

Mandatory Back of Pack Nutrition Labelling

Introduction

The provision of nutrition information is currently voluntary unless a claim is made. Regulation (EU) No 1169/2011 on the provision of food information to consumers (EU FIC) makes the provision of nutritional information mandatory for most pre-packed foods. This includes products sold through distance selling.

Timings

Companies providing nutrition information on a voluntary basis or where a nutrition/health claim is made, must comply with the new format from 13 December 2014. Companies not currently providing nutrition information must comply from 13 December 2016. Exempted food and drinks e.g alcohol, teas, coffees and chewing gum, etc. are listed in Annex V of the Regulation.

The Requirements

The requirement is for nutrient information to be provided per 100g or 100ml. In addition information can be given per portion and/or per consumption unit provided that the portion/consumption unit is quantified on the label.

Mandatory nutrients and required order:

- ❖ Energy in kilojoules (kJ)/and kilocalories (kcal)
 - ❖ Fat g
 - ❖ Of which saturates
 - ❖ Carbohydrate g
 - ❖ Of which sugars
 - ❖ Protein g
 - ❖ Salt g
- Minimum font size applies (1.2mm x-height)
 - Information is tabular with numbers aligned. Linear format permitted if insufficient space.
 - When nutrients are not present or in negligible amounts, they may be mentioned in a separate sentence.

Example formats:

Nutrition Information Typical Values per 100ml	
Energy:	180kJ/42kcal
Carbohydrate:	10.6g
of which sugars:	10.6g
Fat, Saturates, Protein, Salt - negligible amount	

Nutrition Information Typical Values		
	Per 100ml	Per 250ml (%)
Energy:	180kJ/42kcal	450kJ/105kcal (5%)
Fat:	0g	0g (0%)
of which saturates:	0g	0g (0%)
Carbohydrate:	10.6g	26.5g (10%)
of which sugars:	10.6g	26.5g (29%)
Protein:	0g	0g (0%)
Salt:	0g	0g (0%)

* Reference intake of an average adult (8400kJ/2000kcal)

The mandatory declaration can be supplemented with mono-unsaturates, polyunsaturates, polyols, starch, fibre and, vitamins and minerals present in significant amounts.

Reference Intakes

The term Reference Intakes (RIs) has replaced Guideline Daily Amounts (GDAs). %RIs can be provided in the nutrition table per 100g/100ml and/or per portion/consumption unit. In addition where %RIs are given per 100g/100ml the following statement is required in close proximity to it: "Reference intake of an average adult (8400kJ/2000kcal)".

Portion indicator

If information is provided per portion or consumption unit, this must be quantified in close proximity to nutrition declaration. For example **1.5L = 6 x 250ml servings**

Vitamin and Mineral Declarations

Recommended Daily Amounts (RDAs) are being replaced by Nutrient Reference Values (NRVs).

Vitamins must be declared per 100ml and the %NRV per 100ml provided. You can also provide the information per portion.

Example layout:

NUTRITION INFORMATION TYPICAL VALUES		
Per:	100ml	330ml (%*)
Energy:	198kJ/46kcal	653kJ/152kcal (8%)
Fat:	0g	0g (0%)
of which saturates:	0g	0g (0%)
Carbohydrate:	11.0g	36g (14%)
of which sugars:	11.0g	36g (40%)
Protein:	0g	0g (0%)
Salt:	0g	0g (0%)
VITAMINS		
Per:	100ml (%**)	330ml (%**)
Vitamin C:	39mg (49%)	129mg(161%)

*Reference intake of an average adult (8400kJ/2000kcal)
**Nutrient Reference Value (NRV)

Shake well before opening.
Refrigerate after opening and consume within 3 days.
Best before end - See base of can for date.
Store cool & dry.
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Basic Elements of Back of Pack Nutrition Table

- ❖ Information per 100g/ml must be provided for Energy (kJ, kcal), Fat, of which saturates, Carbohydrate, of which sugars, Protein and Salt.
- ❖ Mandatory on most pre-packed foods from December 2016 (from December 2014 if already providing nutrition information on a voluntary basis).
- ❖ Present in a tabular form with numbers aligned.
- ❖ %RIs can be provided in the nutrition table per 100g/100ml and/or per portion/consumption unit.
- ❖ Vitamins and minerals in significant amounts can be declared. Amount per 100g/ml and %NRV per 100g/ml must be provided.