



**NOVEL
FOOD**

INTRODUCTION

Novel food is all those food products and substances with no history of "significant" consumption.

Novel foods are safe. EFSA provides independent scientific advice on current and emerging food-related risks, thus helping to protect consumers from risks in the food chain.



LIST OF THE MAIN NOVEL FOOD CATEGORIES

- Cereals
- Tubers and Star hey fruits
- Fruit
- Vegetables
- Legumes
- Oilseeds
- Protein foods Foto of plant origin



ADVANTAGES AND DISADVANTAGES

ADVANTAGES:

- The benefit of the Novel Food contain more than 65% complete protein.
- Cricket need 0.05% more water than bovine to produce same amount of protein.



DISADVANTAGES

- The disadvantages are instead that the possible food Risk deriving from the consumption of insect and their breeding.

