

## Technical Issues on Nutrition Labelling

### - Nutrition Labelling Formats -



## Background

- Standardized nutrition labels assist consumers in reading nutrition labels.
- Opinion Survey* conducted in Jan 2004 – 94.5% supported standardization of the format of nutrition labels for easy reference by consumers and to avoid confusion.



## Nutrition Labelling Formats

### Elements

- Location of the nutrition label
- Sequence/listing order of nutrients
- Size of the label
- Font type and size
- Rule and line spacing
- Indent
- Colour, etc.



## Nutrition Labelling Formats under the Local NL Proposal

- Placing the nutrition label on a conspicuous area of the package; and
- Presenting the information in a tabular form

### Standard Format

Nutrition Information		Per 100g
Energy		2100 kJ
Protein		10g
Total fat		9g
Saturated fat		7g
Cholesterol		3mg
Carbohydrate		65g
Sugars		12g
Dietary fibre		12g
Sodium		330mg
Calcium		1000mg

### Horizontal Format

Nutrition Information	Amount		Amount	
	Energy	Total fat	Protein	Carbohydrate
per 100 g	2100 kJ	9 g	10 g	65 g
		Sugars		
		Dietary fibre		
		Sodium		
		Calcium		



## Nutrition Labelling Formats under the Local NL Proposal (cont.)

- Accepting linear format for small package with less than 200 cm<sup>2</sup> total surface area.

### Linear Format

**Nutrition information per 100g**  
 Energy 2100 kcal, Protein 10 g, Total fat 9 g, Saturated fat 7 g,  
 Cholesterol 3 mg, Carbohydrate 65 g, Sugars 12 g,  
 Dietary fibre 12 g, Sodium 330 mg, Calcium 1000 mg.



## Nutrition Labelling Formats under the Local NL Proposal (cont.)

- Accepting simplified formats for prepackaged foods with insignificant amount of energy and/or nutrients

### Simplified Standard Format

Nutrition information		Per 100 g
Energy		2100 kJ
Protein		10 g
Total fat		9 g
Saturated fat		7 g
Cholesterol		3 mg
Carbohydrate		65 g
Sugars		12 g
Dietary fibre		12 g
Sodium		330 mg
Calcium		1000 mg

### Simplified Horizontal Format

Nutrition information	Amount		Amount	
	Energy	Total fat	Protein	Carbohydrate
per 100 g	2100 kJ	9 g	10 g	65 g
		Sugars		
		Dietary fibre		
		Sodium		
		Calcium		

Not a significant source of saturated fat, cholesterol, sugars, dietary fibre, sodium or calcium.

### Simplified Linear Format (for packages with <200cm<sup>2</sup> total surface area)

**Nutrition information per 100g**  
 Energy 2100 kcal, Protein 10 g, Total fat 9 g, Carbohydrate 65 g,  
 Not a significant source of saturated fat, cholesterol, sugars, dietary fibre, sodium or calcium.



## Nutrition Labelling Formats under the Local NL Proposal (cont.)

### Conditions for applying simplified formats

1. At least five elements (under Phase I – three elements) out of energy and the core nutrients amounts to zero according to the rounding rules.
2. Values of energy, protein, total fat and carbohydrate must always be declared, even they are zero.
3. Values of claimed nutrients, even they are zero.



## Nutrition Labelling Formats under the Local NL Proposal (cont.)

### Conditions for applying simplified formats

4. Values of any core nutrients that are present in the food in more than insignificant amount
5. The statement “Not a significant source of (naming core nutrients that have been omitted from the nutrient declaration) [this statement required to be listed in the NL will not constitute a nutrient-related claim].”



## Nutrition Labelling Formats under the Local NL Proposal (cont.)

### Nutrition Labels (product with a Vitamin C claim)

#### Simplified Standard Format

Nutrition Information	
	Per 100 g
Energy	290 kcal
Protein	10 g
Total fat	0 g
Carbohydrate	40 g
Vitamin C	30 mg

Not a significant source of saturated fat, cholesterol, sugars, energy, fibre, sodium or calcium.

#### Simplified Horizontal Format

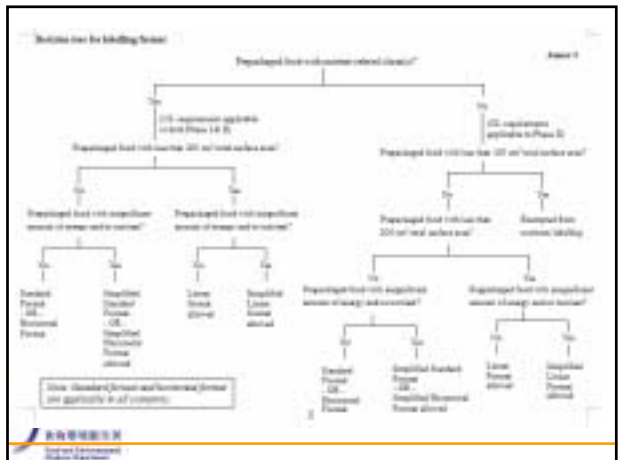
Nutrition Information		Energy	Protein	Carbohydrate	Fat
per 100 g		290 kcal	10 g	40 g	0 g
Vitamin C		30 mg			

Not a significant source of saturated fat, cholesterol, sugars, energy, fibre, sodium or calcium.

#### Simplified Linear Format (for packages with <200cm<sup>2</sup> total surface area)

Nutrition Information per 100g	
Energy	290 kcal
Protein	10 g
Carbohydrate	40 g
Vitamin C	30 mg

Not a significant source of saturated fat, cholesterol, sugars, energy, fibre, sodium or calcium.



- ENDS -

