



AGRICULTURE AND FOOD DEVELOPMENT AUTHORITY

The Irish Agriculture and Food Development Authority

Food Labelling & the New Food Information Regulation

Carmel Farrell & Ita White
Food Industry Development
Teagasc



The Irish Agriculture and Food Development Authority

Food Labelling

What?
Where?
How?

Food Labelling Regulations

The Name of the Food
Ingredient Listing and Quantitative Ingredient Declaration (QUID)
Allergens Labelling
Additives
Date of Minimum Durability (shelf-life)
Storage & Instructions for Use
Quantity Control and Lot Marking
Nutrition Labelling
Product Composition and Additional Labelling
Health and Nutrition Claims (later)

Future changes under the Food Information Regulation



Key Principles

Must not mislead the consumer

- Accurate, clear & easy to understand

Allow consumer to make informed choices

- balanced and healthier dietary choices

Mandatory data

Voluntary/optional data

Mandatory Information

Name of the food*

List of ingredients

Ingredients/processing aids causing allergies/intolerances (14)

Quantity of ingredients

Net quantity of food*

Date of minimum durability*

Special storage conditions/conditions of use

Lot number

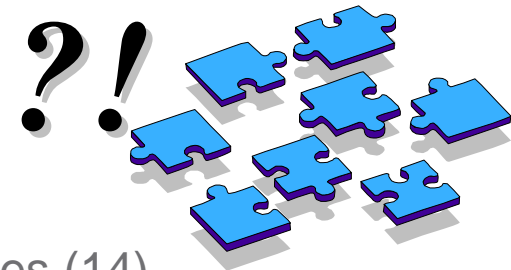
Business name & address

Country of origin where required

Instructions for use

Alcoholic strength by volume (where >1.2%)*

[Note: other specific requirements & exemptions]



* Information that should appear in the same field of vision

Legal Name

Name prescribed by law, or Customary Name or Descriptive Name

(By Law) If you use a “Protected Name” meet the compositional criteria

- Jam, Chocolate....

Customary Name over time accepted by the general public (soda bread, porridge..?)

Descriptive Name needed for *Irish Stew*, enough to give true nature of the food as recipe changes

Include physical condition, treatment if to omit would mislead

- Frozen/ Refrozen, Powdered, with added Sugar(s) and Sweeteners

Trade Names, Brand Names, Fancy Names not a substitute for Legal name



HOMOGENISED PASTEURISED SEMI SKIMMED MILK

Ingredient List

List in descending order of weight at mixing bowl stage..

Compound Ingredient:
List constituents

INGREDIENTS	
Pork (42%)	Vegetable Oil
Wheatflour	Potato Starch
Bonestock Jelly	Salt
Pork Lard	Rusk
Cranberries (9%)	White Pepper
Pork Fat	Dextrose
Cranberry Jelly	Nutmeg

Bonestock Jelly contains Water · Pork Gelatine · Pork Stock · Salt.

Cranberry Jelly contains Water · Sugar · Cranberry Concentrate · Pork Gelatine · Salt.

Rusk contains Wheatflour · Salt.

CONTAINS Wheat, Gluten.

No artificial colours or flavourings, or hydrogenated fat.

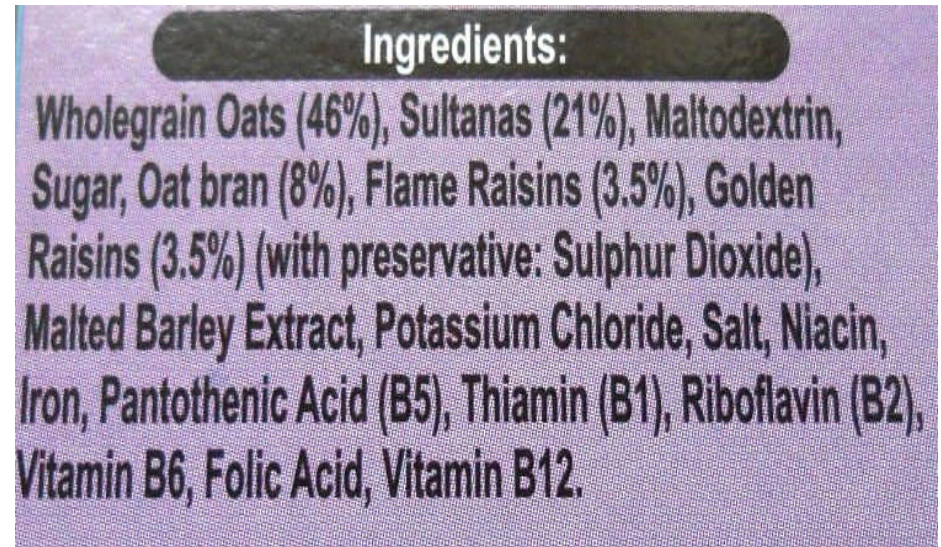
Quantitative Ingredient Declaration 'QUID'

Quantity of ingredient as a % where..

Ingredient included in name of food
(**ham pizza**)

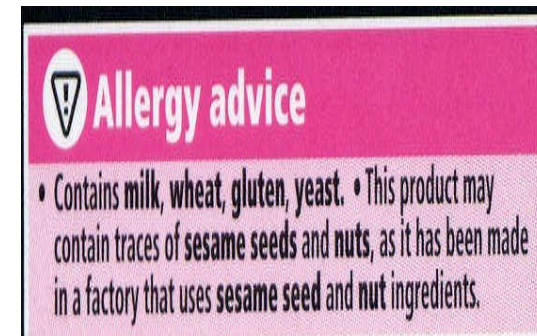
Ingredient emphasised by words,
pictures or graphics
(**with cheese**)

Ingredient is associated with name
(**summer pudding** => fruit content
must be quantified)



Allergens

- Cereals containing gluten (specified)
- Crustaceans
- Eggs
- Fish
- Peanuts
- Soybeans
- Milk (including lactose)
- Nuts (specified)
- Celery
- Mustard
- Sesame seeds
- Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/l expressed as SO₂
- Lupin
- Molluscs
- ... and products thereof



Recent Allergen Related Recalls

- **Undeclared Egg** in Certain Specially Selected Pestos and a Pasta Sauce Sold by Aldi, *November 2012*
- **Undeclared Milk** in Walkers Lights Sour Cream and Chive Flavour Crisps Sold in Variety 6 Pack, *November 2012*
- **Inconsistent Wheat, Milk and Egg Labelling** on Centra Chocolate Chip Cookies, *September 2012*
- **Inconsistent Egg Allergen Labelling** on Supervalu Nice Price Milk Chocolate Wafer Biscuit, *June 2012*
- **Inconsistent Celery Allergen Labelling** on Supervalu and Centra Branded Italian Bolognese Ravioli, *30 March 2012*
- **Undeclared Peanuts** in Polish Marshmallow Vanilla Confectionary, *March 2012*
- **Undeclared Wheat and Gluten** in a Batch of Weetabix Oatibix Bites Sultana and Apple, *February 2012*

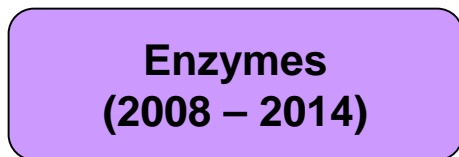
Additives

Technological need

No health hazard at level of use

Their use should not mislead the consumer

Must have advantages & benefits to consumer

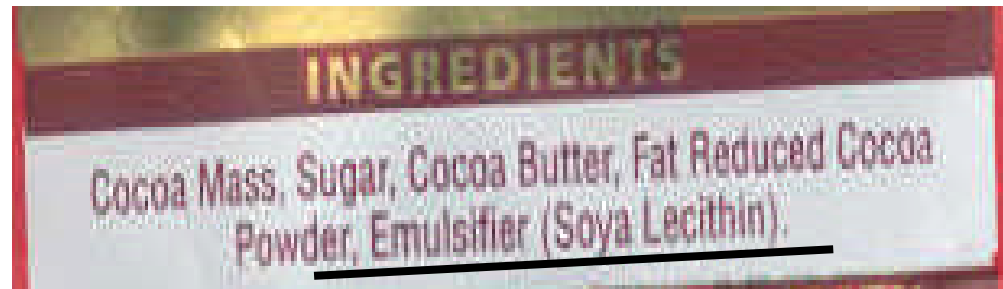


Additives

Declare by category name, followed by
E number or legal name

Emulsifier: Lecithin

Emulsifier: (E 322)



Colour: ammonia caramel

Colour: E 150c

Powder, Emulsifier (E322), Sugar, Cadbury's Mini Eggs [with Emulsifier (E442), Flavourings, Colours (E120, E150(c), E160(a), E163)], Glucose Syrup, Wheatflour, Butter, Vegetable and

Durability Date

“Use by Date” given as **day and month** only

“Best Before” format depends on shelf-life of product

Shelf-life 3 months or less state as:

Best before end followed by **Day and Month**

Shelf-life more than 3 months but less than 18 months state as:

Best before end followed by **Month and Year**

Shelf-life greater than 18 months state as **Month and Year** or
Year only (2012)

Plus Storage Conditions

Storage & Instructions for Use



Best served chilled.
After opening, store
product in refrigerator
and use within 4 days.

To prepare...


Tastiest when GRILLED STRAIGHT FROM THE FREEZER.

 Medium Grill | **20 mins** | Pre-heat grill. Turn occasionally, cook until crisp and golden.


Alternatively, oven bake

 220°C Fan 200°C Gas Mark 7 | **25 mins** | Pre-heat oven. Place on a baking tray in middle of oven. Turn once, cook until crisp and golden.

- Please ensure food is cooked until piping hot.
- The above instructions are guidelines only.
- Do NOT refreeze after defrosting.

 **IMPORTANT** Although extra care has been taken to remove all bones, some small ones may remain.

STORAGE

 For Use By, see front of pack. Keep refrigerated 0°C to +5°C. Not suitable for freezing.

Lot Marking & Quantity

EC based average system of Quantity Control 'e' mark applies
5 g – 10kg or 5 ml. – 10 ml.

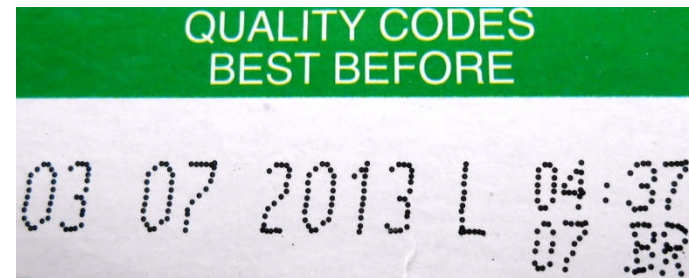
Name and Address of
Manufacturer or Packer
in the EU

4x90g, 360g e



Bar coding

Traceability



Identification Mark/ Approval Number

EU Identification Mark comprising:

- Country code e.g. UK, IE
- Establishment number e.g. AZ020
- EC (European Commission indication)



Nutrition Declaration

Group 1 and Group 2

Group 1 format

Nutrition Information	Average values per 100g
Energy	170kJ/40kcal
Protein	2.0g
Carbohydrate	5.3g
Fat	1.2g

Group 2 format

Nutrition Information	Per 100g	Per serving (40g)
Energy	1150 kJ/270 kcal	700 kJ/170 kcal
Protein	13g	9g
Carbohydrate	46g	25g
(of which sugars)	(18g)	(14g)
Fat	3.5g	1.4g
(of which saturates)	(0.6g)	(0.2g)
Fibre	29g	12g
Sodium	0.9g	0.4g

Nutrition Declaration

Group 2 Format

'Per 100g/100ml and may optionally be declared per portion

Table 2 – Nutrition Labelling in Group 2 format

Nutrition Information	Per 100g	Per serving (40g)
Energy	1150kJ/270kcal	700kJ/170kcal
Protein	13g	9g
Carbohydrate (of which sugars)	46g (18g)	25g (14g)
Fat (of which saturates)	3.5g (0.6g)	3.5g (1.5g)
Fibre	29g	12g
Sodium	0.9g	0.4g

**Salt must be declared
under FIR (Sodium x 2.5)**

Optional Nutrients

Polyols (g)

Starch (g)

Mono-unsaturates (g)

Poly-unsaturates (g)

Cholesterol (**mg**)

Specified Vitamins and Minerals

- Vitamins and minerals must be in significant amounts

Units and Recommended Daily Amounts are prescribed
(**RDA's**)

***Significant amount ~ 15% of the RDA
supplied by 100g or 100ml or pack***

RDA's – Vitamins

Nutrient	Current RDA	Revised RDA
Vitamin A (µg)	800	800
Vitamin D (µg)	5	5
Vitamin E (mg)	10	12
Vitamin K (µg)		75
Vitamin C (mg)	60	80
Thiamin (mg)	1.4	1.1
Riboflavin (mg)	1.6	1.4
Niacin (mg)	18	16
Vitamin B6 (mg)	2	1.4
Folic Acid (µg)	200	200
Vitamin B12 (µg)	1	2.5
Biotin (mg)	0.15	50
Pantothenic acid (mg)	6	6

**Must be used
from 31
October 2012 :**

RDA's – Minerals

Nutrient	Current RDA	Revised RDA
Potassium (mg)	-	2000
Chloride (mg)	-	800
Calcium (mg)	800	800
Phosphorous (mg)	800	700
Magnesium (mg)	300	375
Iron (mg)	14	14
Zinc (mg)	15	10
Copper (mg)	-	1
Manganese (mg)	-	2
Fluoride (mg)	-	3.5
Selenium (µg)	-	55
Chromium (µg)	-	40
Molybdenum (µg)	-	50
Iodine (µg)	150	150

**Must be used
from 31
October 2012**

Guideline Daily Amounts (GDAs)

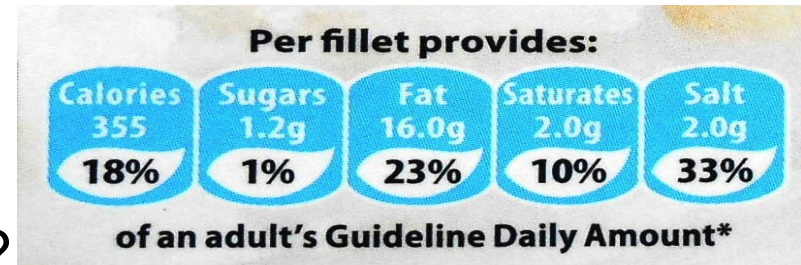
GDA discussion:

relation to 100 g/ml or per serving?

Mandatory or voluntary?

Location ?

Guidance for realistic portion sizes



Traffic lights out

Preferred option of health professionals



Review Packaging for Labelling Requirements



Additional product specific labelling requirements

Food of animal origin:

Beef

Eggs

Fishery and aquaculture products

Meat products

Milk and milk products

Poultry meat

Honey

Spreadable Fats



Other categories:

Foods for particular nutritional uses (PARNUTS)

Foods for which the manufacturer makes nutrition or health claims

Food supplements

Organic food

Novel Foods & Ingredients

GMO

Additional product specific labelling requirements

Fruit jam, jelly, marmalade and chestnut puree

Fruit juices

Cocoa and Chocolate

Coffee and Chicory

Foodstuffs Containing Quinine and/or Caffeine

Fruit Juices and Certain Similar Products

Olive Oil

Spirit Drinks

Sugar

Wine

Note: non exhaustive list

Labelling Requirements Update

New Regulation on the provision of **food information** to consumers published Nov 2011

Mainly applies from 13th December 2014

Nutrition labelling requirements apply from 13th December 2016
(If making a claim they apply from 2014)

Applies to all product information, not just labels

[Regulation (EU) 1169/2011 of the European Parliament and of the Council of 25 October 2011 on the provision of food information to consumers]

Labelling Requirements Update (changes)

Nutrition labelling compulsory

Country of origin labelling extended

Allergens must be indicated & clearly distinguished from other ingredients

Legibility requirements (font size)

Vegetable oils: specific vegetable origin must be indicated

Imitation foods: indication of expected ingredient/component substitution

Changes to meat & fish labelling requirements

e.g. composition of minced meat, formed foods

Distance selling

Further Information

FSAI Guidance Document:

Overview of Changes to Food Labelling Introduced Under the New Food
Information Regulation

Issue 1, July 2012

http://www.fsai.ie/resources_publications.html