

# Method Guidance Note on Nutrition Labelling and Nutrition Claims

# Purpose

- ✿ **To assist the trade in compliance with the regulation**
  - ✦ **To provide technical information on testing methods for obtaining nutrition information on food labels**
  - ✦ **To answer some of the most frequently asked questions**
- ✿ **Intended for use as general reference**
- ✿ **Refer to the Food and Drugs (Composition and Labelling) Regulations, Cap.132W for detailed legal provisions**

# Selecting a laboratory

- ❖ operate under a documented quality assurance programme
- ❖ accredited to ISO/IEC 17025 standard under the Hong Kong Laboratory Accreditation Scheme (“HOKLAS”) by the Hong Kong Accreditation Service
- ❖ ISO/IEC 17025 accredited laboratories from other countries

# Selecting the Analytical Methodology

## ✿ appropriate methods as given:

- ✿ most recent edition of Official Methods of Analysis of AOAC International
- ✿ Manuals of Food Quality Control of Food and Agriculture Organization of United Nation
- ✿ ISO methods
- ✿ BS EN methods

## ✿ ONLY AOAC official methods are acceptable for the testing of dietary fibre

# Technical Guidance

- ✿ **Technical issues not as part of the regulations, for examples -**
  - ✦ **Calculation of some nutrients such as energy and carbohydrate**
  - ✦ **Definition of some nutrients**
  - ✦ **Test methods**

# Energy

✿ **By calculation :**

**4 x carbohydrate + 4 x protein + 9 x fat +  
7 x alcohol + 3 x organic acid**

# Carbohydrate

✿ **By calculation:**

**100 – [sum of protein, fat, water, ash,  
alcohol and dietary fibre]**

# Protein

- ✿ Nitrogen determined by combustion or Kjeldahl method
- ✿ Multiple by a factor of 6.25 for mixed foods
- ✿ Multiple by an international recognized conversion factor for specific food, e.g. 5.95 for rice



# Sugars

- ✿ **Sum of monosaccharides and disaccharides**
- ✿ **Fructose, galactose, glucose**
- ✿ **Lactose, maltose, sucrose**

# Fat (Total)

- ✿ **Sum of triglycerides, phospholipids, wax ester, sterols, non-fatty material**
- ✿ **By extraction**
- ✿ **NOT calculated from fatty acids**

# Moisture

✿ **Lost of water as determined at 105°C**

# Ash

✿ **Residue left as determined at 550°C**

# Dietary fibre

- ✿ **AOAC 985.29 (TDF)**
- ✿ **AOAC 991.43 (TDF, SDF, IDF)**
- ✿ **AOAC 992.16 (TDF)**
- ✿ **AOAC 993.21 (crude TDF)**
- ✿ **AOAC 994.13 (TDF)**

# Dietary fibre (cont.)

- ✿ **AOAC 997.08 (Fructans)**
- ✿ **AOAC 999.03 (Total Fructans)**
- ✿ **AOAC 2000.11 (Polydextrose)**
- ✿ **AOAC 2001.02 (trans-GOS)**
- ✿ **AOAC 2001.03 (TDF incl RMD)**
- ✿ **AOAC 2002.02 (Resistant Starch)**

- ENDS -