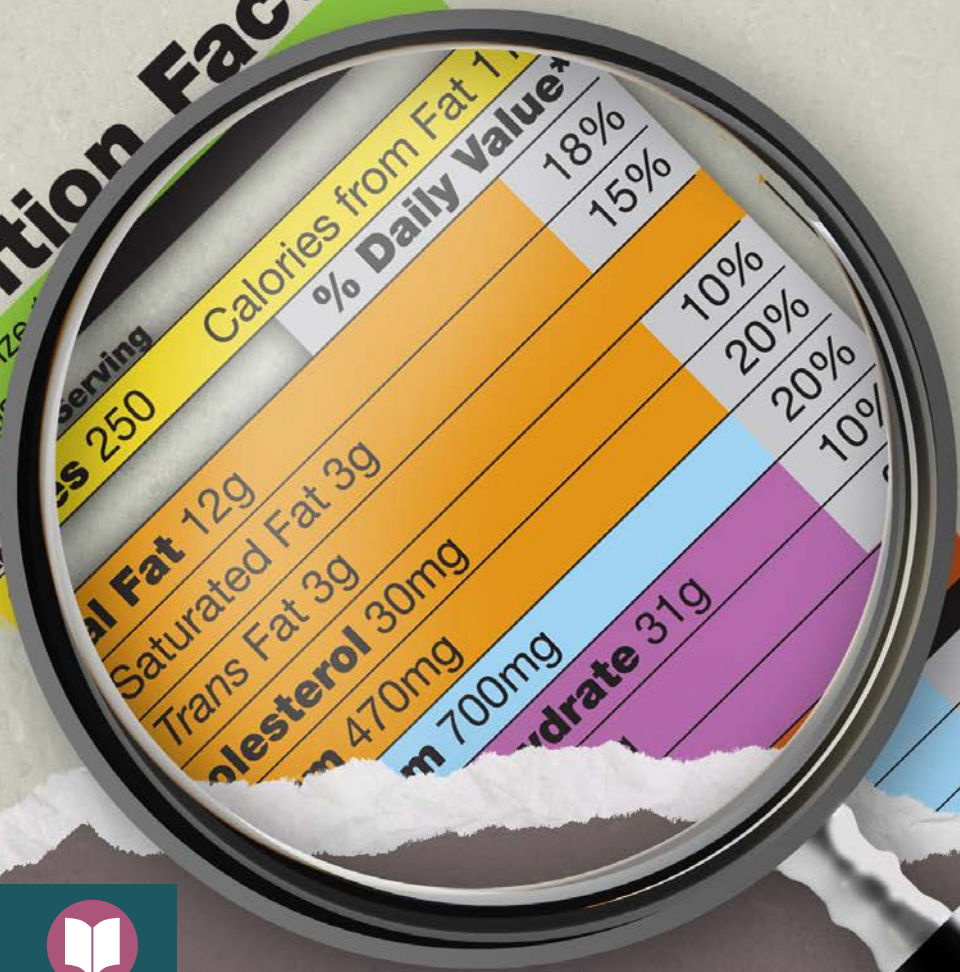




Nutrition Facts



Business in Focus



Infographics on prepacked food labelling

**A selection of infographics on labelling
requirements for prepacked food**

This guidance is for England, Scotland and Wales



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Name of the food

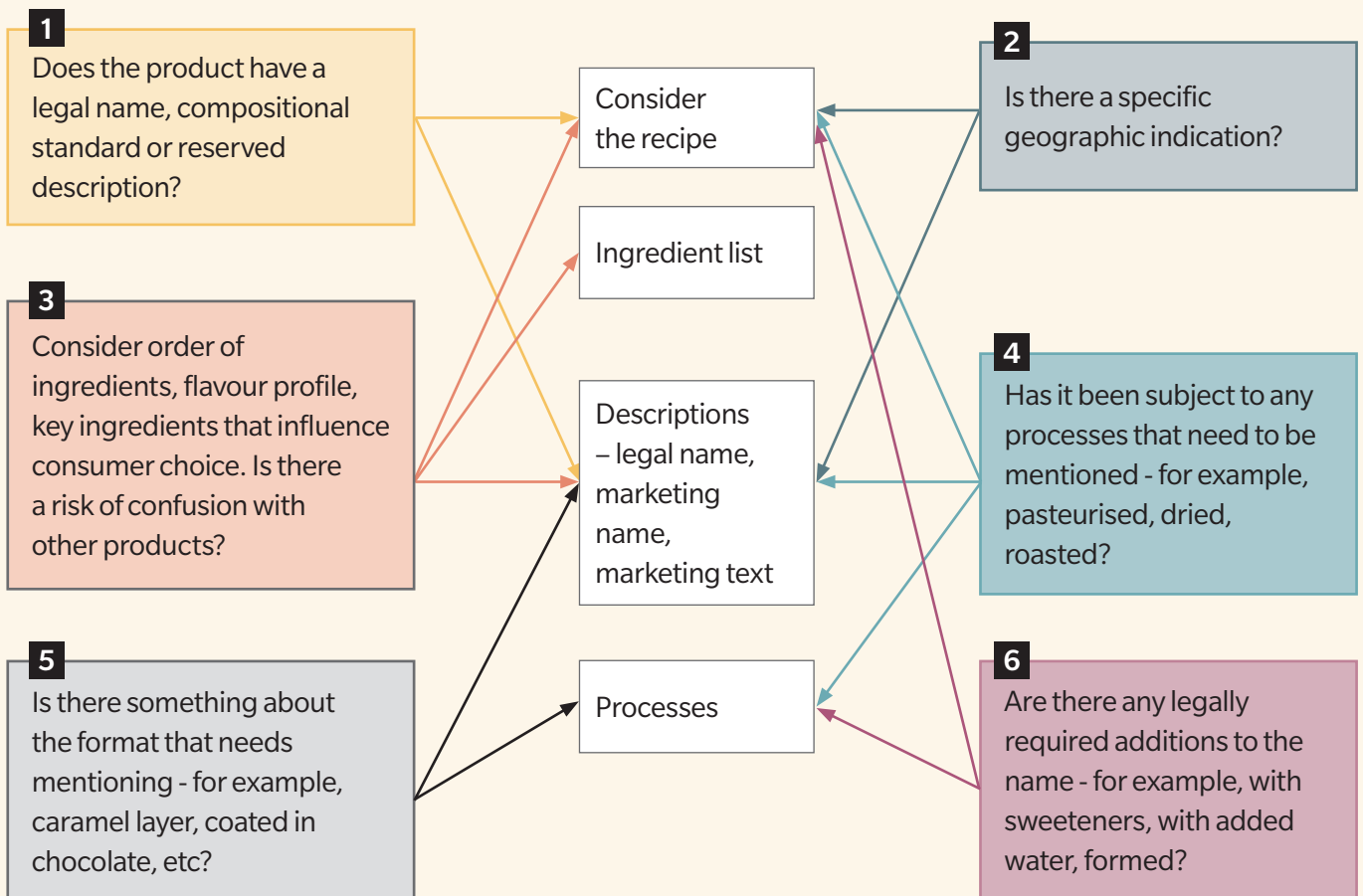
An infographic showing information about food names for prepacked products

In-depth guidance

All prepacked products must bear a name that accurately describes the product; it must be clearly presented, not misleading and not broken up by other words or pictures. There are several types of names, and you must choose the one that applies. For more detailed information, please see '[Labelling of prepacked foods: product name](#)'.

INFOGRAPHIC

Determining the name of the food is not an exact science and the information detailed below is used to ensure it is accurate and that it makes the nature of the food clear to consumers.



QUESTIONS / CONSIDERATIONS

Many foods carry a fancy or descriptive name (Coca-Cola, for example), but they are also required to carry a 'legal' name, which should meet the requirements explained below. This is normally found on the back of the pack, directly above the ingredient list.

- include first two protein / high value ingredients
- awareness of structure of product, include layers, accompaniments or inclusions
- always include garlic and alcohol ingredients, as they can be divisive amongst customers
- should reflect key flavours
- reference any key processes it has undergone

Nutrition

An infographic showing information on nutrition-labelling requirements for prepacked products

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 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: 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 | | | |

Ingredients list

An infographic showing information on the requirements for ingredients lists on prepacked products

In-depth guidance

Most prepacked foods must have an ingredients list. The list must be headed by the word 'ingredients' followed by a list of all the ingredients in descending order by weight at the mixing bowl stage of production. This means that the list goes from those ingredients that weighed the most to those ingredients that weighed the least when they were included in the product. For more detailed information, please see '[Labelling of prepacked foods: ingredients list](#)'.

Calculating the quantitative ingredient declaration (QUID) can be a complex process. For detailed guidance, see '[Labelling of prepacked foods: QUID](#)'.

INFOGRAPHIC

The ingredients list must be headed 'Ingredients'. Declare ingredients in descending order of weight.

| Chocolate Coated Butter Shortbread | | | |
|------------------------------------|--|--------|------|
| Ingredient | Sub-ingredients | Weight | % |
| Wheat Flour | Wheat flour (Wheat flour, Calcium Carbonate, Iron, Niacin, Thiamin) | 400 g | 68.8 |
| Butter | Milk , Salt | 50 g | 8.6 |
| Sugar | | 50 g | 8.6 |
| Chocolate | Sugar Dried whole Milk Cocoa butter Cocoa Mass Emulsifier: Lecithin | 40 g | 7.0 |
| Cornflour | | 20 g | 3.4 |
| Durum Wheat Semolina | | 20 g | 3.4 |
| Salt | | 1 g | 0.2 |
| | TOTAL | 581 | 100 |

The ingredients that characterise the product should be declared with a percentage for the quantitative ingredient declaration (**QUID**).

Compound ingredients (ingredients that are made up of more than one ingredient) can be declared as 'Ingredient (X, Y, X)' or added together with other sources of that ingredient to make a shorter list with fewer repeated ingredients. For example, in the second list, the salt from the butter is combined with the other salt in the recipe; and the sugar for the chocolate has been combined with the rest of the sugar in the recipe, so the ingredients of chocolate appear in the list, but they are separated and not under the heading 'chocolate'.

Additives must be preceded by their function and can be declared by their chemical name or their E number.

INGREDIENTS: Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (**8%**) (**MILK**, Salt), Sugar, Chocolate (**7%**) (Sugar, Dried Whole **MILK**, Cocoa Butter, Cocoa Mass, Emulsifier: Lecithins), Cornflour, Durum **WHEAT** Semolina, Salt

INGREDIENTS: Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Butter (**MILK**) (**8%**), Cornflour, Durum **WHEAT** Semolina, Dried Whole **MILK**, Cocoa Butter, Cocoa Mass, Salt, Emulsifier: Lecithins

Allergens

An infographic showing information on allergen-labelling requirements for prepacked products

In-depth guidance

There is a list of 14 specific food allergens, the presence of which must always be brought to the attention of the consumer. Failure to do so is a criminal offence and, in the most extreme cases, could cause someone to die.

For more detailed information, please see '[Food allergens and intolerance](#)'.

INFOGRAPHIC

Allergens must be emphasised in the ingredient list by way of type - for example, **Bold**, CAPITALS, Colour

Allergens should be emphasised every time they occur in an ingredient list

Only the allergen needs emphasising in ingredients with more than one word - for example, Dried Skimmed **MILK**

Where a longer word includes the allergen word, either the entire word or the allergen can be emphasised - for example, **BUTTERMILK** or Butter**MILK**

The source allergen should be emphasised in compound ingredient declarations - for example, Dijon Mustard (Water, **MUSTARD** Seeds, White Wine (**SULPHITES**))

For products that do not require an ingredients list, allergens must be on the labelling in the form 'Contains:' followed by a list of the allergens present in the food

14 allergens covered by legislation

Cereals containing gluten (wheat (including spelt and Khorasan wheat), rye, barley, oats)

Crustaceans

Eggs

Fish

Peanuts

Soybeans

Milk

Nuts (almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia nuts)

Celery

Mustard

Sesame Seeds

Sulphur dioxide at >10 mg/kg

Lupin

Molluscs

Best practice is to add a statement:

For allergens see ingredients in **bold**

OR

For allergens, including cereals containing gluten, see ingredients in **bold**

EXAMPLE

Macaroni Cheese

Ingredients: Cooked Pasta (38%) (Durum **WHEAT** Semolina, Water), Dried Skimmed **MILK**, Mature Cheddar Cheese (**MILK**) (13%), Water, Extra Mature Cheddar Cheese (**MILK**) (5%), Cornflour, **WHEAT** flour), Dried **BUTTERMILK**, Rapeseed Oil, Salt, Tapioca Starch, Dijon Mustard (Water, **MUSTARD** Seeds, White Wine (**SULPHITES**), Salt, Antioxidant: Citric Acid, Preservative: E224 (**SULPHITES**), Black Pepper, Turmeric, Paprika.

For allergens including cereals containing gluten, see ingredients in **CAPITALS** and **bold**

Cooking instructions

An infographic showing information on labelling requirements relating to cooking instructions for prepacked products

INFOGRAPHIC

According to the law instructions for use should be provided where it would be difficult to make appropriate use of the food in the absence of such instructions, otherwise they are voluntary

For food safety, it is important to provide instructions which ensure the food is safe to eat

Cooking instructions should be supported by cooking validation that proves the product will be safe to eat. This can be verified by internal or external food safety laboratories

Customers will often complain if adequate cooking instructions are not provided, or instructions are complicated and difficult to follow. Companies often align cooking instructions for similar products - for example, party foods

Best practice

Cooking instructions when provided should include:

**Methods of cooking
(only most appropriate)**

Details of temperature and time

Brief cooking methods

Logos and pictures are often used as part of the cooking instructions

Warnings to support food safety:

- ensure the food is thoroughly heated before eating
- ensure chicken juices run clear before eating

COOKING METHODS

Oven:

- temperature in °C
- length of time
- any intervention during cooking - for example, 'turn over halfway through cooking'

Microwave:

- strength of microwave - for example, 800 W
- preparation of the pack - for example, 'pierce film'
- length of time
- any intervention during cooking
- waiting time after cooking

Other options may be included, but only where they are main cooking methods for the food:

- hob
- air fryer
- grill
- barbecue

EXAMPLES

Instructions for use:



Fan oven

180 °C, 30 mins

Preheat oven, flip over halfway through cooking. Ensure it is piping hot throughout before eating



Hob

Medium heat, 10 mins.

Decant into a saucepan, stir regularly



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