

# Health Claims and Food Labelling

## Food Chemistry, Function and Analysis

### *Series editors:*

Gary Williamson, *University of Leeds, UK*

Alejandro G. Marangoni, *University of Guelph, Canada*

Juliet A. Gerrard, *University of Auckland, New Zealand*

### *Titles in the series:*

- 1: Food Biosensors
- 2: Sensing Techniques for Food Safety and Quality Control
- 3: Edible Oil Structuring: Concepts, Methods and Applications
- 4: Food Irradiation Technologies: Concepts, Applications and Outcomes
- 5: Non-extractable Polyphenols and Carotenoids: Importance in Human Nutrition and Health
- 6: Cereal Grain-based Functional Foods: Carbohydrate and Phytochemical Components
- 7: Steviol Glycosides: Cultivation, Processing, Analysis and Applications in Food
- 8: Legumes: Nutritional Quality, Processing and Potential Health Benefits
- 9: Tomato Chemistry, Industrial Processing and Product Development
- 10: Food Contact Materials Analysis: Mass Spectrometry Techniques
- 11: Vitamin E: Chemistry and Nutritional Benefits
- 12: Anthocyanins from Natural Sources: Exploiting Targeted Delivery for Improved Health
- 13: Carotenoid Esters in Foods: Physical, Chemical and Biological Properties
- 14: Eggs as Functional Foods and Nutraceuticals for Human Health
- 15: Rapid Antibody-based Technologies in Food Analysis
- 16: DNA Techniques to Verify Food Authenticity: Applications in Food Fraud
- 17: Advanced Gas Chromatography in Food Analysis
- 18: Handbook of Food Structure Development
- 19: Mitigating Contamination from Food Processing
- 20: Biogenic Amines in Food: Analysis, Occurrence and Toxicity
- 21: Nutrition and Cancer Prevention: From Molecular Mechanisms to Dietary Recommendations
- 22: Health Claims and Food Labelling

### *How to obtain future titles on publication:*

A standing order plan is available for this series. A standing order will bring delivery of each new volume immediately on publication.

### *For further information please contact:*

Book Sales Department, Royal Society of Chemistry, Thomas Graham House, Science Park, Milton Road, Cambridge, CB4 0WF, UK

Telephone: +44 (0)1223 420066, Fax: +44 (0)1223 420247,

Email: [booksales@rsc.org](mailto:booksales@rsc.org)

Visit our website at [www.rsc.org/books](http://www.rsc.org/books)

# *Health Claims and Food Labelling*

Edited by

**Siân Astley**

*EuroFIR AISBL, BE*

*Email: sbastley@gmail.com*



Food Chemistry, Function and Analysis No. 22

Print ISBN: 978-1-78801-073-3

PDF ISBN: 978-1-78801-303-1

EPUB ISBN: 978-1-83916-087-5

Print ISSN: 2398-0656

Electronic ISSN: 2398-0664

A catalogue record for this book is available from the British Library

© The Royal Society of Chemistry 2020

*All rights reserved*

*Apart from fair dealing for the purposes of research for non-commercial purposes or for private study, criticism or review, as permitted under the Copyright, Designs and Patents Act 1988 and the Copyright and Related Rights Regulations 2003, this publication may not be reproduced, stored or transmitted, in any form or by any means, without the prior permission in writing of The Royal Society of Chemistry or the copyright owner, or in the case of reproduction in accordance with the terms of licences issued by the Copyright Licensing Agency in the UK, or in accordance with the terms of the licences issued by the appropriate Reproduction Rights Organization outside the UK. Enquiries concerning reproduction outside the terms stated here should be sent to The Royal Society of Chemistry at the address printed on this page.*

*Whilst this material has been produced with all due care, The Royal Society of Chemistry cannot be held responsible or liable for its accuracy and completeness, nor for any consequences arising from any errors or the use of the information contained in this publication. The publication of advertisements does not constitute any endorsement by The Royal Society of Chemistry or Authors of any products advertised. The views and opinions advanced by contributors do not necessarily reflect those of The Royal Society of Chemistry which shall not be liable for any resulting loss or damage arising as a result of reliance upon this material.*

The Royal Society of Chemistry is a charity, registered in England and Wales, Number 207890, and a company incorporated in England by Royal Charter (Registered No. RC000524), registered office: Burlington House, Piccadilly, London W1J 0BA, UK, Telephone: +44 (0) 20 7437 8656.

Visit our website at [www.rsc.org/books](http://www.rsc.org/books)

Printed in the United Kingdom by CPI Group (UK) Ltd, Croydon, CR0 4YY, UK