



**The Gambia
Standards Bureau**

STANDARD FOR IODISED SALT

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The Technical Committee on National Food Standards which supervised the development of this Gambian Standard consists of representatives from the following organizations:

Food Safety and Quality Authority of The Gambia (FSQA)

National Beekeepers Association of The Gambia (NBAG)

National Nutrition Agency (NaNA)

Food Technology Services of Department of Agriculture (FTS-DoA)

Animal Health and Production Services (AHPS)

Plant Protection Services (PPS)

National Agricultural Research Institute (NARI)

National Association of Food Processors (NAFP)

National Poultry Farmers Association of The Gambia (NPFA)

National Women Farmers Association (NAWFA)

Consumer Protection Association of The Gambia (CPAG)

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Medical Research Council (MRCG@LSHTM)

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Consumer Protection Association of The Gambia (CPAG)

Medical Research Council (MRCG@LSHTM)

United Purpose (UP)

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FOREWORD

The food TC developed the Standard in accordance with The Procedures of the *ISO/IEC Guide 21-1 - Regional or national adoption of International Standards and other International Deliverables - Part 1: Adoption of International Standards*. The method of adoption was Direct Adoption.

This standard applies to salt used as an ingredient of food, both for direct sale to the consumer and for food manufacture.

The Standard addresses the following:

- SCOPE
- FOOD ADDITIVES
- CONTAMINANTS
- HYGIENE
- LABELLING
- PACKAGING, TRANSPORTATION AND STORAGE
- METHODS OF ANALYSIS AND SAMPLING

This Standard can be obtained from The Gambia Standards Bureau.

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1. SCOPE

This standard applies to salt used as an ingredient of food, both for direct sale to the consumer and for food manufacture. It applies also to salt used as a carrier of food additives and/or nutrients (fortified). It does not apply to salt from origins other than those mentioned in Sub-Section 3.3, notably the salt which is a by-product of chemical industries.

2. NORMATIVE REFERENCES

The following referenced documents are indispensable for the application of this document, and the latest editions of the referenced documents (including any amendments) apply.

2.1 GAMS CAC/RCP 1-1969, *General principles of food hygiene — Code of practice*

2.2 GAMS CODEX STAN 1-1985 *Prepackaged foods — Labelling*

2.3 CODEX Stan 192, *General standard for food additives*

2.4 CODEX STAN 193, *Codex general standard for contaminants and toxins in food and feed*

2.5 CAC/GL 50-2004, *General Guidelines on Sampling*.

2.6 ISO 2479-1972 "Determination of matter insoluble in water or in acid and preparation of principal solutions for other determinations

2.7 ISO 2480-1972 "Determination of sulphate content - barium sulphate gravimetric method".

2.8 ISO 2482-1973 "Determination of calcium and magnesium contents - EDTA complexometric methods

2.9 ISO 2483-1973 "Determination of the loss of mass at 110 °C

2.10 EUSalt/AS 008-2005 "Determination of potassium by flame atomic absorption spectrophotometric method

2.11 EUSalt/AS 015-2007 "Determination of Elements Emission Spectrometric Method" (ICP-OES)

2.12 EUSalt/AS 002-2005 "Determination of total iodine content - titrimetric method using sodium thiosulfate

3. DEFINITIONS

3.1 Fortification

The addition of one or more micronutrients by means of a fortificant premix to a food stuff, whether or not it is normally contained in the foodstuff, for the purpose of preventing or correcting a demonstrated deficiency of one or more nutrients in the general population or specific population group.

3.2 Food grade salt

A crystalline product consisting predominantly of sodium chloride, which is obtained either from the sea, underground rock salt deposits or from natural brine. Salt from other origins, and notably the salt, which is a by-product of chemical industries, is excluded.

3.3 Table salt

A predominantly white crystalline sodium chloride product suitably coated with free-flowing agents such as light magnesium carbonate, calcium carbonate, and tricalcium phosphate or calcium silicate, so as to retard moisture absorption, caking and to impart the free-flowing property to the salt.

3.4 Fortified food grade salt

Salt to which micronutrients have been added in accordance with this standard.

3.5 Food additive

Any substance not normally consumed as food by itself and not normally used as a typical ingredient of the food, irrespective of its nutritive value, the intentional addition of which is for a technological (including organoleptic) purpose in the manufacture, processing, preparation and treatment of the food.

3.6 Fortificant

A compound which contains the specified micronutrients intended to be added to a food vehicle.

4. ESSENTIAL COMPOSITION AND QUALITY FACTORS

4.1 Minimum NaCl content in salt

The content of NaCl shall not be less than 97% on a dry matter basis, exclusive of additives.

4.2 Impurities

The impurities content not exceed 0.3% by weight

4.3 Moisture content

The moisture content should be between 1.7 and 4% of the product.

4.4 Naturally present secondary products and contaminants

The remainder comprises natural secondary products, which are present in varying amounts depending on the origin and the method of production of the salt, and which are composed mainly of calcium, potassium, magnesium and sodium sulphates, carbonates, bromides, and of calcium, potassium, magnesium chlorides as well. Natural contaminants may also be present in amounts varying with the origin and the method of production of the salt. Copper shall not exceed 2 mg/kg (expressed as Cu).

4.4 Use as a carrier

Food grade salt shall be used when salt is used as a carrier for food additives or nutrients for technological or public health reasons. Examples of such preparations are mixtures of salt with nitrate and/or nitrite (curing salt) and salt mixed with small amounts of fluoride, iodide or iodate, iron, vitamins, etc., and additives used to carry or stabilize such additions.

4.5 Iodisation of Food Grade Salt

Salt shall be iodized to prevent iodine-deficiency disorders (IDD) for public health reasons.

4.5.1 Iodine compounds

For the fortification of food grade salt with iodine, both potassium iodate and potassium iodide can be used. However, potassium iodate is recommended because it is a more stable compound compared to potassium iodide.

4.5.2 Maximum and minimum levels

The maximum and minimum levels used for the iodization of food grade salt are to be calculated as iodine (expressed as mg/kg (ppm)). The iodine content of the salt shall be 40 - 55 mg/kg (ppm) at the production point, 20 – 55 mg/kg (ppm) at market level and it is expected to be 15 - 55 mg/kg (ppm) at the household level.

4.5.3 Magnesium and Calcium content

- Iodized table salt may contain up to 0.15% magnesium.
- Iodinated dietary salt may have a calcium content of between 0.10 and 0.40%.

4.5.4 Quality assurance

The production of iodized food grade salt shall only be performed by reliable manufacturers having the knowledge and the requisite equipment for the adequate production of iodized food grade salt, and specifically, for the correct dosage and even intermixing.

5. FOOD ADDITIVES

Food additives listed in Tables 1 and 2 of the *Codex General Standard for Food Additives* (CODEX

STAN 192-1995) in Food Category 12.1.1 (Salt) may be used in foods subject to this standard. In addition to the provisions in Codex Stan 192, the following provisions apply.

5.1 Crystallization Agents

The maximum content of the crystal structure modifiers such as calcium ferrocyanide, potassium or sodium is 10 mg / kg alone or in combination expressed (Fe / CN₆).

5.2 Emulsifiers

The emulsifier content such as polysorbate 80 must be ≤10 mg / kg.

5.3 Processing Aids

The processing aid residue content should not exceed 10 mg / kg.

5.4 Stabilizers

In order to stabilize the iodine content of iodized table salt, the addition of sodium thiosulphate at the maximum dose of 35 mg / kg is allowed.

6. CONTAMINANTS

In addition to the requirements of the Codex *General Standard for Contaminants and Toxins in Foods and Feeds* (CODEX/STAN 193-1995), the following provisions apply.

Table 1 – Maximum limits of heavy metals

| Heavy metals | Maximal level (mg/kg) |
|---------------------|------------------------------|
| Arsenic (As) | 0,5 |
| Copper (Cu) | 2 |
| Lead (Pb) | 2 |
| Cadmium (Cd) | 0,5 |
| Mercury (Hg) | 0,1 |

7. HYGIENE

It is recommended that the products covered by the provisions of this standard be prepared and handled in accordance with the appropriate sections of the GAMS CAC/RCP 1-1969 *Code of Practice – General Principles of Food Hygiene*, and other relevant Codex texts such as Codes of Hygienic Practice and Codes of Practice.

8. LABELLING

In addition to the requirements of the GAMS CODEX STAN 1 – 1965 *General Standard for the Labelling of Pre-packaged Foods* the following specific provisions apply:

6.1. The name of the product

8.1.1 The name of the product, as declared on the label shall be "iodized salt".

8.1.2 The name "iodized salt" shall have in its proximity the national logo for iodized salt.

8.1.3 Only when salt contains one or more ferrocyanide salts, added to the brine during the crystallization step, the term "dendritic" could be included accompanying the name.

8.1.4 An indication of either the origin, according to the description on Section 3, or the method of production may be declared on the label, provided such indication does not mislead or deceive the consumer.

8.1.5 The consumer should be similarly advised to store iodized salt in such a manner as to protect it from direct exposure to moisture, heat and sunlight.

8.2 Labelling of non-retail containers

Information for non-retail containers shall either be given on the container or in accompanying documents, except that the name of the product, lot identification and name and address of the manufacturer or packer shall appear on the container. However, lot identification and the name and address of the manufacturer or packer may be replaced by an identification mark, provided that such mark is clearly identifiable with the

accompanying documents.

9. PACKAGING, TRANSPORTATION AND STORAGE

In any salt iodization program, it is important to ensure that salt contains the recommended amount of iodine at the time of consumption. The retention of iodine in salt depends on the iodine compound used, the type of packaging, the exposure of the package to prevailing climatic conditions and the period of time between iodization and consumption. To ensure that iodized salt ultimately reaches the consumer with the specified level of iodine, the following precautions may be taken into

consideration where climatic and storage conditions could result in a large amount of iodine loss:

9.1 In order to avoid the loss of iodine, iodized salt should be packed in airtight bags of either high

density polyethylene (HDPE) or polypropylene (PP) (laminated or non-laminated) or LDPE-lined jute bags (Grade 1803 DW jute bags lined with 150-gauge polyethylene sheet).

9.2 Bulk packing units should not exceed 50 kg (in accordance with International Labor Organization (ILO) Conventions to avoid the use of hooks for lifting the bags).

9.3 Bags that have already been used for packing other articles such as fertilizers, cement, chemicals, etc. should not be reused for packing iodized salt.

9.4 The distribution network should be streamlined so as to reduce the interval between iodization and consumption of salt.

9.5 Iodized salt should not be exposed to rain, excessive humidity or direct sunlight at any stage of storage, transportation or sale.

9.6 Bags of iodized salt shall be stored only in covered rooms or stores that have adequate ventilation.

10. METHODS OF ANALYSIS AND SAMPLING

10.1 Sampling (see appendix)

10.2 Determination of sodium chloride content

This method allows the calculation of sodium chloride content, as provided for in Section 3.1, on the basis of the results of the determinations of sulphate (Method 9.4), calcium and magnesium (Method 9.5), potassium (Method 9.6) and loss on drying (Method 9.7). Convert sulphate to CaSO_4 and unused calcium to CaCl_2 , unless sulphate in sample exceeds the amount necessary to combine with calcium, in which case convert calcium to CaSO_4 and unused sulphate first to MgSO_4 and any remaining sulphate to Na_2SO_4 . Convert unused magnesium to MgCl_2 . Convert potassium to KCl . Convert unused halogens to NaCl . Report the NaCl content on a dry matter basis, multiplying the percentage NaCl by $100/100-P$, where P is the percentage loss on drying.

10.3 Determination of insoluble matter

According to ISO 2479-1972 "Determination of matter insoluble in water or in acid and preparation of principal solutions for other determinations".

10.4 Determination of sulphate content

According to ISO 2480-1972 "Determination of sulphate content - barium sulphate gravimetric method". Alternatively, EuSalt/AS 015-2007 "Determination of Elements Emission Spectrometric Method (ICP-OES)" or EuSalt/ AS 018-2005 "Determination of Anions High Performance Ion

Chromatography (HPIC) may be used."

10.5 Determination of calcium and magnesium contents

According to ISO 2482-1973 "Determination of calcium and magnesium contents - EDTA complexometric methods". Alternatively, EuSalt/AS 009-2005 "Determination of Calcium and Magnesium Flame Atomic Absorption Spectrometric Method" or EuSalt/ AS 015-2007 "Determination of Elements Emission Spectrometric Method (ICP-OES) may be used.

10.6 Determination of potassium content

According to EUSalt/AS 008-2005 "Determination of potassium by flame atomic absorption spectrophotometric method". Alternatively, EUSalt/ AS 015-2007 "Determination of Elements Emission Spectrometric Method (ICP-OES) may be used.

10.7 Determination of the loss on drying (conventional moisture)

According to ISO 2483-1973 "Determination of the loss of mass at 110 °C".

10.8 Determination of copper content

According to EUSalt/AS 015-2007 "Determination of Elements Emission Spectrometric Method" (ICP-OES).

10.9 Determination of arsenic content

According to EUSalt/AS 015-2007 "Determination of Elements Emission Spectrometric Method" (ICP-OES) may be used.

10.10 Determination of mercury content

According to method EUSalt/AS 012-2005 "Determination of total mercury content - cold vapour atomic absorption spectrometric method" or EUSalt/AS 015-2007 "Determination of Elements Emission Spectrometric Method (ICP-OES).

10.11 Determination of lead content

According to method EUSalt/AS 013-2005 "Determination of total lead content - flame atomic absorption spectrometric method". Alternatively, EuSalt/AS 015-2007 "Determination of Elements Emission Spectrometric Method (ICP-OES) may be used.

10.12 Determination of cadmium content

According to method EUSalt/AS 014-2005 "Determination of total cadmium content - flame atomic absorption spectrometric method". Alternatively, EUSalt/AS 015-2007 "Determination of Elements Emission Spectrometric Method (ICP-OES) may be used.

10.13 Determination of iodine content

According to method EUSalt/AS 002-2005 "Determination of total iodine content - titrimetric

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method using sodium thiosulfate". Alternatively, the method from WHO/UNICEF/ICCIDD "Assessment of iodine deficiency disorders and monitoring their elimination. A guide for programme managers. Third edition, Annex 1: Titration method for determining salt iodate and salt iodine content. World Health Organization, Geneva, 2007" or EUSalt/AS 019-2009 "Determination of Total Bromine and Iodine Emission Spectrometric Method (ICP-OES)" may be used.

APPENDIX

METHOD FOR THE SAMPLING OF FOOD GRADE SALT FOR THE DETERMINATION OF SODIUM CHLORIDE**1. SCOPE**

This method specifies the sampling procedure to be applied when determining the main component in order to assess the food grade quality of sodium chloride (salt) as provided for in the Codex Standard for Food Grade Salt, Section 3: "Essential Composition and Quality Factors".

The criterion to be used for acceptance or rejection of a lot or consignment on the basis of this sample is also provided.

2. FIELD OF APPLICATION

This method is applicable to the sampling of any type of salt intended for use as food, either prepacked or in bulk.

3. PRINCIPLE

This method represents a variable sampling procedure for mean quality: blended bulk sample analysis.

A blended bulk sample is produced in such a way that it is representative of the lot or consignment. It is composed of a proportion of items drawn from the lot or consignment to be analyzed.

Acceptance criterion is on the basis that the mean value obtained from analyses of those blended bulk samples must comply with the provision in the Standard.

4. DEFINITIONS

The terms used in this sampling method refer to those in the "*General Guidelines on Sampling*" (CAC/GL 50-2004) unless stated otherwise.

5. EQUIPMENT

The sampling equipment used should be adapted to the nature of the tests to be carried out (for example: sampling by borer, sampling equipment made of chemically inert material, etc.). The containers used for collecting the samples should be made of a chemically inert material and should be air tight.

6. PROCEDURE**6.1 Prepacked salt**

Sampling may be carried out by "random sampling" or by "systematic sampling". The choice of the

method to be used depends on the nature of the lot (for example: if the packages are marked with successive numbers, systematic sampling may be suitable).

6.1.1 Random sampling

Draw the n items from the lot in such a way that each item in the lot has the same chance of being selected.

6.1.2 Systematic sampling

If the N units in the lot have been classified and can be numbered from 1 to N , the 1-in- k systematic sampling of n items can be obtained as follows:

- a) Determine the k value as $k = N/n$. (If k is not an integer, then round to the nearest integer).
- b) From the first k items in the lot take one at random and then take every k^{th} item thereafter.

6.2 Salt in bulk

Here, the lot is fictitiously divided into items (strata); a lot with a total mass of m kg is considered to be composed of $m/100$ items. In this case, it is necessary to draw up a "stratified sampling" plan appropriate to the lot dimension. The samples are selected from all the strata in proportion to the stratum sizes.

Note: Stratified sampling of a population which can be divided into different subpopulations (called strata) is carried out in such a way that specified proportions of the sample are drawn from the different strata.

6.3 Constitution of the sample

6.3.1 The size and the number of the items forming the sample depend on the type of salt and the lot magnitude. The minimum size to be taken into account should be in accordance with one of the following specifications according to the circumstances:

- 250 g of salt in bulk or prepacked in more than 1 kg packages;
- one package for prepacked salt in 500 g or 1 kg packages.

The appropriate number of samples to be drawn from the lot, shall be determined in accordance with "*General Guidelines on Sampling*" (CAC/GL 50-2004).

6.3.2 Combine and mix well the different items drawn from the lot. This blended bulk sample constitutes the laboratory sample. More than one laboratory sample may be composed in such a manner.

7. ACCEPTANCE CRITERION

7.1 Determine the NaCl content (%) of at least two test portions of the laboratory sample.

7.2 Calculate the average of the results obtained for the n test portions of the laboratory sample using:

$$\bar{x} = \frac{\sum x}{n} \quad (n \geq 2)$$

7.3 In accordance with the provision for the relevant NaCl content (%), a lot or a consignment shall be considered acceptable if the following condition is verified:

$$\bar{x} \geq \text{minimum level specified.}$$

8. SAMPLING REPORT

The sampling report should contain the following information:

- a) type and origin of the salt;
- b) alterations of state of the salt (e.g. presence of foreign matter);
- c) date of sampling;
- d) lot or consignment number;
- e) method of packing;
- f) total mass of lot or consignment
- g) number, unit mass of packages and whether the mass is given net or gross;
- h) number of items sampled;
- i) number, nature and initial position of sampled items;
- j) number, composition and mass of the bulk sample(s) and the method used to obtain and conserve it (them);
- k) names and signatures of the people who carried out the sampling.