

Codex food labelling – link to the consumer

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**World Health
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**Food and Agriculture
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the United Nations**

Overview

- Codex food labeling system - overview
- General standard
- Nutrition labeling
- Nutrition Claims
- Conclusion

Codex food labelling system

- **Standards**
 - labelling of: prepackaged foods, food additives when sold as such
 - Labelling and claims: for prepackaged foods for special dietary, for foods for special medical purposes
 - use of dairy terms
- **Guidelines**
 - claims
 - nutrition labelling
 - use of health and nutrition claims
 - use of the term 'halal'
 - production, processing, marketing and labelling of organically produced foods
 - Compilation of Codex texts relevant to the labelling of foods derived from modern biotechnology
- **NEW WORK:** clarify date marking rules to reduce food waste

Mandatory labelling of pre-packaged foods

- Name
- List of ingredients
- Allergenes
- Food additives/ processing aids
- Net contents
- Name and address (manufacturer, packer, distributor, importer, exporter or vendor)
- Country of origin (if omission would mislead or deceive the consumer)
- Lot
- Date marking
- QUID
- Irradiation

Nutrition labelling

- Mandatory for all foods for which health or nutrition claims are made and all other unless national circumstances would not support
 - Energy value, Protein, carbohydrate, fat, saturated fat, sodium and total sugars
 - Any other nutrient for which a health or nutrition claim is made OR
 - considered to be relevant for maintaining a good nutritional status, as required by national legislation or national dietary guidelines

Nutrition labelling NRV-R

Vitamins	
Vitamin A (µg)	800*
Vitamin D (µg)	5**
Vitamin C (mg)	60
Vitamin K (µg)	60
Thiamin (mg)	1.2
Riboflavin (mg)	1.2
Niacin (mg NE)	15**
Vitamin B6 (mg)	1.3
Folate (µg DFE)	400
Vitamin B12 (µg)	2.4
Pantothenate (mg)	5
Biotin (µg)	30
Minerals	
Calcium (mg)	1,000
Magnesium (mg)	300
Iron (mg)	14
Zinc (mg)	15
Iodine (µg)	150**
Copper	Value to be established
Selenium	Value to be established
Other	
Protein (g)	50

Nutrition labelling: NRV-NCD

- Saturated fatty acids 20 g
- Sodium 2000 mg

NRV-R under discussion

- Vitamin C from 60 to 100mg
- Iron 14mg or 22mg (depending on dietary absorption)
- Zinc 11mg or 14mg (depending on dietary absorption)
- NEW: Selenium at 60 μg
- NEW: Molybdenum at 45 μg
- NEW: Manganese at 3 mg
- Fluoride - NO

NRV-NCD under discussion

- Potassium 3500 mg

Nutrition claims

- The only nutrition claims permitted shall be those relating to **energy, protein, carbohydrate, and fat and components thereof, fibre, sodium and vitamins and minerals** for which Nutrient Reference Values (NRVs) have been laid down in the *Codex Guidelines for Nutrition Labelling*.



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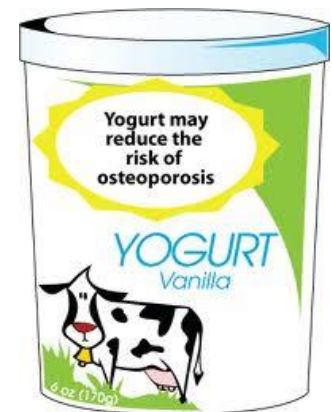
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Nutrition claims

- Energy, Fat, Saturated Fat, Cholesterol, Sugars: low/free
- Sodium: Low, very low, free
- Protein, Vitamins and Minerals, Dietary Fibre: source/high
- Comparative claims
- Non-addition of sugars, sodium salts,

Health claims - Definition

- Any representation that states, suggests, or implies that a relationship exists between a food or a constituent of that food and health:
 - **Nutrient function claims** – a nutrition claim that describes the physiological role of the nutrient in growth, development and normal functions of the body.
 - **Other function claims** – These claims concern specific beneficial effects of the consumption of foods or their constituents, in the context of the total diet on normal functions or biological activities of the body. Such claims relate to a positive contribution to health or to the improvement of a function or to modifying or preserving health.
 - **Reduction of disease risk claims** – Claims relating the consumption of a food or food constituent, in the context of the total diet, to the reduced risk of developing a disease or health-related condition..



Conclusion

- Codex has a comprehensive labelling system, however
 - There are no recommendations on symbols or signs or front of pack labelling
 - There are no recommendations on advertising
 - The term “natural” is not defined.
 - very general guidance on GM labelling