Nutrition claims Crops

Vitamin / Mineral	Nutrition claim			
	Source of [X] / No. 20 **Contains** [X]		**High in** [X]	
	per 100 g	per portion	per 100 g	per portion
Vitamin A1 (beta-caroteen to vitamin A)	Carrots (cooked and raw) Sugar melon Spinach (+ other dark green leafed vegetables) Kale Broccoli Swiss chard Celery Red pepper	Carrots (cooked and raw) Sugar melon Spinach Kale Broccoli Swiss chard Celery Red pepper	Carrots (cooked and raw) Sugar melon Spinach Kale Broccoli Swiss chard Celery Red pepper	Carrots (cooked and raw) Sugar melon Spinach Kale Broccoli Swiss chard Celery Red pepper
Vitamin C	Peppers (red, yellow, green) Kale Brussels sprouts Broccoli Tomatoes	Peppers (red, yellow, green) Kale Brussels sprouts Broccoli Tomatoes	Peppers (red, yellow, green) Kale Brussels sprouts Broccoli Tomatoes	Peppers (red, yellow, green) Kale Brussels sprouts Broccoli Tomatoes
Vitamin D	not available in vegetables			
Vitamin E	Spinach Avocado	Spinach Broccoli		
Vitamin K	Kale Swiss chard Spinach Broccoli Brussels sprouts Spring onions Asparagus	Kale Swiss chard Spinach Broccoli Brussels sprouts Spring onions Asparagus	Kale Swiss chard Spinach Broccoli Brussels sprouts Spring onions Asparagus	Kale Swiss chard Spinach Broccoli Brussels sprouts Spring onions Asparagus
Vitamin B1 (thiamin)	Navy/Black beans Green Peas Soy beans Asparagus	Navy/Black beans Green Peas Soy beans Asparagus Spinach Brussels sprouts	Navy/Black beans Green Peas Soy beans	Navy/Black beans Green Peas Soy beans Asparagus
Vitamin B2 (riboflavin)	Mushrooms Spinach Broccoli Kale Green cabbage	Mushrooms Spinach Broccoli Kale Green cabbage Swiss chard	Mushrooms	Mushrooms Spinach Broccoli Kale Green cabbage
Vitamin B3 (niacin)	Sunflower seeds Mushroom	Sunflower seeds Mushroom Green peas	Sunflower seeds Mushroom	Mushroom
Vitamin B5 (pantothenic acid)	Sunflower seeds Mushroom Avocado's Sweet potatoe	Sunflower seeds Mushroom Avocado's Sweet potatoe	Sunflower seeds Mushroom	Sunflower seeds Mushroom Sweet Potatoe?
Vitamin B6 (pyridoxine)	Sunflower seeds Avocado's Red pepper Kale Green pepper Brussels sprouts Spinach (some do, others not) Swiss yard (some do, others not)	Sunflower seeds Avocado's Red pepper Kale Green pepper Brussels sprouts Spinach Swiss yard	Sunflower seeds Avocado's	Sunflower seeds Kale Brussels sprouts Spinach (some do, others not) Swiss yard (some do, others not)
Vitamin B9 (Folic acid)	Soy beans Broad beans (tuinbonen) Brussels sprouts Spinach Broccoli Leeks Cauliflower Asparagus	Soy beans Broad beans (tuinbonen) Brussels sprouts Spinach Broccoli Leeks Cauliflower Asparagus	Soy beans Broad beans (tuinbonen) Brussels sprouts Spinach Broccoli Leeks Cauliflower	Soy beans Broad beans (tuinbonen) Brussels sprouts Spinach Broccoli Leeks Cauliflower Asparagus
Vitamin B8 (biotin)	Soy beans	Soy beans	Soy beans	Soy beans
Vitamin B12 (cobalamine)	not available in vegetables			
Potassium (K)	Broccoli Spinach Swiss chard Kale Endive (raw) Tomatoes	Broccoli Spinach Swiss chard Kale Endive (raw) Tomatoes	Broccoli Spinach Swiss chard Kale Endive (raw) Tomatoes	Broccoli Spinach Swiss chard Kale Endive (raw) Tomatoes
Calcium (Ca)	Kale Chinese cabbage	Kale Chinese cabbage Broccoli Green beans	Kale	Kale Chinese cabbage Broccoli (some do, others not)
Phosphorus (P)	Soy beans Beans (white, brown) Lentils (some do, others not) Kale (some do, others not)	Soy beans Beans (white, brown) Lentils Kale	Soy beans	Soy beans Beans (white, brown)
Magnesium (Mg)	Soy beans	Soy beans Beans (white, french) Spinach Swiss chard Kale	Soy beans	Soy beans
Iron (Fe)	Soy beans Spinach Dandelion salad (veldsla) Purslane Swiss chard Kale (some do, others not)	Soy beans Spinach Dandelion salad (veldsla) Purslane Swiss chard Kale	Soy beans Spinach Dandelion salad (veldsla) Purslane	Soy beans Spinach Cornsalad (veldsla) Purslane Swiss chard Kale (some do, others not)

List of selected nutrition claims that may be valuable for the horticultural business

No.	Health Claim	Conditions Precedent	Crops
1	**Source of Fibre**	The product contains at least 3 g of fibre per 100 g or at least 1,5 g of fibre per 100 kcal.	Cauliflower, Broccoli, Cabbage, Beans, Romaine lettuce, Celery, Mushrooms
2	**High Fibre**	The product contains at least 6 g of fibre per 100 g or at least 3 g of fibre per 100 kcal.	Cauliflower, Broccoli, Cabbage, Beans, Romaine lettuce, Celery
3	**Source of Protein**	At least 12 % of the energy value of the food is provided by protein.	Soy beans, Mushroom, Different beans and peas, Cabbage, Lettuce, Kale, Spinach, Beetroot
4	**High Protein**	At least 20 % of the energy value of the food is provided by protein.	Soy beans, Mushroom, Different beans and peas, Cabbage, Lettuce, Kale, Spinach, Beetroot
5	**Source of (name of vitamin/minerals)** * See table below	The product contains at least a significant amount as defined in Annex XIII to Regulation 1169/2011 or an amount provided for by derogations granted according to article 6 of Regulation 1925/2006 on the addition of vitamins and minerals to foods.	See overview of vitamins/minerals on the other side
6	**High (name of vitamin/mineral)**	The product contains at least twice the value of 'source of [NAME OF VITAMIN/S] and/or [NAME OF MINERAL/S]	See overview of vitamins/minerals on the other side
7	**Contains (name of nutrient or other substance)**	The product complies with all the applicable provisions of Regulation 1924/2006, and in particular Article 5. For vitamins and minerals the conditions of the claim 'source of', 'shall apply'.	See overview of vitamins/minerals on the other side Other examples: see protein, fatty acids, etc. Others: Dependent on nutrient or substance (Omega-3, lycopene, luteine, zeaxanthine, anti-oxidants, etc)
8	**Increased (name of the nutrient)**	The product meets the conditions for the claim 'source of' and the increase in content is at least 30 % compared to a similar product.	Red pepper vs Green pepper - Vitamin A - Vitamin C - Luteine Tomatoes: differences in lycopene content per species (eg cherry vs sungold) Red Peppers: differences in betacarotene content per species/soil etc.
9	**Source of Omega-3 Fatty Acids**	The product contains at least 0,3 g alpha-linolenic acid per 100 g and per 100 kcal, or at least 40 mg of the sum of eicosapentaenoic acid and docosahexaenoic acid per 100 g and per 100 kcal.	Claimed for corn salad (veldsla) and purslane. According Dutch tables, both vegetables do not contain 0.3 g per 100 g **and** per 100 kcal. However, this might change dependent on cultivation/soil etc.
10	**High Omega-3 Fatty Acids**	The product contains at least 0,6 g alpha-linolenic acid per 100 g and per 100 kcal, or at least 80 mg of the sum of eicosapentaenoic acid and docosahexaenoic acid per 100 g and per 100 kcal.	Claimed for corn salad (veldsla) and purslane. According Dutch tables, both vegetables do not contain 0.6 g per 100 g **and** per 100 kcal. However, this might change dependent on cultivation/soil etc.
11	**High Monounsaturated Fat**	At least 45 % of the fatty acids present in the product derive from mono unsaturated fat under the condition that monounsaturated fat provides more than 20 % of energy of the product.	Avocado, Soy beans
12	**High Polyunsaturated Fat**	At least 45 % of the fatty acids present in the product derive from polyunsaturated fat under the condition that polyunsaturated fat provides more than 20 % of energy of the product.	Sunflower seeds
13	**High Unsaturated Fat**	At least 70 % of the fatty acids present in the product derive from unsaturated fat under the condition that unsaturated fat provides more than 20 % of energy of the product.	Avocado, Sunflower seeds, Soybeans

1. Daily reference intakes for vitamins and minerals (adults)

Vitamins and minerals which may be declared and their nutrient reference values (NRVs)

Vitamin A (µg)	800	Chloride (mg)	800
Vitamin D (µg)	5	Calcium (mg)	800
Vitamin E (mg)	12	Phosphorus (mg)	700
Vitamin K (µg)	75	Magnesium (mg)	375
Vitamin C (mg)	80	Iron (mg)	14
Thiamin (mg)	1,1	Zinc (mg)	10
Riboflavin (mg)	1,4	Copper (mg)	1
Niacin (mg)	16	Manganese (mg)	2
Vitamin B6 (mg)	1,4	Fluoride (mg)	3,5
Folie acid (µg)	200	Selenium (µg)	55
Vitamin B12 (µg)	2,5	Chromium (µg)	40
Biotin (µg)	50	Molybdenum (µg)	50
Pantothenic acid (mg)	6	Iodine (µg)	150
Potassium (mg)	2000		

2. Significant amount of vitamins and minerals

As a rule, the following values should be taken into consideration in deciding what constitutes a significant amount:

- *15% of the nutrient reference values specified in point 1 supplied by 100 g or 100 ml in the case of products other than beverages,*
- *7,5% of the nutrient reference values specified in point 1 supplied by 100 ml in the case of beverages, or*
- *15% of the nutrient reference values specified in point 1 per portion if the package contains only a single portion.*

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Hier wordt geïnvesteerd in uw toekomst. Dit project wordt mede mogelijk gemaakt door het Europees Fonds voor Regionale Ontwikkeling.

Kenniscentrum Plantenstoffen