**Profile of publications about functional foods in Brazilian journals: a meta-analysis between 2000-2015 and an overview of Brazilian legislation**

**Publications about functional foods in Brazilian journals**

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*SUPPLEMENTARY INFORMATION*

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**Main Brazilian documents and definitions of foods/products**

The main legislation and information of the Brazilian bodies, linked to ANVISA, on the subject are:

* Resolution n° 18, of 04/30/1999 (republicada em 12/03/1999): approves the technical regulation that establishes the Brazilian Regulation and the Legislation for functional foods. 12/03/1999: approves the technical regulation that establishes the basic guidelines for the analysis and verification of functional and/or health properties alleged in food labeling*. Available in: <* [*http://www.anvisa.gov.br/legis/resol/18\_99.htm*](http://www.anvisa.gov.br/legis/resol/18_99.htm) *>.*
* Resolution n° 19, de 04/30/1999 (republished in 12/10/1999): approves the technical regulation of procedures for registration of food with claim of functional properties and/or health in its labeling. *Available in: <* [*http://portal.anvisa.gov.br/documents/33916/394219/RESOLUCAO\_19\_1999.pdf/f33ae19c-1f69-4994-8fb3-82fd5b8024b9*](http://portal.anvisa.gov.br/documents/33916/394219/RESOLUCAO_19_1999.pdf/f33ae19c-1f69-4994-8fb3-82fd5b8024b9) *>.*
* Technical Report No 9 of 21/05/2004. Guidance for the use in food labels of functional properties of nutrients. *Available in: <* [*http://www.anvisa.gov.br/alimentos/informes/09\_210504.htm*](http://www.anvisa.gov.br/alimentos/informes/09_210504.htm) *>.*
* Foods with claims of functional and/or health properties, new foods/ingredients, bioactive substances and probiotics. 2005-2009. *Available in: <* [*http://www.anvisa.gov.br/alimentos/comissoes/tecno.htm*](http://www.anvisa.gov.br/alimentos/comissoes/tecno.htm) *>.*
* Guide to the food safety verification and ingredients. *2013. Available in:<*[*http://portal.anvisa.gov.br/documents/33916/395734/Guia+para+Comprova%C3%A7%C3%A3o+da+Seguran%C3%A7a+de+Alimentos+e+Ingredientes/f3429948-03db-4c02-ae9c-ee60a593ad9c*](http://portal.anvisa.gov.br/documents/33916/395734/Guia+para+Comprova%C3%A7%C3%A3o+da+Seguran%C3%A7a+de+Alimentos+e+Ingredientes/f3429948-03db-4c02-ae9c-ee60a593ad9c) *>.*

ANVISA, through the list of claims with functional property (updated July 2008 - <http://www.anvisa.gov.br/alimentos/comissoes/tecno_lista_alega.htm>) recognizes up to the moment, the following allegations:

* **Fatty acids –** Omega-3

*“*Consumption of omega-3 fatty acids assists in maintaining healthy triglyceride levels, provided that it is associated with a balanced diet and healthy lifestyle*”.*

* **Carotenoids** - Lycopene, lutein and zeaxanthin

*“*Carotenoids (compound name) has antioxidant action that protects cells against free radicals. Its consumption should be associated with a balanced diet and healthy lifestyle habits*”.*

* **Food Fibers** - Food fibers, resistant dextrin, fructooligosaccharide, partially hydrolyzed guar gum, inulin, lactulose, polydextrose, beta glucan and psillium

*“*Food fibers help the bowel to function. Its consumption should be associated with a balanced diet and healthy lifestyle habits*”.*

* **Phytosterols**

“Phytosterols help reduce cholesterol absorption. Its consumption should be associated with a balanced diet and healthy lifestyle habits”.

* **Soy Protein**

*“*Daily consumption of at least 25 g of soy protein may help reduce cholesterol. Its consumption should be associated with a balanced diet and healthy lifestyle habits*".*

* **Chitosan**

*“*Chitosan helps in reducing the absorption of fat and cholesterol. Its consumption should be associated with a balanced diet and healthy lifestyle habits*”.*

* **Polyols** - Mannitol, xylitol, sorbitol

*“*Mannitol/xylitol/sorbitol does not produce acids that damage the teeth. The consumption of the product does not substitute adequate habits of oral hygiene and feeding*”.*

* **Probiotics** – *Lactobacillus acidophilus, casei shirota, casei variedade rhamnosus, casei variedade defensis, paracasei, lactis. Bifidobacterium bifidum, animallis (*including the subspecie *B. lactis), longum* and *Enterococcus faecium.*

*“*The (indicate the species of the microorganism) (probiotic) contributes to the balance of the intestinal flora. Its consumption should be associated with a balanced diet and healthy lifestyle habits*”.*