Technical Guidance Note on the Labelling Scheme on Nutrition Information (Revised Draft)

NL Technical Meeting
March 2008

Revised Draft Version

- To highlight major amendments from the first draft (Jan 2008)
- Revised draft (English and Chinese) to be available on CFS website by end of March.

Mandatory Required Nutrients on NL

Core Nutrients (1+7)

- Energy
- Protein
- *Available* Carbohydrate*
- Fat
- Saturated Fat
- Sugars
- Sodium
- Trans fat

Other Required Nutrients

- Claimed nutrients
- If the claim is on the amount/type of fat, the amount of cholesterol must be declared.

* If *total* carbohydrate is declared, the amount of dietary fibre must be provided.

Common Names & Abbreviations

Energy	"Energy" / "Calories" / "Kilojoules" *(When "Calories" or "Kilojoules" is used, the term must match with the corresponding unit of energy.)*
Total fat	"Fat" / "Total fat" /"Fat, Total"
Available carbohydrate	"Available Carbohydrate" / "Carbohydrate, Available" / "Carbohydrate"/ "Available Carb" / "Carb, Available" / "Carb" / "Available CHO" / "CHO" / "CHO"
Total carbohydrate	"Total Carbohydrate" / "Carbohydrate, Total" / "Total Carb" / "Carb, Total" / "Total CHO" / "CHO, Total"
Saturated fatty acids	"Saturated Fat" / "Saturated Fatty Acids" / "Saturated" / "Saturates"/ "Sat. fat"
Trans fatty acids	"Trans Fat" / "Trans"
Polyunsaturated fatty acids	"Polyunsaturated Fat" / "Polyunsaturated Fatty Acids" / "Polyunsaturated" / "Polyunsaturates"/ "PUFA"
Monounsaturated fatty acids	"Monounsaturated Fat" / "Monounsaturated Fatty Acids" / "Monounsaturated" / "Monounsaturates" / "MUFA"
Cholesterol	"Cholst" / "Chol"
Total dietary fibre	"Total dietary fiber" / "Dietary fibre" / "Dietary fiber" / "Fibre" / "Fiber"
Iodine	"Iodide"
Vitamin B1	"Thiamine" / "Thiamin"/ "Vit. B1"
Vitamin B2	"Riboflavin"/"Vit. B2"
Vitamin B3	"Niacin"/"Vit. B3"
Vitamin B12	"Cobalamin"/"Vit. B12"
Folic acid	"Folate" / "Folacin"
Pantothenic acid	"Pantothenate"
Vitamin C	"Ascorbic acid"

Commonly known; Not an exhaustive list.

Absolute Amount Expression

- The amount of nutrients should be expressed in absolute number.
- Ranges, including maximum (e.g., >3g) and minimum (< 0.5 mg) are not accepted.

Relative Amount Expression

- It is recommended relative amount expression be based on Chinese NRVs (applicable to Hong Kong and the Mainland).
- Alternatively, figures from recognized international authority (e.g., Codex) or overseas food authorities (e.g., USFDA, CFIA or FSANZ) could be used.
- To facilitate consumers in using the nutrition labels, it is suggested that NRVs to be listed on nutrition labels when relative amount expression is provided.

Nutrition Labelling Format (Carbohydrates)

- **When declaring *available* carbohydrate:**

  Carbohydrate … g
  - Sugars … g
  Dietary fibre … g

- **When declaring *total* carbohydrate:**

  Total Carbohydrate … g
  - Dietary fibre … g
  - Sugars … g

Nutrient Content Claim

Claim	Synonyms		Signs / Symbols
	English	Chinese	
Low (低)	• Little • Low source • Few • Contains a small amount of • Contains less than X g of	• 少 • 提供少 • 含量低 • 含量少於X g • 略含 • 薄	
Very low (很低)	• Extremely low	• 非常低 • 極低 • 超低 • 特低 • "勁低" • "激低"	
Free (不含)	• Zero / 0 • No • Contains no • Without • Off • Does not contain	• 無 • 零 • 沒有	×
Source (來源)	• Contains • Provides • Has • With	• 含 • 有 • 含有	✓
High (高)	• High source • Good source of • Excellent source of • A valuable source of • Rich in • Plenty of	• 豐富 • 富含 • 含豐富 • 多 • 提供多 • 含量多	

Commonly known; Not an exhaustive list.

Nutrient Content Claim

- It should be noted that "very low" claim and its synonyms should only be used for sodium (the only nutrient with "very low" claim condition).
- Similarly, "very high" claim and its synonyms should not be used for any nutrients as the condition for "very high" is not established for any nutrients.

Nutrient Content Claim

- The term **"skim/skimmed" and "semi-skim/semi-skimmed"** should not be treated as claims or their synonyms, as there are legal compositional standards of skimmed milk and semi-skimmed milk under the current food labelling regulations (paragraphs 9B & 9C in Part II of Schedule 1 to the Food and Drugs (Composition and Labelling) Regulations, Cap.132W.

Nutrient Comparative Claim

Claim	Synonyms		Signs / Symbols
	English	Chinese	
Less (較低)	• Light / Lite • Lower • Lower source • Fewer • Reduced • Contains less • X times less	• 較/更低 • 較/更少 • 提供較/更少 • 含量較/更低 • 減低 • 降低 • 輕 • 減	• ↓ • -
Higher (較高)	• Extra • More • Additional • Added • Plus • Enriched • Fortified • Strengthened • X times more	• 較/更高 • 較/更多 • 增加 • 添加 • 增添 • 加強 • 强化	• ↑ • +

Indirect Nutrient Analysis

- The trade are held responsible for the accuracy of information provided on food labels. If they choose to use indirect nutrient analysis to estimate the content of nutrients in the food products, they should ensure the accuracy and suitability of the data and method used.
- The trade should use appropriate method in calculating the nutrition labelling values and should be aware of the limitation of indirect nutrient analysis.
- The trade should keep documents and records that support the analysis

Indirect Nutrient Analysis

- It should be noted that the compliance to the regulation on nutrition labelling would be assessed by laboratory analysis.
- It is the responsibility of the trade to assure the nutrient value obtained from indirect analysis is comparable to that from laboratory analysis.
- For information on the analytical methods for nutrients, the trade should refer to the "Technical Guidance Notes on Testing Methods for Labelling Scheme on Nutrition Information".

Indirect Nutrient Analysis

- The trade may consider using the latest version of food composition databases and the relevant adjusting factors recognized by the foreign food authorities, when appropriate, for the indirect nutrient analysis such as:
  - USDA National Nutrient Database for Standard Reference
  - USDA Table of Nutrient Retention Factors
  - Food Yields Summarized by Different Stages of Preparations
  - McCance and Widdowson's the Composition of Foods, Food Standard Agency and Institute of Food Research UK

Indirect Nutrient Analysis

- Nutrition Panel Calculator, Food Standards Australia New Zealand
- ASEAN Food Composition Tables, INFOODS Regional Database Centre of the Institute of Nutrition, Mahidol University of Thailand
- China Food Composition Table 2002 and China Food Composition Table 2004, The Institute of Nutrition and Food Safety, Chinese Center for Disease Control and Prevention.

Energy Calculation

- Energy is commonly obtained by the summation of the energy contributed by protein, fat, carbohydrate, alcohol, and organic acids that multiple with corresponding conversion factors.
- It is calculated by the following formula: (weight in grams [4 x carbohydrate + 4 x protein + 9 x fat + 7 x alcohol (ethanol) + 3 x organic acids] kcal in 100 g of food)

Nutrition Label Calculator

- The trade can enter the average nutrient values of product ingredients and the respective weight into the calculator, the calculator will calculate the average nutrient quantities of the product, and prepare the nutrition information labels in a straightforward manner.
- The Nutrition Label Calculator will be made available at the website of the Centre for Food Safety.

Way Forward

- The final draft will be made available for comments following the passage of the Amendment Regulations.
- The final guidance note, with comments from the trade incorporated, would be made available within 2-3 months after the passage of the regulations.

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