

Steps to Make Nutrition Label

Steps to make nutrition label

- Step 1: Check the existing nutrition label and information in your products
- Step 2: Check the adequacy and suitability of the information in the nutrition label
- Step 3: Check the nutrition label format
- Step 4: Check the unit and the rounding of the values in the nutrition label
- Step 5: Check the nutrition claims on your products

Step 1: Check the existing nutrition label and information in your products

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 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 Facts	
Per 2 cookies (30 g)	
Amount	% Daily Value
Calories 150	
Fat 7 g	11 %
Saturated Fat 3 g + Trans Fat 1 g	20 %
Cholesterol 0 mg	
Sodium 80 mg	3 %
Carbohydrate 21 g	7 %
Fibre 1 g	4 %
Sugars 8 g	
Protein 1 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 8 %

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	

Step 2: Check the adequacy and suitability of the information in the nutrition label

- Does the nutrition label include “1+7” ?
- “1+7” means “energy + 7 core nutrients”
 - Energy
 - Protein
 - Available Carbohydrates
 - Total Fat
 - Saturated Fat
 - Trans Fat
 - Sodium
 - Sugar

Step 2: Check the adequacy and suitability of the information in the nutrition label

- Carbohydrates
 - Carbohydrates means available carbohydrates (Total carbohydrates excluding dietary fiber)
 - If total carbohydrates content is declared, **dietary fiber** content must also be declared
- Cholesterol
 - If there is any claim on **any type of fat**, cholesterol content must also be declared
- Nutrition label must list the amounts of any claimed nutrients

Step 3: Check the nutrition label format

- Energy and Nutrient must be expressed as
 - per 100g / mL food
 - per package if the package contains only a single serving
 - per serving, provided that the number of servings in the package and serving size are specified on the package

Step 3: Check the nutrition label format

- The nutrition information must be in **tabular format** and placed in a **conspicuous place**
- Should have **appropriate heading**
 - e.g. “Nutrition Label”, “Nutrition Information”, “Nutrition Facts”
- Can be written in English, Chinese or in both language
 - If both languages are used in the marking or labeling of the prepackaged food, nutrition label should be in **both languages**

Nutrition Information 營養資料		
Servings Per Package / 每包裝所含食用分量數目: (insert number of servings)		
Serving Size / 食用分量: g, ml or other unit as appropriate/克、毫升或其他適當的單位		
	Per 100g or Per 100ml / 每 100 克或每 100 毫升	Per Serving / 每食用分量
Energy / 能量	kcal or kJ / 千卡或千焦	kcal or kJ / 千卡或千焦
Protein / 蛋白質	g / 克	g / 克
Total fat / 總脂肪	g / 克	g / 克
- Saturated fat / 飽和脂肪	g / 克	g / 克
- Trans fat / 反式脂肪	g / 克	g / 克
Carbohydrates / 碳水化合物	g / 克	g / 克
- Sugars / 糖	g / 克	g / 克
Sodium / 鈉	mg / 毫克	mg / 毫克
Insert nutrient(s) involved in claim(s) / 填入涉及聲稱的營養素	g, mg or µg 克、毫克或微克	g, mg or µg 克、毫克或微克
Insert other nutrient(s) to be declared / 填入其他標示的營養素	g, mg or µg 克、毫克或微克	g, mg or µg 克、毫克或微克

Step 3: Check the nutrition label format

- When declaring the amount of cholesterol, the suggested order is:

Total Fat

- Saturated fatty acid
- Trans fatty acid

Cholesterol

Step 3: Check the nutrition label format

- When declaring the amount and/or types of carbohydrates or total carbohydrates, the suggested order is:

Carbohydrates (or Available carbohydrates)

- Sugars

Dietary Fibre

or

Total Carbohydrates

- Dietary Fibre

- Sugars

Step 4: Check the unit and the rounding of the values in the nutrition label

- Unit
 - Energy: “kcal” or “kJ”
 - Other Nutrients: Metric unit (g, mg, µg)
 - %NRV (Nutrient Reference Value)
- %NRV
 - NRV from recognized International food/health authority or National food/health authority should be used.
 - Chinese NRV is recommended
 - Reference value used or the reference country is suggested to be listed
- Rounding Rule
 - “kcal” ,”kJ”, “mg” and “%” round up to nearest “1”
 - “g” round up to nearest “0.1”

Step 5: Check the nutrition claims on your products

- Nutrition claims
 - Nutrient content claims
 - Nutrient comparative claims
 - Nutrient function claims

Step 5: Check the nutrition claims on your products

Nutrient content claims

- Should satisfy the applicable conditions set out in Schedule 8 of the Regulation
- Most of the Conditions for nutrient content claims are expressed per 100g/mL food

Nutrition Information	
Serving per package: 5	
Serving size: 20g	
	Per Serving
Energy	127kcal
Protein	5g
Total Fat	3g
- Saturated Fat	1g
- Trans Fat	1g
Carbohydrates	20g
- Sugars	10g
Sodium	50mg

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.

Step 5: Check the nutrition claims on your products

Nutrient content claims

- Claims not considered as Nutrient content claims
 - Actual amount declaration
e.g. 50mg omega-3 per serving
 - Content expressions permitted on Nutrition Label
e.g. 30%Calcium NRV per 100g
 - “Gluten Free”
 - “No added sugar”

Step 5: Check the nutrition claims on your products

Nutrient content claims

- Claims not allowed
 - “High Energy”
 - “Low Trans Fat”
 - “Very High”
 - “With Omega-3”
- “Very low” claim
 - Applicable to claim made on “sodium” or “salt” only

Step 5: Check the nutrition claims on your products

Nutrient content claims

- Claims made on “salt” must meet the respective conditions of claims on “sodium”
- **Total content** of saturated fat and trans fat and **their % of contribution to the energy** should be considered when there is claim made on “Saturated Fat”, “Trans Fat” or “Cholesterol”

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

Step 5: Check the nutrition claims on your products

Nutrient comparative claims

- Compare for different versions of the same or similar food
- Based on same quantity of food
- Should satisfy the condition of both **relative value** and **absolute value** of difference
- State in close proximity to the nutrient comparative claims
 - Description of food being compared
 - Amount of difference (absolute value or as a percentage or a fraction)
 - e.g. Lower Sugar

“Lower Sugar

“Less 10g sugar per 100g of Original Flavour Chocolate”

Step 5: Check the nutrition claims on your products

Nutrient function claim

- Based on scientific substantiation and scientific consensus
- Must contain information on the physiological role of the claimed nutrient
e.g. *Calcium aids in the development of strong bones*
- Content of claimed nutrient must meet relevant condition of nutrient content claim for “Source”, if applicable.
(Protein, Vitamins, Minerals and Dietary Fibre)

~Thank You~

~Time for Exercise~