

A man with dark, curly hair and sunglasses on his head, wearing a light blue polo shirt, is standing in a supermarket aisle. He is looking down at a jar of olives he is holding in his left hand. The background shows shelves stocked with various products, and a red shopping cart is visible in the foreground. A green circular graphic is overlaid on the left side of the image, containing the text 'NUTRITION LABELLING INFORMATION FOR FOOD BUSINESSES'.

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**NUTRITION
LABELLING
INFORMATION**
FOR FOOD BUSINESSES
.....

**Nutrition Labelling Requirements under the
Food Information to Consumers Regulation
(EU) No. 1169/2011**



The Food Information to Consumers Regulation (EU) No. 1169/2011 came into effect in 2011 with the majority of the requirements of the legislation applying to pre-packed foods on 13 December 2014.

From 13 December 2016 mandatory nutrition declarations for most pre-packed foods* will apply. This means that if you sell pre-packed food then you must include the following information on the package or on the label.

Mandatory Requirements

- Values must be displayed as per 100g/ml of food.
- Energy must be displayed as kJ/kcal.
- Information must be displayed in this order in tabular format (if space on the label does not allow for tabular format then linear format is permitted).
- If the product contains no added salt a statement indicating 'naturally occurring sodium' may appear in close proximity to the nutrition declaration, e.g. 'This product contains no added salt. Salt content is due to naturally occurring sodium.'

Minimum requirements

Typical Values	Per 100g/ml
Energy	kJ/kcal
Fat of which saturates	g g
Carbohydrates of which sugars	g g
Protein	g
Salt	g

Supplementary Information

- Nutrients highlighted in red are the only ones that can be added to the declaration.
- If added they must be in the order shown.
- Declaring one supplementary nutrient does not mean you have to declare them all.
- Nutrition claims should not be displayed in this table.
- Vitamins and minerals must be declared as % reference intake per 100g and only if in significant amounts. (Significant amounts specified in Annex XIII).

Typical Values	Per 100g/ml
Energy	kJ/kcal
Fat of which saturates monounsaturates polyunsaturates	g g g g
Carbohydrates of which sugars polyols starch	g g g g
Fibre	g
Protein	g
Salt	g
Vitamins and Minerals	Units specified in Annex XIII

Additional Information

Rules for per portion or per consumption unit:

- This information can be provided as well as but not instead of per 100g/ml.
- Per Portion or Per Consumption amount of product is decided by the food business operator.
- Total amount of portions in product must be clearly displayed.

Rules for % Reference Intake (% RI):

- % RI is presented as 100g/ml per portion or per consumption unit or both.
- If % RI involves the mandatory nutrients it must be based on Annex XIII – Part B.
- % RI presented as per 100g/ml then the statement "reference intake of average adult (8400kJ/2000kcal)" must appear in close proximity.

* For a list of foodstuffs which do not require nutrition declarations, please refer to Annex V of the Food Information to Consumers Regulation (EU) No. 1169/2011

For further information visit:

www.gov.uk/government/publications/technical-guidance-on-nutrition-labelling

Front of Pack Nutrition Labelling

EU Regulation No. 1169/2011 allows voluntary repetition on pre-packed food labels of those elements of the mandatory nutrition declaration that are of key importance for public health. The aim is to provide consumers with at-a-glance nutrition information, so that they can make informed food choices and can balance their diets and control their energy intake.

Key Information for using FoP Labelling:

- Front of Pack (FoP) nutrition labelling is voluntary information.
- FoP can be declared as energy only or energy plus: fat, saturates, sugar and salt.
- Energy must always be declared as kJ/kcal per 100g/ml.
- Number of portions and size of portions must be clearly displayed.
- % RI can also be displayed provided the statement “reference intake of an average adult (8400kJ/2000 kcal)” appears.
- Additional forms of expression e.g. colour coding are allowed if they meet requirements set out in Article 35 of EU Regulation No. 1169/2011.

