

FOOD FOR SPECIAL MEDICAL PURPOSES

Factsheet

FOOD FOR SPECIAL MEDICAL PURPOSES (FSMP)

Unlocking potential for patients and healthcare professionals in nutritional care

FSMP support the dietary management of disease in patients from infancy to old age



Designed to manage malnutrition or disease-specific dietary needs, including rare diseases, arising from a wide range of medical conditions that affect the ability of patients of all ages from infancy to old age, to achieve either temporarily or permanently, a suitable nutritional intake using normal foods.



Developed based on scientific and clinical evidence, often in close collaboration with scientists and Healthcare Professionals (HCPs). They are supported by sound medical and scientific data which may include national, international or professional guidelines.



Used on the recommendation of, and under the supervision of a HCP. This necessary and continued HCP supervision clearly distinguishes FSMP from other food types. They are consumed across all healthcare settings – in hospitals, care homes, clinics and in patient homes.



The role of the Healthcare Professional



Involvement in the development and clinical evaluation of FSMP intended to meet the needs of patients with a specific disease, disorder or medical condition.



Monitoring the use of the FSMP and the ongoing nutritional status of the patient.



Assessing the individual patient – screening for malnutrition or risk of malnutrition related to their disease or medical condition.



Advising the patient on continuation of the FSMP, adaptation of their intake during the course of their medical management and, when suitable, change or discontinuation of FSMP.



Recommending a suitable FSMP / nutritional intervention depending on the disease or medical condition, the stage of treatment and their nutritional status.



FSMP are used in different forms and compositions to respond to different patient needs

Oral Nutritional Supplements (ONS)

ONS provide macronutrients and micronutrients. As they are designed to be consumed orally, the taste and format are important. They are, for example, an effective and non-invasive solution to tackle Disease Related Malnutrition (DRM) and provide functional benefits in patients who are typically able to consume some normal food, but not enough to meet all their nutritional needs.



Enteral tube feeds

Tube feeding is the delivery of a feed into the gastrointestinal tract via a feeding tube. It may be required due to an inability to swallow, partial functioning of the gut and/or high nutritional requirements. They may be used as a sole source or partial source of nutrition.



FSMP are used in a wide variety of medical conditions – examples across all age groups



Cows milk allergy,
Renal disease



Inborn errors of
metabolism



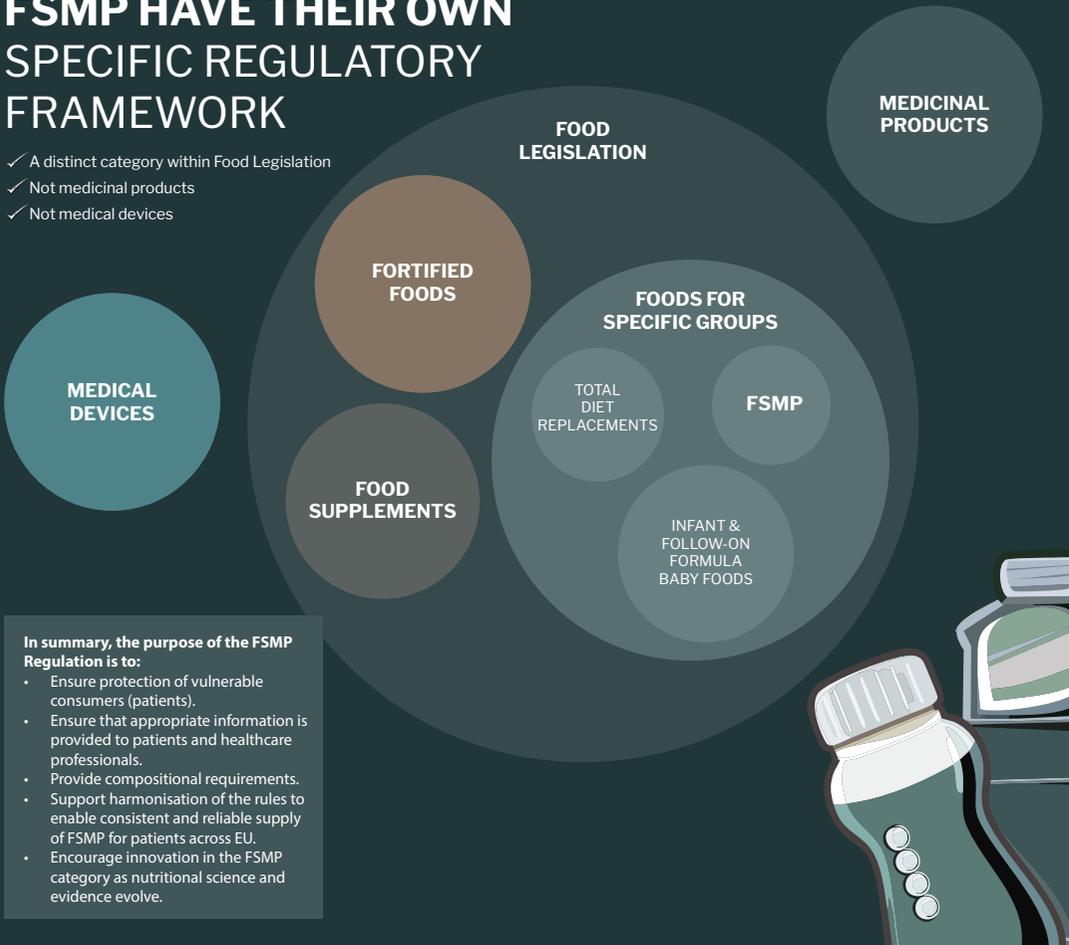
Stroke or neurological
conditions



Disease-related
malnutrition e.g. cancer

FSMP HAVE THEIR OWN SPECIFIC REGULATORY FRAMEWORK

- ✓ A distinct category within Food Legislation
- ✓ Not medicinal products
- ✓ Not medical devices



In summary, the purpose of the FSMP Regulation is to:

- Ensure protection of vulnerable consumers (patients).
- Ensure that appropriate information is provided to patients and healthcare professionals.
- Provide compositional requirements.
- Support harmonisation of the rules to enable consistent and reliable supply of FSMP for patients across EU.
- Encourage innovation in the FSMP category as nutritional science and evidence evolve.

SNESpecialised
Nutrition
Europe

33 MILLION
PEOPLE AT RISK OF
MALNUTRITION
IN EUROPE*

Why are FSMP essential in addressing malnutrition?

Malnutrition is both a symptom and a consequence of numerous diseases, disorders, and medical conditions that demand dietary management. It can weaken the immune system, slow the healing process, and exacerbate symptoms, while the underlying health issues themselves often impair nutrient absorption or increase nutritional demands.

International data consistently highlights the medical and economic benefits of improved malnutrition management, recognising the importance of this care as an integral part of every patient's journey.



COSTS TO
EUROPEAN
COUNTRIES
€170
BILLION A
YEAR*

*Better care through better nutrition - Value and effects of Medical Nutrition (2018)
Ljungqvist O, de Maessenecker E. Undernutrition - a major health problem in Europe.
Nutr Hosp 2009; 24: 368-370

About Specialised Nutrition Europe (SNE)

At Specialised Nutrition Europe (SNE), we unite and represent the specialised nutrition industry across Europe to contribute to positive framework conditions for our products for people with specific nutritional needs. As part of our policy asks, we encourage the development of an EU nutrition and health agenda with all stakeholders to tackle today's societal challenges such as obesity, malnutrition or food allergies.

Please consult our website for more information: <https://www.specialisednutritioneurope.eu/>

