

Nutrition Information under FIC*

- A summary of what FBOs **must** include in a nutrition declaration and other information they may include on a **voluntary** basis



The minimum mandatory information that must be included

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

The Mandatory Rules

- Nutrients must be set out in the order shown in the table
- Information must be given per **100g/ml** of food
- Energy must be given in the order of kJ/kcal
- All other nutrients must be given in g
- If the energy value or a nutrient is present in negligible amounts, the statement “**contains negligible amounts of ...**” must be in close proximity to the nutrition declaration
- If a product contains no added salt, a statement indicating that the salt content is exclusively due to the presence of naturally occurring sodium may appear in close proximity to the nutrition declaration



The declaration can be expanded by adding one or more of the supplementary nutrients

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

The Supplementary Rules

- The 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 of the supplementary nutrients does not mean you have to declare them all
- Vitamins and minerals can only be included if they are listed in Annex XIII of FIC and present in significant amounts
- Vitamins and minerals must be declared in the units specified in Annex XIII and must declare the percentage of the reference intake (%RI) per 100g
- Once the mandatory and supplementary nutrients are declared, no other nutrients can be added as it is now a **closed list**
- If authorised nutrition claims are made for other nutrients, the amounts of those nutrients must be declared **close to but not in the table**

* Regulation 1169/2011 on the provision of food information to consumers



Extra information can be added to the mandatory declaration in the form of per portion or consumption unit and/or % RI

Example of per portion/per consumption unit

Typical values	Per 100g	Per portion * (2 biscuits)	Per biscuit**
Energy	2065kJ 495kcal	640kJ 160kcal	320kJ 80kcal
Fat of which saturates	22.3g 10.0g	6.8g 3.0g	3.4g 1.5g
Carbohydrates of which sugars	64.6g 18.8g	20.0g 5.8g	10.0g 2.9g
Protein	6.7g	2.0g	1.0g
Salt	1.0g	0.4g	0.2g

*This pack contains 10 portions

**This pack contains 20 biscuits

Example of %RI per 100g

Typical values	Per 100g	% RI per 100g
Energy	823kJ 195kcal	10%
Fat of which saturates	2.6g 0.3g	4% 2%
Carbohydrates of which sugars	37.5g 1.6g	14% 2%
Protein	4.5g	9%
Salt	0.54g	9%

Reference intake of average adult (8400kJ/2000kcal)



Some mandatory nutrients can be voluntarily repeated on the front of pack (FoP)

Examples of FoP information

Energy only

Each tablespoon (15g) contains

Energy 201kJ 48kcal
2%

Reference intake of an average adult (8400kJ/2000kcal)
Typical values per 100g: Energy 1338kJ/323kcal

Energy +4

Each pack (400g) contains

Energy 2032kJ 484kcal	Fat 19.6g	Saturates 9.0g	Sugars 4.0g	Salt 2.0g
24%	28%	45%	4%	33%

Reference intake of an average adult (8400kJ/2000kcal)
Typical values (as sold) per 100g: Energy 508kJ/121kcal

The Rules for Per Portion/Consumption

- This information can be provided as well of but not instead of per 100g/ml
- The FBO is responsible for deciding the size of a portion/consumption unit
- If an FBO chooses to provide nutrition information per portion, the pack must give a clear indication of the portion size and the number of portions in the pack
- If an FBO chooses to provide nutrition information per consumption unit, the pack must give a clear indication of the number of units in the pack

The Rules for %RI

- %RIs can be given per 100g/ml, per portion/consumption unit or both
- If %RIs are given for the mandatory nutrients they must be based on the reference intakes in Annex XIII - Part B
- If %RIs are given for the mandatory nutrients, the statement “reference intake of average adult (8400kJ/2000kcal)” must appear in close proximity

The Rules for FoP

- FoP nutrition information can be declared as energy only or energy plus fat, saturates, sugar and salt (energy + 4)
- Energy must be always declared as kJ/kcal per 100g/ml and may also be given per portion
- Fat, saturates, sugar and salt can be declared per portion only, provided that the portion size and number of portions in the pack are clearly indicated and understandable to the consumer
- The information can also be declared as %RI per 100g/ml or per portion, provided that the statement “reference intake of an average adult (8400kJ/2000kcal)” appears on the pack
- Nutrition information repeated on the FoP does not have to be in the same format as in the main declaration