



Nutrition labelling will be required on **ALL** pre-packed food from 13<sup>th</sup> December 2016

Loose food – ice cream cones, unwrapped cakes, fruit and vegetables, food made up to order like sandwiches, takeaway meals etc. are **NOT** required to carry nutrition information.

### Exemptions

'Small' businesses who sell their products in small quantities direct to the consumer or to local retailers for supply to the public are exempt from nutrition labelling.

Locally means within 30 miles of the county boundary of the county in which the product is produced.

We are awaiting confirmation from DoH on exactly what 'small' means but one man bands, WI type cake manufacturers and micro businesses will definitely be caught by the exemption.

The following products do **NOT** need nutrition labelling in any circumstances:

Food supplements

Natural mineral water

Unprocessed products (fruit and vegetables, raw meat etc.)

Food where the largest surface area of the package is less than 25cm<sup>2</sup>

Herbs, spices, salt, coffee, tea, vinegar, and chewing gum

Alcoholic drinks over 1.2% ABV

### Mandatory information

Where nutrition labelling is required it **MUST** be given per 100g/100ml and the information must be in letters at least 1.2mm in height (Arial 8)

Mandatory nutrition information **MUST** be in the following format and order

Typical values	per 100g
Energy	kJ/kcal
Fat	g
- Of which saturates	g
Carbohydrate	g
- Of which sugars	g
Protein	g
Salt	g

The information must be in a table format unless space does not permit

If you wish you **MAY** provide values per portion in addition to per 100g.

If you do so you **MUST** state the size of a portion and how many portions there are in the pack.

### How do I calculate my nutrition information?

Nutrition information can be derived from

- analysis of food (commercial laboratories can provide this service – charges will vary)
- published data (such as Mc Cance and Widdowson is available via this link

<http://tna.europarchive.org/20110116113217/http://www.food.gov.uk/multimedia/spreadsheets/cofids.xls>)

- calculation from ingredients (there are commercial software packages available that will enable you to calculate nutrition information from your recipe)

### Optional Information

You **MAY** provide additional information for the following nutrients

- Mono unsaturates
- Poly unsaturates
- Polyols
- Starch
- Fibre
- 'Named' vitamins and minerals present in 'significant amounts'

'Significant amount' for vitamins and minerals means 15% of that nutrient's Reference Intake (RI) per 100g for food or 7.5% of the RI per 100ml for drinks.

If the package contains a single portion that pack must give 15% RI of that vitamin or mineral.

The 'named' vitamins and minerals and their RIs can be found here

Vitamin A (µg)	800	Chloride (mg)	800
Vitamin D (µg)	5	Calcium (mg)	800
Vitamin E (mg)	12	Phosphorus (mg)	700
Vitamin K (µg)	75	Magnesium (mg)	375
Vitamin C (mg)	80	Iron (mg)	14
Thiamin (mg)	1.1	Zinc (mg)	10
Riboflavin (mg)	1.4	Copper (mg)	1
Niacin (mg)	16	Manganese (mg)	2
Vitamin B6 (mg)	1.4	Fluoride (mg)	3.5
Folic Acid (µg)	200	Selenium (µg)	55
Vitamin B12 (µg)	2.5	Chromium (µg)	40
Biotin (µg)	50	Molybdenum (µg)	50
Pantothenic Acid (mg)	6	Iodine (µg)	150
Potassium (mg)	2000		

IF you include declarations of vitamins or minerals in your nutrition table you **MUST** also include the % RI

The Reference Intakes (RIs) for energy and other nutrients are here:

Energy	8400 kj/2000 kcal
Total fat	70g
Saturates	20g
Carbohydrates	260g
Sugars	90g
Protein	50g
Salt	6g

If you wish you **MAY** include information about the % reference intake (RI)' in your nutrition table.

If you do so you **MUST** also state 'Reference intake of an average adult (8400kj, 200kcal)' directly below the table.

If you wish to include any of the additional nutrients in your nutrition table they must appear at the correct position as shown below in red. You may include as many or as few as you wish.

Typical values	per 100g	% RI
Energy	kJ/kcal	
Fat –	g	
- Of which saturates	g	
- of which Mono unsaturates		
- of which Polyunsaturates		
Carbohydrate	g	
- Of which sugars	g	
- of which Polyols		
- of which Starch		
Fibre		
Protein	g	
Salt	g	
Named Vitamins		
Named Minerals		

No other nutrients may appear IN the nutrition table but they may be shown below the mandatory information

So if you wish to state that your product contains omega 3 this may be given below the nutrient table but not in it.

Additional rules apply to front of pack labelling where additional declarations of the energy content are permitted, use of 'traffic light' labelling (which is voluntary) and labelling of foods specifically aimed at children.

Detailed guidance can be found here

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/207842/2013-06-19\\_Nutrition\\_Technical\\_Guidance.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/207842/2013-06-19_Nutrition_Technical_Guidance.pdf)

## Health and Nutrition Claims

If you want to make any health or nutrition claims linking the consumption of your product with health

eg claiming that an ingredient or nutrient has a positive effect on health such as 'Iron contributes to the reduction of tiredness' or '

Vitamin C helps maintain the normal function of the immune system'

you must make sure that the claim has been approved by the European Food Safety Authority and that you comply with EU Nutrition and Health Claims Regulations.

You may only use approved claims that appear in the EU list. You can find the list here: [ec.europa.eu/nuhclaims/](http://ec.europa.eu/nuhclaims/)

Statements such as 'low fat', 'reduced salt', 'high protein' etc. have specific defined meanings and cannot be used unless the food satisfies those meanings

e.g. 'low fat' means the food must contain less than 3g/100g of fat etc.

You can find detailed information on these regulations here

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/204320/Nutrition\\_and\\_health\\_claims\\_guidance\\_November\\_2011.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/204320/Nutrition_and_health_claims_guidance_November_2011.pdf)

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