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trading standards law explained

# Nutrition

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## In-depth guidance

Most prepacked food will need a nutrition declaration that summarises how much of the product is made up of certain nutrients. The nutrition declaration should be presented as a table. If there is not enough room on the label for a tabular format, the information can be presented as a list.

For more detailed information, please see 'Labelling of prepacked foods: nutrition declaration'.

## Infographic

## Key points to consider

| |
|---|
| Nutrition should be provided in tabular format if space permits. Linear nutrition is a last resort |
| Minimum that must be provided is nutrition per 100 g or 100 ml |
| Order of nutrients is specified in legislation |
| Fibre is optional |
| Vitamins and minerals must be stated if a claim is made about them, and must be present at >15% nutrient reference value. The reference value of the vitamin or mineral must also be stated |
| Energy values should be calculated from other values |
| Other values can be from analysis, or calculated from known values |
| Energy: whole numbers |
| Other values 10 and over: whole number |
| Other values <10: one decimal place |
| Salt: two decimal places |

| **Nutrition Information** | | **Optional information**<br>**X servings per pack** | |
|---|---|---|---|
| **Typical values** | **Per 100 g** | **Per serving (Xg)** | **%RI** |
| Energy | 2,079 kJ 495 kcal | If per serving is provided, must say how many servings are in the pack. State the weight and the type of serving - for example, per slice (75 g) | If % RI is provided, add the following statement near to the nutrition table:<br>Reference intake of an average adult (8,400 kJ/2,000 kcal) |
| Fat | 20 g | | |
| of which saturates | 9.8 g | | |
| Carbohydrate | 65 g | | |
| of which sugars | 45 g | | |
| Fibre | 3.7 g | | |
| Protein | 12 g | | |
| Salt | 0.12 g | | |
| Vitamins / Minerals | | | |

**< Name of the food**

**> Ingredients list**

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