

14. BASIC REQUIREMENTS FOR LABELLING OF NUTRITIONAL VALUE OF FOOD PRODUCTS

14.1. Packaged food products must have a label (an insert), which are marked to specify the indicators of nutritional value, which is characterized by the energy value (calorific value) and mass fraction of nutrient materials in 100 g (or a single serving of a meal) of the product.

14.2. The nutritional value shall not be specified for flavoring food products (tea, coffee, vinegar, spices, salt, etc.), raw food products (meat, poultry, fish, vegetables, berries, fruit etc.), as well as for unpackaged ready-to-eat culinary products, baked products and products of public catering.

14.3. The data on the content of proteins, fats, carbohydrates and energy value shall be given in case if their quantity in single servings of a meal or in 100 g (ml) of the food product is not less than 2%, and for mineral and vitamins not less than 5% of the recommended daily intake.

14.4. The data required to calculate the food product contribution to the satisfaction of daily consumption of a hypothetical "average" adult person and to be specified in the label are shown in Table 1 compiled with account of the Standards of Physiological Requirements for Nutrient Materials and Energy (1991) and the recommendations of FAO/WHO.

Table 1

Estimated Physiological Requirement for Major Nutrient Materials and Energy to be Specified in the Label

Main Nutrient Materials	Daily Requirement
Energy value, kcal	2500
Proteins, g	75
Fats, g	83
including polyunsaturated fatty acids, g	11
Digestible carbohydrates, g	365
including sugar (saccharose)	65
Food fibers, g	30
Mineral substances, mg	
Iron	14
Iodine	0.15
Zinc	15
Selenium	0.07
Calcium	1000
Magnesium	400
Phosphorus	1000
Potassium	3500

Vitamins:	
A (in retinol equivalent), µg	1000
B ₁ (thiamine), mg	1.5
B ₂ (riboflavin), mg	1.8
B ₆ , mg	2.0
Bc (folic acid), µg	200
B ₁₂ (cobalamin), µg	3
C (ascorbic acid), mg	70
D, µg	5 <1>
E (in tocopherol equivalent), mg	10
PP (на niacin equivalent), mg	20

 Note: <1> - 5 µg of cholecalciferol are 200 ME of vitamin D.

14.5. The content of cholesterol, saturated fatty acids and salt (in terms of sodium) shall be limited in accordance with the recommendations of FAO/WHO (Table 2), which shall also be specified in the label, including in % of the permissible daily intake.

Table 2

Permissible Intake of Some Nutrient Materials

Nutrient Material	Permissible Intake
Saturated fatty acids, not more than, g	25
Cholesterol, not more than, mg	300
Sodium, not more than, mg	2400 (not more than 6.15 g of edible salt)

14.6. In all cases of enrichment of food products in proteins, fats, carbohydrates, minerals, vitamins, pro- and prebiotics the information on their quantities shall be provided with account of their natural content in the product.

14.7. For products with a complex composition of raw materials of meat, fish or dairy origin with partial replacement or addition of protein or fat products of other origin the information on the composition of fat and protein components shall be specified in the label. In this case the name of the food product must not mislead consumers about the composition and nutritional value of the product.

14.8. In alcoholic beverages the alcohol content in % of volume shall be specified.

14.9. The indicators of nutritional value of food products shall be determined by the manufacturer (technical documentation writer). To determine the nutritional value the methods may be used which are presented in Guidance on the Methods of Analysis of the Food Products Quality and Safety under the editorship of I.M. Skurikhin, V.A. Tutelyan (Moscow, 1998) as recommended by the Ministry of Health and Social Development of the Russian Federation.

It is allowed to apply the calculation method with account of the formulation and data on the composition of raw materials from the effective official Reference Books (Tables of the Chemical Composition of Food Products).

14.10. To calculate the energy value of food products it is recommended to use the following coefficients:

Proteins - 4 kcal/g,

Carbohydrates - 4 kcal/g,

Fats - 9 kcal/g,

organic acids - 3 kcal/g,

alcohol (ethanol) - 7 kcal/g.

When the alcohol strength in % of volume generally accepted in the industry is recalculated to calorific value the following formula shall be used: calories (from ethanol) = product volume/100 x strength (% of vol.) X 0.8 x 7.

14.11. To calculate the protein content in food products the following formula shall be used: protein = total Kjeldahl nitrogen x K,

where K means the conversion factor corresponding to the food product (Guidance on the Methods of Analysis of the Food Products Quality and Safety under the editorship of I.M. Skurikhin, V.A. Tutelyan (Moscow, 1998)).

For food products with a complex composition of raw materials and for those food products the conversion factor of which is not determined it shall be accepted that K = 6.25.

ConsultantPlus: note.

The Annex was not submitted for registration to the Ministry of Justice of the Russian Federation.
