

## **Regulations on Nutrition Labeling for Prepackaged Food Products**

1. This regulation is established under the provisions of Item 3 of Article 22 of the Act Governing Food Safety and Sanitation.
2. The terms used in this regulation are defined as follows:
  - (1) Trans fats: all the geometrical isomers of monounsaturated and polyunsaturated fatty acids having non-conjugated carbon-carbon double bonds in the trans configuration.
  - (2) Carbohydrates: namely saccharides; the sum of carbohydrates.
  - (3) Sugars: the sum of all free mono and disaccharides.
  - (4) Dietary fibers: lignin and edible carbohydrate polymers with three or more monomeric units, which are not hydrolysed or absorbed by the endogenous enzymes in the small intestine of humans.
  - (5) Nutrition claims: any representation which states, suggests or implies that a food product has particular calorie or nutrition properties.
3. The nutrition labeling for a packaged food on the market shall provide the following information refer to Appendix 1 shown at a conspicuous place of the outer package or container of the product.
  - (1) Title of the “Nutrition Facts”.
  - (2) Contents of calories.
  - (3) Contents of protein.
  - (4) Contents of fat, saturated fats, and trans fats.
  - (5) Contents of carbohydrates and sugar.
  - (6) Contents of sodium.
  - (7) Contents of other nutrients declared in the nutrition claim.
  - (8) Contents of other nutrients labeled voluntarily by the manufacturer.

Dietary fiber labeled voluntarily by the manufacturer can be labeled behind carbohydrates item, indent and after sugar item.

Cholesterol can be labeled behind fat item, indent and after trans-fat item.

Other nutrients labeled voluntarily by the manufacturer shall be labeled behind sodium item.

4. Caloric and nutritional content labeling for packaged foods on the market shall be processed under the following provisions:

- (1) Use “per one serving (or per serving)” and “per 100 grams (or milliliter)” for labeling, and the number of servings contained in each package of the product shall also be specified; or
- (2) Use “per one serving (or per serving)” and the provided “daily percentage of reference value” for labeling, and the number of servings contained in each package of the product shall also be specified. Labels shall also be specified the daily nutrient intake reference value if the daily nutrient intake reference value has been set. For products without a set daily nutrient intake reference value, the “\*” symbol shall precede the daily percentage reference value line and clearly note “\*Reference value not set.”

Regarding the formatting of Clauses 1 and 2 in the preceding item shall refer to Appendix 1. Infant foods and shall be labeled according to the format of Clause 1 in the preceding item. Products in the form of tablets and capsules (excluding candy foods) shall be labeled according to the format of Clause 2 in the preceding item.

5. The weight (quantity or volume) per serving of the various packaged food products shall consider every times consumption derived from domestic dietary habits and prepackaged food product type. Food products in the form of tablets and capsules (excluding candy foods) shall be labeled as recommended amount (shall be an integer).

6. Measure units for prepackaged food nutrition labeling shall conform to

the following regulations:

- (1) Solid (semi-solid) shall be expressed in grams; liquid shall be expressed in milliliters.
- (2) Caloric value is expressed in kilocalories (Kcal).
- (3) Proteins, fats, fatty acids, carbohydrates, sugars, dietary fibers, and sugar alcohols are expressed in grams.
- (4) Sodium, cholesterol, and amino acids are expressed in milligrams.
- (5) Vitamins and minerals units shall refer to Appendix 2.
- (6) Other nutritional values are expressed using universal units.

If product with nutrition claims requires re-hydration, the labeling must comply with the content after re-hydration. If product without nutrition claims requires re-hydration, the labeling can be in according to the content before or after re-hydration. The re-hydration method shall be stated clearly below the nutrition labeling format.

7. Daily caloric and other nutrient intake reference values shall be labeled according to Appendix 2.
8. The nutrient contents of energy, protein, fat, carbohydrate, sodium, saturated fats, trans fats and sugars may be labeled as "0" if it meets the criteria in Appendix 3.
9. Data formatting of prepackaged food nutrition labeling units shall conform to the following regulations:
  - (1) Each package shall label the serving number, daily percentage reference value, and sodium content in whole integers.
  - (2) Each quantity, caloric, protein, amino acid, fat, fatty acid, cholesterol, carbohydrate, sugar, dietary fiber, and sugar alcohol value shall be labeled using whole integers or integers with one

decimal point. Caloric, protein, fat, fatty acid, carbohydrate and sugar value can be labeled using integers with two decimal points when each quantity is too small to meet the criteria of labeling as "0".

- (3) Labels for vitamins and minerals shall not exceed three significant figures.
  - (4) Data formatting shall refer to the Chinese National Standard CNS2925 “Practices for Designating Significant Places in Specific Limiting Values”
10. The values on the nutritional labels of prepackaged foods must be derived from actual test analysis or calculations, and the range of allowable error shall meet the criteria in Appendix 4. If the characteristics of specific nutrient content of foods may change with time, the variation of the nutrients can be annotated.
11. The caloric calculation methods for nutritional labels of prepackaged foods shall conform to the following regulations:
- (1) Protein calories are calculated at 4 Kcal per gram.
  - (2) Fat calories are calculated at 9 Kcal per gram.
  - (3) Carbohydrate calories are calculated at 4 Kcal per gram, except for carbohydrates in dietary fiber labeling, in which calories are calculated at 2 Kcal per gram.
  - (4) Calories for erythritol labeling are calculated at 0 Kcal per gram. Calories for other sugar alcohol labeling are calculated at 2.4 Kcal per gram. Calories for organic acid labeling are calculated at 3 Kcal per gram. Calories for alcohol (ethanol) labeling are calculated at 7 Kcal per gram. The content of sugar alcohol shall be stated clearly in the nutrition labeling format. The content of organic acid and alcohol (ethanol) shall be stated clearly below the nutrition labeling format.

12. Prepackaged infant and follow-up formula and formula for certain disease shall apply to this regulation and “Regulations on Nutrition Labeling for Prepackaged Infant and Follow-up Formula and Formula for Certain Disease”. The formatting and the range of allowable error of prepackaged infant and follow-up formula and formula for certain disease shall be followed “Regulations on Nutrition Labeling for Prepackaged Infant and Follow-up Formula and Formula for Certain Disease”.
13. This regulation shall not apply to prepackaged foods such as prepackaged vitamins or mineral category tablets/capsules.
14. Prepackaged foods are manufactured before the implementation date for this regulation (according to the date of manufacturing) could not be applied to this regulation.

# Appendix 1 Nutrition labeling format (1) for prepackaged foods

Nutrition Facts		
Per serving    grams (or milliliters)		
This package contains    serving(s)		
	Each serving	Per 100 grams ( or per 100 milliliters )
Calories	Kcal	Kcal
Proteins	g	g
Fats	g	g
Saturated fats	g	g
Trans fats	g	g
Carbohydrates	g	g
Sugars	g	g
Sodium	mg	mg
Claims nutritional content	g, mg, or µg	g, mg, or µg
Other nutritional contents	g, mg, or µg	g, mg, or µg

Note: Nutrition labeling on surface areas smaller than 100 cm<sup>2</sup> may conform to the following format, placing labels at a prominent place on the package container:

Nutrition Facts

Per serving  grams (or milliliters), this package contains  serving(s). Per serving (per 100g or 100 mL): Calories  Kcal ( Kcal), Protein  g ( g), Fats  g ( g), Saturated fats  g ( g), Trans fats  g ( g), Carbohydrate  g ( g), Sugars  g ( g), Sodium  mg ( mg), Claims nutritional content  g, mg, or µg ( g, mg, or µg), other nutritional content  g, mg, or µg ( g, mg, or µg).

## Appendix 1 Nutrition labeling format (2) for prepackaged foods

Nutrition Facts		
One serving contains grams (mL), 1 piece, tablet, or grain, 1 pack, 1 spoon, etc.		
This package contains      serving(s)		
	Each serving	Daily percentage reference value (%)
Calories	Kcal	%
Proteins	g	%
Fats	g	%
Saturated fats	g	%
Trans fats	g	*
Carbohydrates	g	%
Sugars	g	*
Sodium	mg	%
Claims nutritional content	g, mg, or µg	% or *
Other nutritional content	g, mg, or µg	% or *

Daily reference value: 2000 Kcal of calories, 60 grams of protein, 60 grams of fat, 18 grams of saturated fats, 300 grams of carbohydrates, 2000 milligrams of sodium, reported daily nutritional reference values, and other daily nutritional reference values



Note: Nutrition labeling on surface areas smaller than 100 cm<sup>2</sup> may conform to the following format, placing labels at a prominent place on the package container:

Nutrition Facts

Per serving ○ grams (or milliliters), 1 piece, tablet, or grain, 1 pack, 1 spoon, etc. This package contains ○ serving(s). Per serving (Daily percentage reference value): Calories ○ Kcal (○%), Protein ○ g (○%), Fats ○ g (○%), Saturated fats ○ g (○%), Trans fats ○ g (○%), Carbohydrate ○ g (○%), Sugars ○ g (○%), Sodium ○ mg (○%), Claims nutritional content (% or \*), other nutritional content (% or \*).

\* Reference value not set.

## Appendix 2 Daily caloric and other nutritional intake reference values

Appropriate for Items	Over 4 years old	Between 1 and 3 years old	Pregnant or nursing mothers
Caloric Value	2000 Kcal	1200 Kcal	2200 Kcal
Protein	60 g	20g	65 g
Fat	60 g	*	65 g
Carbohydrate	300 g	*	330 g
Sodium	2000 mg	1200 mg	2000 mg
Saturated fats	18 g	*	18 g
cholesterol	300 mg	*	300 mg
Dietary fiber	25 g	15 g	30 g
Vitamin A <sup>(1)</sup>	700 µg RE	400 µg RE	600 µg RE
Vitamin B <sub>1</sub>	1.4 mg	0.6 mg	1.1 mg
Vitamin B <sub>2</sub>	1.6 mg	0.7 mg	1.2 mg
Vitamin B <sub>6</sub>	1.6 mg	0.5 mg	1.9 mg
Vitamin B <sub>12</sub>	2.4 µg	0.9 µg	2.6 µg
Vitamin C	100 mg	40 mg	110 mg
Vitamin D	10 µg	5 µg	10 µg

Appropriate for Items	Over 4 years old	Between 1 and 3 years old	Pregnant or nursing mothers
Vitamin E <sup>(2)</sup>	13 mg $\alpha$ -TE	5 mg $\alpha$ -TE	14 mg $\alpha$ -TE
Vitamin K	120 $\mu$ g	30 $\mu$ g	90 $\mu$ g
Niacin	18 mg	9 mg	16 mg
Folic acid	400 $\mu$ g	170 $\mu$ g	600 $\mu$ g
Pantothenic acid	5 mg	2 mg	6 mg
Biotin	30 $\mu$ g	9 $\mu$ g	30 $\mu$ g
Choline	500 mg	180 mg	410 mg
Calcium	1200 mg	500 mg	1000 mg
Phosphorus	1000 mg	400 mg	800 mg
Iron	15 mg	10 mg	45 mg
Iodine	140 $\mu$ g	65 $\mu$ g	200 $\mu$ g
Magnesium	390 mg	80 mg	355 mg
Zinc	15 mg	5 mg	15 mg
Fluorine	3 mg	0.7 mg	3 mg
Selenium	55 $\mu$ g	20 $\mu$ g	60 $\mu$ g

\*Reference value not set.

Annotation 1: RE is Retinol Equivalent.

1  $\mu$ g RE=1  $\mu$ g Retinol=6  $\mu$ g  $\beta$ -Carotene

Annotation 2:  $\alpha$ -TE is  $\alpha$ -Tocopherol Equivalent.

1 mg  $\alpha$ -TE =1 mg  $\alpha$ -Tocopherol

### Appendix 3 Conditions for “0” labeling of Caloric and Nutrients Value

Items	Conditions for “0” labeling
Caloric Value	Nutritional contents of every 100 grams of solid or 100 milliliters of liquid contained in this food product do not exceed 4 Kcal
Protein	Nutritional contents of every 100 grams of solid or 100 milliliters of liquid contained in this food product do not exceed 0.5 grams
Fat	
Carbohydrate	
Sodium	Nutritional contents of every 100 grams of solid or 100 milliliters of liquid contained in this food product do not exceed 5 milligrams
Saturated fats	Nutritional contents of every 100 grams of solid or 100 milliliters of liquid contained in this food product do not exceed 0.1 grams
Trans fats	Total fat content for 100 grams/milliliter of the food product does not exceed 1.0 grams; or Trans fat content per 100 grams/milliliter of the food product does not exceed 0.3 grams
Sugar	Nutritional contents of every 100 grams of solid or 100 milliliters of liquid contained in this food product do not exceed 0.5 grams

#### Appendix 4 Range of allowable error for nutrition labeling values

Items	Range of allowable error
Proteins and Carbohydrates	80%-120% of the labeled value
Calories, Fats, Saturated fats, Trans fats, Cholesterols, Sodium, and Sugars	$\leq 120\%$ of the labeled value
Amino acids Vitamins (excluding Vitamins A and D) Minerals (excluding sodium) Dietary fiber Other nutrients labeled voluntarily	$\geq 80\%$ of the labeled value
Vitamins A and D	80%-180% of the labeled value