

# Nutrition Labelling in Restaurants

**Trade Consultation Forum  
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# Background

- The public is having increasing awareness on nutrition and health
- Nutrition labelling is an important tool for consumers to understand the nutritive value of foods and make informed food choices
- The current Nutrition Labelling Scheme only covers prepackaged food products
- Some consumers also wish to obtain nutrition information on other foods, e.g., restaurant foods

# Eating Out Habit

- Hong Kong adults eat out frequently

	2-4 times per week	≥5 times per week
Breakfast	18%	27%
Lunch	25%	46%
Dinner	35%	9%

Source: Department of Health, Statistics on behavioural risk factors (April 2010)  
<http://www.chp.gov.hk/en/behavioural/10/280.html>

- Restaurant foods contribute to an important part of our local population's diet
- Availability of nutrition information on restaurant foods would facilitate consumers planning their diet and making sensible food choices

# Global Movement

- Requirements on nutrition labelling in restaurants have been imposed in some parts of the world. Similar practices are being promoted in more and more places
- Examples: US, Canada, Australia, UK, South Korea

# USA- Cities and States

- New York City was the first to introduce legislation for menu labeling in 2008 and more than 30 U.S. cities and States have since followed, e.g.-

	New York City, NY	San Francisco, CA	King County, WA
<b>Information Required on Menu Board</b>	Calories	- Calories on menu boards - Protein, fiber, calories, total fat, saturated fat, trans fat, cholesterol, sodium and carbohydrates on readily visible posters	- Calories on menu boards or other easily readable sign adjacent to menu board and visible from line prior to ordering - Saturated fat, sodium and carbohydrates via menus, pamphlets, posters or other means at point of ordering
<b>Information Required on Printed Menu</b>	Calories	Calories Grams of Saturated Fat Grams of Carbohydrates Milligrams of Sodium	Calories Grams of Saturated Fat Grams of Carbohydrates Milligrams of Sodium - On menu or other approved method including menu insert, menu appendix, supplemental menu, or electronic kiosk at each table
<b>Information Required on Food Tags</b>	Calories	Calories	Nutrition labeling is not required on food tags
<b>Definition of Chain</b>	15 or more locations nationwide	20 or more locations within CA	15 or more locations nationwide and \$1million in annual sales for the entire chain

# USA- Regulatory proposal

- Patient Protection and Affordable Care Act of 2010 requires restaurants and similar retail food establishments with 20 or more locations to list calorie content for standard menu items on restaurant menus and menu boards
- Other nutrient information –fat, saturated fat, cholesterol, sodium, total carbohydrates, sugars, fiber and total protein – would have to be made available in writing upon request
- FDA has already published the proposed requirements and collected relevant comments. The final action is expected to be in November 2012

# Canada

- Nutrition labelling is currently voluntary for most restaurant and food service foods.
- However, the first reading of Bill 126, Health Statute Law Amendment Act (Healthy Decisions Made Easy), 2012 has just carried out in Ontario -
  - stipulates that all chain of food service premises that has a minimum of 5 locations in Ontario and a gross annual revenue of over \$5 million shall display the number of calories per serving of all food and drink items sold
    - on the same menu, display board or buffet cart on which food and drink items are listed at the premise; or
    - on a label or tag attached to the individual item

# Australia

- New South Wales requires larger fast food and snack food chains to display nutrition information at the point of sale, if -
  - they sell 'standard food items': ready-to-eat foods (not pre-packaged) that are standardised for portion size and content, and shown on a menu (printed or electronic) or displayed with a price or label; and
  - they have 20 or more locations in NSW (or 50 or more locations nationally)
- These outlets are required to display the average energy content (kJ) of standard food items as well as the reference statement 'The average adult daily energy intake is 8700 kJ'



# UK

- The approach to nutrition labelling in restaurants was introduced on a voluntary basis
- In 2009, 21 UK catering companies participated in a pilot voluntary calorie labelling scheme of UK Food Standards Agency (FSA)
- In 2011, as part of the “UK Public Health Responsibility Deal”, 38 food companies signed the pledge of “Out of Home Calorie Labelling” that “*we provide calorie information for food and non alcoholic drink for our customers in out of home settings from 1 September 2011 ...*”, with up to 5,000 outlets displaying calories in the UK by the end of 2011

# South Korea

- Any business that cooks and sells mainly children's preferred foods (e.g. confectionary, ice-cream, hamburger, etc.) shall label the nutritional ingredients on such foods
- Any restaurant or bakery business that has >100 stores that are operated under the Fair Transactions in Franchise Business Act are required to label the nutritional values of their food
- Voluntary nutrition labelling has been implemented in family restaurants since December 2010 –
  - to provide 'servings per meal' and content of calories, sugar, sodium, protein and saturated fats per 100g for steak, pasta and other main menus that are cooked and served

# Local Situation

- In Hong Kong, some restaurants are providing nutrition information of their foods on the menu
  - Mainly for the energy value
- Some other restaurants provided nutrition information on their website, paper tray liner, etc.

# Recommendations

- Restaurants, in particular the larger chain operators, are encouraged to provide nutrition information of their food
- Information on nutrients of greater public interest, (e.g., energy, sodium, sugar, fat) could be provided on the menu, menu boards, in-store posters and displays
- Additional information could also be provided through other media, e.g., company website, telephone hotline, etc.

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