



A Seminar on EU Regulations on Food Labelling

co-funded by the European Union and the National Bureau of Agricultural Commodity and Food Standards

Bangkok
30 April 2013

Session 5: Nutrition Declaration



NUTRITION & HEALTH CLAIMS



Regulation (EC) No. 1924/2006 on nutrition and health claims made on foods

- Applicable from 1 July 2007 with various transition periods for compliance
- Permitted nutrition claims
(applicable since 19 Jan 2010)
- Framework for establishing lists of permitted health claims



SCOPE - All Commercial Communications



Trade Marks



Branded Images

Branded websites



Marketing Material



Press Releases

Labels



Catering Establishments

Menus



General Requirements (Article 3)



Nutrition and health claims must not:

- Be false, ambiguous or misleading
- Give rise to doubt about the safety and/or the nutritional adequacy of other foods
- Encourage or condone excess consumption of a food
- State, suggest or imply that a balanced and varied diet cannot provide appropriate quantities of nutrients in general

Refer to changes in bodily functions which could give rise to or exploit fear in the consumer



General Conditions



All claims

- Beneficial effect
- Significant quantity*
- Bio-available
- Reasonable amount consumed
- Understood by average consumer
- Claims must be **substantiated by generally accepted scientific evidence**

* This quantity will change for beverages after 13 December 2014 as defined in point 2 of Part A of Annex XIII to Regulation 1169/2011 on Food Information



General Requirements – Consumer Understanding



“Use of nutrition and health claims shall only be permitted if the **average consumer** can be expected to understand the beneficial effects as expressed in the claim”





Nutrient Profiles



- Regulation requires the Commission to establish **nutrient profiles** for foods in general, or certain categories of foods, bearing nutrition or health claims
- Foods high in **saturated fat, sugar** and **sodium** might not be able to carry nutrition or health claims
- Draft EC Regulation circulated for consultation within Commission services – Feb (& unofficial draft 17 March 2009)
- Nutrient profiles have not yet been completed and discussions are continuing
- Once introduced – **2 years** to comply



Nutrient Profiles – Exemptions



Exceptions only for certain Nutrition Claims:

- a) ‘**Reduced**’ claims (for fat, saturates, trans fatty acids, sugars and salt/ sodium)

- b) Nutrition claims where:
 - i. a **single nutrient** exceeds the profile
 - ii. “**High [x] content**” appears close to, on same side and with same prominence as claim



Nutrient Profiles – Exemptions



Exception where single nutrient exceeds profile



“Source of Vitamins
C & E ...”

+ “High Sugar
Content”



Draft Nutrient Profiles: Exempt Foods



- Fruits, vegetables, and their products, except vegetable oils, presented fresh, frozen, dried, or under any other form providing no added sugars, salt or fat
- Honey
- Food Supplements
- Table top sweeteners
- PARNUTS foods – infant formulae, baby foods, weight loss foods, FSMP



Nutrition Claim



Means any claim which states, **suggests** or **implies** that a food has particular nutrition properties due to the:

- Energy (calorific value) it
 - provides
 - provides at a reduced or increased rate, or
 - does not provide
- And/or due to the nutrients or other substances it
 - contains
 - contains in reduced or increased proportions, or
 - does not contain

**Excludes references to nutrients
where required by law**



Permitted Nutrition Claims



- Low energy
- Energy-reduced
- Energy-free
- Low fat
- Fat-free
- Low saturated fat
- Saturated fat-free
- Low sugars
- Sugars-free
- With no added sugars
- Low sodium/salt
- Very low sodium/salt
- Sodium-free/Salt-free
- Source of fibre
- High fibre
- Source of protein
- High protein
- Source of vitamin(s)/ mineral(s) X
- High vitamin(s)/ mineral(s) X
- Contains [name of nutrient]/ other substance
- Increased (name of nutrient)
- Reduced (name of nutrient)
- Light/lite
- Naturally/Natural
- Source of omega-3 fatty acids
- High omega-3 fatty acids
- High monounsaturated fat
- High polyunsaturated fat
- High unsaturated fat



Nutrition Claims



ENERGY

Claim

Low Energy

Energy-reduced

Energy-free

Condition

Max 40 kcal/100g or 20 kcal/100ml

Min. 30% reduction

Max 4 kcal/100ml



Nutrition Claims



FAT

<u>Claim</u>	<u>Condition</u>
Low fat*	Max 3g/100g or 1.5g/100ml
Fat-free	Max 0.5g/100g or 100ml
Low saturated fat**	Max 1.5g/100g solids or 0.75g/100ml
Saturated fat-free	Max 0.1g/100g or 100ml

* 1.8g of fat per 100ml for semi-skimmed milk

** Also must not provide more than 10% of energy



Nutrition Claims



“X% Fat Free”

**NOW PROHIBITED
BY LAW!**

**60% Fat Free Salad
Cream**





Nutrition Claims



“only 5% fat”





Nutrition Claims



Claim

Condition

**Source of
Omega-3 fatty acids:**

minimum 0.3g **ALA** per 100g and per 100kcal,
or minimum 40mg of the sum **EPA and DHA** per
100g and per 100kcal

**High in
Omega-3 fatty acids:**

minimum 0.6g **ALA** per 100g and per 100kcal,
or minimum 80mg of the sum **EPA and DHA** acid
per 100g and per 100kcal.



Nutrition Claims



High mono unsaturated fat

at least 45% of the fatty acids present in the product derive from **monounsaturated fat** under the condition that monounsaturated fat provides **more than 20% of energy** of the product.

High poly unsaturated fat

at least 45% of the fatty acids present in the product derive from **polyunsaturated fat** under the condition that polyunsaturated fat provides **more than 20% of energy** of the product.

High unsaturated fat

amount of **unsaturated fat is 70% of the total fat content** in the product under the condition that unsaturated fat provides **more than 20% of energy** of the product.



SUGAR

Nutrition Claims



Claim

Low sugars

Sugars-free

With no added sugars

Condition

Max 5g/100g or 2.5g/100ml

Max 0.5g/100g or 100ml

No added mono- or disaccharides or any other food used for its sweetening properties*

* If sugars are naturally present in the food, “CONTAINS NATURALLY OCCURRING SUGARS” should also appear on the label



Nutrition Claims



100% pure fruit and absolutely nothing else
✓ **No added sugar** ✓ **No sweeteners** ✓ **No concentrates**

Label should also state:
“CONTAINS NATURALLY
OCCURRING SUGARS”





Nutrition Claims



SALT/ SODIUM

Claim

Condition

Low sodium/salt

Max 0,12g sodium/100g or 100ml

Very low sodium/salt

Max 0,04g sodium/100g or 100ml

Sodium/salt-free

Max 0,005g sodium/100g

No added sodium/salt*

Max 0.12g sodium per 100g or 100ml (or salt equivalent figure)

* *Regulation (EU) No. 1047/2012 of 8 November 2012*





Nutrition Claims



FIBRE

<u>Claim</u>	<u>Condition</u>
Source of fibre	Min 3g/100g or 1.5g/100kcal
High fibre	Min 6g/100g or 3g/100kcal



Nutrition Claims



PROTEIN

<u>Claim</u>	<u>Condition</u>
Source of Protein	Min 12% of energy value
High Protein	Min 20% of energy value



Nutrition Claims



VITAMINS AND MINERALS

Claim

Source of Vitamin(s) X and/or
Mineral(s) Y

Contains/ Enriched/Fortified in
Vitamin(s) X and/or Mineral(s) Y

High in Vitamin(s) X and/or
Mineral(s) Y

Condition

a significant amount
as defined in 90/496/EEC*
(nutrition labelling Directive)

Same conditions as '*source of*'

Twice the value of
'*source of vitamin(s) / mineral(s)*'

*This quantity will change for beverages after 13 December 2014 as defined in point 2 of Part A of Annex XIII to Regulation 1169/2011 on Food Information



Comparative Claims



Claim

“Increased X”

“Reduced X”

“Light/Lite”

Condition

At least 30% increase

Product meets criteria for “source of...”

At least 30% reduction (c.f. similar product)

Except Na/salt at least 25% reduction,
micronutrients 10%.

Same conditions as for “reduced”

Indicate characteristic that makes the food
light/lite



Comparative Claims



- Must only be made between foods within the same food category, comparing the product in question with a range of foods that cannot bear the claim
- Must relate to the same quantity of food
- A comparative claim is a **nutrition claim** and must be listed in the **Annex**, i.e. **reduced/increased/light**....
- **NOT** equivalence, e.g. as much X as.....



Labelling for Comparative Claims



- The difference in the quantity of a nutrient and/or the energy value must be stated (Article 9)
- For comparative claims it is necessary that the products being compared be clearly identified to the final consumer (Recital 21)



Nutrition Claims



‘CONTAINS’ (name of nutrient or other substance)

[for which specific conditions are not laid down]

- May only be used where it complies with the general principles:
- Must not be false or misleading
- Beneficial effect
- Significant quantity
- Bio-available
- Reasonable amount consumed
- Understood by average consumer, etc.



Significant Amounts

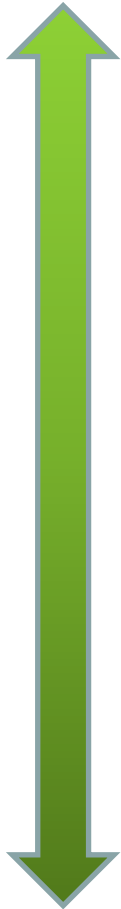


- **Until 13 December 2014**, significant amount set in Directive 90/496/EEC on nutrition labelling 15% RDA
- **After 13 December 2014**, significant amount set in Regulation 1169/2011 on Food Information
 - 15% of the Nutrient Reference Value (NRV) per 100 g or 100 ml of food;
 - 7.5% of the NRV per 100 ml of beverage; or
 - 15% of the NRV per portion if the package contains only a single portion.



Health Claims

Food



Drug

Nutrition Claims

low fat; high in...; source of...

Well-accepted Claims

Based on generally accepted scientific evidence, understood by consumer

Innovative Claims

Claims based on new scientific data, individually accepted, protected

Risk Reduction and Children

Scientific proof, individually accepted, protected

Medicinal Claim

Healing and alleviation of diseases



Article 13.1 Health Claims – Progress



222 authorised health claims finally published 25 May 2012

25.5.2012	EN	Official Journal of the European Union	L 136/1
<p>II</p> <p><i>(Non-legislative acts)</i></p> <p>REGULATIONS</p> <p>COMMISSION REGULATION (EU) No 432/2012 of 16 May 2012</p> <p>establishing a list of permitted health claims made on foods, other than those referring to the reduction of disease risk and to children's development and health</p> <p><i>(Text with EEA relevance)</i></p> <p>THE EUROPEAN COMMISSION,</p> <p>Having regard to the Treaty on the Functioning of the European Union,</p> <p>States. An examination of the national lists showed that due to many duplications and following discussions with Member States, it was necessary to compile the national lists into a consolidated list of the claims for which the Authority should give scientific advice, hereinafter referred to as the 'consolidated list' ⁽²⁾.</p>			



initial level from 1990 to 1992, and



1. The first step in the process of the research is to identify the research topic.
2. The second step is to conduct a literature review to determine what has already been done in the field.
3. The third step is to develop a research question or hypothesis.
4. The fourth step is to design the study and collect data.
5. The fifth step is to analyze the data and draw conclusions.
6. The sixth step is to write the research report and present the findings.
7. The seventh step is to disseminate the results to the research community.
8. The eighth step is to evaluate the research and its impact.
9. The ninth step is to use the research to inform practice and policy.
10. The tenth step is to continue the research and explore new questions.

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9. Which of the following is not a type of algorithm?
10. Which of the following is not a type of algorithm?
11. Which of the following is not a type of algorithm?
12. Which of the following is not a type of algorithm?
13. Which of the following is not a type of algorithm?
14. Which of the following is not a type of algorithm?
15. Which of the following is not a type of algorithm?
16. Which of the following is not a type of algorithm?
17. Which of the following is not a type of algorithm?
18. Which of the following is not a type of algorithm?
19. Which of the following is not a type of algorithm?
20. Which of the following is not a type of algorithm?

1. ☐ The speaker is a member of the audience.
2. ☐ The speaker is a member of the audience.
3. ☐ The speaker is a member of the audience.
4. ☐ The speaker is a member of the audience.
5. ☐ The speaker is a member of the audience.
6. ☐ The speaker is a member of the audience.
7. ☐ The speaker is a member of the audience.
8. ☐ The speaker is a member of the audience.
9. ☐ The speaker is a member of the audience.
10. ☐ The speaker is a member of the audience.

[illegible]

- The \mathcal{L}_1 norm is the sum of the absolute values of the elements of a vector
- The \mathcal{L}_2 norm is the square root of the sum of the squares of the elements of a vector
- The \mathcal{L}_∞ norm is the maximum absolute value of the elements of a vector
- The \mathcal{L}_0 norm is the number of non-zero elements in a vector
- The \mathcal{L}_1 norm is the most commonly used norm in machine learning
- The \mathcal{L}_2 norm is the most commonly used norm in machine learning
- The \mathcal{L}_∞ norm is the most commonly used norm in machine learning
- The \mathcal{L}_0 norm is the most commonly used norm in machine learning
- The \mathcal{L}_1 norm is the most commonly used norm in machine learning
- The \mathcal{L}_2 norm is the most commonly used norm in machine learning
- The \mathcal{L}_∞ norm is the most commonly used norm in machine learning
- The \mathcal{L}_0 norm is the most commonly used norm in machine learning

1. The first step in the process of the scientific method is to ask a question.
2. The second step is to do background research.
3. The third step is to form a hypothesis.
4. The fourth step is to test the hypothesis by conducting an experiment.
5. The fifth step is to analyze the data and draw a conclusion.
6. The sixth step is to communicate the results of the experiment.
7. The seventh step is to repeat the experiment to verify the results.
8. The eighth step is to publish the results of the experiment.
9. The ninth step is to have the results of the experiment peer-reviewed.
10. The tenth step is to use the results of the experiment to develop a theory.

7. The pH of a 0.10 M solution of H_2S is 1.0. Calculate K_{a1} for H_2S .
8. The pH of a 0.10 M solution of H_2S is 1.0. Calculate K_{a2} for HS^- .
9. The pH of a 0.10 M solution of H_2S is 1.0. Calculate K_{a1} for H_2S .
10. The pH of a 0.10 M solution of H_2S is 1.0. Calculate K_{a2} for HS^- .
11. The pH of a 0.10 M solution of H_2S is 1.0. Calculate K_{a1} for H_2S .
12. The pH of a 0.10 M solution of H_2S is 1.0. Calculate K_{a2} for HS^- .
13. The pH of a 0.10 M solution of H_2S is 1.0. Calculate K_{a1} for H_2S .
14. The pH of a 0.10 M solution of H_2S is 1.0. Calculate K_{a2} for HS^- .
15. The pH of a 0.10 M solution of H_2S is 1.0. Calculate K_{a1} for H_2S .
16. The pH of a 0.10 M solution of H_2S is 1.0. Calculate K_{a2} for HS^- .
17. The pH of a 0.10 M solution of H_2S is 1.0. Calculate K_{a1} for H_2S .
18. The pH of a 0.10 M solution of H_2S is 1.0. Calculate K_{a2} for HS^- .
19. The pH of a 0.10 M solution of H_2S is 1.0. Calculate K_{a1} for H_2S .
20. The pH of a 0.10 M solution of H_2S is 1.0. Calculate K_{a2} for HS^- .

Medium Sized Fish → consumer pays for the benefits it offers

- Value of the benefits to the consumer is less than the cost of the fish

Most Very large top predators (sharks) → for them, owning the system

- The benefits to the owner of the system are more than the cost of the system
- Therefore, we should not be surprised if the owner of the system is not the consumer of the system
- Yet this is not the case if the owner of the system is not the consumer of the system

But Gray Whale → consumer is less than the cost of the system, but the benefits pay for the benefits it offers

- They are the benefits of the system to the consumer

Super-Tree Sparsen (Strongly Sparse with Kystel)

- Input: Tree $T = (V, E)$ and K ($0 \leq K \leq |E|$)
- Output: A tree $T' = (V, E')$ such that $|E'| = K$ and T' is a K -spanner of T
- Input: Tree $T = (V, E)$ and K ($0 \leq K \leq |E|$)
- Output: A tree $T' = (V, E')$ such that $|E'| = K$ and T' is a K -spanner of T
- Input: Tree $T = (V, E)$ and K ($0 \leq K \leq |E|$)
- Output: A tree $T' = (V, E')$ such that $|E'| = K$ and T' is a K -spanner of T

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Working & Retirement Savings Expenses

1. Gibt es Hinweise in der Vergangenheit auf einen Brand in diesem Gebäude?
2. Besteht eine Gefahr, dass ein Brand ausstrahlt auf benachbarte Gebäude?
3. Welche Ursachen, die zum Entstehen von einem oder mehreren?
4. Welche Auswirkungen hat ein Brand auf die Umwelt?
5. Wie groß ist die Gefahr, dass ein Brand ausstrahlt auf benachbarte Gebäude?
6. Welche Maßnahmen sind zu ergreifen, um einen Brand zu vermeiden?
7. Welche Maßnahmen sind zu ergreifen, um einen Brand zu bekämpfen?
8. Welche Maßnahmen sind zu ergreifen, um einen Brand zu verhindern?

based last year based on dollar wage—\$26.00 an hour.

- Thinking about this for a while with a calculator, I realize that this equation can be graphed on a coordinate plane. How would it be graphed?
- How would this equation be represented on a number line?
- Thinking about the last question for a while, I realize that the equation is a quadratic equation. What would it look like on a coordinate plane?

doi:10.1017/S0022292412001704

1. Explain the difference between a *strong* and a *weak* form of determinacy in a game!
2. Analyze the following game in extensive form!
3. Give a complete description of the extensive form of the following game!
4. Consider the following game form and explain in your own words the meaning of the extensive form!
5. Explain the difference between extensive and normal form!
6. Explain the difference between a *strong* and a *weak* form of determinacy in a game!
7. Explain the difference between a *strong* and a *weak* form of determinacy in a game!
8. Explain the difference between a *strong* and a *weak* form of determinacy in a game!
9. Explain the difference between a *strong* and a *weak* form of determinacy in a game!
10. Explain the difference between a *strong* and a *weak* form of determinacy in a game!

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- [illegible]

[illegible][illegible]

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Flexibility of Claim Wording



EU Register of nutrition and health claims - Terms and Conditions



IMPORTANT!

PLEASE READ BEFORE GOING ANY FURTHER

- » Any food business operator can use authorised health claims if conditions of use and any applicable restrictions are respected.
- » Non-authorised health claims should not be used.
- » National authorities control the use of claims.
- » Health claims should only be made for the nutrient, substance, food or food category for which they have been authorised, and **not** for the food product that contains them.
- » Some flexibility of wording of the claim is possible provided its aim is to help consumer understanding taking into account factors such as linguistic and cultural variations and the target population. Adapted wording must have the same meaning for the consumer as the authorised claim in the EU Register.

I have read this and wish to proceed

I do not want to proceed



Flexibility of Claim Wording



Article 10.3 : Reference to general, non-specific benefits of the nutrient or food for overall good health or health-related well-being may only be made if accompanied by a specific health claim included in the lists provided for in Article 13 or 14.



Example – Energy Release



Approved Health Claim wording:

“Biotin contributes to normal energy-yielding metabolism”



THANK YOU



Thank you for listening
Any Questions ?

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