USDA United States Department of Agriculture
Foreign Agricultural Service

GAIN Global Agricultural Information Network

Voluntary Report – Voluntary - Public Distribution **Date:** October 09,2020

Report Number: CH2020-0131

Report Name: China Notifies Draft National Food Safety Standard - General Rules for Nutritional Labeling of Prepackaged Foods

Country: China - Peoples Republic of

Post: Beijing

Report Category: FAIRS Subject Report

Prepared By: FAS Beijing Staff

Approved By: Adam Branson

Report Highlights:

On September 14, 2020, China notified a draft revised National Food Safety Standard - General Rules for Nutritional Labeling of Prepackaged Foods (GB28050-xxxx) to the World Trade Organization as G/SPS/N/CHN/1165. Once finalized, the revised standard will replace the current National Food Safety Standard - General Rules for Nutritional Labeling of Prepackaged Foods, which was released in 2011. Compared to the 2011 version, the revised draft includes additional nutrients required to be listed on labels, adds recommended serving size information, modifies the label format and the terminology of nutritional claims, and amends the list of foods that are exempted from required nutritional labeling, among other changes. China has not announced a proposed date of entry into force of the revised standard. Comments can be sent to China's SPS Enquiry Point at sps@customs.gov.cn by November 13, 2020. This report contains an unofficial translation of the draft standard.

General Information

BEGIN TRANSLATION

National Food Safety Standard - General Rules for Nutritional Labeling of Prepackaged Foods (Draft for Comments)

Foreword

This standard replaces GB 28050-2011 - National Food Safety Standard - General Rules for Nutritional Labeling of Prepackaged Foods.

Compared with GB 28050-2011, main changes of this standard are as follows:

- Added nutrients that require mandatory labeling;
- Supplemented terms and definitions of energy and some nutritional components;
- Modified the optional labeling contents, and added other supplementary information;
- Modified the permissible margin of error of some nutritional components;
- Modified the prepackaged foods that are exempted from mandatory nutritional labeling;
- Modified some nutrients reference value (NRV);
- Modified the format of nutritional labeling;
- Modified the standard terms for the nutritional claims and the nutrient function claims;
- Added the serving size reference of prepackaged foods.

National Food Safety Standard

General Standard for the Nutritional Labeling of Prepackaged Foods

1. Scope

This standard provides for the description and explanation of nutritional information and properties in the nutritional labeling of prepackaged foods.

This standard applies to the nutritional labeling of prepackaged foods directly sold to consumers.

If required, the nutritional labeling of prepackaged foods not directly sold to consumers and packages for food storage and transportation shall follow this standard.

This standard does not apply to health foods and prepackaged foods for special dietary uses.

2. Terms and Definitions

2.1 Nutritional Labeling

Nutritional labeling is the description and explanation in the prepackaged food labeling, which provide nutritional information and properties of foods to consumers. Such description and explanation include the Nutrition Information, nutritional claims, functional claims of nutritional components and other supplementary information.

The nutritional labeling is a part of the labeling of prepackaged foods.

2.2 Nutrition Information

The Nutrition Information is a standardized table that labels names of food nutritional components, their contents, and their percentages in nutrients reference value (NRV).

2.3 Energy

Energy produced during the body metabolism from protein, fat, carbohydrate and other ingredients in foods.

Energy in foods is mainly calculated according to the sum of the product of the content of main energy-supply components and corresponding energy conversion coefficient.

Energy conversion coefficients (kJ/g) of energy-supply components are as follows: 17 for protein, 37 for fat, 17 for carbohydrate, and 8 for dietary fiber.

Other energy-supply components in food with content exceeding 1g/100g also need to be included in energy calculation. The energy conversion coefficients (kJ/g) of other energy ingredients are as follows: 29 for ethanol, 13 for organic acid, and 10 for sugar alcohol (including D-mannite, maltitol, lactitol, sorbitol and xylitol.

2.4 Nutrients and nutritional components

Nutrients refer to substances in foods that can achieve specific physiological functions and are necessary to maintain the growth, development, activity, reproduction and normal metabolism of the human body. Such substances include proteins, fats, carbohydrates, minerals and vitamins, etc.

Nutritional components refer to nutrients and other substances that are conducive to physiological functions in foods.

Except for the following terms and definitions of nutrients and nutritional components, other (terms and definitions) refer to (the National Standard) Fundamental Terminology and Definition of Nutritional Component in Foods (GB/Z 21922).

2.4.1 Protein

Protein refers to organic compounds containing nitrogen in foods, with amino acids as the basic unit.

Protein content in foods can be determined by multiplying total nitrogen amount by protein conversion coefficient, or by total content of amino acids in foods.

2.4.2 Fat and Fatty Acid

Fat, also known as triglyceride, is formed by the combination of fatty acids and glycerol.

Fat in foods is mostly in free state, it may contain part bound fat.

Fatty acid is the general term of chain carboxylic acid in organic acid, can be categorized to saturated fatty acid and unsaturated fatty acids.

Saturated fatty acid is the fatty acid not containing double bonds on the carbon chain, including palmitic acid, stearic acid, etc.

Unsaturated fatty acid is the total fatty acid containing double bonds on the carbon chain, only contains the cis part. The monounsaturated fatty acid contains one double bond on the carbon chain; the polyunsaturated fatty acid contains two or more double bonds on the carbon chain.

Trans-fatty acids refer to the total fatty acids each of which contains one or more unconjugated trans-double bonds produced in oil processing.

2.4.3 Carbohydrate

General term of sugar, oligosaccharide and polysaccharide.

The content of carbohydrate in foods can be calculated by subtraction or addition.

Subtraction: carbohydrate (g/100 g) = 100 - moisture - ash - protein - fat -dietary fiber

Addition: Carbohydrate (g/100 g) = the sum of monosaccharide and disaccharide + starch

When the dietary fiber is not marked in the Nutrition Information, there is no need to exclude the content of dietary fiber during the calculation of carbohydrate.

Where food ingredients contain ethanol, organic acid, sugar alcohol and other energy-supply components and energy conversion is required, the content of these ingredients needs to be additionally excluded for the calculation of carbohydrate.

2.4.4 Sugar

Refers to the sum of glucose, fructose, sucrose and maltose that could be measured in prepackaged foods.

2.5 Nutrients Reference Value (NRV)

Nutrients reference value is the basic reference value used in the nutritional labeling of prepackaged foods used to compare the contents of nutrients; it applies to all foods for population over 4 years old. The NRV is formulated on the basis of *Dietary Reference Intakes of Chinese Residents.*

The percentage of nutrients reference value (NRV%) refers to the percentage of a certain nutrient in the edible parts of every 100 grams, 100 mL or serving of foods in the nutrients reference value (NRV). When NRV% is 100%, it indicates that daily nutrient requirement for an individual aged over 4 years old can be met.

2.6 Nutritional Claim

Nutritional claim refers to the description and explanation of the nutritional properties of food; it includes content claim and comparative claim.

2.6.1 Content Claim

Content claim refers to the description and explanation of energy or nutritional components in foods. The terms used in content claims include “contain”, “source”, “high”, “rich in”, “low”, “lean”, “no”, or “do not contain”, etc.

2.6.2 Comparative Claim

Comparative claim refers to the claim that describes and explains the increase or reduction of energy or nutritional components of foods after comparison with the same kind of foods familiar to consumers. The terms used in comparative claims include “increase” or “reduce”, etc.

2.7 Nutrient Function Claims

Nutrient function claim refers to the description and explanation of the functions of a certain nutritional component in maintaining normal growth, development and normal physiological function of the human body.

2.8 Edible Parts

The edible parts of foods, which are the parts remain after the removal of non-edible parts from the net weight of prepackaged foods.

2.9 Serving Size Reference

Food serving size reference refers to the recommended reference weight or volume of food per serving (in terms of edible parts) when the nutritional labeling is marked as "serving" in the in the Nutrition Information.

2.10 Rounding Interval

Rounding interval is the minimum numerical unit of the rounding value.

3. General Requirements

3.1 Prepackaged foods shall have nutritional labeling; the nutritional information and properties presented on the nutritional labels shall be truthful and objective; the labels shall not have deceptive information; it shall not exaggerate nutritional function or other functions of the product.

3.2 The nutritional labeling of prepackaged foods shall use standard Chinese characters. If languages of minority ethnic groups and foreign languages are used at the same time, the content thereof shall be consistent with the meaning of the Chinese characters; the font height thereof shall not be larger than the corresponding Chinese characters.

3.3 Nutrition Information shall be clear, prominent and indelible; it shall be presented in a framed table (except in special cases) perpendicular to the baseline of the package, and title of the table shall be "Nutrition Information".

3.4 The content of nutritional components in foods shall be marked in specific numerical values.

3.5 Formats of the nutritional labeling shall be standardized and unified. Food enterprises may select any of the formats according to nutritional properties of foods, size and shape of the package and other factors.

3.6 The nutritional label shall be directly labeled on the minimum sales unit sold to consumers. Outer package for food transportation may not label nutritional labeling.

4. Mandatory Labeling Information

4.1 Mandatory labeling items that shall be marked on any nutritional labeling of prepackaged food include: content of energy, protein, fat, saturated fat (or saturated fatty acid), carbohydrate, sugar, and sodium, and their percentages (NRV%) in NRV (nutrients reference value). NRVs are listed in Appendix A.

4.2 When making the nutritional claims or nutrient function claims for nutritional components other than those mentioned in 4.1, such nutritional components' contents and the corresponding percentages in NRV shall be marked in the Nutrition Information.

4.3 Where nutrition fortification substances are used in the prepackaged food, the contents of the nutritional components and the percentages of which in NRV shall be marked in the Nutrition Information.

4.4 The content of trans-fatty acid shall be declared in the Nutrition Information when hydrogenated and (or) partial hydrogenated oil/fat is contained in food ingredients or used in the production process.

4.5 The energy and content level of nutritional components in the prepackaged food shall be declared in specific values per 100 grams (g) and (or) per 100 mL of edible parts.

4.6 The nutritional components without specified NRVs, only the contents of such nutritional components shall be declared.

5. Optional Labeling Information

5.1 Nutritional component: in addition to the aforesaid mandatory labeling information, it is encouraged to declare Vitamin A, Vitamin B_1, Vitamin B_2, calcium, iron, zinc in the Nutrition Information as well as other ingredients listed in Table 1.

5.2 Nutrition claim: A certain nutritional component in foods may use the content claim, if its declared content is in compliance with the content requirements and restrictive conditions in Table C.1. A certain nutritional component may use the comparative claim if its content is in compliance with the content requirements and restrictive conditions in Table C.2. If a certain nutritional component meets both the requirements of the content claim and those of the comparative claim, it may use both claims or merely the content claim.

5.3 Nutrient function claims: one or more standardized terms of the function claim for the corresponding nutritional components listed in Appendix D may be used if the declared content of a certain nutritional component is in conformity with the content requirements and restrictive conditions of the nutritional claim. The terms of the function claim shall not be deleted, added or merged in any form.

5.4 Serving labeling: the energy and content of nutritional components in the prepackaged food may also be declared with specific values per serving of edible parts, and the weight or volume of food per serving shall be declared on the same page. The weight or volume of food per serving may refer to Appendix E for the recommended reference value of food per serving by category.

5.5 Other supplementary information: It is allowed to use graphics, text, etc. on the front side of the package as supplementary explanation of the Nutrition Information, so as to make it easier for consumers to understand.

5.5.1 Cal, kcal, calorie and other text descriptions are allowed when describing food energy.

5.5.2 Salt, low salt and other text descriptions are allowed when describing sodium content.

5.5.3 Enterprises are encouraged to use the graphics in "Food Guide Pagoda (FGP) of Chinese Residents" and the core information of the *Dietary Reference Intakes of Chinese Residents,* so as to promote rational diet and reduce the intake of oil, salt and sugar in an appropriate amount.

6. Labeling and Expressing Method of Nutritional components

6.1 The name, order, labeling unit, rounding interval, and boundary value of "0" of mandatory and optional labeling nutritional components in the Nutrition Information shall comply with requirements in Table 1. Other nutritional components shall be moved up in order when a nutritional component is not labeled.

6.2 When labeling nutritional components other than those mentioned in 5.1, the mandatory labeling information can be highlighted by increasing the font size, changing the font (for instance, using italics, bold, and blackening), or changing the color (of word or background color).

6.3 When labeling other nutritional components listed in GB 14880 and relevant public notices allowed for enhanced nutrition, which are not included in Table 1, those nutritional components shall be labeled after the nutritional components listed in Table 1.

6.4 The determination of the declared content values of nutritional components can be measured by following methods provided by existing national standards, and can also be calculated by using the *China Food Composition* in accordance with the composition of raw materials. When determining the accuracy of the declared values in the Nutrition Information, the method for determining the declared values shall be considered.

6.5 The content of a certain nutritional components shall be labeled as "0" or, "0.0" or "0.00", according to its rounding interval, when it is less than or equal to the boundary value of "0" specified in Table 1. When "serving" is used to label the content of the nutritional components, it shall also be determined according to the boundary value of "0" for every 100 g or 100 mL of foods.

6.6 Nutritional claims, and nutrient function claims can be presented anywhere on the food label, but the font size shall not be larger than the largest font size of the food name.

Table 1 Name, order, labeled unit, rounding interval and boundary value of "0" for energy and nutritional components

Name and order of energy and nutritional components [a]	Labeled unit [b]	Rounding interval	Boundary value of "0" (Per 100 g or 100 mL)
Energy	千焦 or kJ	1	≤ 17 kJ
Protein	克（g）	0.1	≤ 0.5 g
Fat	克（g）	0.1	≤ 0.5 g
Saturated fat (or saturated fatty acid)	克（g）	0.1	≤ 0.1 g
Trans-fatty acid	克（g）	0.1	≤ 0.3 g
Monounsaturated fat (or monounsaturated fatty acid)	克（g）	0.1	≤ 0.1 g
Polyunsaturated fat (or polyunsaturated fatty acid)	克（g）	0.1	≤ 0.1 g
(n-3) polyunsaturated fatty acid	毫克（mg）	1	≤ 20 mg
α-linolenic acid	毫克（mg）	1	≤ 5 mg
Eicosapentaenoic acid (EPA)	毫克（mg）	1	≤ 5 mg
Docosahexaenoic acid (DHA)	毫克（mg）	1	≤ 5 mg

Name and order of energy and nutritional components [a]	Labeled unit [b]	Rounding interval	Boundary value of "0" (Per 100 g or 100 mL)
Cholesterol	毫克（mg）	1	≤ 5 mg
Carbohydrate	克（g）	0.1	≤ 0.5 g
Sugar	克（g）	0.1	≤ 0.5 g
Lactose	克（g）	0.1	≤ 0.5 g
Dietary fiber (or monomer ingredients, or soluble or insoluble dietary fiber)	克（g）	0.1	≤ 0.5 g
Sodium	毫克（mg）	1	≤ 5 mg
Vitamin A	微克视黄醇当量（μg RE）	1	≤ 10 μg RE
Vitamin D	微克（μg）	0.1	≤ 0.1μg
Vitamin E	毫克α-生育酚当量（mg α-TE）	0.01	≤ 0.20 mg α-TE
Vitamin K	微克（μg）	0.1	≤ 1.6 μg
Vitamin B_1 (thiamine)	毫克（mg）	0.01	≤ 0.03 mg
Vitamin B_2 (riboflavin)	毫克（mg）	0.01	≤ 0.03 mg
Vitamin B_6	毫克（mg）	0.01	≤ 0.03 mg
Vitamin B_{12}	毫克（mg）	0.1	≤ 0.1 μg
Vitamin C (ascorbic acid)	毫克（mg）	0.1	≤ 2.0 mg
Niacin (nicotinamide)	毫克（mg）	0.1	≤ 0.2 mg
Folic acid	微克或微克叶酸当量 (μg or μg DFE)	1	≤ 8 μg
Vitamin B_5	毫克（mg）	0.01	≤ 0.10 mg
Biotin	微克（μg）	0.1	≤ 0.6 μg
Choline	毫克（mg）	0.1	≤ 9.0 mg
Phosphorus	毫克（mg）	1	≤ 14 mg
Potassium	毫克（mg）	1	≤ 20 mg
Magnesium	毫克（mg）	1	≤ 6 mg
Calcium	毫克（mg）	1	≤ 8 mg
Iron	毫克（mg）	0.1	≤ 0.3 mg
Zinc	毫克（mg）	0.01	≤ 0.30 mg
Iodine	微克（μg）	0.1	≤ 3.0 μg
Selenium	微克（μg）	0.1	≤ 1.0 μg
Copper	毫克（mg）	0.01	≤ 0.03 mg
Fluorine	毫克（mg）	0.01	≤ 0.02 mg
Manganese	毫克（mg）	0.01	≤ 0.06 mg
a Nutritional components can be labeled with names outside or in parentheses, or both. b Nutritional components can be expressed in either unit in the table.			

6.7 Within the shelf life, the permissible error of the energy and each nutritional component in foods shall be in compliance with stipulations in Table 2.

Table 2 Permissible margin of error for the energy and content of nutritional components

Energy and nutritional components	Permissible margin of error
Protein, polyunsaturated fat and monounsaturated fat (polyunsaturated fatty acid or monounsaturated fatty acid), carbohydrate, sugar, total soluble dietary fiber or insoluble dietary fiber and monomers thereof, vitamins, minerals (other than sodium), and other enhanced nutritional components in foods	⩾ 80% of the declared value
Energy, fat, saturated fat (or saturated fatty acid), trans-fatty acid, cholesterol, sodium and sugar in foods	⩽ 120% of the declared value

7. Prepackaged Foods Exempted from Mandatory Nutritional Labeling

As the food composition is uncertain or due to other considerations, the prepackaged foods listed below may be exempted from nutritional labeling:

-Fresh prepackaged foods derived from agricultural primary products;

-Single uncooked or dried products that are simply treated or washed, including rice, wheat flour, coarse cereals, etc.

- Unpacked food or ready-made food for sale;

-Packaged drinking water;

-Alcoholic beverages that contain ethanol ≥ 0.5% or above and sugar < 0.5%;

-Prepackaged foods or single raw material condiments with daily intake amount ≤ 10 g (or 10 mL);

-Foods with the total package surface area of ≤150 cm^2 or the maximum surface area is ≤ 40 cm^2;

-Foods that are packaged in reusable glass (porcelain) bottles and cannot have label information printed on the bottles.

-Other prepackaged foods that may be exempted from nutritional labeling according to other laws, regulations or standards.

The above prepackaged foods exempted from nutritional labeling shall follow this standard if any nutritional information is labeled on the package.

Appendix A

Nutrients Reference Value (NRV) for Food Labeling and Method of Application

A.1 Nutrients reference value (NRV) for food labeling

NRV is revised according to the *Reference Nutrient Intake Volume of Chinese Residents* which refers to the reference values specially used for food nutritional labels, marking and comparing the contents of nutrients in food.

NRVs for energy and 31 nutritional components are listed in Table A.1.

Table A.1 Nutrients reference value (NRV)

Nutritional components	NRV	Nutritional components	NRV
Energy [a]	8,400 kJ	Folic acid	350 μg DFE
Protein	60 g	Vitamin B_5	5 mg
Fat	60 g	Biotin	30 μg
Saturated fat	20 g	Choline	500 mg
Carbohydrate	300 g	Calcium	800 mg
Dietary fiber	25 g	Phosphorus	700 mg
Vitamin A	800 μg RE	Potassium	2,000 mg
Vitamin D	10 μg	Sodium	2,000 mg
Vitamin E	14 mg α-TE	Magnesium	300 mg
Vitamin K	80 μg	Iron	15 mg
Vitamin B_1	1.4 mg	Zinc	11 mg
Vitamin B_2	1.4 mg	Iodine	120 μg
Vitamin B_6	1.4 mg	Selenium	60 μg
Vitamin B_{12}	2.4 μg	Copper	0.8 mg
Vitamin C	100 mg	Fluorine	1 mg
Niacin	14 mg	Manganese	3 mg
[a] Energy equals to 2,000 kcal.			

A.2 Purpose and method of application

NRV is used for comparing and describing the energy or content level of nutritional components in foods; when the nutritional claim is used, NRV may be used as a standard reference value.

It can be used for calculating the percentage of a nutritional component in the nutrient reference value (NRV%); the specified rounding interval for NRV% is 1, for instance 1%, 5%, 16%, etc.

A.3 Calculation

The following equation (A.1) is used to calculate NRV% in NRV:

$$NRV\% = \frac{x}{NRV} \times 100\% \quad \text{(A.1)}$$

Where: X is the content of a nutrient in foods (in terms of edible parts);

NRV represents the nutrient reference value of the nutrient.

Appendix B

Nutritional Labeling Formats

B.1 This appendix provides for the nutritional labeling formats of prepackaged foods.

B.2 One of the following formats shall be selected for designing and manufacturing nutritional labels.

B.3 On the basis of ensuring compliance with the basic format requirements and ensuring that consumers are not misled, appropriate adjustments may be made in layout design, including but not limited to: adjustment in word formats (left alignment, centering, etc.), background and table colors

for the purpose of meeting aesthetic requirements or for facilitating consumers' observation, or appropriate adding/removing of inner frame lines, etc.

B.4 When "serving" is used for labeling, the weight per serving shall be declared on the same page with the Nutrition Information, such as "×× gram (g) per serving" or "×× mL per serving"; the minimum unit of the weight may be declared simultaneously, such as "××gram (g) per serving / × piece", "××gram (g) per serving / ×scoop" and so on.

B.5 For a nutritional component without specified NRV, its "NRV%" can be blank, or expressed in a horizontal or diagonal line.

B.6 When the word "or" appears in the example, the nutritional component can be labeled in either unit, or both.

B.7 Nutrients reference values describing the energy and nutrients listed can also be added under the Nutrition Information.

Sample 1 Only labeling mandatory information

Nutrition Information [a]

Items	Per 100 g/100 mL	NRV%
Energy	千焦 or kJ	
Protein	克 or g	
Fat	克 or g	
Saturated fat	克 or g	
Carbohydrate	克 or g	
Sugar	克 or g	
Sodium	毫克 or mg	

Notes: [a] Where the word "or" appears, the nutritional component can be labeled in either unit, which applies to the samples below.

Sample 2 Labeling with per 100 gram (or per 100 mL and per serving

Nutrition Information

Items	Per 100 g or per 100 mL	NRV%	×× g/mL per serving [a]	NRV%
Energy	千焦 or kJ		千焦 or kJ	
Protein	克 or g		克 or g	
Fat	克 or g		克 or g	
Saturated fat	克 or g		克 or g	
Carbohydrate	克 or g		克 or g	
Sugar	克 or g		克 or g	

Sodium	毫克 or mg		毫克 or mg	

Notes: [a] The weight per serving can be expressed inside or outside the table on the same page.

Sample 3 Labeling more nutritional components

Nutrition Information

Items	Per 100 g or per 100 mL	NRV%
Energy	千焦 or kJ	
Protein	克 or g	
Fat	克 or g	
Saturated fat	克 or g	
Trans-fatty acid	克 or g	
Cholesterol	毫克 or mg	
Carbohydrate **Sugar**	克 or g 克 or g	
Dietary fiber	克 or g	
Sodium	毫克 or mg	
Vitamin D	毫克 or mg	
Vitamin B_2	毫克 or mg	
Vitamin B_6	毫克 or mg	
Iron	毫克 or mg	
Zinc	毫克 or mg	

Notes: Mandatory labeling information may be highlighted by larger font size, changing the font (such as italics, bold, blackening), and changing the color (of font or of background).

Sample 4 Labeling with languages of minority ethnic groups or foreign languages along with the Chinese

Nutrition Information

Items	per 100 g or per 100 mL	NRV%
能量/energy	千焦 or kJ	
蛋白质/protein	克 or g	
脂肪/fat	克 or g	

饱和脂肪/saturated fat	克 or g
碳水化合物/carbohydrate	克 or g
糖/sugar	克 or g
钠/sodium	毫克 or mg

Notes: There is no limit to the case of foreign characters except the labeled units. If the languages of minority ethnic groups is to be labelled, they may be placed in the location of foreign languages in the sample.

Sample 5 Horizontal format

Nutrition Information

Items	Per 100 g or per 100 mL	NRV%	Items	Per 100 g/100 mL	NRV%
Energy	千焦 or kJ		Carbohydrate	克 or g	
Protein	克 or g		Sugar	克 or g	
Fat	克 or g		Sodium	毫克 or mg	
Saturated fat	克 or g		-	-	

Notes: According to the characteristics of packaging, nutritional components may be arranged horizontally from left to right or vertically from top to bottom, and divided into two or more columns for labeling.

Sample 6 Text Format

For foods with the total area of the package ≤150 cm^2 or the maximum surface area ≤40 cm^2, when nutritional components are to be labeled, they shall be exempted from using a table format or using the labeling of NRV%. Based on the characteristics of the package, nutritional components may be arranged horizontally from left to right, or vertically from top to bottom, either framed or unframed.

Nutritional component/100 g or 100 mL: energy ×× kJ, protein ×× g, saturated fat ×× g, carbohydrate ×× g, sugar ×× g, and sodium ×× mg.

Sample 7 Formats with nutritional claims and (or) nutrient function claims

Nutritional claims: low fat ××.

Nutrient function claims: energy from fat shall not exceed 30% of the total energy in a daily diet.

Nutrition Information

Items	Per 100 g or per 100 mL	NRV%
Energy	千焦 or kJ	
Protein	克 or g	

Fat	克 or g
Saturated fat	克 or g
Carbohydrate	克 or g
Sugar	克 or g
Sodium	毫克 or mg

Sample 8 Nutritional labeling formats of several different kinds of foods contained in one package

Where the package in a selling unit includes the prepackaged food in several different kinds of packages, the food labeling of the average content of nutritional components in the package shall be declared, or shall be declared separately, or shall be declared together (see Sample 8 for nutritional components of foods that are declared together).

Nutrition Information

Items	Name of food A		Name of food B		Name of food C	
	Per 100 g or per 100 mL	NRV%	Per 100 g or per 100 mL	NRV%	Per 100 g or per 100 mL	NRV%
Energy	千焦 or kJ		千焦 or kJ		千焦 or kJ	
Protein	克 or g		克 or g		克 or g	
Fat	克 or g		克 or g		克 or g	
Saturated fat	克 or g		克 or g		克 or g	
Carbohydrate	克 or g		克 or g		克 or g	
Sugar	克 or g		克 or g		克 or g	
Sodium	毫克 or mg		毫克 or mg		毫克 or mg	

Notes: When the same package contains ingredients that can be added by consumers in their discretion (such as the seasoning bag of instant noodles, the dipping sauce bag of puffed food, etc.), it can also be labeled by this method.

Appendix C

Requirements, Conditions and Synonyms for Content Claim and Comparative Claim of Energy and Nutritional components

C.1 Table C.1 provides for requirements and conditions for the content claim of energy and nutritional components in the prepackaged food.

C.2 Table C.2 provides for requirements and conditions for the comparative claim of energy and nutritional components in the prepackaged food.

Table C.1 Requirements and conditions for content claim of energy and nutritional components

Items	Method of content claim [a]	Content requirements [b]	Restrictive conditions
Energy	No energy	≤ 17 kJ/100 g (solid) or 100 mL (liquid)	Energy supply ratio of fat ≤ 50%.
	Low energy or low Cal or low calorie	≤ 170 kJ/100 g (solid) ≤ 80 kJ/100 mL (liquid)	
Protein	Source of protein or containing protein	Content per 100 g ≥ 10% NRV (solid) Content per 100 mL ≥ 5% NRV (liquid) or Content per 420 kJ ≥ 5% NRV	
	High or rich in protein	Content per 100 g ≥ 20% NRV (solid) Content per 100 mL ≥ 10% NRV (liquid) or Content per 420 kJ ≥ 10% NRV	
Fat	None or containing no fat	≤ 0.5 g/100 g (solid) or 100 mL (liquid)	
	Low fat	≤ 3 g/100 g (solid) ≤ 1.5 g/100 mL (liquid)	
	Lean	Fat content ≤ 10%	It refers to livestock and poultry only.
	Skim	Liquid milk and yoghurt: fat content ≤ 0.5%; Milk powder: fat content ≤ 1.5%.	Other dairy products shall comply with the corresponding national food safety standard.
	None or containing no saturated fat	≤ 0.1 g/100 g (solid) or 100 mL (liquid)	
	Low saturated fat	≤ 1.5 g/100 g (solid) ≤ 0.75 g/100 mL (liquid)	Energy supply ratio of saturated fatty acid ≤ 10%.
	None or containing no trans-fatty acids	≤ 0.3 g/100 g (solid) or 100 mL (liquid)	
	(n-3) polyunsaturated fatty acids or containing (n-3) polyunsaturated fatty acids	α-linolenic acid ≥ 0.3 g/100 g or the sum of EPA and DHA ≥ 40 mg/100 g	
	High or rich in (n-3) polyunsaturated fatty acids	α- linolenic acid ≥ 0.6 g/100 g or the sum of EPA and DHA ≥ 80 mg/100 g	

Items	Method of content claim [a]	Content requirements [b]	Restrictive conditions
Cholesterol	None or containing no cholesterol	≤ 5 mg/100 g (solid) or 100 mL (liquid)	It shall comply with both the content requirements and restrictive conditions of low saturated fat.
	Low cholesterol	≤ 20 mg/100 g (solid) ≤ 10 mg/100 mL (liquid)	
Sugar	None or containing no sugar	≤ 0.5 g/100 g (solid) or 100 mL (liquid)	It does not contain lactose.
	Low sugar	≤ 5 g/100 g (solid) or 100 mL (liquid)	
Lactose	No lactose	Lactose content ≤ 0.5 g/100 g (mL)	It refers to dairy products only.
	Low lactose	Lactose content ≤ 2 g/100 g (mL)	
Dietary fiber	Source of dietary fiber or containing dietary fiber	≥ 3 g/100 g (solid) ≥ 1.5 g/100 mL (liquid) or ≥ 1.5 g/420 kJ	Total content of dietary fiber shall comply with the content requirements; or at least any one item of soluble dietary fiber, insoluble dietary fiber and monomers thereof (galacto-oligosaccharide, oligofructose, polyfructose, inulin, polyglucose, beta-glucan, resistant dextrin, resistant starch, hemicellulose, cellulose, etc.) complies with the content requirements.
	High or rich in dietary fiber	≥ 6 g/100 g (solid) ≥ 3 g/100 mL (liquid) or ≥ 3 g/420 kJ	
	Soluble dietary fiber (or monomer) Source or containing soluble dietary fiber (or monomer)	≥ 2 g/100 g (solid) ≥ 1.0 g/100 mL (liquid) or ≥ 1.0 g/420 kJ	Soluble dietary fiber monomers (galacto-oligosaccharide, oligofructose, polyfructose, inulin, polyglucose, beta-glucan, resistant dextrin, etc.) meet the content requirements.
	High or rich in soluble dietary fiber (or monomer)	≥ 4 g/100 g (solid) ≥ 2 g/100 mL (liquid) or ≥ 2 g/420 kJ	
Sodium (salt)	None or containing no sodium	≤ 5 mg/100 g or 100 mL	When the claim complies with the "sodium" claim, the "sodium" can be replaced with "salt", such as "low salt".
	Extremely low or very little sodium	≤ 40 mg/100 g or 100 mL	
	Low sodium	≤ 120 mg/100 g or 100 mL	
Vitamin	Source of vitamin X or containing vitamin X	≥ 15% NRV for per 100 g ≥ 7.5% NRV for per 100 mL or ≥ 5% NRV for per 420 kJ	Containing "multivitamins" means that the content of three or more vitamins complies with the requirements of the claim "containing".
	High or rich in vitamin X	≥ 30% NRV for per 100 g ≥ 15% NRV for per 100 mL or ≥ 10% NRV for per 420 kJ	Rich in "multivitamins" means that the content of three or more vitamins complies with the requirements of the claim "rich in".
Mineral (excluding sodium)	Source of X or containing X	≥ 15% NRV for per 100 g ≥ 7.5% NRV for per 100 mL or ≥ 5% NRV for per 420 kJ	Containing "multi-minerals" means that the content of three or more minerals complies with the requirements of the claim "containing".
	High or rich in X	≥ 30% NRV for per 100 g ≥ 15% NRV for per 100 mL or	Rich in "multi-minerals" means that the content of three or more

Items	Method of content claim [a]	Content requirements [b]	Restrictive conditions
		≥ 10% NRV for per 420 kJ	minerals complies with the requirements of the claim “rich in”.

[a] The synonyms of “none” and “containing no” are “zero (0)” and “no”, in which “no energy” can be referred to as “no Cal” or “no calories”; the synonyms of “source” and “contain” are “provide”, “include” and “have”; the synonyms of “high” and “rich in” are “good source”, “contain rich ××”, “plenty (of) ××” and “abundant”. The synonym of “low” is “little”, in which “low energy” can be referred to as “low Cal” or “low calorie”, and “low fat” can be referred to as “little oil”.

[b] When “per serving” is used as the food unit, the content claim is allowed only when the content requirements for per 100 g (mL) or 420 kJ are met.

Table C.2 Requirements and conditions for comparative claim of energy and nutritional components

Method of comparative claim [a]	Requirements	Conditions
Energy reduced	Energy is reduced by 25% or above compared with reference food.	The reference food shall be: 1. the measured data of the food with the same kind or category by the same enterprise; 2. shall come from the data of similar foods in the *China Food Composition*.
Fat reduced	Fat is reduced by 25% or above compared with reference food.	
Saturated fat reduced	Saturated fat is reduced by 25% or above compared with reference food.	
Sugar reduced	Sugar is reduced by 25% or above compared with reference food.	
Sodium (salt) reduced	Sodium is reduced by 25% or above compared with reference food.	
Protein increased	Protein is increased by 25% or above compared with reference food.	
Dietary fiber increased	Dietary fiber is increased by 25% or above compared with reference food.	
Vitamin increased	Vitamin is increased by 10% in NRV or above compared with reference food.	
Mineral increased (sodium excluded)	Minera is increased by 10% in NRV or above compared with reference food.	

[a] The synonyms of “reduce” include “decrease”, “reduced” or “reduced by x%”, “reducing x%”, “decreasing x%”, “decreased by x%” and “lowering x%”; the synonyms of “increase” include “add”, “increasing”, “rise” or “adding x% (x times)”, “increased by x% (x times)”, “increasing x% (x times)”, “x% (x times) higher”, “added by x% (x times)”, “x% (x times) more”, “increase x times”.

Appendix D

Standard Terms for Function Claim of Energy and Nutritional components

D.1 When the declared content value of a certain nutritional component meets the content requirements and restrictive conditions of nutritional claims, one or more standard terms for the function claim of the corresponding nutritional component in Appendix D may be used.

Appendix D provides for the standard terms for the function claim of energy and nutritional components.

D.2 Energy

The human body needs energy to maintain life activities.

Energy is essential to growth and development and all activities of the human body.

Proper energy can help to maintain a good health status.

Excessive energy intake and insufficient exercise are relevant to overweight and obesity.

D.3 Protein

As a main constitutive substance of the human body, protein provides multiple amino acids.

Protein is an important substance essential to the life activities of the human body, which contributes to the formation and growth of tissue.

Protein is conductive to building and repairing of human tissue.

Protein contributes to the formation and growth of tissue.

Protein is a major nutrient for tissue formation and growth.

Protein contributes to muscle growth and maintenance.

Protein is necessary to normal growth and development of children’s bones.

D.4 Fat

Fat can provide high energy.

Energy from fat shall not exceed 30% of total energy in a daily diet.

Fat is an important component of the human body.

Fat can promote the absorption of fat-soluble vitamins.

Fat provides fatty acids necessary to the human body.

D.4.1 Saturated Fat

Saturated fat can promote absorption of cholesterol in food.

Excessive intake of saturated fat is harmful to health.

Excessive intake of saturated fat will increase cholesterol, and therefore, the intake shall be less than 10% of daily total energy.

D.4.2 Trans-fatty Acid

Daily intake of trans-fatty acids shall not exceed 2.2 g.

Intake of trans-fatty acids shall be less than 1% of daily total energy.

Excessive intake of trans-fatty acids is harmful to health.

Excessive intake of trans-fatty acids will increase the risk of cardiovascular diseases.

D.4.3 α-Linolenic Acid

α-Linolenic acid is an essential fatty acid.

D.5 Carbohydrate

Carbohydrate is the basic substance and main source of energy for human survival.

Carbohydrate is the main source of energy for human.

Carbohydrate is the main source of the generation of blood glucose.

D.6 Sugar

Long-term excessive intake of sugar is harmful to health.

D.7 Dietary Fiber

Dietary fiber is a substance with low energy.

Dietary fiber helps to maintain normal intestinal functions.

D.8 Sodium

Sodium can adjust the water in the body, thereby maintaining acid-base balance.

For an adult, the daily intake of salt shall not exceed 6 g.

Long-term excessive intake of salt is harmful to health.

D.9 Vitamin A

Vitamin A helps to maintain scotopic vision.

Vitamin A helps to maintain healthy skin and mucous membranes.

Vitamin A helps to maintain normal eyesight.

Vitamin A helps to maintain normal physiological functions of the immune system.

D.10 Vitamin D

Vitamin D is good for health of bones and teeth.

Vitamin D helps formation of bones.

Vitamin D can facilitate the absorption and utilization of calcium and phosphorus.

D.11 Vitamin E

Vitamin E has an antioxidant function.

D.12 Vitamin K

Vitamin K is an indispensable component to maintain normal coagulation functions.

D.13 Vitamin B_1

Vitamin B_1 is an indispensable component in energy metabolism.

Vitamin B_1 helps to maintain the normal physiological function of the nervous system.

D.14 Vitamin B_2

Vitamin B_2 helps to maintain healthy skin and mucous membranes.

Vitamin B_2 is an indispensable component in energy metabolism.

D.15 Vitamin B_6

Vitamin B_6 is good for metabolism and utilization of protein.

Vitamin B6 helps to maintain normal energy metabolism.

Vitamin B_6 helps to maintain the normal physiological function of the nervous system.

D.16 Vitamin B_{12}

Vitamin B_{12} helps to form red blood cells.

Vitamin B_{12} helps to maintain normal energy metabolism.

Vitamin B_{12} helps to maintain the normal physiological function of the nervous system.

D.17 Vitamin C

Vitamin C helps to maintain healthy skin and mucous membranes.

Vitamin C helps to maintain healthy bones and gingivae.

Vitamin C promotes the absorption of iron.

Vitamin C has an antioxidant effect.

D.18 Niacin

Niacin helps to maintain healthy skin and mucous membranes.

Niacin is an indispensable component in energy metabolism.

Niacin helps to maintain the normal physiological function of the nervous system.

D.19 Folic Acid

Folic acid is good for the normal development of the fetal brain and nervous system.

Folic acid is good for formation of red blood cells.

D.20 Vitamin B_5

Vitamin B_5 is a significant component for energy metabolism and tissue formation.

D.21 Biotin

Biotin helps to maintain health of skin and hair.

D.22 Choline

Choline is an important component involved in lipid metabolism.

D.23 Calcium

Calcium is the main component of human bones and teeth, which also participates in many physiological functions.

Calcium is the main component of bones and teeth and maintains bone mineral density.

Calcium contributes to the development of bones and teeth.

Calcium helps to strengthen bones and teeth.

Calcium is necessary for normal neurological and muscle functions.

D.24 Phosphorus

Phosphorus helps to maintain normal functions of cell membranes.

Phosphorus helps to maintain healthy bones and teeth.

D.25 Potassium

Potassium is an essential element to maintain the balance of water and electrolytes.

Potassium helps to maintain normal muscle functions.

D.26 Magnesium

Magnesium is an important component for energy metabolism, tissue formation and bone development.

Magnesium helps to maintain normal muscle functions.

D.27 Iron

Iron is an important component for the formation of red blood cells.

Iron is an essential element for the formation of red blood cells.

Iron is essential is necessary for the production of hemoglobin.

D.28 Zinc

Zinc is an essential element for the growth and development of children.

Zinc helps to improve the appetite.

Zinc is good for skin health.

Zinc is an important component in energy metabolism and tissue formation.

Zinc helps to maintain normal physiological functions of the immune system.

D.29 Iodine

Iodine is an element that ensures normal functions of the thyroid.

Iodine is essential to the development of the nervous system.

D.30 Selenium

Selenium has an antioxidant effect.

Selenium helps to maintain normal physiological functions of the immune system.

Appendix E

Recommendation of Serving Size Reference of Prepackaged Foods

E.1 Serving size reference of prepackaged foods

The serving size reference refers to the recommended reference weight or volume of food per serving (in terms of edible parts) when the nutritional information on the nutritional label is declared with "serving".

Table E.1 illustrates the serving size reference of 19 types of prepackaged foods.

Table E.1 Serving size reference of prepackaged foods (g or mL)

Name	Serving size reference
Soy sauce, sauce, pickles, base, soup	10 g
Cooked dried meat products (dried meat floss, jerky, dried meat slice, etc.)	10 g
Dried fruit products	10 g
Nut products	10 g
Cereal bars	30 g
Western decoration cakes (pies, cakes)	30 g
Meat filling products (sausage, western pork ham, etc.), ham products, fermented ham products and preserved meat products	30 g
Milk powder (whole-milk powder, skimmed milk powder, partially-skimmed milk powder and formular milk powder)	30 g
Instant farina, meal replacement powder	30 g
Biscuits	30 g
Puffed food, chips, crust of cooked rice and sliced Chinese bread	40 g
Bread and fermented flour products (steamed bun and steamed bread roll)	50 g
Eggs (chicken eggs, preserved eggs, salted eggs, marinated eggs, eggs preserved in wine, etc.)	50 g
Ice cream	50 g/mL
Instant noodles (noodle cake)	100 g
Fermented milk	120 g/mL
Liquid milk (pasteurized milk, formula milk and sterilized milk)	200 mL
Beverages	200 mL
Soybean milk	200 mL

E.2 Application of serving size reference

Table E.1 provides reference for enterprises to determine the specification of serving of each food product, and the food serving shall be expressed in gram or milliliter. According to the weight (or volume) of the minimum unit of prepackaged foods, the weight (or volume) of food per serving shall be as close as possible to the serving size reference, and the following cases can be applied for reference.

E.2.1 When the weight (or volume) of the minimum unit of the food is within 50%-150% of the corresponding serving size reference, the weight (or volume) of food per serving can be directly declared with the weight (or volume) of the minimum unit of the food.

E.2.2 When the weight (or volume) of the minimum unit of the food is less than 50% of the reference value of the corresponding serving size reference, the weight (or volume) of food per serving can be declared according to the sum of the weight (or volume) of several minimum units closest to the serving size reference. For example, where the serving size reference of biscuits is 30 g, and each biscuit is 7 grams, then 4 biscuits can be taken as one serving, which is labeled as “28 grams/4 pieces per serving”.

E.2.3 When the weight (or volume) of the minimum unit of the food is about 150%~300% of the corresponding serving size reference, 1/2 or 1/3 of the minimum unit can be taken as the weight (or volume) of food per serving, so as to be as close to the serving size reference as possible. For example, where the serving size reference of potato chips is 40 g, and a bucket of potato chips is 100 g, then 1/3 of the bucket can be taken and labelled as “33 grams per serving”.

E.2.4 When the weight of the minimum unit of the food is greater than 300% of the serving size reference, it can be labeled in accordance with E.2.2 or E.2.3 if it can be further divided into units for consumption, such as slices, pieces, and scoops. Food such as sauce and pickles that cannot be divided can be directly labeled with serving size reference.

END TRANSLATION

Attachments:

No Attachments.