

IMACE

International Margarine Association of the Countries of Europe

E-mail : imace.ifma@imace.org - Website : www.imace.org

168/12 avenue de Tervueren 1150 Brussel Belgium Tel 32 2 772 33 53 Fax 32 2 771 47 53

Lab 0930Rev-Annex 1

Margarine Portion

IMACE Rationale

1. Margarine Portion

With an average daily intake of 20g/day, the IMACE agreed reference quantity as serving/portion size for margarines/fat spreads is i.e.

- 10g for table margarines (enough for 1-2 slices of bread)
- 10g for cooking margarines (however dependent on the recipe)

2. Rationale

The following elements were taken into account when setting the reference quantity of 10g i.e.

- It is indicated as reference portion in the EU Novel Food Decision on the use of plant sterols in margarines/fat spreads
- It is a reasonable level to meet nutrition and health claims' benefits of fatty acids
- It is based on margarine consumption figures in Europe
- Serving sizes in Europe range from 5-7g (i.e. Finland, Germany, NL, Poland, Sweden) to 10g (i.e. Belgium, France, Ireland, UK) and 20g (i.e. Czech Republic)
- Daily intake ranges from 20g (i.e. France, Germany, NL, Sweden, UK) to 30g (i.e. Finland, Poland) and 40g (i.e. Czech Republic)
- In UK there is an industry agreement for 10g since 1993
- Australia and Brazil have 10g in law