

Nutrition Labelling

Helen Gillen

Food Law, Labelling and Enforcement Manager

Food and Drink Federation

About FDF



- Voice of the UK food and drink industry – the largest manufacturing sector in the country
- Membership comprises manufacturers of all sizes and trade associations
- 4 key priorities: Food Safety & Science, Health & Wellbeing, Sustainability and Competitiveness
- Member of FoodDrinkEurope

EU FIC - Nutrition Labelling



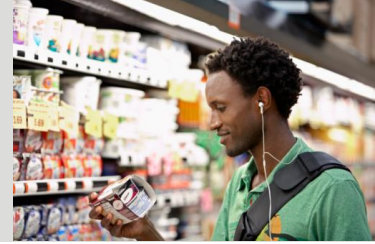
- Mandatory requirements for majority of pre-packed foods
- Rules on voluntary provision:
 - Repetition of nutrition information
 - Non-pre packed foods
 - Alcoholic drinks
- Does not apply to:
 - Food supplements (Directive 2002/46/EC)
 - Natural mineral waters (Directive 2009/54/EC)
 - Separate requirements in PARNUTS directives take precedence

Application Dates



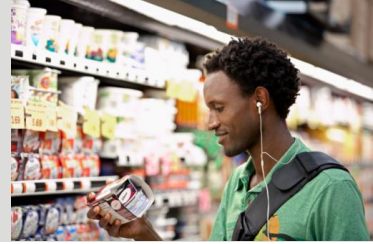
- Until 12 December 2014:
 - Can comply with either Food Labelling Regulations 1996 (as amended) or EU FIC
- From 13 December 2014 must comply if:
 - providing nutrition information on a voluntary basis
 - making a nutrition or health claim
- From 13 December 2016:
 - mandatory on all pre-packed foods

Mandatory Nutrition Declaration



Typical values	Per 100g or per 100ml
Energy	kJ/kcal
Fat	g
Saturates	g
Carbohydrate	g
Sugars	g
Protein	g
Salt	g

Supplementary Nutrients



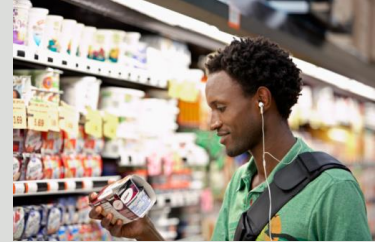
Typical values	Per 100g or per 100ml
Energy	kJ/kcal
Fat	g
Saturates	g
Mono-unsaturates	g
Polyunsaturates	g
Carbohydrate	g
Sugars	g
Polyols	g
Starch	g
Fibre	g
Protein	g
Salt	g
Vitamins and minerals	Units specified

Vitamins and Minerals



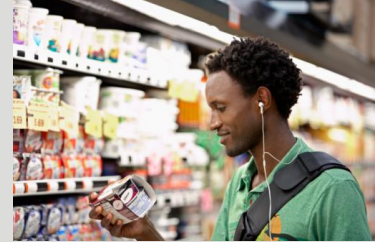
- Must be listed in Annex XIII of the Regulation
- Must be present in significant amounts
 - 15% NRV per 100g or 100 ml (except drinks)
 - 7.5% NRV per 100ml (drinks only)
 - 15% NRV if package contains a single portion size
- Must provide details on the absolute amount and the % NRV

Mandatory Nutrition Declaration



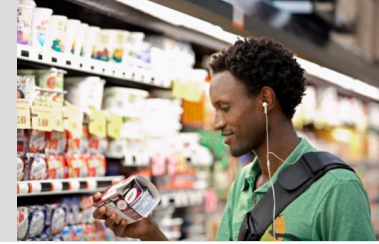
Typical values	Per 100g
Energy	1205 kJ
	290 kcal
Fat	11.8g
Saturates	5.4g
Carbohydrate	29.4g
Sugars	3.8g
Protein	14.2g
Salt	1.9g

Mandatory Plus Portion



Typical values	Per 100g	Half a pizza
Energy	1205 kJ	1865kJ
	290 kcal	445 kcal
Fat	11.8g	18.3g
Saturates	5.4g	8.3g
Carbohydrate	29.4g	45.5g
Sugars	3.8g	5.9g
Protein	14.2g	21.9g
Salt	1.9g	2.9g

Mandatory Plus Portion and RI



Typical values	Per 100g	Half a pizza	%RI per half pizza
Energy	1205 kJ	1865kJ	22%
	290 kcal	445 kcal	
Fat	11.8g	18.3g	26%
Saturates	5.4g	8.3g	42%
Carbohydrate	29.4g	45.5g	18%
Sugars	3.8g	5.9g	7%
Protein	14.2g	21.9g	44%
Salt	1.9g	2.9g	48%

Voluntary Repetition of Information



- ‘Principle field of vision’ – front of pack
- Specifies nutrients and order
 - Energy; or
 - Energy, Fat, Saturates, Sugars, Salt
- Per 100g or per portion
- Percentage RI information can be provided

Voluntary Repetition of Information



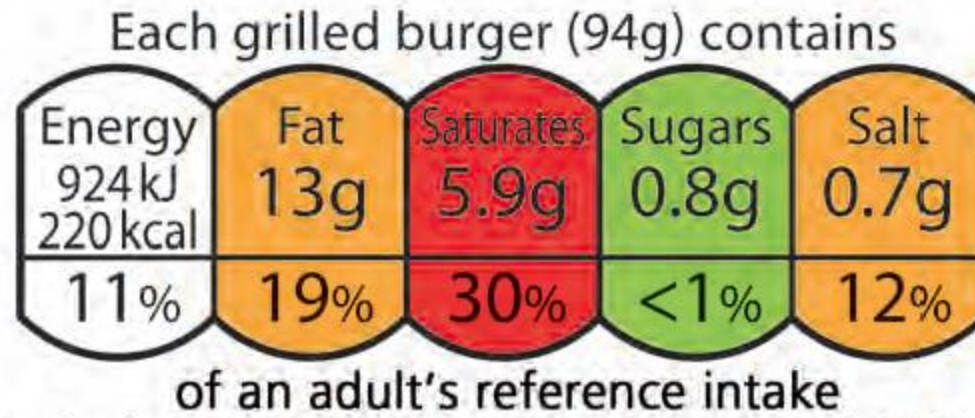
Each grilled burger (94g) contains

Energy 924kJ 220kcal	Fat 13g	Saturates 5.9g	Sugars 0.8g	Salt 0.7g
11%	19%	30%	<1%	12%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 966kJ / 230kcal

Additional Forms of Expression



Typical values (as sold) per 100g: Energy 966kJ / 230kcal

Calculating Nutrition Information



- Three methods listed:
 - Manufacturer's analysis of the food
 - A calculation from the known or actual average values of the ingredients used
 - A calculation from generally established and accepted data
- EC has published guidance on tolerances
- Note this varies if:
 - A claim is made
 - Vitamins and minerals are added to the food
- EC has published guidance on roundings

Summary



- Nutrition information per 100g is mandatory
- What and how it is provided is specified
 - Nutrients, Units, Order
- Additional information can be provided voluntarily
 - Additional nutrients, Information per portion, % Reference Intakes
- Voluntary repetition of information – ‘front of pack’ – is also specified
- Application dates:
 - 13 Dec 2014 (claim or voluntary provision)
 - 13 Dec 2016 (mandatory on all pre-pack)

Links to guidance



- UK Government guidance on nutrition labelling
<https://www.gov.uk/government/publications/technical-guidance-on-nutrition-labelling>
- UK Government guidance on hybrid front of pack nutrition labelling approach
<https://www.gov.uk/government/publications/front-of-pack-nutrition-labelling-guidance>
- EC guidance on tolerances and roundings
http://ec.europa.eu/food/food/labellingnutrition/nutritionlabel/guidance_tolerances_december_2012.pdf