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# Notice of Modification to the *List of Permitted Sweeteners* to Extend the Use of Erythritol to Ready-to-eat Breakfast Cereals and their Coatings

Notice of Modification – Lists of Permitted Food Additives

Reference Number: NOM/ADM-0194

February 2, 2023



Canada

## Summary

Food additives are regulated in Canada under [Marketing Authorizations](#) (MAs) issued by the Minister of Health and the *Food and Drug Regulations* (Regulations). Approved food additives and their permitted conditions of use are set out in the [Lists of Permitted Food Additives](#) that are incorporated by reference in the MAs and published on the Canada.ca website. A petitioner can request that Health Canada authorize a new additive, or a new source or a new condition of use for an already permitted food additive, by filing a food additive submission with the Department's Food Directorate. Health Canada uses this premarket approval process to determine whether the scientific data support the safety of food additives when used under specified conditions in foods sold in Canada.

Health Canada's Food Directorate received a food additive submission seeking authorization for the use of erythritol as a sweetener in granola<sup>1</sup> and other ready-to-eat (RTE) breakfast cereals, and coatings for RTE breakfast cereals. The requested maximum level of use is 11.6% in the ready-to-eat breakfast cereals and 30% in the coatings. The amount of erythritol in the resulting coated RTE breakfast cereals would not exceed 11.6%.

Erythritol is already permitted for use in Canada as a sweetener in various foods. The results of the Food Directorate's evaluation of available scientific data support the safety of erythritol when used as requested by the petitioner. Therefore, Health Canada has modified the [List of Permitted Sweeteners](#) to extend the use of erythritol by adding the entry shown below to the list (**bold** font to illustrate the addition).

### Modification to the *List of Permitted Sweeteners*

Item No.	Column 1 Additive	Column 2 Permitted in or Upon	Column 3 Maximum Level of Use and Other Conditions
E.1	Erythritol	<b>(22) Coatings for ready-to-eat breakfast cereals; Ready-to-eat breakfast cereals</b>	<b>(22) 30% in the coating. The amount of erythritol in the finished cereals not to exceed 11.6%.</b>

## Rationale

Health Canada's Food Directorate completed a premarket safety assessment of erythritol for use in granola and other RTE breakfast cereals as requested by the petitioner. The Food Directorate considered allergenicity, chemistry, microbiology, nutrition, and toxicology in the assessment. The results of the assessment support the safety of erythritol for its requested use. Therefore, Health Canada has enabled the requested use of erythritol by adding to the [List of Permitted Sweeteners](#) the new entry shown in the above table.

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<sup>1</sup> For the purpose of the Lists of Permitted Food Additives, granola is included in the broader ready-to-eat breakfast cereals food category.

## Other Relevant Information

Food additives and other ingredients generally must be declared in the list of ingredients on the label of pre-packaged foods sold in Canada. When any sugar alcohol, including erythritol, is present in a food, its total content must be declared in grams per stated serving size, either in the Nutrition Facts table<sup>2</sup> or on the label for products that do not carry a Nutrition Facts table<sup>3</sup>. These regulatory requirements are intended to help consumers self-regulate the amount of erythritol they consume to avoid possible gastrointestinal discomfort and laxative effects that can be caused by excessive consumption of sugar alcohols.

Food additives such as erythritol are required to meet food-grade specifications set out in Part B of the Regulations, where such specifications exist, or those set out in the most recent edition of the *Food Chemicals Codex* or the *Combined Compendium of Food Additive Specifications* where there are no specifications in Part B. The *Food Chemicals Codex* is a compendium of standards for purity and identity for food ingredients, including food additives, published by the United States Pharmacopeial Convention. Specifications in the *Combined Compendium of Food Additive Specifications* are prepared by the Joint FAO/WHO Expert Committee on Food Additives (JECFA) and published by the Food and Agriculture Organization of the United Nations.

## Implementation and Enforcement

The above modification came into force **February 2, 2023**, the day it was published in [List of Permitted Sweeteners](#).

The Canadian Food Inspection Agency is responsible for the enforcement of the *Food and Drugs Act* and its associated regulations with respect to foods.

## Contact Information

Health Canada's Food Directorate is committed to reviewing new scientific information on the safety in use of any permitted food additive. Anyone wishing to submit an inquiry or new scientific information on the use of a permitted food additive may do so in writing, by regular mail or electronically. If you wish to contact the Food Directorate electronically about erythritol, please use the words "**erythritol (NOM-0194)**" in the subject line of your e-mail.

[Bureau of Chemical Safety, Food Directorate](#)

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<sup>2</sup> Section B.01.402 of the *Food and Drug Regulations*.

<sup>3</sup> Section B.01.021 of the *Food and Drug Regulations*.