



Seminar on EU Rules on Food and Nutrition Labelling and Nutrition and Health Claims

Mr Noel Griffin

*Mandatory and Voluntary
Nutrition labelling
(Session 2 & 3)*

**Better Training
For Safer Food
Initiative**

Bangkok, Thailand
8 October 2015

Outline

1. Purpose of nutrition labelling
2. Responsibilities
3. Mandatory rules
4. Content and format of mandatory nutrition declaration
5. Transition and timing
6. Conclusion

Food Information to Consumers 1169/2011 (EU FIC)

Purpose of the legislation

Food Information to Consumers 1169/2011 (EU FIC) Purpose of the legislation

A high level of health protection for consumers

Healthy choices, safe choices

A guarantee of the right to information

Informed choices; prevention of misleading the consumer

Single market: free movement of safe and wholesome food in the internal market

streamlined legislation for easier compliance and greater clarity; modernised in order to take account of new developments in the field of food information

Simplification of the law and reduction of administrative burdens

Food Information to Consumers 1169/2011 Responsibilities

Food Information to Consumers 1169/2011 Responsibilities

FIR - General Requirements

Food information, advertising and presentation (including shape, appearance, packaging, arrangement, display setting) **must not mislead** and must be accurate, clear and easy to understand

In the case of prepacked food, the required information must be given directly on the package or on a label attached to it.

mandatory food information **takes precedence** over voluntary food information



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Mandatory Nutrition Labelling

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Key nutrition issues

Mandatory nutrition labelling for prepacked foods

- Exemption from mandatory nutrition labelling for certain foods covered by specific legislation (Article 29) and Annex V
- Exemption from mandatory nutrition labelling for alcoholic drinks
- Voluntary nutrition labelling for non-prepacked foods

Voluntary “front of pack” nutrition labelling

Mandatory nutrition labelling for prepacked foods

Information required on energy, fat, saturates, carbohydrates, sugars, protein and salt

Voluntary information can be given for mono-unsaturates, polyunsaturates, polyols, starch, fibre and any of the permitted vitamins & minerals*

Information required on a per 100g/100ml basis, with additional information 'per portion' / 'per consumption unit' allowed voluntarily

%RI information may be provided voluntarily on a per 100g/ml or per portion basis

Content and Format of Mandatory Nutrition Declaration

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Presentation of nutrition declaration

In the case of prepacked food, mandatory nutrition information must appear directly on the package or on a label attached thereto.

You must present the mandatory nutrition declaration (Article 30(1)) and any supplementary nutrients (Article 30(2)):

- in the same field of vision
- together in a clear format
- in the order of presentation provided for in Annex XV

Expression and presentation of nutrition declaration Annex XV

If space permits, you must present the nutrition declaration in tabular format with the numbers aligned. Where space does not permit, the declaration must appear in linear format.

energy	KJ / kcal
fat	g (or mg)
of which	
- saturates,	g
carbohydrate	g
of which	
- sugars,	g
protein	g
salt	g

Information must be expressed per 100g or 100ml – in g or mg as appropriate

Expression on a Per Portion or Consumption Unit Basis*

Energy	Amount Per 100g/ml
Fat	
of which	
saturates	
Carbohydrates	
of which	
sugars	
Protein	
Salt	

Amount per Portion/Unit*

May be given in addition to 'Amount per 100g/ml' data

% RI per 100g/ml

% RI per portion/unit *

May be given in addition to or instead of '% RI per 100g/ml' data

* Provided that portion or unit is quantified on the label and the number of portions or units is stated, close to the nutrition declaration

Nutrition declaration (continued)

Sodium no longer permitted, although statement can be added explaining salt is due to naturally-occurring sodium

Trans fats cannot be declared, pending a report by the Commission

The Nutrition Declaration (Articles 29 to 35)

Forms of Expression Commonly Used in Nutrition Labelling

- **Absolute amounts per 100g:**
Fat: 14.2g per 100g
- **Percentage of reference intake (RI) per 100g:**
Fat: 20% of an adult's RI per 100g
- **Absolute amount per portion:**
Fat: 9.1g per pie
- **Percentage of RI per portion:**
Fat: 13% of an adult's RI per pie

Calculating nutrition labelling values

Energy values

— carbohydrate (except polyols),	17 kJ/g — 4 kcal/g
— polyols,	10 kJ/g — 2,4 kcal/g
— protein,	17 kJ/g — 4 kcal/g
— fat,	37 kJ/g — 9 kcal/g
— salatrims,	25 kJ/g — 6 kcal/g
— alcohol (ethanol),	29 kJ/g — 7 kcal/g
— organic acid,	13 kJ/g — 3 kcal/g
— fibre,	8 kJ/g — 2 kcal/g
— erythritol,	0 kJ/g — 0 kcal/g

All other declared values shall as appropriate be average values based on the manufacturer's analysis of the food, calculated from the known or actual average values of the ingredients used or calculated from generally established and accepted data – commercial software packages exist for these calculations

Calculations and tolerances

Very Low Values

Where values are 'negligible' the information may be replaced by a statement such as:

'Contains negligible amounts of....'

in close proximity to the nutrition declaration

Suggests a change from the current practice of declaring 'trace' within the nutrition table

Tolerances and Rounding

http://ec.europa.eu/food/food/labellingnutrition/nutritionlabel/guidance_tolerances_december_2012.pdf

Application of legibility rules to the nutrition declaration

- ▶ You must print the mandatory nutrition declaration on the package or on the label in characters using a font size where the “x-height” (as illustrated below) is a minimum of 1.2mm.
- ▶ **DEFINITION OF X-HEIGHT**



1. Ascender line, 2. Cap line, 3. Mean line, 4. Baseline,
- ▶ 5. Descender line, 6. x-height, 7. Font size.

Exemptions to Mandatory Nutrition Labelling

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Application of legibility rules to the nutrition declaration

Summary of Small Pack Exemptions

Exemptions where largest surface area less than:

80cm²

Minimum x-height reduced to 0.9mm for mandatory information (not for voluntary fop nutrition labelling)

25cm²

Mandatory nutrition declaration not required

Relationship with other legislation

Foods to which nutrition labelling is not applicable:

- Food supplements, falling under Directive 2002/46/EC
- Natural mineral waters falling under Directive 2009/54/EC
- Annex V

Foods to which nutrition labelling applies unless exemptions are detailed in legislation regulating these foods:

- Foods for Particular nutritional uses (Parnuts) falling under Directive 2009/39/EC = now replaced by Foods for Specific Groups (FSG) falling under Regulation 609/2013

These foods are:

- Infant and follow-on formula
- Processed cereal-based food and baby food
- Foods for special medical purposes
- Total diet replacements

ALCOHOLIC DRINKS

EU FIC exempts all alcoholic drinks (containing more than 1.2% by volume of alcohol) from mandatory nutrition labelling, pending a European Commission report on labelling for alcohol.

Voluntary labelling is possible.

Transition and Timing of Mandatory Nutrition Labelling

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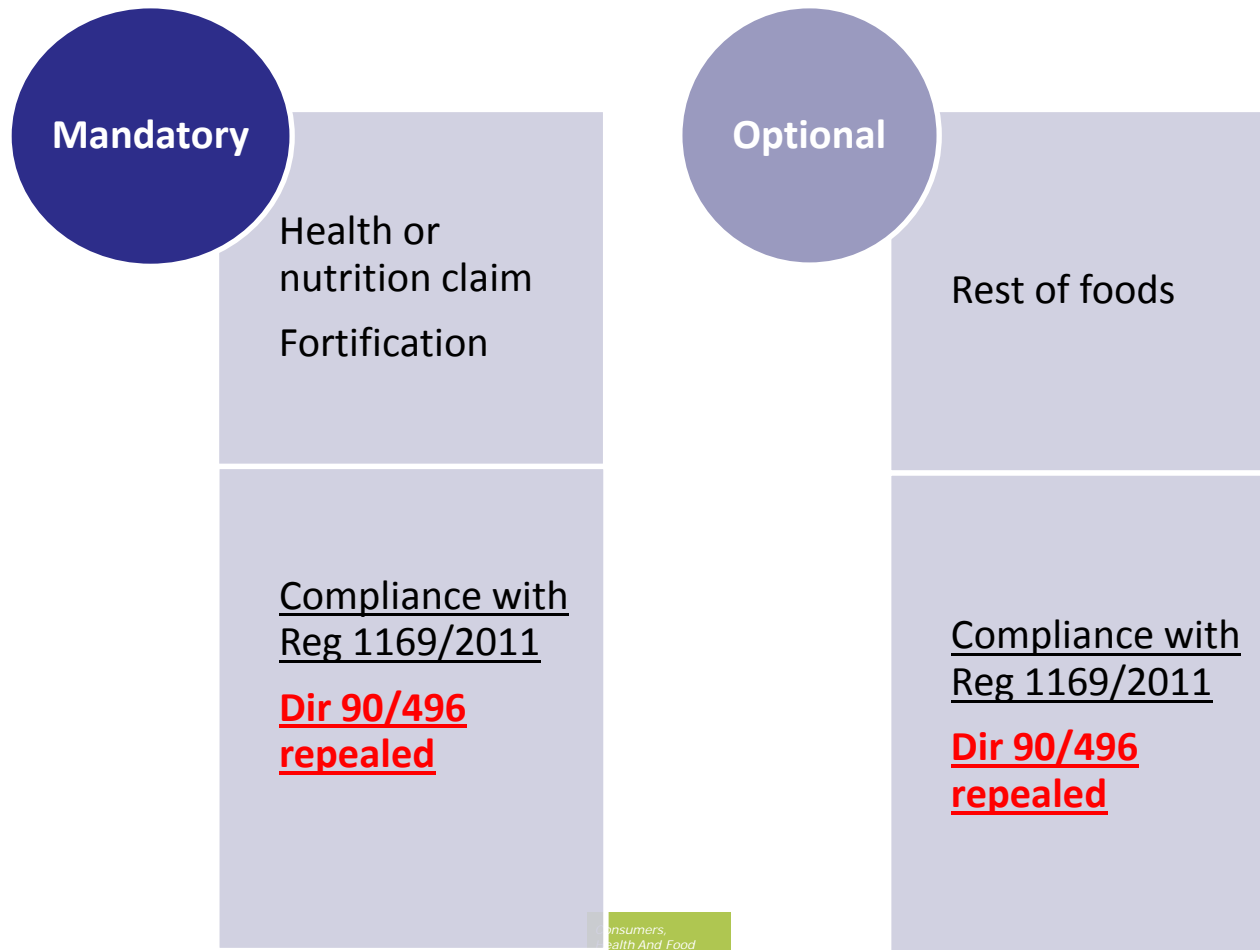
Mandatory Nutrition Labelling – date of effect

Up to 13.12.2014

From 13.12.2014
to 13.12.2016

from 13.12.2016

Nutrition labelling – 14.12.2014 to 13.12.2016



Nutrition labelling – 14.12.2016 onwards

Mandatory

**ALL PREPACKED
FOODS**

Compliance with
Reg 1169/2011

Optional

Appendix V

Compliance with
Reg 1169/2011

Conclusions

Currently nutrition labelling mandatory only if a claim is made or food fortified, otherwise it is voluntary

- If nutrition labelling used, it must be in conformity with the requirements of 1168/2011 (i.e. No to FDF style nutrition panel)
- Nutrition labelling mandatory from 14 December 2016 (exemptions will be possible)
- Nutrition labelling is to inform consumers to enable them to make healthy choices
- Standardised information ensures free movement of goods

Voluntary Nutrition Labelling

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outline

1. Responsibilities
2. When voluntary nutrition labelling can be used
3. Content and format of mandatory nutrition declaration
4. Cohesion with mandatory rules
5. Additional forms of expression - "Front of pack" nutrition labelling

Food Information to Consumers 1169/2011 Responsibilities

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FIR - General Requirements

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mandatory food information **takes precedence** over voluntary food information

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Uses of voluntary labelling

Uses of voluntary labelling

Voluntary nutrition labelling for all foods until
14 December 2016

- Voluntary nutrition labelling for non-prepacked
- Voluntary nutrition labelling for alcoholic drinks
- Voluntary nutrition labelling information in addition to mandatory information

Voluntary “front of pack” nutrition labelling

Voluntary information in addition to mandatory information for prepacked foods

Mandatory information **required** on energy, fat, saturates, carbohydrates, sugars, protein and salt

Voluntary information **can be given** for mono-unsaturates, polyunsaturates, polyols, starch, fibre and any of the permitted vitamins & minerals*

Information required on a per 100g/100ml basis, with additional information 'per portion' / 'per consumption unit' allowed voluntarily

%RI information may be provided voluntarily on a per 100g/ml or per portion basis

Content and format of mandatory nutrition declaration

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Expression and presentation of nutrition declaration Annex XV

If space permits, you must present the nutrition declaration in tabular format with the numbers aligned. Where space does not permit, the declaration must appear in linear format.

energy	KJ / kcal
fat	g (or mg) (or μ g)
of which	
- saturates,	g
- mono-unsaturates,	g
- polyunsaturates	g
carbohydrate	g
of which	
- sugars,	g
- polyols,	g
- starch,	g
fibre	g
protein	g
salt	g
vitamins and minerals	the units specified in point 1 of part A of Annex XIII

Expression on a Per Portion or Consumption Unit Basis*

Energy	Amount Per 100g/ml
Fat	
of which	
saturates	
Carbohydrates	
of which	
sugars	
Protein	
Salt	

Amount per Portion/Unit*

May be given in addition to 'Amount per 100g/ml' data

% RI per 100g/ml

% RI per portion/unit *

May be given in addition to or instead of '% RI per 100g/ml' data

* Provided that portion or unit is quantified on the label and the number of portions or units is stated, close to the nutrition declaration



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Mandatory and Supplementary Nutrients

		Amount/100g/ ml	Amount/portio n	% RI per 100g/ml	% RI per portion
Energy		Compulsory	Voluntary	Voluntary	Voluntary
Fat		Compulsory	Voluntary	Voluntary	Voluntary
	of which				
	saturates	Compulsory	Voluntary	Voluntary	Voluntary
	mono- unsaturates	Compulsory	Voluntary	Not possible	Not possible
	polyunsaturates	Compulsory	Voluntary	Not possible	Not possible
Carbohydrates		Compulsory	Voluntary	Voluntary	Voluntary
	of which				
	sugars	Compulsory	Voluntary	Voluntary	Voluntary
	polyols	Compulsory	Voluntary	Not possible	Not possible
	starch	Compulsory	Voluntary	Not possible	Not possible
Fibre		Compulsory	Voluntary	Not possible	Not possible
Protein		Compulsory	Voluntary	Voluntary	Voluntary
Salt		Compulsory	Voluntary	Voluntary	Voluntary
Vitamins/minerals		Compulsory	Voluntary	Compulsory	Voluntary

Application of legibility rules to the nutrition declaration

Same rules apply as for mandatory nutrition labelling

Small Pack Exemptions

Exemptions where largest surface area less than:

80cm²

Minimum x-height reduced to 0.9mm for mandatory information (not for voluntary for nutrition labelling)

Presentation of repeat nutrition information

The Regulation specifies that this information has to be presented in the “principal field of vision”.

Where used in practice, the repeat information is usually provided on front of pack.

Application of legibility rules to FoP labelling

Provision of repeat nutrition information must be in a font size where the “x-height” is a minimum of 1.2mm.

FoP legibility rules for small packages

Where the largest surface of a package has an area of less than 80cm², the derogation allowing the minimum “x-height” to be reduced to 0.9mm does not apply to FoP labels. The minimum “x-height” of 1.2mm would still apply to FoP labels in this scenario.

Vitamins and Minerals – 'Significant Amount' means...

For packages containing only a single portion (e.g. some ready meals, drinks in 330ml containers), at least 15% of the nutrient's reference value must be delivered by the single portion

Otherwise at least:

7.5% of the nutrient's reference value must be present in 100ml for beverages

15% of the nutrient's reference value must be present in 100g/100ml for products other than beverages

Cohesion with mandatory rules

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Non-prepacked foods

- Foods offered for sale to the final consumer or mass caterers without prepackaging;
- Foods packed on the sales premises at the consumer's request; and
- Foods prepacked for direct sale.

Voluntary information may be given, as follows:

energy only; or

energy, plus fat, saturates, sugars & salt;

Information can be provided on a per portion-only basis

% RI information, as well additional forms of expression are permitted (subject to fulfilling criteria).

Member states can introduce national rules to mandate certain aspects of the nutrition declaration if they wish.

ALCOHOLIC DRINKS

Voluntary nutrition labelling

You can make a voluntary energy declaration on alcoholic drinks without the need to provide the full list of (“back of pack”) nutrients, which would otherwise be mandatory on prepacked food. You would need to provide this energy declaration in kJ (kilojoules) and kcal (kilocalories), and on a per 100ml basis. You may additionally provide the energy information per portion.

Alternatively, you may provide a full (“back of pack”) nutrition declaration on a voluntary basis on alcoholic drinks. This must be expressed per 100ml. You may additionally provide this information per portion.

Additional forms of expression - “Front of pack” nutrition labelling

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Additional forms of expression (AFE)

Nutrition information can be expressed in ways different from just words and numbers (e.g. graphics or symbols).

A number of requirements must be satisfied, such as:

- they are based on sound and scientifically valid consumer research

- their development is the result of consultation with a wide range of stakeholders

- they aim to facilitate consumer understanding

Governments may recommend one or more AFE

Member States must monitor the use of AFE in their territory and report these to the Commission

The Commission will write a report, with the potential for future harmonisation of AFE across the EU

“FRONT OF PACK” NUTRITION LABELLING

EU FIC allows **voluntary** repetition on **pre-packed** food labels of those elements of the **mandatory** nutrition declaration that are of key importance for public health.

If you choose to provide this repeat information, it must be in one of the following formats:

- Energy value (kJ and kcal) alone; or
- Energy value (kJ and kcal) plus amounts (in grams) of fat, saturates, sugars and salt (energy + 4)

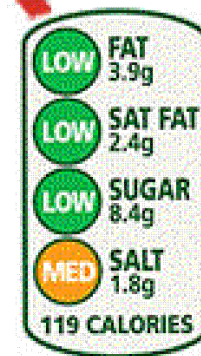
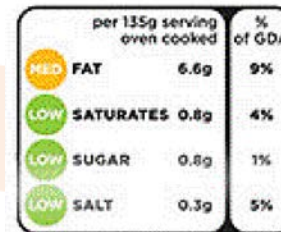
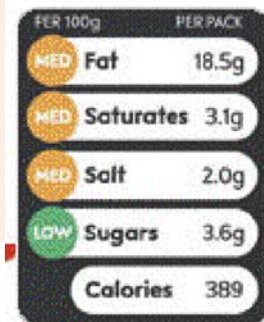
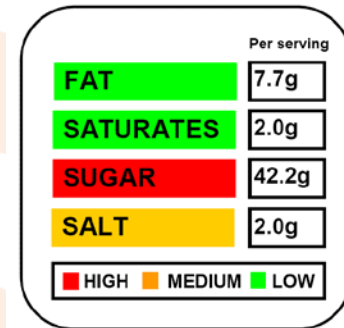
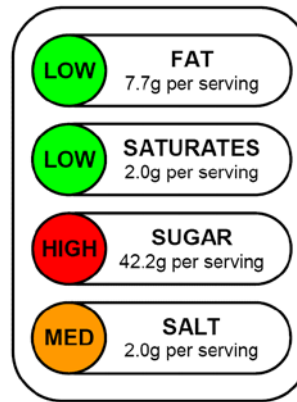
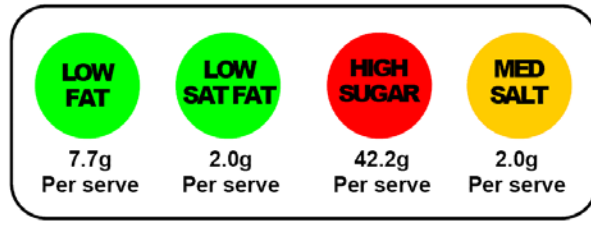
Expression per 100g or per 100ml and per portion or per consumption unit + statement of number of portions in pack



European Commission

Additional Form of Expression

- Traffic Lights?



Additional Forms of Expression and Presentation

By 13 December 2017 Commission will report on effect of schemes and need for further harmonisation, informed by information from Member States

Implementing Acts will ensure uniform application of rules on additional forms of expression



The contents of this presentation are the views of the author and do not necessarily represent an official position of the European Commission.



AETS - Application Européenne de Technologies et Services

17 Av. André-Marie Ampère
64140 Lons, France

Tel: +33 5 59 72 43 23

Fax: + 33 5 59 72 43 24

www.aets-consultants.com

Better Training for Safer Food BTSF

*European Commission
Consumers, Health and Food Executive Agency
DRB A3/042
L-2920 Luxembourg*