

## Nutrition Information on Food Labels

- Overseas Development -



## WHO Position on Nutrition Labelling

- Governments should provide or require the trade to provide accurate nutrition information on food labels
- “Labelling – Consumers require accurate, standardized and comprehensible information on the content of food items in order to make healthy choices. Governments may require information to be provided on key nutritional aspects, as proposed in the Codex Guidelines on Nutrition Labelling.”

- Global Strategy on Diet, Physical Activity and Health 2004

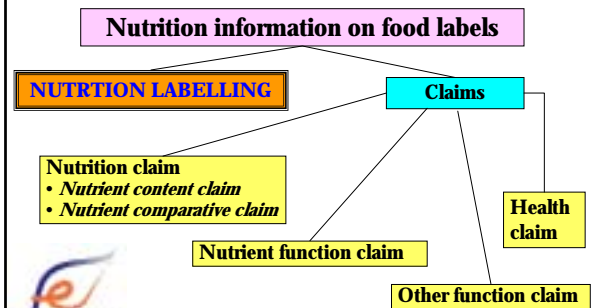


## Codex - Purpose of the Guidelines

- To ensure that nutrition labelling does not describe a product or present information about it which is in any way false, misleading, deceptive or insignificant in any manner.
- To ensure that nutrition labelling is effective



## Background Information



## Nutrition Labelling

### Key Issue

- Availability
  - Voluntary vs. Mandatory
- Content
  - Number of nutrients
  - Types of nutrients
  - Expression methods



## Nutrition Labelling – Availability

Region / Country	Mandatory Nutrition Labelling with Nutrient-related Claims (Year of Implementation)	Mandatory Nutrition Labelling (Year of Implementation)
Codex	1985; revised in 1993 & 2003	-
U.S.A.	1973	1994
Malaysia	1985 [Special purpose foods; Fortified foods]	2003 [Specified foods]
Australia & New Zealand	1987 (Australia)	2002
Canada	1988	2005
European Commission (EC)	1990	---
Singapore	1993	---



## Nutrient Declarations on Nutrition Labelling

Region / Country	Energy, Protein, Carbohydrate, Fat	Saturated Fat	Sodium	Sugars	Dietary Fibre	Cholesterol	Other Nutrients	Nutrient Content Express.
Codex	✓	Any other nutrient considered to be relevant for maintaining a good nutritional status						Per 100 ± Serving
U.S.A.	✓	✓	✓	✓	✓	✓	Fat calories; Vitamin A; Vitamin C; Iron; Calcium; Transfat (2006)	Per Serving
Malaysia	✓							Per 100 & Serving
Australia & New Zealand	✓	✓	✓	✓				Per 100 & Serving
Canada	✓	✓	✓	✓	✓	✓	Vitamin A; Vitamin C; Iron; Calcium; Transfat	Per Serving
EC	✓	(✓)	(✓)	(✓)	(✓)			Per 100 ± Serving
Singapore	✓	[✓]	[✓]		[✓]	[✓]		Per 100 & Serving

(✓) EC – If a nutrient-related claim is made for saturated fat, sodium, sugars or dietary fibre, the content of all these nutrients must be declared on the label.  
 (✓) Singapore – “A handbook on Nutrition Labelling (Singapore)” was issued in 1998. In addition to energy, protein, carbohydrate and fat, it recommends listing of saturated fat, sodium, dietary fibre and cholesterol. It is expected that further regulations may be imposed in 2008.



## Regulatory Impact Assessment

~ Progress ~



## Purpose

- To evaluate the overall costs and benefits, including the potential benefits of lowering the overall health costs to the community on the introduction of a nutrition labelling scheme in Hong Kong.



## Main Areas

- To understand the current market situation of nutrition information on prepackaged food products in Hong Kong, and the number and kind of products being impacted under different labelling requirements;
- To assess the possible compliance costs incurred by the trade (including the impact on small and medium enterprises);
- To evaluate the potential health benefits to the society resulting from implementation of different labelling requirements.



## Progress

- RIA has been commenced in July 2004.
- Results will be reported to ACFEH / LegCo in early 2005.
- The result of the RIA will be taken into consideration when the Government finalize the way forward.

