Preliminary linguistic analysis of EFSA approved health claims

Number of claims: 261

Number of types (unique words): 414

Number of tokens (words): 2,845

Average word count per claim: 10.26 words

**Content words**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| The 15 most frequent **singular nouns** | The 15 most frequent **plural nouns** | The 15 most frequent **proper nouns** | The 15 most frequent **verbs (lemmas)** | The 15 most frequent **adjectives** |
| maintenance | levels | Vitamin | contribute | normal |
| function | children | Zinc | have | immune |
| blood | foods | (Vitamin) C | reduce | nervous |
| metabolism | cells | (Vitamin) D | increase | psychological |
| cholesterol | bones | Calcium | show | high |
| system | fats | B6 | contain | coronary |
| development | acids | Riboflavin | lower | sugar-free |
| reduction | teeth | DHA | help | unsaturated |
| meal | membranes | Iron | induce | red |
| energy-yielding | drinks | B12 | lead | physical |
| risk | women | Biotin | improve | maternal |
| factor | sterols | Niacin | digest | cognitive |
| acid | infants | (Vitamin) A | replace | saturated |
| bone | carbohydrates | Phosphorus | enhance | faecal |
| functioning | solutions | Iodine | induce | dental |
| 370 | 96 | 170 | 286 | 277 |
| **1199** = **42%** of the corpus size) | | | | |

verb forms in passive: is/are needed

|  |  |  |
| --- | --- | --- |
| The most frequent **25 words** | The 25 most **distinctive keywords[[1]](#footnote-1)** | **Body Parts/Functions/Reactions** |
| to | contribute | blood |
| of | normal | metabolism |
| contributes | maintenance | immune system |
| the | vitamin | nervous system |
| normal | metabolism | muscle |
| maintenance | cholesterol | cell |
| vitamin | blood | bones |
| in | function | tiredness |
| function | zinc | skin |
| blood | energy-yielding | bone |
| a | bone | cells |
| and | acid | membranes |
| metabolism | calcium | teeth |
| cholesterol | reduction | hair |
| system | consumption | brain |
| development | functioning | blood pressure |
| is | glucose | bowel |
| zinc | iron | thyroid |
| levels | folate | foetus |
| reduction | (vitamin) b6 | pigmentation |
| for | immune | heart |
| (vitamin) c | magnesium | hormones |
| meal | nervous | intestinal |
| consumption | riboflavin | melatonin |
| risk | meal | stomach |

**5 prototypical health claims** (contain at least 5 content words from the 15 most frequent parts of speech).

1. Calcium is needed for normal growth and development of bone in children
2. Vitamin C contributes to the normal function of the immune system
3. Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels
4. Riboflavin contributes to the maintenance of normal red blood cells
5. Vitamin A contributes to normal iron metabolism

**Less prototypical (**contain low frequency words**)**

1. Choline contributes to the maintenance of normal liver function.
2. Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress.
3. Replacing digestible starches with resistant starch in a meal contributes to a reduction in the blood glucose rise after that meal.
4. Lactase enzyme improves lactose digestion in individuals who have difficulty digesting lactose.
5. Sugar-free chewing gum with carbamide neutralises plaque acids more effectively than sugar-free chewing gums without carbamide.

1. As compared with general English usage [↑](#footnote-ref-1)