

[Home](#) | [What's New](#) | [Related Sites Links](#) |
[Back](#)

Labeling system for Nutrient

Nutrition Labeling includes declaration of energy value and nutrients in accordance with the Nutrition Labeling Standards (hereafter referred to as the Standard). Nutrients covered in the Standards are protein, fat, carbohydrate, sodium, minerals (table 1) and vitamins (table 1).

TABLE 1: Minerals and Vitamins Covered in Nutrition Labeling

Minerals	Zinc, Potassium, Calcium, Chromium, Selenium, Iron, Copper, Sodium, Magnesium, Manganese, Iodine, Phosphorus
Vitamins	Niacin, Pantothenic Acid, biotin, Vitamin A, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B12, Vitamin C, Vitamin D, Vitamin E, Vitamin K, Folic Acid

The mandatory requirements under the Standards:

1.List of Nutrients:

Biscuit	
Nutrition Labeling	
Per serving size (75g)	
Energy	390 kcal
Protein	5.3 g
Fat	19.1 g
Carbohydrates	49.1 g
Sodium	311 mg
Calcium	20 mg

- Energy value, and the amount of protein, fat, carbohydrate, and sodium are mandatory and must be declared in this order.
- The amount of any other nutrient (e.g. calcium) should be declared after sodium.
- The numerical information should be given in a certain value or in a range of upper and lower limits (XXg~XXg) expressed in per 100g, per 100ml, per package, or per serving,

2.Nutrient Content Claims:

(1)Possible expression for high in XX, etc

a) High: "high", "many", "rich in", and other similar expressions.

b) Contain: "source of", "provides", "contains", "in", "used", "added", and other similar expressions.

c) Enhanced: Used when a nutrient is enhanced compared to other similar food.

In order to display statements above, the amounts of nutrients must be equal or greater than the standard value listed on the table 2.

(2)Possible expression for low XX, etc.

a) Not contained: "none", "zero", "non-", and other similar expressions.

b) Low: "low", "less", "a little", "light", and other similar expressions.

c) Reduced: Used when nutrients is reduced compared to other similar food

In order to display statements above, the amount of nutrients must be equal or lesser than the standard value listed on the table 3.

TABLE 2: Standard Values for "High in XX, etc." Statements

Component	Column I	Column II
	For "high" statements, the amount must be equal or greater than the value below.	For "contain" and "enhanced" statements, the amount must be equal or greater than the value below.

	per 100g food	per 100ml food generally consumed in liquid form	Per 100kcal	per 100g food	per 100ml food generally consumed in liquid form	Per 100kcal
protein	15g	(7.5g)	7.5g	7.5g	(3.8g)	3.8g
Dietary fiber	6g	(3g)	3g	3g	(1.5g)	1.5g
Zinc(Zn)	2.10mg	(1.05 mg)	0.70mg	1.05mg	(0.53mg)	0.35mg
Calcium(Ca)	210mg	(105mg)	70mg	105mg	(53mg)	35mg
Iron(Fe)	2.25mg	(1.13mg)	0.75mg	1.13mg	(0.56mg)	0.38mg
Copper(Cu)	0.18mg	(0.09 mg)	0.06mg	0.09mg	(0.05mg)	0.03mg
Magnesium(Mg)	75mg	(38 mg)	25 mg	38mg	(19mg)	13mg
Niacin	3.3mg	(1.7mg)	1.1mg	1.7mg	(0.8mg)	0.6mg
Pantothenic acid	1.65mg	(0.83mg)	0.55mg	0.83mg	(0.41mg)	0.28mg
Biotin	14µg	(6.8µg)	4.5 µg	6.8µg	(3.4µg)	2.3µg
VitaminA	135µg	(68µg)	45µg	68µg	(34µg)	23µg
VitaminB1	0.30mg	(0.15mg)	0.10mg	0.15mg	(0.08mg)	0.05mg
VitaminB2	0.33mg	(0.17mg)	0.11mg	0.17mg	(0.08mg)	0.06mg
VitaminB6	0.30mg	(0.15mg)	0.10mg	0.15mg	(0.08mg)	0.05mg
VitaminB12	0.60µg	(0.30µg)	0.20µg	0.30µg	(0.15µg)	0.10µg
VitaminC	24mg	(12mg)	8mg	12mg	(6mg)	4mg
VitaminD	1.50µg	(0.75µg)	0.50µg	0.75µg	(0.38µg)	0.25µg
VitaminE	2.4mg	(1.2mg)	0.8mg	1.2mg	(0.6mg)	0.4mg
Folic Acid	60µg	(30µg)	20µg	30µg	(15µg)	10µg

TABLE 3: Standard Values for "Low XX, etc." Statements

Nutritional ingredient	Column I		Column II	
	For "not contained" statements, the amount must be equal or less than the value below.		For "low" statements, the amount must be equal or less than the value below. For "reduced" statements, the amount reduced must be equal or greater than the value below.	
	per 100g food	per 100ml food generally consumed in liquid form	per 100g food	per 100ml food generally consumed in liquid form
Calories	5 kcal	5 kcal	40 kcal	20 kcal
Fat	0.5 g	0.5 g	3 g	1.5 g
Saturated Fat	0.1 g	0.1 g	1.5g	0.75 g
			and the energy from saturated fat must be 10 % of the total energy.	
Cholesterol	5 mg	5 mg	20 mg	10 mg
	and relevant saturated fat content *		and relevant saturated fat content *	
	1.5 g	0.75 g	1.5 g	0.75 g
	and the energy from saturated fat is 10 % *		and the energy from saturated fat is 10 % *	

	* Excludes those serving size is labeled 15 g or less, and the saturated fat content is 15 % or less of the total fat content.		* Excludes those serving size is labeled 15 g or less, and the saturated fat content is 15 % or less of the total fat content.	
Sugars	0.5 g	0.5 g	5 g	2.5 g
Sodium	5 mg	5 mg	120 mg	120 mg

[Top](#)

[Back](#)