CARICOM REGIONAL STANDARD

Labelling of Foods – Pre-Packaged Foods – Specification (Revision)

DCRS 5: 202X
CARICOM REGIONAL STANDARD

Labelling of Pre-Packaged Foods – Specification

DCRS 05: 202X

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ICS 67.230
# AMENDMENTS ISSUED SINCE PUBLICATION

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Committee representation

This CARICOM Regional Standard was developed under the supervision of the Regional Technical Sub-Committee for revision of foodlabelling standard (RTSC foodlabelling) (hosted by the CARICOM Member State Suriname) which at the time comprised the following members:

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Julius James (consultant)

Standards Development & Environmental Management
Contents

Foreword ........................................................................................................................................... 10
1 Scope ............................................................................................................................................. 11
2 Normative References ................................................................................................................. 11
3 Terms and definitions ................................................................................................................... 11
4 General Principles ....................................................................................................................... 16
5 Labelling requirements .................................................................................................................. 17
  5.1 Name of food ............................................................................................................................ 17
  5.2 List of ingredients ..................................................................................................................... 17
  5.2.3 Processing aids and carry-over of food additives ............................................................... 21
  5.3 Net content and drained weight ............................................................................................... 21
  5.4 Name and address .................................................................................................................... 21
  5.5 Country of origin ....................................................................................................................... 21
  5.6 Lot identification ....................................................................................................................... 21
  5.7 Date marking and storage instructions ...................................................................................... 22
  5.8 Instructions for use ................................................................................................................... 23
6 Additional requirements ................................................................................................................ 23
  6.1 Quantitative ingredients Declaration (QUID) ......................................................................... 23
  6.2 Irradiated foods ........................................................................................................................ 24
  6.3 Organically produced foods .................................................................................................... 25
  6.4 Foods for special dietary uses ................................................................................................. 25
  6.5 Food additives .......................................................................................................................... 25
  6.6 Front of package nutritional labelling ...................................................................................... 25
     Exemptions from labelling requirements .................................................................................. 25
8 Presentation of labelling information ........................................................................................... 25
  9 Language ...................................................................................................................................... 26
Annex A (normative) Requirements for the use of claims on labels ............................................. 27
Annex B (normative) Food additives ............................................................................................... 30
Annex C (informative) Principles for front of package nutritional warning labelling .................. 32
Annex D (informative) Calculations for energy values and estimation of free sugar content for
  Front of package nutritional labelling ......................................................................................... 40
List of tables

Table 1 — Class names for ingredients ................................................................. 18
Table A.3.1— Examples of health and nutrition claims.......................................... 28
Table C.1 - Criteria for defining products excessive in sodium, sugars, total fat and saturated fat........................................................................................................ 32
Table C.2 — Dimensions of the front-of-package nutritional warning labelling according to the area of the main face of the package........................................................................... 34
Table D.1 — Nutrient content energy conversion factor ......................................... 40
Table D. 2 - Worked examples for energy values ..................................................... 40
Table D. 3 - Method for estimating free sugars based on the amount of total sugars declared on food/ beverage product packaging ......................................................... 42
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Foreword

This standard is a revision of the Caribbean Community Standard "Labelling of Foods - Prepackaged foods – Specification CRS 5: 2010", which has been prepared and issued by the CARICOM Regional Organisation for Standards and Quality (CROSQ) and approved by the xx Meeting of the Council for Trade and Economic Development (COTED) on DD/MM/YY. The standard was prepared as a guide to manufacturers and importers on the labelling considered necessary to provide adequate information to the consumer. It is intended to:

— assist the purchaser or consumer towards an understanding of the nature, quality or use of the foods so that he may judge whether it is adequate for his needs and whether it is of acceptable quality or usefulness;

— enable the manufacturer or retailer to carry out his obligation to describe the foods at the point of sale in a truthful, informative and non-deceptive manner so that no cause for complaint may be found that the foods were wrongly described.

Supplementary nutrition information is intended to increase the consumer's understanding of the nutritional value of their food and to assist in interpreting the nutrient declaration that is provided on other parts of the label. Front-of-package nutritional warning labels interpret nutritional information, add ease and speed to information access and improves the consumer's ability to make a critical and better-informed decision.

Where any CARICOM Regional Standard for any class of food makes differing supplementary provisions for labelling, the provisions of that CARICOM Regional Standard shall prevail over the provisions of this standard; and

In formulating this standard considerable assistance was derived from the following:

CODEX Alimentarius Commission


— General Standard for the labelling of and claims for prepackaged foods for special dietary uses CODEX STAN 146-1985

Pan American Health Organization World Health Organisation

— Washington DC 2016 Nutrient Profile Model
1 Scope

This CARICOM Regional Standard is applicable to the labelling of all pre-packaged foods to be offered to the consumer or pre-packaged foods for catering purposes.

This standard is not applicable to food:

a) weighed or measured in or counted into the package in the presence of the purchaser;

b) intended for export only, which complies with the requirements of standards or laws on labeling of the country to which they are being exported;

c) repackaged from bulk at the place where the food is sold by retailer

2 Normative references

The following documents are referred to in the text in such a way that some or all their content constitutes requirements of this document. For dated references, only the edition cited applies. For undated references, the latest edition of the referenced document (including and amendments) applies.

Caribbean Community Standard

CRS 55-1 2016 Labelling of goods – Part 1: General requirements

CODEX Alimentarius Commission

CXS 1 - General Standard for the Labelling of Prepackaged Foods

CODEX STAN 146- General standard for the labelling of and claims for prepackaged foods for special dietary uses

3 Terms and definitions

For the purpose of this document, the terms and definitions given in CRS 55-1 and the following apply.

3.1 address
identifiable or registered place of the business of:

a) the manufacturer or packager of the goods; or

b) the entity for whom the goods are manufactured or packaged; or

c) the importer and distributor of the goods

3.2 alcoholic beverage
liquid food containing 0.5 % or more ethyl alcohol by volume

NOTE This includes spirits, liqueurs, wines, malt liquors, cider, perry, champagne, beer, stout and spirit compounds used as food, but does not include flavouring preparations.

3.3 claim
any representation which states, suggests or implies that a food has particular qualities relating to its origin, nutritional properties, nature, processing, composition or any other quality
NOTE  This definition is not applicable to the front-of-package nutritional labels

3.3.1 comparative claim
claim that compares the nutrient levels and or energy value or any other quality of two or more foods

EXAMPLE  “reduced”, “less than”, “fewer”, “more than”

3.3.2 health claim
representation which states, suggests or implies that a relationship exists between a food, or a constituent of that food, and consumers’ health

NOTE  See Annex A for types of health claims and examples.

3.3.3 nutrient content claim
nutrition claim that describes the level of a nutrient contained in a food

EXAMPLE  “source of calcium”, “high in fibre” and “low in fat”

3.3.4 nutrition claim
any representation which states, suggests or implies that a food has particular nutritional properties including, but not limited to, the energy value, the content of protein, fat and carbohydrates, as well as vitamins and minerals

NOTE  The following do not constitute nutrition claims:
(a) The mention of substances in the list of ingredients;
(b) The mention of nutrients as a mandatory part of nutrition labelling;
(c) Quantitative or qualitative declaration of certain nutrients or ingredients on the label if required by national legislation.

3.4 competent authority
ministry, department of government or statutory body in a territory of the Caribbean Community administering any law regulating the labelling of foods.

3.5 consumer
persons purchasing and receiving food in order to meet their personal needs.

3.6 container
any packaging of food for delivery as a single item, whether by completely or partially enclosing the food, and includes wrappers

NOTE  A container may enclose several units or types of packages when such is offered to the consumer.

3.7 contaminant
any substance not intentionally added to food or feed for food producing animals, which is present in such food or feed as a result of the production (including operations carried out in crop husbandry, animal husbandry and veterinary medicine), manufacture, processing, preparation, treatment, packing, packaging, transport or holding of such food or feed, or as a result of environmental contamination.

3.8
country of origin
country where the foods were wholly manufactured; or where the composition and or quality of the foods was changed to a significant extent elsewhere (other than by packaging), the last country where such significant change occurred

NOTE A significant change in the product refers to where there is a change in the product that has resulted in a change of the Harmonized Commodity Description and Coding Systems (HS) number or where there is no change in the HS number but the product has gone through a significant process.

3.9
date mark
any declaration by letters and/or figures which represents a date

3.9.1
date of manufacture
date on which the food becomes the product as described

3.9.2
date of minimum durability
best before
means the date which signifies the end of the period, under any stated storage conditions, during which the unopened product will remain fully marketable and will retain any specific qualities for which implied or express claims have been made. However, beyond the date the food may still be acceptable for consumption.

3.9.3
date of packaging
date on which food is placed in the immediate container in which it will be ultimately sold.

3.9.4
expiration date
use by date
date which signifies the end of the estimated period under any stated storage conditions, after which the product probably will not have the quality attributes normally expected by the consumers

NOTE After this date, the food should not be regarded as marketable.

3.10
food
any substance, whether processed, semi-processed or raw, which is intended for human consumption

NOTE This includes dairy, chewing gum and any substance which has been used in the manufacture, preparation or treatment of food but does not include cosmetics, tobacco or substances used only as drugs.

3.11
food additive
any substance intentionally added to food for a technological (including organoleptic) purpose and which:

- a. is not normally consumed as a food by itself and not normally used as a typical ingredient of the food, whether or not it has nutritive value;
- b. may be used in either the manufacture, processing, preparation, treatment, packing, packaging, transport or holding of food;
- c. results, or may be reasonably expected to result (directly or indirectly), in it or its by-products becoming a component of or otherwise affecting the characteristics of the foods;
- d. does not include contaminants or substances added to food for maintaining or improving nutritional qualities
3.12 foods for catering purposes
foods for use on airlines, in restaurants, canteens, schools, hospitals and similar institutions where food is offered for immediate consumption.

3.13 foods for special dietary uses
foods which are specially processed or formulated to satisfy particular dietary requirements, which exist because of a particular physical or physiological condition and or specific diseases and disorders.

NOTE The composition of these foodstuffs should differ significantly from the composition of ordinary foods of comparable nature, if such ordinary foods exist. This includes foods for infants and young children (CODEX STAN 146-1985)

3.14 free sugars
monosaccharides and disaccharides added to foods and beverages by the manufacturer, cook, and/or consumer plus sugars that are naturally present in honey, syrups and juices

3.15 Front of package nutritional labelling
Front-of-package nutritional labelling refers to nutrition labelling systems that:

a. are presented on the front of food packages (in the principal field of vision) and can be applied across the packaged retail food supply;

b. comprise an underpinning nutrient profile model that considers the overall nutrition quality of the product or the nutrients of concern for NCDs (or both);

c. present simple, often graphic information on the nutrient content or nutritional quality of products, to complement the more detailed nutrient declarations usually provided on the back of food packages

3.16 ingredient
substance, including a food additive, used in the manufacture or preparation of a food and present in the final product although possibly in a modified form

3.17 label
tag, brand, mark, pictorial or other descriptive matter, written, printed, stencilled, marked, embossed or impressed on, or attached to, a container of food

3.18 labelling
written, printed or graphic matter that is present on the label, accompanies the food, or is displayed near the food, including that for the purpose of promoting its sale or disposal

3.19 lot
batch
defined quantity of a product produced and/or processed and/or packaged essentially under the same conditions.

3.20 main panel
part of a label intended to be presented to the consumer or intended to be most conspicuous to the consumer at the time when the food, to which the label relates, is offered or exposed for sale.
3.21 **nature-identical**
substances chemically isolated from aromatic raw materials or obtained synthetically; they are chemically identical to substances present in natural products intended for human consumption, either processed or not

3.22 **net content**
amount of the consumable product of the trade item contained in a package, as declared on the label, in predetermined constant quantities of weight or volume.

3.23 **nutrient**
substance normally consumed as a constituent of food, which provides energy, is needed for growth, development and maintenance of life or a deficit of which will cause characteristic bio-chemical or physiological changes to occur.

3.24 **nutrient declaration**
standardized statement or listing of the nutrient content of a food

3.25 **nutrition labelling**
description intended to inform the consumer of the nutritional content of a food

NOTE It consists of nutrient declaration and supplementary nutrition information.

3.26 **organic**
labelling term that denotes products that have been produced in accordance with organic production standards and certified by a duly constituted certification body or authority.

3.27 **polyunsaturated fatty acids**
fatty acids with cis-cis methylene interrupted double bonds

3.28 **pre-packaged**
packaged or made up in advance in a container, ready for offer to the consumer, or for catering purposes

3.29 **processing aid**
substance or material not including apparatus or utensils, and not consumed as a food ingredient by itself, intentionally used in the processing of raw materials, food or its ingredients, to fulfill a certain technological purpose during treatment or processing and which may result in the non-intentional but unavoidable presence of residues or derivatives in the final product

3.30 **saturated fat**
fatty molecules with no double bonds between carbon molecules

NOTE The saturated fatty acids used most often in current food products are C14, C16, and C18. In the case of milk and coconut oil, however, saturated fatty acids range from C4 to C18. [add examples for C14, etc.]

3.31 **sodium**
mineral and one of the chemical elements found in salt

3.32 **sugars**
all mono-saccharides and di-saccharides present in food

NOTE 1 This includes added sugars for example:
   — Sucrose, glucose, honey, molasses, corn syrup etc.
   — Foods that contain sugars as an ingredient (examples: jams, jellies, sweetened chocolate, sweetened fruit pieces, etc.);
   — Foods that contain sugars that substitute for added sugars (examples, non-reconstituted concentrated fruit juice, dried fruit paste, etc.);
   — Sugars of the food itself that have been increased above the amount contributed by the ingredients by some other means (example: the use of enzymes to hydrolyze starch to release sugars).

NOTE 2 Not considered as "added sugars" are the mono- and disaccharides that are intrinsic sugars such as:
   — lactose from milk and dairy ingredients;
   — lactose added for milk protein content standardization, sugars from "intact" fruit and vegetable preparations;
     EXAMPLE fruit pieces, pulps, purees, also such that are frozen
   — sugars from grains, cereals, legumes, nuts, seeds, vegetables, roots.

3.33 Sweeteners
food additives that impart a sweet taste to a food, including artificial non-caloric sweeteners, natural non-caloric sweeteners and caloric sweeteners.

Example 1 Examples of non caloric sweeteners are aspartame, sacralose, saccharin, and acesulfame potassium.

Example 2 Stevia is an examples of natural non caloric sweetener.

Example 3 Examples of caloric sweeteners includes polyols such as sorbitol, mannitol, lactitol, and isomalt*

NOTE This category does not include fruit juices, honey, or other food ingredients that can be used as a sweetener.

3.34 total fat
sum total fat content of a food product composed of glycerides of fatty acids from the three main groups (saturated fatty acids, mono-unsaturated fatty acids, and polyunsaturated fatty acids), which are differentiated based on chemical composition

3.35 trans fatty acids
all the geometrical isomers of monounsaturated and polyunsaturated fatty acids having non-conjugated, interrupted by at least one methylene group, carbon-carbon double bonds in the trans configuration.

4 General principles

4.1 Pre-packaged food shall not be described or presented on any label or in any labelling in a manner that is false, misleading or deceptive or is likely to create an erroneous impression regarding its character in any respect.

4.2 Pre-packaged food shall not be described or presented on any label or in any labelling by words, pictorial or other devices which refer to or are suggestive, either directly or indirectly, of any other product
with which such food might be confused, or in such a manner as to lead the purchaser or consumer to suppose that the food is connected with such other product.

4.3 Claims made for a food shall comply with the requirements for the use of claims as set out in Annex A.

5 Labelling requirements

5.1 Name of the food

5.1.1 The name shall indicate the true nature of the food and normally be specific and not generic.

5.1.1.1 Where a name or names have been established for a food in a national or regional standard, at least one of these names shall be used.

5.1.1.2 Where a name or names for a food have not been established in a national or regional standard, the name prescribed by the national competent authority shall be used.

5.1.1.3 In the absence of any such name, either a common or usual name that has been approved by the national competent authority shall be used.

5.1.1.4 A "coined", “fanciful”, “brand” name or “trade mark” may be used, provided it accompanies one of the names provided in 5.1.1.1 to 5.1.1.3.

5.1.2 The label shall state additional words or phrases as necessary to avoid misleading or confusing the consumer in regard to the true nature and physical condition of the food. This shall be done either in conjunction with, or in close proximity to the name of the food.

NOTE Additional words or phrases may include the type of packing medium, style, and the condition or type of treatment it has undergone such as dried, concentrated, reconstituted, smoked.

5.2 List of ingredients

5.2.1 A list of ingredients shall be declared on the label, except for:

a) single ingredient foods;

b) alcoholic beverages for which there exist relevant standards;

c) any other products permitted by the national standards body for exemption.

5.2.1.1 The list of ingredients shall be headed or preceded by an appropriate title.

EXAMPLE Ingredients, Contents, Prepared from

5.2.1.2 All ingredients shall be listed in descending order of mass (mass/mass) (m/m) at the time of the manufacture of the food.

5.2.1.3 Where an ingredient is itself the product of two or more ingredients, such a compound ingredient may be declared as such in the list of ingredients, provided that it is immediately accompanied by a list, in brackets, of its ingredients in descending order of proportion (m/m). Where a compound ingredient, for which a name has been established in a national or regional standard or in national legislation, constitutes less than 5% of the food, the ingredients need not be declared except in the following instances:

a) food additives which serve a technological function in the finished product or are present in such amounts that their declaration is required by the national and, where applicable, regional competent authority;

b) the ingredients are listed in 5.2.1.4;
c) the substances are listed in 5.2.2.4.

5.2.1.4 The following foods and ingredients are known to cause hypersensitivity and shall always be declared:

   a) cereals containing gluten such as, wheat, rye, barley, oats, spelt or their hybridized strains and their related products;
   b) crustacea and crustacean products;
   c) eggs and egg products;
   d) fish and fish products;
   e) shell fish;
   f) peanuts, soybeans and their related products;
   g) milk and milk products (lactose included);
   h) tree nuts and nut products;
   i) sulfur in concentrations of 10 mg/kg or more.

NOTE There is insufficient research at this time to include pineapples as an allergen

5.2.1.5 Where a food product is produced in a facility where the ingredients in 5.2.1.4 are processed, it shall be stated on the label.

5.2.1.6 Water added to a food shall be declared in the list of ingredients except when the water forms part of an ingredient such as brine, syrup or broth, used in a compound food and declared as such in the list of ingredients. Water or other volatile ingredients evaporated in the course of manufacture need not be declared.

5.2.1.7 As an alternative to the general provisions of this section, dehydrated or condensed foods which are intended to be reconstituted by the addition of water only, the ingredients may be listed in order of proportion (m/m) in the reconstituted product provided that a statement such as "ingredients of the product when prepared in accordance with the directions on the label" is included.

5.2.2 A specific name shall be used for ingredients in the list of ingredients in accordance with the provisions stated in 5.1 with the exception of provisions stated in 5.2.2.1.

5.2.2.1 With the exception of those ingredients listed in 5.2.1.4, and unless a general class name would be more informative, the class names specified in Table 1 may be used for the ingredients falling within these classes.

Table 1 — Class names for ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Class names</th>
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<tbody>
<tr>
<td>Refined oils other than olive oil</td>
<td>Oil together with either the term 'vegetable' or 'animal', qualified by the term 'hydrogenated' or 'partially-hydrogenated', as appropriate</td>
</tr>
<tr>
<td>Refined fats</td>
<td>Fat together with either, the term 'vegetable' or 'animal', as appropriate</td>
</tr>
<tr>
<td>Starches, other than chemically modified starches</td>
<td>Starch</td>
</tr>
<tr>
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<td>All species of fish where the fish constitutes an ingredient of another food and provided that the labelling and presentation of such food does not refer to a specific species of fish</td>
<td>Fish</td>
</tr>
<tr>
<td>All types of poultry meat where such meat constitutes an ingredient of another food and provided that the labelling and presentation of such a food does not refer to a specific type of poultry meat</td>
<td>Poultry meat</td>
</tr>
<tr>
<td>All types of cheese where the cheese or mixture of cheeses constitutes an ingredient of another food and provided that the labelling and presentation of such food does not refer to a specific type of cheese</td>
<td>Cheese</td>
</tr>
<tr>
<td>All spices and spice extracts not exceeding 2 % (m/m) either singly or in combination in the food</td>
<td>Spices, spices or mixed spices as appropriate</td>
</tr>
<tr>
<td>All herbs or parts of herbs not exceeding 2 % (m/m) either singly or in combination in the food</td>
<td>Herbs, or mixed herbs as appropriate</td>
</tr>
<tr>
<td>All types of accepted gum preparations used in the manufacture of gum base for chewing gum</td>
<td>Gum base</td>
</tr>
<tr>
<td>All types of sucrose</td>
<td>Sugar</td>
</tr>
<tr>
<td>dextrose or glucose'</td>
<td>Sugar</td>
</tr>
<tr>
<td>All types of caseinates</td>
<td>Caseinates</td>
</tr>
<tr>
<td>Press, expeller or refined cocoa butter</td>
<td>Cocoa butter</td>
</tr>
<tr>
<td>All crystallized fruit not exceeding 10 % of the weight of the food</td>
<td>Crystallized fruit</td>
</tr>
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**5.2.2.2** Notwithstanding the provision in 5.2.2.1, all pork and beef sourced ingredients, inclusive of fat and lard shall be declared. The name of the source shall be placed immediately prior to the name of the ingredient.

**EXAMPLE** Pork gelatin is the name of a pork source ingredient.

**5.2.2.3** For food additives falling in the respective classes as indicated in table 1 and appearing in lists of food additives permitted for use in foods, the following functional classes shall be used together with the specific name or recognized numerical identification such as the Class Names and the International Numbering System for Food Additives (CXG 36-1989) as required by national legislation.

a) acid(s);
b) acidity regulator(s);
c) anti-caking agent(s);
d) anti-foaming agent(s);
e) antioxidant(s);
f) artificial colour;
g) bulking agent(s);
h) colour retention agent(s);
i) emulsifier(s);
j) emulsifying salt(s);
k) firming agent(s);
l) flavour enhancer(s);
m) flour treatment agent(s);
n) foaming agent(s);
o) gelling agent(s);
p) glazing agent(s);
q) humectant(s);
r) leavening agent(s);
s) natural colour;
t) preservative(s);
u) propellant(s);
v) stabilizer(s);
w) sweetener(s);
x) thickener(s).

5.2.2.4 In addition to the provisions in 5.2.2.3, the following substances shall be declared by name:

a) all non-caloric sweeteners, including Aspartame;
b) monosodium glutamate;
c) potassium sorbate;
d) sodium benzoate;
e) sodium nitrite;
f) azodicarbonamide;
g) potassium bromate.

5.2.2.5 The following class names shall be used for food additives falling in the respective classes and permitted for use in foods by the national, and where applicable, regional competent authority:

a) flavour(s) and flavouring(s);
b) modified starch(es)

5.2.2.6 The expression “flavours” may be qualified by the words “natural”, “nature-identical”, “artificial”, or a combination of these words as appropriate.

5.2.3 Processing aids and carry-over of food additives

5.2.3.1 A food additive carried over into a food in a significant quantity or in an amount sufficient to perform a technological function in that food as a result of the use of the raw materials or other ingredients in which the additive was used shall be included in the list of ingredients.

5.2.3.2 Processing aids, and food additives carried over into foods in an insufficient amount to achieve a technological function, are exempted from declaration in the list of ingredients. The exemption does not apply to food additives and processing aids that contain any of the ingredients listed in 5.2.2.4.

5.2.3.3 In addition to the provisions of 5.2.3.1 and 5.2.3.2, the ingredients or substances listed in 5.2.1.4 shall always be declared when present in a food.

5.3 Net content and drained weight

5.3.1 The net content shall be declared in SI Units. The use of Imperial Units is permitted provided that the net content is also declared in SI Units. The net content shall be declared in the following manner:

a) by volume, for liquid foods;
b) by weight, for solid foods;
c) either by weight or volume, for semi-solid or viscous foods.

5.3.2 In addition to the declaration of net contents, a food packed in a liquid medium shall carry a declaration of the drained weight of the food in SI Units. If Imperial Units are used to declare the drained weight, it shall be stated in conjunction with the SI Units.

EXAMPLE Examples of liquid mediums include water, oil, aqueous solutions of sugar and salt, fruit and vegetable juices in canned fruits and vegetables only, or vinegar, either singly or in combination.

5.3.4 Where the content(s) of a package of food is/are expressed in terms of weight or volume, any variation below the quantity declared shall be in accordance with the requirements of the national competent authority.

5.4 Name and address

The name and physical address of the manufacturer, packer, distributor, importer, exporter, or vendor of the food shall be declared.

5.5 Country of origin

The country of origin of the food shall be declared in accordance with CRS 55-1 Labelling of goods general requirements.

5.6 Lot identification
Each container shall be embossed or otherwise permanently marked with a code to identify the producing factory and the lot.

5.7 Date marking and storage instructions

5.7.1 The following date marking shall apply, unless clause 5.7.1 (g) applies:

a) When a food must be consumed before a certain date to ensure its safety and quality the “Use–by Date” or “Expiration Date” shall be declared.

b) Where a “Use-by Date” or “Expiration Date” is not required, the “Best-Before Date” or “Best Quality Before Date” shall be declared.

c) The date marking shall be as follows:

1) On products with a durability of not more than three months the day and month shall be declared. The year shall also be declared when competent authorities consider consumers could be misled;

2) On products with a durability of more than three months at least the month and year shall be declared.

d) The date shall be introduced by the words:

1) “Use-by ” or “Expiration Date ” or Best before, or “Best Quality Before ” as applicable where the day is indicated; or

2) “Use-by end” or “Expiration date end” or “Best before end” or “Best Quality Before end ” as applicable in other cases.

e) The words referred to in 5.7.1 (d) shall be accompanied by either:

1) the date itself; or

2) a reference to where the date is given.

f) The day and year shall be declared by uncoded numbers with the year to be denoted by 2 or 4 digits, and the month shall be declared by letters or characters or numbers. Where only numbers are used to declare the date or where the year is expressed as only two digits, the national competent authority should determine whether to require the sequence of the day, month, year, be given by appropriate abbreviations accompanying the date mark.

EXEMPLARY DD/MM/YYYY or YYYY/DD/MM.

g) Provided that food safety is not compromised, the provision in 5.7.1 (a) or 5.7.1 (b) is not required for a food if one or more of the following criteria apply:

1) Where safety is not compromised and quality does not deteriorate because the nature of the food is such that it cannot support microbial growth

EXAMPLE

— Wines, liquer wines, sparkling wines, aromatized, fruit and sparkling fruit wines;
— non-iodized food grade salt; non-fortified solid sugars;
— confectionery products consisting of flavoured and / coloured sugars;
— chewing gum.
2) Where deterioration is clearly evident by physical examination at the point of purchase, such as raw fresh produce that has not been subject to processing and presented in a manner that is visible to the consumer;

EXAMPLE fresh fruit and vegetables, including tubers, which have not been peeled, cut or similarly treated.

3) Where the key/organoleptic quality aspects of the food are not lost;

4) Where the food by its nature is normally consumed within 24 hours of its manufacture, such as some bakers’ or pastry-cooks’ wares.

In such cases, the “Date of Manufacture” or the “Date of Packaging” shall be provided.

h) A “Date of Manufacture” or a “Date of Packaging” may be used in combination with 5.7.1 (a) or (b). It shall be introduced with the words “Date of Manufacture”, or “Date of Packaging”, as appropriate, and use the format provided in clause 5.7.1(f).

5.7.2 In addition to the date set out in 5.7.1, any special conditions for the storage of the food shall be declared on the label where they are required to support the integrity of the food and, where a date mark is used, the validity of the date depends thereon.

5.8 Instructions for use

Instructions for use, including reconstitution, where applicable, shall be included on the label, to ensure correct utilization of the food.

5.9 Nutrition Facts

All prepackaged foods shall have “Nutrition Facts” in accordance with relevant standards on nutritional labelling.

6 Additional requirements

6.1 Quantitative Ingredients Declaration (QUID)

6.1.1 The ingoing percentage of an ingredient, including compound ingredients or categories of ingredients, by weight or volume as appropriate, at the time of manufacture, shall be disclosed for foods sold as a mixture or combination where:

a) the ingredient is emphasised as present on the label through words or pictures or graphics;

b) the ingredient is not within the name of the food, is essential to characterise the food; and

c) is expected to be present in the food by consumers in the country where the food is sold;

or
d) the omission of the quantitative ingredient declaration would mislead or deceive the consumer.

Note For the purpose of Quantitative Ingredient Declaration, “category of ingredients” means the generic term which refers to the class name of an ingredient and/or any similar common term(s) which are used in reference to the name of a food.

6.1.2 The disclosure as at 6.1.1 shall not be required:
a) where the ingredient is used in small quantities for the purpose of flavouring; or
b) where relevant national, regional or international commodity specific standards conflict with the requirements described at 6.1.1.

6.1.3 With respect to 6.1.1(a) where there is a reference, in the name of the food, to an ingredient or category of ingredients, this shall not of itself require quantitative ingredient declaration if:

a) that reference would not mislead or deceive the consumer; or
b) would not be likely to create an erroneous impression to the consumer, regarding the character of the food in the country of marketing because the variation in quantity of the ingredient(s) between products is not necessary to characterise the food or distinguish it from similar foods.

6.1.4 The information required in Section 6.1.1 and 6.1.3 shall be declared on the product label as a numerical percentage. The ingoing percentage, by weight or volume of each such ingredient, as appropriate, shall be given on the label:

a) in close proximity to the words or pictures or graphics emphasising the particular ingredient; or
b) beside the name of the food; or
c) adjacent to each appropriate ingredient listed on the ingredient list: as a minimum percentage where emphasis is on the presence of the ingredient; or
d) a maximum percentage where emphasis is on the low level of the ingredient.

6.1.5 For foodstuffs which have lost moisture following heat or other treatment, the percentage, by weight or by volume, shall correspond to the quantity of the ingredients used, related to the finished product.

6.1.6 When the quantity of an ingredient or the total quantity of all ingredients expressed on the labelling exceeds 100%, the percentage may be replaced by the declaration of the weight of the ingredients used to prepare 100 g of finished product.

6.2 Irradiated foods

6.2.1 Food which has been treated with ionizing radiation shall:

a) carry a written statement on its label indicating that treatment in close proximity to the name of the food or
b) use the international food irradiation symbol, as shown in Figure 1, in close proximity to the name of the food.
6.2.2 When an irradiated product is used as an ingredient in another food, this shall be declared in the list of ingredients.

6.2.3 When a single ingredient product is prepared from a raw material which has been irradiated the label of the product shall contain a statement indicating the treatment.

6.3 Organically produced foods

6.3.1 Where a product or its ingredients are described by the terms “organic”, “biological”, “ecological”, “bio-dynamic” or words of similar intent, they shall be regarded as having an indication referring to organic production methods.

6.3.2 Organically produced foods shall be certified by a competent authority, as complying with the requirements specified in the CRCP 09 Organic Production and Processing or any other equivalent standard.

6.4 Foods for special dietary uses

Labelling requirements for foods for special dietary uses shall be in accordance with CODEX STAN 146.

6.5 Food additives

Labelling requirements for foods for food additives shall be in accordance with Annex B.

6.6 Front of package nutritional labelling

Where the application of a Front of package nutritional labelling system is being considered see Annexes C and D for details and guidance.

7 Exemptions from labelling requirements

With the exception of spices and herbs, small units of pre-packaged foods, where the largest surface area is less than 10 cm², may be exempted from the requirements of clauses 5.2 and 5.6 to 5.8.

8 Presentation of labelling information

8.1 General

8.1.1 Labels on pre-packaged foods shall be applied in such a manner that they shall not become separated from the container.

8.1.2 Statements required to appear on the label by virtue of this standard shall be clear, prominent, indelible and readily legible by the consumer under normal conditions of purchase and use.
8.1.3 Where the container is covered by a wrapper, the wrapper shall carry the necessary information or the label on the container shall be readily legible through the outer wrapper and not be obscured by the wrapper.

8.1.4 The name and net contents of the food including the front of package nutritional labelling where applicable, shall appear in a prominent position and in the same field of vision on the main panel.

9 Language

9.1 The labelling requirements specified in this standard shall be in the official language(s) of the country in which the product is being sold.

9.2 All numeric values must be expressed in Arabic numerals.
Annex A  
(normative)  
Requirements for the use of claims on labels

A.1 Non-permissible Claims
The following nutrition claims or health claims shall not be made:

a) claims stating that any given food will provide an adequate source of all essential nutrients, except in the case of well defined products for which the national and, where applicable, regional competent authority permits this claim, or where appropriate international scientific consensus exists that the product is an adequate source of all essential nutrients;

b) claims implying that a balanced diet cannot supply adequate amounts of all nutrients;

c) claims which cannot be substantiated;

d) claims as to the suitability of a food for use in the prevention, alleviation, treatment or cure of a disease, disorder or particular physiological condition, unless specifically permitted by the national, and, where applicable, regional competent authority;

e) claims which could give rise to doubt about the safety of similar foods or which could arouse or exploit fear in the consumer;

f) claims which are potentially misleading.

EXAMPLE 1 Meaningless claims, including incomplete comparatives and superlatives.
EXAMPLE 2 Claims as to good hygiene practice, such as wholesome, healthful and sound.

A.2 Conditional Claims
The following nutrition claims and health claims shall be permissible subject to the particular condition attached to each:

a) an indication that a food has obtained an increased or special nutritive value by means of the addition of nutrients, such as vitamins, minerals and amino acids, shall be given if such an addition has been made on the basis of nutritional considerations elaborated by the national competent authority and are consistent with the relevant legislation;

b) an indication that the food has special nutritional qualities as a result of the reduction or omission of a nutrient shall be on the basis of nutritional considerations elaborated by a national competent authority and are consistent with the relevant legislation;

c) terms such as natural, pure, fresh, homemade shall only be used when the product satisfies the definitions for these terms, as defined by the national and, where applicable, regional competent authority;

d) religious or ritual preparation of a food, provided that the food conforms to the requirements of the appropriate religious or ritual authorities;
e) an indication that a food has special characteristics when all such foods have the same characteristics;

f) an indication of the absence or non-addition of particular substances to food, provided that it is not misleading and provided that the substance meets all of the following criteria:
   1) is not subject to specific requirements in any national or regional standard;
   2) is one which consumers would normally expect to find in the food;
   3) has not been substituted by another, giving the food equivalent characteristics, unless the nature of the substitution is clearly stated with equal prominence;
   4) is one whose presence or addition is allowed in the food.

g) an indication of the absence or non-addition of one or more ingredients are regarded as a nutrition claim and requires that the product provides nutrition labelling in accordance with the requirements stated in 5.9.

A.3 Table A.3.1 gives examples for the inclusion of nutrition and health claims on labels.

<table>
<thead>
<tr>
<th>Type of claim</th>
<th>Claim</th>
<th>Component</th>
<th>Specific Claim</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition Claim</td>
<td>Nutrient content claim</td>
<td>Calcium</td>
<td>Food A is a source of calcium.</td>
</tr>
<tr>
<td></td>
<td>Comparative claim</td>
<td>Calcium</td>
<td>Food A contains x % more calcium than…</td>
</tr>
<tr>
<td></td>
<td>Nutrient function claim</td>
<td>Calcium</td>
<td>Calcium aids in the development of strong bones and teeth. Food A is a source of (or rich in) calcium.</td>
</tr>
<tr>
<td></td>
<td>Enhanced function claim</td>
<td>Calcium</td>
<td>Calcium may help to improve bone density. Food A is a source of/rich in calcium.</td>
</tr>
<tr>
<td></td>
<td>Nutrient content claim</td>
<td>Iron</td>
<td>Food B is a source of iron.</td>
</tr>
<tr>
<td></td>
<td>Comparative claim</td>
<td>Iron</td>
<td>Food B contains an increased content of iron.</td>
</tr>
<tr>
<td></td>
<td>Nutrient function claim</td>
<td>Iron</td>
<td>Iron is a factor in red blood cell formation. Food B is a source of (or rich in)iron.</td>
</tr>
<tr>
<td></td>
<td>Enhanced function claim</td>
<td>Iron</td>
<td>A good iron status may promote physical endurance. Food B is a rich source of(or rich in) iron.</td>
</tr>
<tr>
<td>Type of claim</td>
<td>Claim</td>
<td>Component</td>
<td>Specific Claim</td>
</tr>
<tr>
<td>---------------------</td>
<td>--------------------------------------------</td>
<td>-----------</td>
<td>-------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Health claim</td>
<td>Reduction of disease risk claim</td>
<td>Iron</td>
<td>Iron deficiency is common among women. Good dietary habits can reduce the risk of developing iron deficiency. Food B is an important source of the type of iron that is readily absorbed by the body.</td>
</tr>
<tr>
<td></td>
<td>Reduction of disease risk claim</td>
<td>Calcium</td>
<td>Sufficient calcium intake may reduce the risk of osteoporosis in later life. Food A is high in calcium.</td>
</tr>
<tr>
<td>Nutrition claim</td>
<td>Nutrient content claim</td>
<td>Folic Acid</td>
<td>Food C is a source of folic acid.</td>
</tr>
<tr>
<td></td>
<td>Comparative claim</td>
<td>Folic Acid</td>
<td>Food C contains x % more folic acid than…</td>
</tr>
<tr>
<td></td>
<td>Nutrient function claim</td>
<td>Folic Acid</td>
<td>Folic acid contributes to the normal growth of the fetus. Food C contains folic acid. Food C is a source of (or rich in) folic acid.</td>
</tr>
<tr>
<td>Health claim</td>
<td>Reduction of disease risk claim</td>
<td>Folic Acid</td>
<td>Folate may help to normalize plasma homocysteine levels.</td>
</tr>
<tr>
<td>Nutrition claim</td>
<td>Nutrient content claim</td>
<td>General Examples</td>
<td>Food D is high in fibre. Food D is low in fat.</td>
</tr>
<tr>
<td></td>
<td>Comparative claim</td>
<td>General Examples</td>
<td>Component X has been reduced in Food E. Food E contains less component X than…</td>
</tr>
<tr>
<td></td>
<td>Nutrient function claim</td>
<td>General Examples</td>
<td>Protein helps build and repair body tissues. Vitamin E protects the fat in body tissues from oxidation. Certain non-digestible oligosaccharides improve the growth of specific bacterial flora in the gut.</td>
</tr>
<tr>
<td>Health claim</td>
<td>Reduction of disease risk claim</td>
<td>General Examples</td>
<td>A diet low in saturated fat may reduce the risk of heart disease. Food G is low in saturated fat.</td>
</tr>
</tbody>
</table>

NOTE: The use of these examples does not represent an endorsement of the specific claims listed in the Table A.3.1.
Annex B
(normative)

Labelling of food additives

B.1 General

The term “x flavour” is permitted to be used to describe a flavour which is not derived from, but reproduces the flavour of “x”.

NOTE Sodium chloride is not included as an additive to which these specifications apply.

B.2 Labelling of pre-packaged food additives sold by retail

B.2.1 Food additive labelling requirements

The labels of all food additives sold for retail shall carry the information required by B.2.2 to B.2.5, as applicable to the food additive being labelled.

B.2.2 Details of the food additive

B.2.2.1 The name of each food additive present shall be given. The name shall be specific and not generic and shall indicate the true nature of the food additive. Where a name has been established for a food additive in a CODEX Alimentarius list of additives, that name shall be used. In other cases, the common or usual name shall be listed or, where none exists, an appropriate descriptive name shall be used.

B.2.2.2 If two or more food additives are present, their names shall be given in the form of a list in the order of proportion by weight, which each food additive bears to the total contents of the container.

The food additive present in the greatest proportion by weight shall be listed first.

Where one or more of the food additives is subject to a quantitative limitation in a food covered by a national standard, the quantity or proportion of that additive shall be stated.

If food ingredients are part of the preparation, they shall be declared in the list of ingredients in descending order of proportion.

B.2.2.3 In the case of mixtures of flavourings in herbs and spices, but not to flavour modifiers, the name of each flavouring present in the mixture is not required. The generic expression “flavour” or “flavouring” is permitted together with a true indication of the nature of the flavour. The expression “flavour” or “flavouring” may be qualified by the words “natural”, “natural–identical”, “artificial”, or a combination of these words as appropriate.

B.2.2.4 Food additives with a shelf-life not exceeding 18 months shall carry the date of minimum durability.

B.2.2.5 The words “For Food Use” or a similar statement shall appear in a prominent position on the label.
B.2.3 Instructions on storage and use

Adequate information shall be given about the manner in which the food additive is to be stored and used in food.

B.2.4 Net content

The net content shall be declared in the metric system of measurement in the following manner:

a) by volume or weight, for liquid food additives;

b) by weight for solid food additives, other than those sold in tablet form;

c) either by weight or volume for semi-solid or viscous food additives;

d) by weight together with the number of tablets in the package for food additives sold in tablet form.

B.2.5 Lot identification

Each container shall be coded or un-coded to identify the producing factory and the lot.

B.3 Labelling of pre-packaged food additives sold other than by retail

The labels of all food additives sold other than by retail shall carry the information stated in B.2 except that:

a) where the food additives in non-retail containers are intended for further industrial processing, the required information, other than that described in B.2.2.2 and B.2.2.5, is allowed on the documents relating to the sale; or

b) where one or more food additives is subject to a quantitative limitation in a food to be sold, the quantity or proportion of that additive and or adequate instruction to enable compliance with the limitation, shall be given.

B.4 Presentation of information

Statements required to appear on the label are not permitted to be obscured by designs or by other written, printed or graphic matter and shall be on contrasting background. The letters in the name of the food additive shall be in a size equivalent to the most prominent printed matter on the label. The name and net content shall appear on the main panel of the label.
Annex C
(informative)

Principles for front of package nutritional labelling

C.1 All pre-packaged food with front of package nutritional labelling (FOPL) should have a complete back of panel “Nutrition Facts” in accordance with relevant standards on nutritional labelling, provided that

a) sodium, sugars, other sweeteners, fats, saturated fats or trans fats have been added in the process of development of the product or to one or more of its ingredients and/or that the product contains free sugars,

b) the content of sodium, free sugars, fats, saturated fats or trans fats in its final composition are equal to or exceed the values as established in Table C.1.

c) The energy conversion factors in Table D.1 should be used for calculating energy values.

NOTE See D.3 for examples to determine the excess nutrient content using the energy conversion factor.

d) Free sugar content should be estimated based on the method in Table D.3.

e) The front-of-package nutritional labelling to be incorporated in pre-packaged products should comply with the provisions of this Annex.

f) The processors, importers, manufacturers, producers, distributors and/or packagers, will have the responsibility of compliance, veracity and legibility of the front-of-package nutritional labelling of the food.

g) Criteria for defining products excessive in sodium, free sugars, other sweeteners, total fat, saturated fat, trans-fat and other sweeteners are given in Table C.1

Table C.1.1 - Criteria for defining products excessive in sodium, free sugars, other sweeteners, total fat, saturated fat and trans-fat

<table>
<thead>
<tr>
<th>Sodium</th>
<th>Free Sugars</th>
<th>Other Sweeteners</th>
<th>Total fat</th>
<th>Saturated fat</th>
<th>Trans-fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>≥1 mg of sodium per 1 kcal or ≥100 mg per 100 g</td>
<td>≥10% of energy provided by the product from free sugars</td>
<td>Any amount of other sweeteners</td>
<td>≥30% of energy provided by the product from total fat</td>
<td>≥10% of energy provided by the product from saturated fat</td>
<td>≥1% of energy provided by the product from trans fat</td>
</tr>
</tbody>
</table>

C.2 The following foods without added sodium, sugars, fat or saturated fats are excluded from the nutrient profile model:

---

1 Source: Pan American Health Organization Nutrient Profile Model
a) bulk or packaged white, parboiled, and wholegrain rice;
b) whole grains of wheat and other cereals;
c) granola made from cereal grains, cassava, corn, or wheat grits and flours;
d) all types of beans; lentils, pigeon peas, chickpeas, and other legumes;
e) dried fruits, fresh or pasteurized fruit juices without added sugars;
f) nuts, peanuts, and other oilseeds without added salt;
g) fresh and dried mushrooms and other fungi;
h) fresh, frozen, dried beef, pork, poultry and other meat and fish;
i) pasteurized, UHT liquid and powdered milk;
j) fresh and dried eggs, yogurt; and tea, herbal infusions, coffee, and tap, spring, and mineral water.
k) Culinary ingredients: where the product(s) are intrinsically fat, salt and/or sugar such as:

1) Oils made from soybeans, corn, sunflower, or olives;
2) butter, lard, coconut fat;
3) white, brown, and other types of sugar and honey;
4) refined or coarse salt;
5) sweetened condensed milk

C.3 The product should have a front-of-package nutritional label for sodium, free sugars, other sweeteners, total fat, saturated fat and trans-fat if it exceeds the respective criteria as in Table C.1.

C.3.1 The front-of-package nutritional warning labelling shall consist of symbols with octagonal design and black background and white border, which shall contain the expression “HIGH IN” followed by the corresponding nutrient: TOTAL FAT, SATURATED FAT, TRANS-FAT, SUGARS or SODIUM. See Figure C.1 for examples of national labelling symbols. It will include a symbol for each nutrient that is in excess. The text shall be written in white capital letters. In addition, in the same symbol, the name of the national competent authority shall be written in white letters.

![Figure C.1- Sample of nutritional labelling symbols](image)

An independent octagon must be used for each critical nutrient that exceeds the limits established in Table C.1 of this standard. The nutritional labelling should be placed on the main panel of the container preferably in the upper part, using the dimensions established in Table C.2. The octagons should be isolated from the other elements of the main panel by a white background as shown in Figure C.2. Warning labels shall be visible and placed on the principle panels of labels having an area less than 30 cm². In the case of
containers in which the main panel is less than 30 cm², the front-of-package nutritional labelling should be included in the larger package containing them, but visible to consumers.

C.3.2 If the front-of-package nutritional labelling is required for more than one critical nutrient, the symbols should be placed one next to the other.

C.3.3 Front-of-package nutritional labelling should be included in the packaging indelibly and may not be partially or totally covered by any other element. In the case of imported products, the use of indelible stickers on the label is permitted, provided that they meet the requirements of characteristics, size and location established in this Annex.

Table C.2 - Dimensions of the front-of-package nutritional warning labelling according to the area of the main face of the package.

<table>
<thead>
<tr>
<th>Area of the main panel of the container</th>
<th>Dimensions of each of the nutritional warning symbols</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 30 cm²</td>
<td>The secondary container must be labelled according to the area of its main face</td>
</tr>
<tr>
<td>Greater than or equal to 30 cm²</td>
<td>nutritional warning symbols must be clearly and legibly identified in proportion to the size of the packaging</td>
</tr>
</tbody>
</table>
C.3.4 The graphic characteristics of the nutritional warning symbols indicated in Figure C.1 shall be the following:

![Nutritional Warning Symbol]

**Key**

**Elements**

1. Octagonal base containing the message.
2. Descriptor’s main message.
3. Signature of the name of the “national competent authority”
4. Double white border separated by a black line
5. White background isolating the icon from the package

**Figure C.2 - Elements of the nutritional warning symbol**
i. Proportions of the nutritional warning symbols are specified in Figure C.3:

![Diagram showing proportions of nutritional warning symbols](image)

**Figure C.3** - Proportions of the nutritional warning symbols

ii. Color of the health warning symbol:

The whole iconography of the symbol is composed of the color:

<table>
<thead>
<tr>
<th>C</th>
<th>M</th>
<th>Y</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0</td>
<td>0</td>
<td>100</td>
</tr>
</tbody>
</table>

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Figure C.4 - Color example of Front of pack nutritional labelling

iii. Font: The font used in the iconography belongs to the "Arial" family, particularly in its "bold" format.

ABCDEFGHIJK
LMNOPQRSTUVWXYZ

Figure C.5 – Front of package label font example

iv. Labelling of more than one health warning symbol: Pre-packaged foods that require more than one nutritional labelling symbol, must include them in accordance with the following examples:

1) C. 9.5.1. Labelling with two nutritional labelling symbols:

Figure C.6 - Labelling with two nutritional labelling symbols

C. 9.5.2. Labelling with three nutritional labelling symbols:

Figure C.7 - Labelling with three nutritional labelling symbols, format 1
v. Minimum Size: When labelling with the minimum size descriptor is applicable – 1.5 cm high/1.5 cm wide –, "Ministry of Health" may be changed to "MOH". Example:

vi. Position suggestion for the label's main front: It is suggested that the position of the descriptor or descriptors to be labeled, as the case may be, should be at the higher right corner of the label's main front.
Figure C.11. Examples of position for descriptors on different types of packaging
Annex D
(informative)

Calculations for energy values and estimation of free sugar content for Front of package nutritional labelling

D.1 General statement
As a result of its alignment with the World Health Organisation Population Nutrient Intake Goals (WHO PNIGs), and based on examination of food labels or equivalent sources of information, the Pan American Health Organisation Nutrient Profile (PAHO NP) Model classifies processed and ultra-processed products as in Table C.1.

D.2 Energy value conversion factor
The calculation of the energy values shall be done in accordance with conversion factors as in Table D.1.

<table>
<thead>
<tr>
<th>Nutrient content</th>
<th>Energy conversion factor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugars</td>
<td>4 kcal / g</td>
</tr>
<tr>
<td>Fat</td>
<td>9 kcal / g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>9 kcal / g</td>
</tr>
<tr>
<td>Trans Fatty Acids</td>
<td>9 kcal / g</td>
</tr>
</tbody>
</table>

D.3 Worked examples for calculating excess nutrient content for front of package nutritional labelling is provided in Table D.2.

D.3.1 Worked examples for calculating excess nutrient content for front of package nutritional labeling is provided in Table D.2.

The calculations can be performed either from the values per 100 g or from the values per serving. The same results are obtained.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Energy value per 100 g</th>
<th>Energy value per Serving (7 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>512.6 kcal</td>
<td>35.9 kcal</td>
</tr>
<tr>
<td>Total fat</td>
<td>26 g</td>
<td>1.82 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>7.4 g</td>
<td>0.518 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>1.0 g</td>
<td>0.07 g</td>
</tr>
</tbody>
</table>
D.3.2 Determination of the Sodium : Energy Ratio

The sodium energy ratio is calculated as follows:

Sodium: energy ratio = sodium content in mg / energy content in a given quantity of product
If 100 g is used:
Sodium: energy ratio = (0.2 ×1000) / 512.6 = 0.4
OR
If serving quantity is used:
Sodium: energy ratio = (0.014 ×1000) / 35.9 = 0.4

D.3.3 Sodium front of package nutritional labelling message conclusion

If the sodium content exceeds 1 mg per kcal or 300 mg / 100 g of the product a "High In" sodium label is required.

D.3.4 Determination of the percentage of energy contribution from added sugars

Percentage of energy from added sugar = [(sugar content in g multiplied by 4) / energy content in a given quantity of product] ×100
If 100 g is used:
Percentage of energy from added sugar = [(23.9 ×4) / 512.6] × 100 = 18.6%
OR
If serving quantity is used:
Percentage of energy from added sugar = [(1.673 ×4) / 35.9] ×100 = 18.6%

D.3.5 Sugar FOPL warning message conclusion

Energy contribution from sugar exceeds or is equal to 10%, therefore a "High in" warning message is required for sugars.

* If the total sugar is declared by manufacturer then refer to Table D.3 to determine amount of added sugars.

D.3.6 Determination of the percentage of energy contribution from fat

Percentage of energy from fat = [(fat content in g multiplied by 9) / energy content in a given quantity of product] × 100
If 100 g is used:
Percentage of energy from fat = [(26 × 9) / 512.6] × 100 = 45.6%

2 Assuming this is added sugar
OR

If serving quantity is used:

Percentage of energy from fat = \([1.82 \times 9] / 35.9 \times 100 = 45.6\%\)

D.3.7 Fat FOPL warning message conclusion

Energy contribution from fat exceeds or is equal to 30%, therefore a “High in” warning message is required for fat.

D.3.8 Determination of the percentage of energy contribution from saturated fat

Percentage of energy from saturated fat = [(saturated fat content in g multiplied by 9) / energy content in a given quantity of product] \(\times 100\)

If 100g is used:

Percentage of energy from saturated fat = \([(0.518 \times 9)] / 512.6 \times 100 = 12.99\%\)

OR

If serving quantity is used:

Percentage of energy from saturated fat = \([(0.518 \times 9)] / 35.9 \times 100 = 12.99\%\)

D.3.9 Saturated Fat FOPL warning message conclusion

Energy contribution from saturated fat exceeds or is equal to 10%, therefore a “High in” warning message is required for saturated fat.

D.3.10 Determination of the percentage of energy contribution from trans fat

Percentage of energy from trans fatty acids = [trans fatty acid content in g multiplied by 9) / energy content in a given quantity of product] \(\times 100\)

If 100 g is used:

Percentage of energy from trans fatty acid = \([(1.0 \times 9)] / 512.6 \times 100 = 1.8\%\)

OR

If serving quantity is used:

Percentage of energy from trans fatty acid = \([(0.07 \times 9)] / 35.9 \times 100 = 1.8\%\)

D.3.11 Trans fatty acid FOPL warning message conclusion

Energy contribution from trans fatty acid exceeds or is equal to 1 %, therefore a “High in” warning message is required for trans fatty acid.

D.4 Free sugar estimation

Free sugars shall be estimated using the method given in Table D. 3.

Table D. 3

Method for estimating free sugars based on the amount of total sugars declared on food/beverage product packaging
<table>
<thead>
<tr>
<th>If the manufacturer declares …</th>
<th>Then estimated free sugars equal …</th>
<th>Examples of products</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 g of total sugars</td>
<td>0 g</td>
<td>Canned fish</td>
</tr>
<tr>
<td>Added sugars</td>
<td>Declared added sugars</td>
<td>Any product that declares added sugars</td>
</tr>
<tr>
<td>Total sugars, and the product is part of a group of foods with no or a minimal amount of naturally occurring sugars</td>
<td>Declared total sugars</td>
<td>Regular soft drinks, sport drinks, sweet biscuits, breakfast cereals, chocolate, and savoury and sweet biscuits</td>
</tr>
<tr>
<td>Total sugars and the product is yogurt or milk, with sugars in the list of ingredients</td>
<td>50% of declared total sugars</td>
<td>Flavored milk or yogurt</td>
</tr>
<tr>
<td>Total sugars, and the product is a processed fruit item with sugars in the list of ingredients</td>
<td>50% of declared total sugars</td>
<td>Fruit in syrup</td>
</tr>
<tr>
<td>Total sugars, and the product has milk or fruit in the list of ingredients</td>
<td>75% of declared total sugars</td>
<td>Cereal bar with fruit</td>
</tr>
</tbody>
</table>

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CROSQ is mandated to represent the interest of the region in international and hemispheric standards work, to promote the harmonization of metrology systems and standards, and to increase the pace of development of regional standards for the sustainable production of goods and services in the CARICOM Single Market and Economy (CSME), and the enhancement of social and economic development.

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The premier CARICOM organisation for the development and promotion of an Internationally Recognised Regional Quality Infrastructure; and for international and regional harmonized CARICOM Metrology, Standards, Inspection, Testing and Quality Infrastructure

CROSQ MISSION:

The promotion and development of standards and standards related activities to facilitate international competitiveness and the sustainable production of goods and services within the CARICOM Single Market and Economy (CSME) for the enhancement of social and economic development.