

Updates on Overseas Practice on Nutrition Information on Food Labels



Nutrition Labelling

- One of the effective tools in educating the public on healthy eating.
- Over 40 countries/areas have a nutrition labelling programme in place.
- Codex Guidelines as reference (i.e., flexibility is allowed in setting different national standards)



Nutrition Labelling

- 3 General approaches:
 - a) Mandatory nutrition labelling for all prepackaged foods
 - b) Mandatory nutrition labelling for specified foods and prepackaged foods with claims
 - c) Mandatory nutrition labelling for prepackaged foods with claims



Nutrition Labelling

Mandatory nutrition labelling for all prepackaged foods (N=9) : -

- Argentina (2006)
- Israel (1993)
- Australia (2002)
- New Zealand (2002)
- Brazil (2001)
- Paraguay (2006)
- Canada (2005)
- U.S.A. (1994)
- Uruguay (2006)



Nutrition Labelling

Mandatory nutrition labelling for specified foods & foods with claims (N=4) : -

- Malaysia (2003)
- Thailand (1998)
- Korea (2003)
- Taiwan (2003)



Nutrition Labelling

Mandatory nutrition labelling for prepackaged foods with claims (N=27), including : -

- Chile
- Philippines
- EC (under review)
- Singapore
- Indonesia
- Thailand
- Japan
- Vietnam



Nutrition Labelling

Situation in Mainland

- Issued a consultation document in October 2004 proposing mandatory nutrition labelling for all general prepackaged foods.
- Implemented General Standard for the Labelling of Prepackaged Foods with Special Dietary Uses (GB 13432-2004).



NL – No. and Types of Core Nutrients

Region / Country	Energy, Protein, Carbohydrate, Fat	Saturated Fat	Sodium	Sugars	Dietary Fibre	Cholesterol	Other nutrients	No. of nutrients required for listing
China	✓						Any other nutrient considered to be important to maintaining a good nutritional status	5
Japan	✓							5
U.S.A.	✓	✓	✓	✓	✓	✓	Iron, Vitamin A, Vitamin B12, Calcium, Phosphorus, Potassium, Chloride, Selenium	16 (in 2006)
Spain	✓	✓	✓	✓	✓	✓	Protein	8
Australia & New Zealand	✓	✓	✓	✓	✓	✓	Protein	7
Canada	✓	✓	✓	✓	✓	✓	Vitamin A, Vitamin B12, Iron, Calcium, Phosphorus	10
Argentina	✓	✓	✓	✓	✓	✓	Protein	8
Malaysia	✓	✓	✓	✓	✓	✓	Protein	8
United Kingdom	✓	✓	✓	✓	✓	✓	Protein	8



NL – No. and Types of Core Nutrients

Region / Country	Energy, Protein, Carbohydrate, Fat	Saturated Fat	Sodium	Sugars	Dietary Fibre	Cholesterol	Other nutrients	No. of nutrients required for listing
Malaysia	✓						Calories	4
Thailand	✓	✓	✓	✓	✓	✓	Protein, Vitamin A, Vitamin B1, Vitamin B2, Iron, Calcium	10
Spain	✓		✓				Calories	5
EU	✓	[✓]	[✓]	[✓]	[✓]		Calories	8
Singapore	✓	[✓]	[✓]	[✓]	[✓]		Calories	8
Japan	✓						Calories	5
The Mainland (pre foods)	✓						Calories	4
The Mainland (proposed)	✓		✓	✓		✓	Calcium	5



Summary

- NL has gained popularity over the past years.
- Countries / Areas without NL – developing one (e.g., the Mainland)
- Countries / Areas with NL – reviewing and modifying existing schemes (e.g., EC, USA)
- NL – a worldwide trend



- ENDS -

