

Reduced Salt - Content foods — Specification

DKS 1089:2014

Technical committee representation

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Egerton University — Department of Human Nutrition
Consumer Information Network
Unilever (K) Ltd.
Nestle (K) Ltd.
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Foreword

This Draft Kenya Standard was developed by the Technical Committee on Nutrition and Foods for Special Dietary Uses under the supervision of the Standards Projects Committee and is in accordance with the Procedures of the Bureau.

A number of studies including those published by World Health Organization have demonstrated a direct relationship between salt and blood pressure and that decreasing salt intake reduces the long term risk of cardiovascular events and stroke. As a result, WHO has recommended reduced salt intake as a key strategy and an affordable public health intervention for cardiovascular diseases.

Due to increased awareness in the general population, the food industry is slowly and on voluntary basis reformulating their products and reducing salt as part of ingredients and attaching claims of reduced salt content. In addition, public health practitioners such as dietitians and nutritionists are encouraging populations to consume foods with low sodium content in an effort to prevent or manage cardiovascular related conditions.

As a way of providing for common understanding and ensuring that claims or declaration made on products, this standard provides the criteria for determining and categorising reduced salt content products and provides for the minimum mandatory labelling requirements that shall be applied on any food label that declares or claims any form of reduced salt content in its products. The standard may also be used as a basis of certifying products which may wish to claim on voluntary basis the aspects associated with reduced salt content.

During the preparation and revision of this standard reference was made to the following documents:

CODEX STAN 53 1981: Codex Standard for Special Dietary Foods with Low-Sodium Content (Including Salt Substitutes);

CAC/GL 2:1985, Rev 2013 Guideline on Nutrition labeling;

WHO report on Creating an enabling environment for population based salt reduction strategy, 2010

WHO report Reducing Salt Intake, 2007

WHO Resolution WHA 57.17 on Global Strategy on Diet, Physical Activity and Health and

WHO Resolution WHA 61.14 on Prevention and Control of non-communicable diseases

Acknowledgement is hereby made for the assistance derived from these sources.

This edition therefore cancels and replaces KS 1089:1993.

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1.1 Scope

This draft Kenya standard provides salt specification for products that are presented directly or indirectly or by implication as containing reduced salt content for the general population.

1.2 Application

This draft standard is applicable for use in products targeted for consumption by person from the age of 36 months and includes salt substitutes claiming low sodium contents.

2 Normative references

The following reference document is indispensable for the application of this standard. The latest edition of the document shall be used

KS EAS 38, *Labelling of pre-packaged foods — Specification*

3 Definitions

For the purposes of this standard, the following definitions shall apply:

3.1

reduced salt content products

food whose special dietary value results from the reduction, restriction, or removal of sodium.

3.2

Nutrient Reference Values – Non-communicable Disease (NRVs-NCD)

is a value that is based on levels of nutrients associated with the reduction in the risk of diet-related non-communicable diseases not including nutrient deficiency diseases or disorders.

4 Quality requirement

4.1 General requirement

4.1.1 a product claiming reduced salt content shall comply with the relevant Kenya standard for quality, compositional and safety requirements;

4.1.2 All products claiming reduced salt content shall comply with the provision of sodium specified in this standard

4.2 Specific requirements

Reduced salt content products shall be only in the categories and maximum levels provided in Table 1 below

Table 1 — Categories of reduced salt products

S. No.	Parameter	Requirement (Sodium)		Method of test
		mg/100g	% NRV-NCD ¹	
i)	Salt free content, Max	5	0.25	AOAC 984.27
ii)	Very Low salt content, Max	40	2	
iii)	Low Salt Content, Max	120	6	

¹ NRV-NCD for sodium is 2000 mg/day

5 Labelling

In addition to the requirements of KS EAS 38 the following information shall be provided to a product claiming reduced salt content:

5.1 The label shall declare the category of reduced salt as either 'low salt' or 'very low salt' or 'salt free'. This declaration shall be in close proximity to the name of the product;

5.2 Sodium shall be declared as part of nutrition content either as a numerical figure to the nearest multiple of 5 mg per 100 g or as a percentage to the Nutrient Reference Values – Non-communicable Disease (NRVs-NCD) without exceeding the limits provided in table 1 and, in addition per a specified serving of the food as normally recommended for consumption by the manufacturer.

6 Sampling

6.1 Any package/container drawn at random from a lot or batch shall constitute a representative sample of that lot or batch.

6.2 Sampling for reduced salt products shall be done in accordance with provision of sampling in the respective products standard.