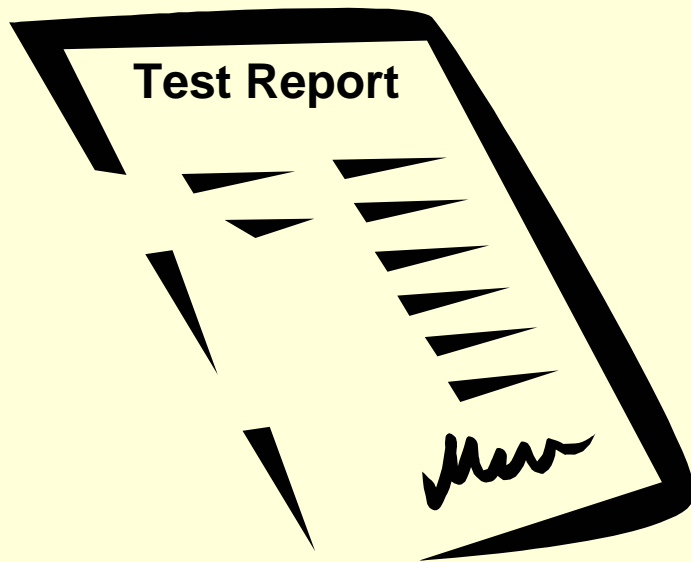


# Useful tips for making nutrition label

# Making nutrition label

- Through direct nutrient analysis
- Adoption of nutrition labels on products



A close-up photograph of a nutrition label on a product. The label is tilted and features a green header with the word "NUTRIENTS" in white. Below the header, the label lists various nutrients and their quantities per serving. The text is partially obscured by a diagonal line, but the following table represents the visible information:

QUANTITY	PER SERVING
ENERGY	920kJ
PROTEIN	6.2g
FAT, TOTAL	4.0g
- saturated	0.8g
CARBOHYDRATE	35.8g
- sugars	11.8g
DIETARY FIBRE	6.6g
SODIUM	65mg

Below the table, the label includes an "INGREDIENTS" section, which lists various food items such as cereals, almonds, and sulphites. The text is partially obscured by a diagonal line.

# Making nutrition label through direct nutrient analysis

- **Product : Wheat biscuit**
- **Net weight : 250g**
- **Claims would like to be made :**  
**“Low Fat” 、 “Low Sodium” and “Rich in Protein”**
- **Nutrient content expression :**
  - **Per 100g**
  - **Per serving**
  - **Relative amount expression (Using Chinese NRV as reference values)**

# Making nutrition label through direct nutrient analysis

- **Mandatorily Required Declarations :**

- “1+7”

- **Energy**
- **Protein**
- **Total Fat**
- **Saturated Fatty Acids**
- **Trans Fatty Acids**
- **Available Carbohydrates**
- **Sugars**
- **Sodium**

- **Cholesterol content**

**(claim related to fat → Low Fat)**

# Direct nutrient analysis

- **Units of nutrient values**
  - **Energy**  
→ (kcal or kJ)
  - **Mandatorily required nutrients**  
→ **Metric unit**  
(g、mg or  $\mu$ g)

<i>Test Report</i>	
<i>Product Name : Wheat Biscuit</i>	
<i>Test Results :</i>	
<i>Test Items</i>	<i>Per 100g</i>
<i>Energy</i>	<i>379.8 kcal</i>
<i>Available Carbohydrates</i>	<i>80.4 g</i>
<i>Sugars</i>	<i>1.0 g</i>
<i>Total Fat</i>	<i>2.2 g</i>
<i>Saturated Fat</i>	<i>0.6 g</i>
<i>Trans Fat</i>	<i>0.1 g</i>
<i>Cholesterol</i>	<i>Less than 1 mg</i>
<i>Protein</i>	<i>9.6 g</i>
<i>Sodium</i>	<i>794 mg</i>

# Nutrition label format

<b>Nutrition Information</b>			
<b>Servings Per Package :</b>			
<b>Serving Size :</b>			
	<b>Per 100g</b>	<b>Per Serving</b>	<b>% Chinese NRV Per 100g</b>
<b>Energy</b>			
<b>Protein</b>			
<b>Total Fat</b>			
<b>- Saturated Fat</b>			
<b>- Trans Fat</b>			
<b>Cholesterol</b>			
<b>Carbohydrates</b>			
<b>- Sugars</b>			
<b>Sodium</b>			

# Calculation of serving size and number of serving

- **Serving size**
  - Amount customarily consumed per eating occasion (biscuit) → 30g
- **Number of serving**
  - Net weight (250g) ÷ Serving Size (30g) = 8.3
  - Can be rounded to integral number → 8
- **When calculating nutrient values per serving**
  - Should be based on **serving size**
  - Cannot be based on the **rounded number of serving**

# Calculation of serving size and number of serving

- Net weight : 250g
- Serving size : 30g
- Rounded number of serving : 8

<i>Test Report</i>	
<i>Product Name : Wheat Biscuit</i>	
<i>Test Results :</i>	
<i>Test Item</i>	<i>Per 100g</i>
<i>Energy</i>	<i>379.8 kcal</i>
<i>Available Carbohydrates</i>	<i>80.4 g</i>

	Per 100g	Per serving (calculated based on serving size)	Per serving (calculated based on rounded number of serving)
Available Carbohydrates	80.4g	=80.4 x 30 ÷ 100 =24.12g	<del>=(80.4 x 30 ÷ 100) ÷ 8 =25.125g</del>



# Calculation of nutrient values per serving

- =Nutrient values per 100g x serving size (30g) ÷ 100

Nutrient	Per 100g	Per serving
Energy	379.8kcal	113.94kcal
Available Carbohydrates	80.4g	24.12g
Sugars	1.0g	0.3g
Total Fat	2.2g	0.66g
Saturated Fat	0.6g	0.18g
Trans Fat	0.1g	0.03g
Cholesterol	Less than 1mg	Less than 1mg
Protein	9.6g	2.88g
Sodium	794mg	238.2mg

# Calculation of % Chinese NRV per 100g

- $=(\text{Nutrient values per 100g} \div \text{Chinese NRV}) \times 100\%$

Nutrient	Per 100g	Chinese NRV	% Chinese NRV Per 100g
Energy	379.8kcal	2000kcal	18.99%
Available Carbohydrates	80.4g	300g	26.80%
Sugars	1.0g	-	-
Total Fat	2.2g	60g	3.67%
Saturated Fat	0.6g	20g	3.00%
Trans Fat	0.1g	-	-
Cholesterol	Less than 1mg	300mg	Less than 0.5%
Protein	9.6g	60g	16.00%
Sodium	794mg	2000mg	39.70%

# Chinese NRV

## Nutrient Reference Values set out in Schedule 7\*

<u>Energy/Nutrient</u>	<u>Nutrient reference value</u>
Energy (kcal)	2 000
(kJ)	8 400
Protein (g)	60
Total fat (g)	60
Dietary fibre (g)	25
Saturated fatty acids (g)	20
Cholesterol (mg)	300
Total carbohydrates (g)	300
Calcium (mg)	800
Phosphorus (mg)	700
Potassium (mg)	2 000
Sodium (mg)	2 000
Iron (mg)	15
Zinc (mg)	15
Copper (mg)	1.5
Iodine (µg)	150
Selenium (µg)	50
Magnesium (mg)	300
Manganese (mg)	3

Chromium (µg)	50
Molybdenum (µg)	40
Fluoride (mg)	1
Vitamin A (µg RE)	800
Vitamin C (mg)	100
Vitamin D (µg)	5
Vitamin E (mg α-TE)	14
Vitamin K (µg)	80
Vitamin B1 (mg)	1.4
Vitamin B2 (mg)	1.4
Vitamin B6 (mg)	1.4
Vitamin B12 (µg)	2.4
Niacin (mg)	14
Folic acid (µg DFE)	400
Pantothenic acid (mg)	5
Biotin (µg)	30
Choline (mg)	450

\* Adopting the NRVs accepted by the 6<sup>th</sup> meeting of the 6<sup>th</sup> Standing Committee of the Chinese Nutrition Society (中國營養學會第六屆六次常務理事會)

# Nutrition label

## Nutrition Information

Servings Per Package : **8**

Serving Size : **30g**

	Per 100g	Per Serving	% Chinese NRV Per 100g
<b>Energy</b>	379.8 kcal	113.94 kcal	18.99%
<b>Protein</b>	9.6 g	2.88 g	16.00%
<b>Total Fat</b>	2.2 g	0.66 g	3.67%
- Saturated Fat	0.6 g	0.18 g	3.00%
- Trans Fat	0.1 g	0.03 g	-
<b>Cholesterol</b>	Less than 1 mg	Less than 1 mg	Less than 0.5%
<b>Carbohydrates</b>	80.4 g	24.12 g	26.80%
- Sugars	1.0 g	0.3 g	-
<b>Sodium</b>	794 mg	238.2 mg	39.70%

# Rounding rules and definition of “0”

**Table 2 Units and Rounding Rules for Labelling of Selected Nutrients**

	<b>Unit</b>	<b>Round to</b>	<b>Definition of “0”<sup>[2]</sup> (per 100 g/mL)</b>
<b>Energy</b>	<b>kcal or kJ</b>	<b>1</b>	<b>≤ 4 kcal or 17 kJ</b>
<b>Protein</b>	<b>g</b>	<b>0.1</b>	<b>≤ 0.5 g</b>
<b>Carbohydrates (Available or Total)</b>	<b>g</b>	<b>0.1</b>	<b>≤ 0.5 g</b>
<b>Total fat</b>	<b>g</b>	<b>0.1</b>	<b>≤ 0.5 g</b>
<b>Saturated fatty acids</b>	<b>g</b>	<b>0.1</b>	<b>≤ 0.5 g</b>
<b>Trans fatty acids</b>	<b>g</b>	<b>0.1</b>	<b>≤ 0.3 g</b>
<b>Sodium</b>	<b>mg</b>	<b>1</b>	<b>≤ 5 mg</b>
<b>Sugars</b>	<b>g</b>	<b>0.1</b>	<b>≤ 0.5 g</b>
<b>Dietary Fibre</b>	<b>g</b>	<b>0.1</b>	<b>≤ 1.0 g</b>
<b>Cholesterol</b>	<b>mg</b>	<b>1</b>	<b>≤ 5 mg</b>

<sup>[2]</sup> Same conditions should be applied to the definition of 0% NRV on nutrition labels.

# Definition of “0”

Nutrition Information			
Servings Per Package : 8			
Serving Size : 30g			
	Per 100g	Per Serving	% Chinese NRV Per 100g
Energy	379.8 kcal	113.94 kcal	18.99%
Protein	9.6 g	2.88 g	16.00%
Total Fat	2.2 g	0.66 g	3.67%
- Saturated Fat	0.6 g	0.18g	3.00%
- Trans Fat	0g	0g	-
Cholesterol	0mg	0mg	0%
Carbohydrates	80.4 g	24.12 g	26.80%
- Sugars	1.0 g	0.3g	-
Sodium	794 mg	238.2 mg	39.70%

# Rounding rules and definition of “0”

**Table 2 Units and Rounding Rules for Labelling of Selected Nutrients**

	Unit	Round to	Definition of “0” <sup>[2]</sup> (per 100 g/mL)
<b>Energy</b>	<b>kcal or kJ</b>	<b>1</b>	<b>≤ 4 kcal or 17 kJ</b>
<b>Protein</b>	<b>g</b>	<b>0.1</b>	<b>≤ 0.5 g</b>
<b>Carbohydrates (Available or Total)</b>	<b>g</b>	<b>0.1</b>	<b>≤ 0.5 g</b>
<b>Total fat</b>	<b>g</b>	<b>0.1</b>	<b>≤ 0.5 g</b>
<b>Saturated fatty acids</b>	<b>g</b>	<b>0.1</b>	<b>≤ 0.5 g</b>
<b>Trans fatty acids</b>	<b>g</b>	<b>0.1</b>	<b>≤ 0.3 g</b>
<b>Sodium</b>	<b>mg</b>	<b>1</b>	<b>≤ 5 mg</b>
<b>Sugars</b>	<b>g</b>	<b>0.1</b>	<b>≤ 0.5 g</b>
<b>Dietary Fibre</b>	<b>g</b>	<b>0.1</b>	<b>≤ 1.0 g</b>
<b>Cholesterol</b>	<b>mg</b>	<b>1</b>	<b>≤ 5 mg</b>

# Rounding rules

- **Kcal, mg and %NRV → round to “1”**
- **g → round to “0.1”**

Nutrition Information			
Serving Per Package : 8			
Serving Size : 30g			
	Per 100g	Per Serving	% Chinese NRV Per 100g
Energy	380kcal	114kcal	19%
Protein	9.6g	2.9g	16%
Total Fat	2.2g	0.7g	4%
- Saturated Fat	0.6g	0.2g	3%
- Trans Fat	0g	0g	-
Cholesterol	0mg	0mg	0%
Carbohydrates	80.4g	24.1g	27%
- Sugars	1.0g	0.3g	-
Sodium	794mg	238mg	40%



# Nutrition claims

- **Claims would like to be made :**
  - **“Low Fat”**
  - **“Low Sodium”**
  - **“Rich in Protein”**

# Nutrition claims

- “Low Fat”

<b>Fat</b>	(1) with the word “Low”	(a) Solid food containing not more than 3 g of fat per 100 g of food; or (b) liquid food containing not more than 1.5 g of fat per 100 mL of food.
	(2) with the word “Free”	(a) Solid food containing not more than 0.5 g of fat per 100 g of food; or (b) liquid food containing not more than 0.5 g of fat per 100 mL of food.

<b>Nutrition Information</b>			
<b>Servings Per Package : 8</b>			
<b>Serving Size : 30g</b>			
	<b>Per 100g</b>	<b>Per serving</b>	<b>% Chinese NRV Per 100g</b>
<b>Total Fat</b>	<b>2.2g</b>	<b>0.7g</b>	<b>4%</b>

- Meet the conditions for “Low Fat”  
→ the claim “Low Fat” can be made

# Nutrition claims

- “Low Sodium”

Nutrition Information			
Servings Per Package : 8			
Serving Size : 30g			
	Per 100g	Per Serving	% Chinese NRV Per 100g
<b>Sodium</b>	<b>794mg</b>	<b>238mg</b>	<b>40%</b>

<b>Sodium</b>	(1) with the word “Low”	Food, solid or liquid, containing not more than 0.12 g of sodium per 100 g/mL of food.
	(2) with the word “Very low”	Food, solid or liquid, containing not more than 0.04 g of sodium per 100 g/mL of food.
	(3) with the word “Free”	Food, solid or liquid, containing not more than 0.005 g of sodium per 100 g/mL of food.

- **Cannot meet the conditions for “Low Sodium”**

→ **the claim “Low Sodium” cannot be made**

# Nutrition claims

- “Rich in Protein”
- Should meet the conditions for “High protein”

Nutrition Information			
Servings Per Package : 8			
Serving Size : 30g			
	Per 100g	Per Serving	% Chinese NRV Per 100g
<b>Protein</b>	<b>9.6g</b>	<b>2.9g</b>	<b>16%</b>

# Synonyms for nutrient content claims

Table 4 Synonyms for Nutrient Content Claims

Claim	Synonyms	Signs / Symbols
Low	<ul style="list-style-type: none"> <li>• Little</li> <li>• Low source</li> <li>• Few</li> <li>• Contains a small amount of</li> </ul>	
Very low (Sodium only)	<ul style="list-style-type: none"> <li>• Extremely low</li> <li>• Super low</li> </ul>	
Free	<ul style="list-style-type: none"> <li>• Zero / 0</li> <li>• No</li> <li>• Contains no</li> <li>• Without</li> <li>• Off</li> <li>• Does not contain</li> </ul>	• ✕

Source	<ul style="list-style-type: none"> <li>• Contains</li> <li>• Provides</li> <li>• Has</li> <li>• With</li> </ul>	• ✓
High	<ul style="list-style-type: none"> <li>• High source</li> <li>• Good source of</li> <li>• A valuable source of</li> <li>• Rich in</li> <li>• Plenty of</li> </ul>	

# Nutrition claims

- **9.6g protein per 100g**

<b>Protein</b>		
(1)	with the word “Low”	Food, solid or liquid, containing protein which contributes not more than 5% of energy.
(2)	with the word “Source”	(a) Solid food containing not less than 10% of the Chinese NRV of protein per 100g of food (6g); or (b) liquid food containing not less than 5% of the Chinese NRV of protein per 100ml of food; or (c) food, solid or liquid, containing not less than 5% of the Chinese NRV of protein per 100 kcal of food (12% of the Chinese NRV of protein per 1 MJ of food).
(3)	with the word “High”	(a) Solid food containing not less than 20% of the Chinese NRV of protein per 100g of food (12g); or (b) liquid food containing not less than 10% of the Chinese NRV of protein per 100 ml of food; or (c) food, solid or liquid, containing not less than 10% of the Chinese NRV of protein per 100 kcal of food (24% of the Chinese NRV of protein per 1 MJ or food).

## Nutrient Reference Values set out in Schedule 7\*

<u>Energy/Nutrient</u>	<u>Nutrient reference value</u>
Energy (kcal)	2 000
(kJ)	8 400
Protein (g)	60

- **Cannot meet the conditions for “High Protein”**  
→ **the claim “Rich in Protein” cannot be made**
- **Meet the conditions for “Source of Protein”**  
→ **the claim “Source of Protein” can be made**

# Nutrition label and nutrition claim of the product

## Wheat Biscuit

250g

- Low Fat

- Source of Protein

Ingredients : ....

Nutrition Information			
Servings Per Package : 8			
Serving Size : 30g			
	Per 100g	Per Serving	% Chinese NRV Per 100g
Energy	380kcal	114kcal	19%
Protein	9.6g	2.9g	16%
Total Fat	2.2g	0.7g	4%
- Saturated Fat	0.6g	0.2g	3%
- Trans Fat	0g	0g	-
Cholesterol	0mg	0mg	0%
Carbohydrates	80.4g	24.1g	27%
- Sugars	1.0g	0.3g	-
Sodium	794mg	238mg	40%

# Tolerance limits

- Accuracy of nutrient values on nutrition labels
- Comply with the tolerance limits

Table 3 Tolerance limits for declaration of energy level or nutrient content on nutrition label

Energy/ Nutrients	Tolerance Limits
Energy, Total fat, Saturated fatty acids, Trans fatty acids, Cholesterol, Sodium, Sugars	$\leq 120\%$ declared value
Protein, Polyunsaturated fatty acids, Monounsaturated fatty acids, Carbohydrates, Starch, Dietary fibre, Soluble fibre, Insoluble fibre, individual component of fibre	$\geq 80\%$ declared value
Vitamins and minerals (other than Vitamin A, Vitamin D and added vitamins and minerals)	$\geq 80\%$ declared value
Vitamin A and Vitamin D (including added ones)	80% - 180% declared value
Added vitamins and minerals (other than Vitamin A and Vitamin D)	$\geq$ declared value



# Tolerance limits

	Per 100g	Tolerance Limit
<b>Energy</b>	<b>380kcal</b>	<b><math>\leq 120\%</math> declared value</b>
<b>Protein</b>	<b>9.6g</b>	<b><math>\geq 80\%</math> declared value</b>
<b>Total Fat</b>	<b>2.2g</b>	<b><math>\leq 120\%</math> declared value</b>
<b>- Saturated Fat</b>	<b>0.6g</b>	<b><math>\leq 120\%</math> declared value</b>
<b>- Trans Fat</b>	<b>0g</b>	<b><math>\leq 120\%</math> declared value</b>
<b>Cholesterol</b>	<b>0mg</b>	<b><math>\leq 120\%</math> declared value</b>
<b>Carbohydrates</b>	<b>80.4g</b>	<b><math>\geq 80\%</math> declared value</b>
<b>- Sugars</b>	<b>1.0g</b>	<b><math>\leq 120\%</math> declared value</b>
<b>Sodium</b>	<b>794mg</b>	<b><math>\leq 120\%</math> declared value</b>

\* Tolerance limits apply to the definition of “0”

# Tolerance limits

- Do not apply to **nutrition claims**
- e.g : “Low Fat” Claim

	<b>Condition for “Low Fat” claim</b>
<b>Total Fat Content</b>	<b>Not more than 3g of fat per 100g</b> <b>(Tolerance limits do not apply to nutrition claims)</b>

<b>Fat</b>	(1) with the word “Low”	(a) Solid food containing not more than 3 g of fat per 100 g of food; or
		(b) liquid food containing not more than 1.5 g of fat per 100 mL of food.
	(2) with the word “Free”	(a) Solid food containing not more than 0.5 g of fat per 100 g of food; or
		(b) liquid food containing not more than 0.5 g of fat per 100 mL of food.

Table 3 Tolerance limits for declaration of energy level or nutrient content on nutrition label

<b>Energy/ Nutrients</b>	<b>Tolerance Limits</b>
Energy, Total fat, Saturated fatty acids, Trans fatty acids, Cholesterol, Sodium, Sugars	≤ 120% declared value

# Useful tips for making nutrition label through direct nutrient analysis

- “1+7”
- Unit of nutrients
- Nutrition label format
- **Total Carbohydrates** is declared
  - Declare **dietary fibre content**
- Express nutrient values as **per serving**
  - Specify the **serving size** and **number of servings**
  - Calculation based on the **serving size**
- Calculation of nutrient values and relative amount expression
- Nutrient values should be expressed in **absolute numbers**
  - **Ranges** are not acceptable

# Useful tips for making nutrition label through direct nutrient analysis

- Definition of “0” → per **100g/mL** of food
- Rounding rules
- Nutrition claims → Meet claim conditions
- Nutrition claims in relation to any type of fat  
→ declare **cholesterol** content
- Nutrient values → comply with **tolerance limits**
- Tolerance limits → do not apply to **nutrition claims**

# Adoption of nutrition labels on products

# Nutrition labels

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

### Amount Per Serving

**Calories 250**      **Calories from Fat 110**

	% Daily Value*
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Potassium</b> 700mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRITION INFORMATION			
SERVINGS PER PACKAGE: 3		SERVING SIZE: 150g	
	QUANTITY PER SERVING	QUANTITY PER 100g	
Energy	608kJ	405kJ	
Protein	4.2g	2.8g	
Fat, Total	7.4g	4.9g	
- Saturated	4.5g	3.0g	
Carbohydrate	18.6g	12.4g	
- Sugars	18.6g	12.4g	
Sodium	90mg	60mg	

## Nutrition Facts

Per 2 cookies (30 g)

Amount	% Daily Value
<b>Calories</b> 150	
<b>Fat</b> 7 g	11 %
Saturated Fat 3 g + Trans Fat 1 g	20 %
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 80 mg	3 %
<b>Carbohydrate</b> 21 g	7 %
Fibre 1 g	4 %
Sugars 8 g	
<b>Protein</b> 1 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 8 %

## Nutrition Facts per 1 cup (284 g): Calories 280

Fat 13 g (20 %), Saturated Fat 3 g + Trans Fat 2 g (25 %), Cholesterol 30 mg,  
Sodium 660 mg (28 %), Carbohydrate 31 g (10 %), Fibre 0 g (0 %), Sugars 5 g,  
Protein 5 g, Vit A (4 %), Vit C (2 %), Calcium (15 %), Iron (4 %).      % = % Daily Value

## Nutrition Facts

Serv. Size 1/3 cup (56g)  
Servings about 3  
**Calories 90**  
Fat Cal. 20

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	% DV*	Amount/Serving	% DV*
<b>Total Fat</b> 2g	3%	<b>Total Carb.</b> 0g	0%
Sat. Fat 1g	5%	Fiber 0g	0%
Trans Fat 0.5g		Sugars 0g	
<b>Cholest.</b> 10mg	3%	<b>Protein</b> 17g	
<b>Sodium</b> 200mg	8%		
Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 6%			

Amount/Serving	% DV*
<b>ENERGY</b> 920kJ	
<b>PROTEIN</b> 6.2g	
<b>FAT, TOTAL</b> 4.0g	
-saturated 0.8g	
<b>CARBOHYDRATE</b> 35.8g	
-sugars 11.8g	
<b>DIETARY FIBRE</b> 6.6g	
<b>SODIUM</b> 65mg	

INGREDIENTS  
containing cereals, almonds and sulphite as  
ed fruits (19.5%) (soybeans, pear fr  
acid (citric), currants, apple f  
seed, salt, malt  
ervative

# Nutrition claims



# Product from USA(1)

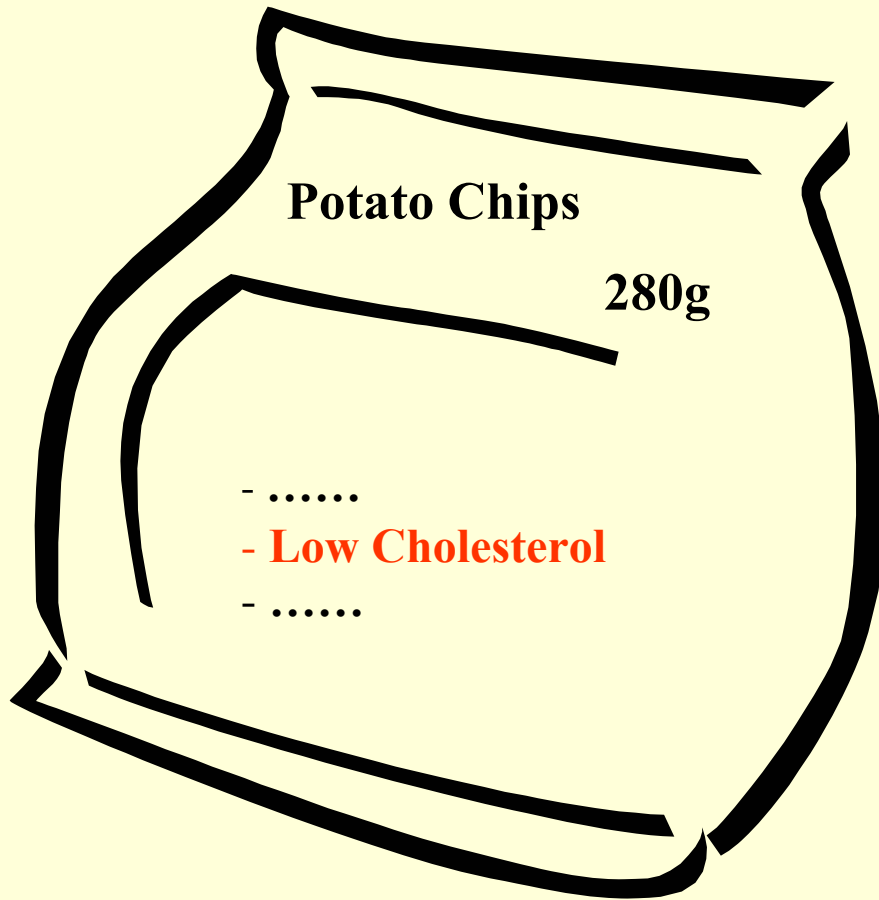


- 1+7 → energy + 7 core nutrients
- Total carbohydrates + dietary fibre
- Nutrient values expressed as per serving
- serving size and number of serving
- Calories 140 = Energy 140 kcal

Nutrition Facts	
Serving Size 5 pieces (30g)	
Servings per container 5	
Amount per serving	
<b>Calories</b> 140	Calories from Fat 40
<b>% Daily Value</b>	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 1.5g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fibre 1g	<b>4%</b>
Sugars 9g	
<b>Protein</b> 2g	



# Product from USA (2)



- Definition of “0”

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings per container 10	
Amount per serving	
Calories 140	Calories from Fat 60
% Daily Value	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 115mg	5%
Total Carbohydrate 18g	6%
Dietary Fibre 1g	4%
Sugars 0g	
Protein 1g	

# Definition of “0”

Table 2 Units and Rounding Rules for Labelling of Selected Nutrients

	Unit	Round to	Definition of “0” <sup>[2]</sup> (per 100 g/mL)
Energy	kcal or kJ	1	≤ 4 kcal or 17 kJ
Protein	g	0.1	≤ 0.5 g
Carbohydrates (Available or Total)	g	0.1	≤ 0.5 g
Total fat	g	0.1	≤ 0.5 g
Saturated fatty acids	g	0.1	≤ 0.5 g
Trans fatty acids	g	0.1	≤ 0.3 g
Sodium	mg	1	≤ 5 mg
Sugars	g	0.1	≤ 0.5 g
Dietary Fibre	g	0.1	≤ 1.0 g
Cholesterol	mg	1	≤ 5 mg

<sup>[2]</sup> Same conditions should be applied to the definition of 0% NRV on nutrition labels.

# Condition for nutrient content claims

Cholesterol (1) with the word “Low” (a) Solid food containing –

- (i) not more than 0.02 g of cholesterol per 100 g of food;
- (ii) not more than 1.5 g of saturated fat and trans fatty acids combined per 100 g of food; and
- (iii) saturated fat and trans fatty acids, the sum of which contributes not more than 10% of energy

	Per serving (28g)	Per 100g	Conditions for “Low Cholesterol”
<b>(i) Cholesterol content</b>	<b>5mg</b>	<b>17.9mg</b>	<b>Not more than 20mg per 100g</b>
<b>(ii) Saturated fat and trans fat content combined</b>	<b>1.5g</b>	<b>5.4g</b>	<b>Not more than 1.5g per 100g</b>
<b>(iii) % of contribution to energy from saturated fat and trans fat</b>	<b>1.5g x 9kcal* = 13.5kcal (13.5kcal ÷ 140kcal) x 100% = 9.6%</b>		<b>Not more than 10%</b>

\*1g fat provides 9kcal

**The claim “Low Cholesterol” cannot be made**

# Product from Canada

**Cheese Cracker**

**210g**

**Low Sodium**

- 1+7 → Energy + 7 core nutrients

- Available carbohydrates or

Total carbohydrates ??

If “Carbohydrates” is used

→ amount is calculated as “available carbohydrates”

- Calories 150 = Energy 150 kcal

- Nutrient values expressed as per serving  
→ number of serving??

## Nutrition Facts

Per 3 crackers (30g)

Amount

% Daily Value

**Calories** 150

**Fat** 8g

**12%**

Saturated Fat 3g  
+ Trans Fat 1g

**20%**

**Cholesterol** 5mg

**Sodium** 80mg

**3%**

**Carbohydrates** 17g

**6%**

Fibre 0.5g

**2%**

Sugars 1g

**Protein** 3g

## Condition for nutrient content claims

- Sodium**
- (1) with the word “Low” Food, solid or liquid, containing not more than 0.12 g of sodium per 100 g/mL of food.
  - (2) with the word “Very low” Food, solid or liquid, containing not more than 0.04 g of sodium per 100 g/mL of food.
  - (3) with the word “Free” Food, solid or liquid, containing not more than 0.005 g of sodium per 100 g/mL of food.

	Per serving (30g)	Per 100g	Conditions for “Low Sodium”
<b>Sodium content</b>	<b>80mg</b>	<b>266.7 mg</b>	<b>Not more than 120mg per 100g</b>

**The claim “Low Sodium” cannot be made**

# Product from Australia



- 1+7 → Energy + 7 core nutrients (Trans fat??)
- Available carbohydrates or Total carbohydrates ??
- If “Carbohydrates” is used → amount is calculated as “available carbohydrates”
- Nutrient values expressed in absolute value
- Ranges not acceptable
- Nutrition claims in relation to any type of fat
- declare cholesterol content

Nutrition Information		
Servings per package: 6	Serving Size: 50g	
	Quantity per serving	Quantity per 100g
Energy	805kJ	1610kJ
Protein	7.0g	14g
Fat, Total	1.9g	3.8g
- Saturated	0.5g	1.0g
Carbohydrates	35g	70g
- Sugars	Less than 1g	1.5g
Sodium	180mg	365mg

# Condition for nutrient content claims

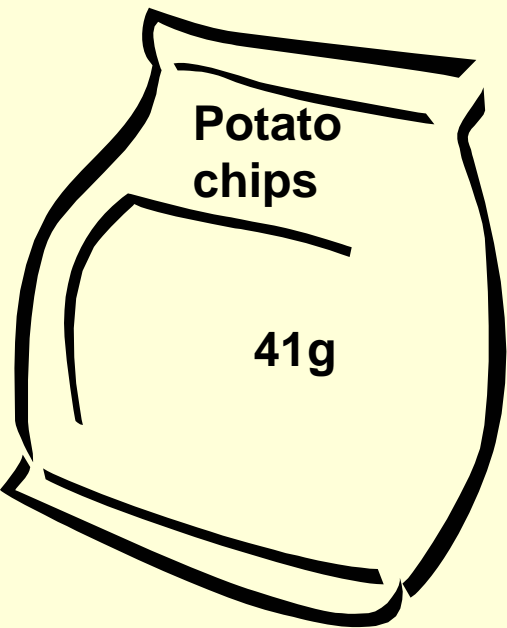
Saturated Fat (1) with the word “Low” (a) Solid food containing –

- (i) not more than 1.5 g of saturated fat and trans fatty acids combined per 100 g of food; and
- (ii) saturated fat and trans fatty acids, the sum of which contributes not more than 10% of energy; or

	Per 100g	Conditions
<b>Saturated fat content</b>	<b>1.0g</b>	
<b>Trans fat content</b>	<b>??</b>	
<b>Saturated fat and trans fat content combined</b>	<b>??</b>	<b>Not more than 1.5g per 100g</b>

**Need to get the trans fat content of the product to ensure that it meets the conditions for “Low Saturated Fat”**

# Product from Japan



栄養成分表示(1袋(41g)当り)	
エネルギー	223kcal
たんぱく質	2.5g
脂 質	13.6g
炭水化物	22.6g
ナトリウム	241mg

## Nutrition Facts (Per package (41g))

Energy	223kcal
Protein	2.5g
Fat	13.6g
Carbohydrates	22.6g
Sodium	241mg

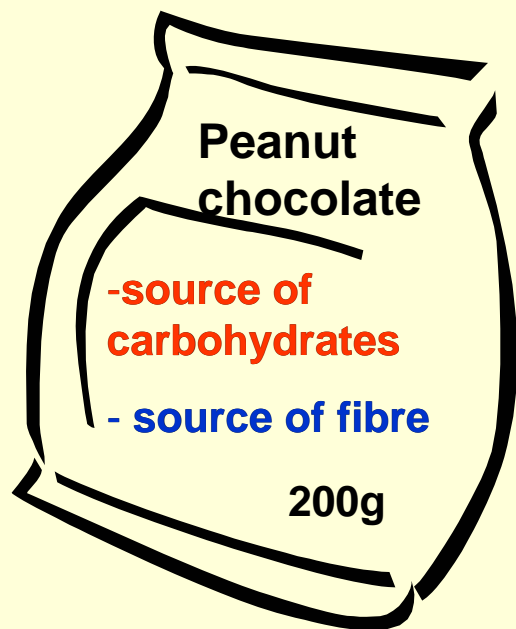
- Nutrition label should be written in English, Chinese or both languages
- 1+7 → Energy + 7 core nutrients  
(Saturated Fat, Trans fat, Sugars??)
- Available carbohydrates or Total carbohydrates ??

If “Carbohydrates” is used → amount is calculated as “available carbohydrates”

- Nutrient values expressed as per package  
→ If the package contains only a single serving, it is acceptable  
→ otherwise, should be expressed as per 100g or per serving



# Product from Singapore



Nutrition Information		
Servings per package:	10	
Serving Size:	20g (10 pieces)	
	Per serving	Per 100g
Energy	103kcal (432kJ)	516kcal (2158kJ)
Protein	1.9g	9.5g
Total Fat	5.3g	26.2g
- saturated fat	2.1g	10.3g
Cholesterol	2mg	9mg
Carbohydrates	12.1g	60.5g
Dietary Fibre	0.7g	3.4g
Sodium	10mg	48mg

-No condition set for nutrient content claims on carbohydrates  
 → Content claims on carbohydrates cannot be made

- 1+7 → Energy + 7 core nutrients (sugars and trans fat??)

- Available carbohydrates or Total carbohydrates ??

If “Carbohydrates” is used → amount is calculated as “available carbohydrates”

## Condition for nutrient content claims

Dietary Fibre (1) with the word "Source" (a) Solid food containing not less than 3 g of dietary fibre per 100 g of food; or  
(b) liquid food containing not less than 1.5 g of dietary fibre per 100 mL of food.

	Per 100g	Condition
<b>Dietary fibre content</b>	<b>3.4g</b>	<b>Not less than 3g per 100g</b>

**The claim "Source of fibre" can be made**

# Product from Taiwan

**Spinach Noodle**  
**400 gram**

- 1+7 → Energy + 7 core nutrients (sugars??)

- Available carbohydrates or

**Total carbohydrates ?**

If “Carbohydrates” is used → amount is calculated as “available carbohydrates”

-Unit

“Kcal” = “kcal”

“gm” = “g”

- Definition of “0”

<b>Nutrition Labeling</b>	
<b>Per 100 gm</b>	
<b>Energy</b>	<b>335 Kcal</b>
<b>Protein</b>	<b>11.1 gm</b>
<b>Fat</b>	<b>1.0 gm</b>
<b>Saturated Fat</b>	<b>0 gm</b>
<b>Trans Fat</b>	<b>0 gm</b>
<b>Carbohydrate</b>	<b>70.5 gm</b>
<b>Sodium</b>	<b>310 mg</b>

# Definition of “0”

Table 2 Units and Rounding Rules for Labelling of Selected Nutrients

	Unit	Round to	Definition of “0” <sup>[2]</sup> (per 100 g/mL)
Energy	kcal or kJ	1	≤ 4 kcal or 17 kJ
Protein	g	0.1	≤ 0.5 g
Carbohydrates (Available or Total)	g	0.1	≤ 0.5 g
Total fat	g	0.1	≤ 0.5 g
Saturated fatty acids	g	0.1	≤ 0.5 g
Trans fatty acids	g	0.1	≤ 0.3 g
Sodium	mg	1	≤ 5 mg
Sugars	g	0.1	≤ 0.5 g
Dietary Fibre	g	0.1	≤ 1.0 g
Cholesterol	mg	1	≤ 5 mg

<sup>[2]</sup> Same conditions should be applied to the definition of 0% NRV on nutrition labels.

# Product from Korea

**Chocolate Biscuit  
64g**

-Nutrition label should be written in English, Chinese or both languages

- 1+7 → Energy + 7 core nutrients

- Available carbohydrates or Total carbohydrates ??

If “Carbohydrates” is used → amount is calculated as “available carbohydrates”

- Nutrient values expressed in absolute value → Ranges not acceptable

영양성분		1회 제공량 (32g)	총 2회 제공량 (64g)
		1회 제공량당 함량	*%영양소 기준치
에너지	칼로리	175kcal	
탄수화물	총량	19g	6%
	당류	11g	
단백질	총량	2g	3%
지방	총량	10g	20%
	포화지방	6g	42%
	트랜스지방	0.5g미만	
콜레스테롤		5mg	2%
나트륨		40mg	2%

\*%영양소기준치: 1일 영양소기준치에 대한 비율

Nutrition facts	Serving Size: 4 small packages (32g)	Serving per package:2
		Per serving    % Daily Reference Value
Energy	175kcal	
Carbohydrates	19g	6%
Sugars	11g	
Protein	2g	3%
Fat	10g	20%
Saturated Fat	6g	42%
Trans Fat	Less than 0.5g	
Cholesterol	5mg	2%
Sodium	40mg	2%

# Useful tips for making nutrition label by adoption of nutrition labels on product

- “1+7”
- Carbohydrates → **Total carbohydrates? Available carbohydrates?**
- Total carbohydrates → Declare **dietary fibre** content
- Express nutrient values as **per serving**  
→ Specify the **serving size** and **number of servings**
- Express nutrient values as **per package**  
→ if the package contains only a single serving
- Nutrition label should be written in **English, Chinese** or **both languages**

# Useful tips for making nutrition label by adoption of nutrition labels on product

- Definition of “0” → per **100g/mL** of food
- Nutrient values should be expressed in **absolute numbers**  
→ **Ranges** are not acceptable
- Nutrition claim  
→ Meet **claim conditions**  
→ Most of the conditions are expressed as **per 100g/mL** of food
- Nutrition claims in relation to any type of fat  
→ declare **cholesterol** content

**~Thank You~**