



SWEETENERS

Workshop on Genetically Modified Organism and Food Additives

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EU SWEETENER REGULATIONS



- EU has 15 permitted sweeteners
- They have E-codes E 950 – E 968
- Maximum permitted levels are 50 mg/kg – 6000 mg/kg

Sweeteners are permitted only for products:

- With no added sugar (mono- or disaccharides)**
- Which are energy reduced. Energy value must be reduced at least 30 % compared with the original product or a similar product**

Sweeteners permitted for use in many food categories at quantum satis

E number	Sweetener
E 420	Sorbitol
E 421	Mannitol
E 953	Isomalt
E 965	Maltitol
E 966	Lactitol
E967	Xylitol
E 968	Erythritol

Sweeteners permitted for use in many food categories at maximum levels

E number	Sweetener
E 950	Acesulfam K
E 951	Aspartame
E 952	Cyclamate
E 954	Saccharin
E 955	Sucralose
E 957	Thaumatococin
E 959	Neohesperidine
E 962	Salt of aspartame-acesulfame

Examples of permitted maximum levels:

Light soft drink

Sweetener	Maximum level
Acesulfam K	350 mg/l
Aspartame	600 mg/l
Cyclamate	250 mg/l
Saccharin	80 mg/l
Sucralose	300 mg/l
Thaumatococcus	Not permitted
Neohesperidine	30 mg/l

Chewing gum with no added sugar:

Sweetener	Maximum level
Acesulfam K	2000 mg/kg
Aspartame	5500 mg/kg
Cyclamate	1500 mg/kg
Saccharin	1200 mg/kg
Sucralose	3000 mg/kg
Thaumatococin	50 mg/kg
Neohesperidine	400 mg/kg

WARNING LABELLING OF SWEETENERS

- If the amount of polyols (e.g. xylitol, sorbitol) exceeds 10 % in the foodstuff, the product must bear the following warning:

”Excessive consumption may induce laxative effects”

- If the product contains aspartame, it must have the warning:

”Contains a source of phenylalanine”