

IMACE Rational on Margarine Portion

1. Margarine Portion

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

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

2. Rational

The following elements were taken into account when setting the reference quantity of 10 g:

- 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 20 g (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 10 g since 1993
- Australia and Brazil have 10 g in law
