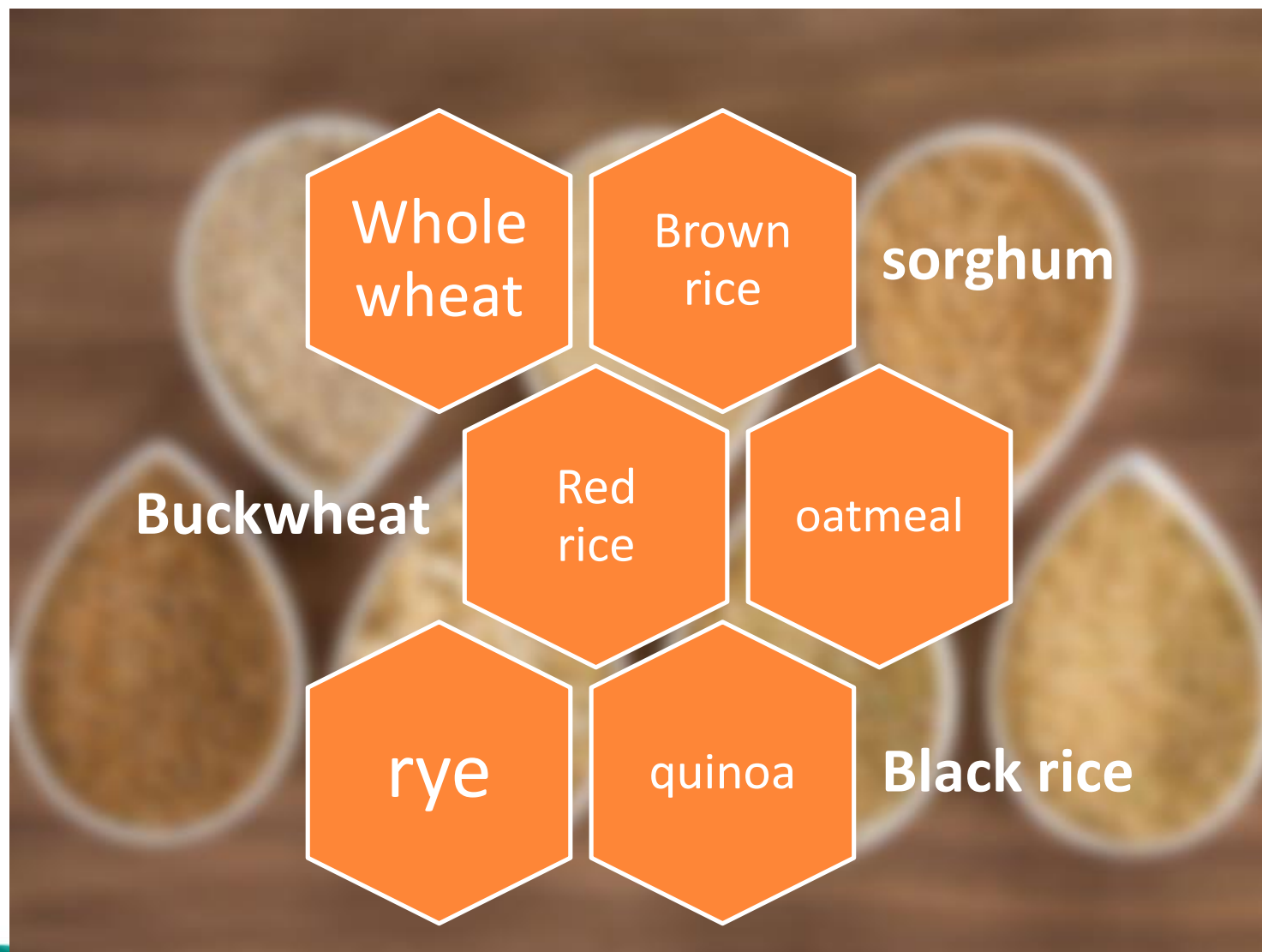


04. Trend of food product with “whole grain”

Data on food product with ingredient “whole grains”



Whole grains content in food products



Food products with whole grains in Indonesia



BADAN POM



biscuits



Premix flour



pasta



Pancake



**Snack rice
with grains**



vermicelli



Crackers



**Cereal powder
drinks**



Breads



Breakfast cereal



etc



Terima Kasih



SATU TINDAKAN UNTUK MASA DEPAN, BACA LABEL SEBELUM MEMBELI

@ halobpom@pom.go.id  www.pom.go.id  @bpom_ri  Bpom RI

Direktorat Standardisasi Pangan Olahan
Gedung F Lantai 3, Jl. Percetakan Negara No. 23, Jakarta
Telp. 021-42875584, Fax. 021-42875780
standarpangan@pom.go.id
www.standarpangan.pom.go.id