

UK's COT confirms safety of plant-based drinks' consumption in young children

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The European Plant-based Foods Association (ENSA) welcomes the publication of the “Overarching statement on consumption of plant-based drinks in children aged 6 months to 5 years of age” by the UK’s Committee on toxicity of chemicals in food, consumer products and the environment (COT). The potential risks of consuming soy, almond and oat drinks by children aged 6 months to 5 years, linked to the presence of certain compounds, were investigated.

The COT concluded that unsweetened calcium-fortified plant-based drinks such as soy, almond, oat drinks can be consumed by children from the age of 1 year, as part of a healthy and balanced diet. ENSA members are fully committed to making plant-based products safe for everyone, including young children. The conclusions of the COT, based on the most up-to-date scientific evidence, send a positive signal to consumers about including plant-based foods in their varied and balanced diets, including children’s diets.

About ENSA

The European Plant-based Foods Association (ENSA) represents the interests of plant-based food manufacturers in Europe. ENSA is an association of internationally operating companies, ranging from large corporations to small, family-owned businesses with an annual turnover of around €1 billion. ENSA members produce high-quality plant-based alternatives to dairy and meat products. Since its establishment in 2003, ENSA has been raising awareness about the role of plant-based diet in moving towards more sustainable and healthier food consumption patterns.