

## NUTRITION LABELLING, VITAMINS AND MINERAL CLAIMS

### WHAT DOES THIS LEAFLET COVER?

This leaflet is intended to give basic information to food manufacturers, and other interested parties, on nutrition labelling and vitamin and mineral claims.

### WHAT IS NUTRITION LABELLING AND VITAMIN AND MINERAL CLAIMS?

Nutrition labelling means any information on labelling relating to energy value (calories) and protein, carbohydrates, fat, fibre or sodium. Vitamin and mineral claims relate to numerous vitamins and minerals laid down in the Directive and The Food labelling Regulations (NI) 1996, e.g. Rich in Vitamin C.

### IS IT COMPULSORY?

Nutrition labelling is not compulsory. However, if food manufacturers decide to label food with nutritional information, or make nutrition claims, it then becomes compulsory to use the prescribed format.

### FORM OF NUTRITIONAL LABELLING

Foods that make a nutritional claim are required to provide nutrition information that must be given in accordance with the FLR. This information shall either be given as the amounts of:

- energy, protein, carbohydrate and fat, or
- energy, protein, carbohydrate, sugars, fat, saturates, fibre and sodium – this option must be used if there is a claim relating to the amounts of sugar, saturates, fibre or sodium (see example below)

Information must be given in the form of per 100 grams or 100 millilitres.

**EXAMPLE:**

<b>Energy</b>	[X] kJ and [X] kcal
<b>Protein</b>	[X] g
<b>Carbohydrate</b>	[X] g
Of which:	
-sugars	[X] g
-polyols	[X] g
-starch	[X] g
<b>Fat</b>	[X] g
Of which:	
-saturates	[X] g
-mono-saturates	[X] g
-polyunsaturates	[X] g
-cholesterol	[X] mg
<b>Fibre</b>	[X] g
<b>Sodium</b>	[X] g
<b>[Vitamins]</b>	[X units]*
<b>[Minerals]</b>	[X units]*

\*units for vitamins or minerals will either be mg or µg.

- Amounts should be given per serving and should be averages based on either: -
  - manufacturer's analysis; or
  - calculation from actual average values of ingredients used in the preparation of the food; or
  - calculation from generally established and accepted data.
  
- Any nutritional claims must be capable of fulfilling the claim and the product must be labelled with the above nutritional information.

Any nutritional information must be given in tabular form with numbers aligned (as shown above) or if there is insufficient space then it may be given in linear form.

### Vitamin/Mineral claims:

Claims made about vitamins must specify the % RDA that it contains per serving and the total number of servings must be labelled on the pack.

Claims can only be made relating to the following vitamins and minerals:-

**Table 1 – Vitamins and Minerals of which claims may be made**

Vitamin/Mineral	Recommended daily allowance
Vitamin A	800µg
Vitamin D	5µg
Vitamin E	10mg
Vitamin C	60mg
Thiamin	1.4mg
Riboflavin	1.6mg
Niacin	18mg
Vitamin B6	2mg
Folacin	200µg
Vitamin B12	1µg
Biotin	0.15mg
Pantothenic acid	6mg
Calcium	800mg
Phosphorus	800mg
Iron	14mg
Magnesium	300mg
Zinc	15mg
Iodine	150µg

### **FINAL ADVICE**

If you wish any of your labels to be checked to ensure the wording complies with the requirements for nutrition labelling, please contact your local Environmental Health Department

**PLEASE NOTE, THIS LEAFLET HAS BEEN PREPARED AS A GUIDANCE DOCUMENT. IT IS NOT AN AUTHORITATIVE DOCUMENT ON THE LAW. IT IS NOT NECESSARILY COMPREHENSIVE AND IS SUBJECT TO REVISION IN THE LIGHT OF FURTHER INFORMATION. FOR FURTHER GUIDANCE PLEASE CONTACT THE ENVIRONMENTAL HEALTH DEPARTMENT.**