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Food for Special Dietary Uses (FOSDU)

FOSDU refers to food that are approved/permited to display that the food is appropriate for special dietary uses.

Seal for FOSDU Approval



A category should be stated

Categories of FOSDU: There are five categories of FOSDU.

(1) Medical foods for the ill

<Single Food>

- low-sodium foods
- low-calorie foods
- low-protein foods
- no/low-protein and high-calorie foods
- high-protein foods
- allergen-removed foods
- lactose-free foods

<Packed Meals>: meals prepared for one serving, consisting of several foods

- sodium-reduced meals
- meals for diabetes
- meals for liver disease
- meals for adult obesity

(2) Formulas for pregnant or lactating women

(3) Infant Formulas

(4) Foods for the elderly with difficulty in masticating or swallowing

- Foods for people with difficulty in masticating
- Foods for people with difficulty in both masticating and swallowing

(5) Foods for Specified Health Uses (FOSHU)

Assessment

When a food is intended to display special dietary uses mentioned above, permission or approval is required from the MHLW (under the Health Promotion Law, Article 26).

1. Standard Regulation System:

the compatibility with the standard is assessed.

- Medical foods for the ill (Single food and Packed Meals)
- Formulas for pregnant of lactating women
- Infant Formulas
- Foods for the elderly

2. Individual Approval System:

- Medical foods for the ill
- FOSHU

Requirement in Labeling

FOSDU must be labeled with information, given below, as prescribed in the Ministerial Ordinance under the Health Promotion Law

- Product name
- Use by date or date of minimum durability
- Methods to preserve
- Name and address of manufacturer
- Specified permission/approval mark
- Permitted/Approved phrase for display
- Amount of nutrient (including energy value) in the food
- Name of food stuff and food additives
- Instruction for consumption, preparation, and preservation if necessary
- Name of approved body and its address, in a case manufacturer if different from those who were approved

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