
UNIT 16 FOOD LABELLING

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16.0 OBJECTIVES

After reading this unit, we shall be able to:

- 1 understand the importance of food labelling;
- 1 understand the need for nutrition labelling;
- 1 know the codex guidelines for nutrition labelling;
- 1 Implement the PFA requirements of food labelling; and
- 1 Implement the requirements of FPO, MFPO and Weight and Measure (packaged commodities) rules.

16.1 INTRODUCTION

The quality characteristics of food that are acceptable to the consumers are comprehended under the term “Food Quality”. It include external factors, such as appearance (size, shape, colour, gloss) and consistency, internal factors or hidden characteristics (chemical composition and physical properties, nutrition and microbial load) and a characteristics/specifications prescribed under the government regulations/standards. If consumers perceptions regarding quality of

food is not positive he or she either will not purchase the food or will be paying less compare to when consumer has positive perception about the quality. Now-a-days consumers are exposed to a whole range of processed food everyday. Those who do not want the inconvenience of preparing their own meals are willing to pay a premium for food perceived to be of high quality and standard. Food is susceptible to adulteration and spoilage due to various reasons. The adulterated/spoiled food can affect a large number of population and at times hazards may occur. Secondly, the consumer must get the product for which he or she has paid. It should neither be inferior in quality nor adulterated. The processor may add any prohibited preservative or add a permitted additive in excess of the prescribed limits to extend its shelf life. The concept of labelling the packed food has been evolved due to this concern of the consumer and food regulation authorities. In addition, one of the main basis of consumers to compare low and high quality food is the information on the label of the pack.

16.2 WHAT IS FOOD LABELLING?

As per PFA 1954 a “label” means any tag, brand, mark pictorial or other descriptive matter, written, printed, stenciled, marked, embossed, graphic, perforated stamped or impressed on or attached to container, cover, lid or crown of any food package.

16.3 NEED FOR FOOD LABELLING

In a globalised economy, the international food trade is fast expanding, providing consumers with an access to a wider choice of processed foods. The variety seeking consumers and a seasonality of agricultural raw material requires business in this sector to be extremely innovative especially with regard to taste, convenience, nutritional and shelf life innovations and making available wholesome, nutritious and safe food choices to consumers in the country as well as for the global trade. With the advancement of science and technologies and to make these foods available over a long distance and for longer shelf life, the use of additives is gaining importance. The processors often make claims of high quality and safety about the product such as low cholesterol food, saturated fat, fat free food etc. Consumers may be deceived by unscrupulous traders through these labellings on the package of processed food. To prevent these traders or manufactures from cheating the consumers by claiming a particular food as of high quality or nutritious or health food. In case of food surveillance and recall under emergency conditions such as risk of spread of some health hazards food labelling is helpful in the traceability of food. Regulation regarding conveying the information about a food is essential so that a wise choice can be made and to ensure that nutrition labelling or health labelling does not describe a product or present information about it which is in any way false, misleading, deceptive or insignificant in any manner. Prevention of Food Adulteration Act (1954) and PFA rules 1955 has made the provision regarding labelling packaged food articles. The provisions of the Act have been amended several times the latest being on 15.5.2008 when a draft notification GSR(E) has been issued on the labelling law which is effective from 29.03.2009.

16.4 DEFINITIONS RELATED TO FOOD LABELLING

- 1) **Nutrition claim:** means any representation which states, suggests or implies that a food has particular nutritional properties which is not limited to the energy value but include proteins, fat carbohydrates, vitamins and minerals.
- 2) **Health claim:** Means any representation that states, suggests or implies that a relationship exists between a food or a constituent of that food and health that include nutrition claims which describe the physiological role of the nutrients in growth development and normal functions of the body, other functional claims concerning specific beneficial effect of the consumption of food or its constituent, in the context of the total diet or normal function or biological activities of the body and such claim relate to a positive contribution to the health or to the improvement of function, modifying or preserving health, or disease risk reduction claim relating to the consumption of food or food constituents, in the context of the total diet to the reduced risk of developing a disease or health related condition.
- 3) **Risk Reduction:** In the context of health claims means significantly altering a major risk factor of a disease or health related condition.
- 4) **Lot Number/Code Number or Batch Number:** Means the number either is numerical or alphabets or in combination thereof, representing the lot number or code number or batch number being preceded by the words “ Lot No.” or “Lot” or “Code number” or “Code” or “Batch No.” or “Batch” or any distinguishing prefix by which the food can be traced in manufacture and identified in distribution.
- 5) **Prepackaged or Pre-packed Food:** Means a food, which is placed in a package of any natures in such manner that the contents cannot be changed without tampering it and which is ready for sale to the consumers.
- 6) **Best Before:** Means the date which signifies the end of the period under any stated storage conditions during which the product shall remain full marketable and shall retain any specific qualities for which tacit or express claims have been made or beyond date the food may still be perfectly satisfactory.
- 7) **Date of Manufacture:** Means the date on which the food becomes the product as described.
- 8) **Date of Packaging:** Means the date on which the food is placed in the immediate container in which it will be ultimately sold.
- 9) **Use by date of recommended last consumption date or expiry date:** Means the date which signifies the end of the estimated period under any stated storage conditions, after which product probably will not have quality attributes normally expected by the consumers and the food shall not marketable.
- 10) **Principal Display Panel:** Means that part of the container/ package which is intended or likely to be displayed or presented or shown or examined by the customer under normal and customary conditions of display, sale or purchase of the commodity contained therein.

11) Irradiated Food: Means the food which has been treated with ionizing radiation.

16.5 NUTRITION LABELLING

Consumers are exposed to a wide range of processed foods. Those who do not want the inconvenience of preparing their own meals are willing to pay a premium for food perceived to be of high quality and standard. One of their main bases of comparison is the information on the label of these foods. Nutrition labelling has been made mandatory on the packed foods in many countries of the world. The purpose of nutrition labelling is to provide suitable profile of nutrients contained in the food in a particular packet. Therefore, in addition to giving information on the basic nutrients like fat, protein, carbohydrates, vitamins and minerals, the label must also supply information on the additives used in the food as processing aid preservatives, nutritizers, acidulants, antioxidants, colouring matter, flavouring constituents etc. as well as on any specific supplementary nutrients.

16.6 CODEX GUIDELINES ON NUTRITION LABELLING

Codex Alimentarius Commission has published guidelines on nutrition labelling *viz.* CAG-GL-2-1885 (Rev 1-1993). The purpose of these guidelines is:

- 1) To ensure that nutrition labelling is effective:
 - 1 In providing the consumers with information about a food so that a wise choice of food can be made;
 - 1 In providing a means for conveying information on the nutrient of a food on the label;
 - 1 In encouraging the use of sound nutrition principles in the formulations of food which would benefit public health; and
 - 1 In providing the opportunity to include supplementary nutrition information on the label.
- 2) To ensure that nutrition labelling does not describe a product or present information about which is in any way false, misleading, deceptive or insignificant in any manner.
- 3) To ensure that no nutritional claims are made without nutrition labelling, it is based on the principles of nutrition labelling.

Nutrient declaration : Information supplied should be for the purpose of providing consumers with a suitable profile or nutrients contained in the food and considered to be of nutritional importance. The information should not lead consumers to believe that there is exact quantitative knowledge of what individuals should eat in order to maintain health, but rather to convey an understanding of the quantity of nutrients contained in the product. A more exact quantitative delineation for individuals is not valid because there is no meaningful way in which knowledge about individual requirements can be used in the labelling.

16.7 FDA AND USDA REQUIREMENTS OF FOOD LABELLING

The Food and Drug Administration (FDA) and the U.S. Department of Agriculture (USDA) require labels on almost all packaged foods that include nutrition information in readable type. The information usually appears on the back or side of packaging under the title “Nutrition Facts.” It is also displayed in grocery stores near fresh foods, like fruits, vegetables, and fish.

Manufacturers are required to provide information on certain nutrients. The mandatory (underlined> and voluntary components and the order in which they must appear are:

- 1 total calories
- 1 calories from fat
- 1 calories from saturated fat
- 1 total fat
- 1 saturated fat
- 1 polyunsaturated fat
- 1 monounsaturated fat
- 1 cholesterol
- 1 sodium
- 1 potassium
- 1 total carbohydrate
- 1 dietary fiber
- 1 soluble fiber
- 1 insoluble fiber
- 1 sugars
- 1 sugar alcohol (for example, the sugar substitutes xylitol, mannitol and sorbitol)
- 1 other carbohydrate (the difference between total carbohydrate and the sum of dietary fiber, sugars, and sugar alcohol if declared)
- 1 protein
- 1 vitamin A
- 1 per cent of vitamin A present as beta-carotene
- 1 vitamin C
- 1 calcium
- 1 iron
- 1 other essential vitamins and minerals

If a claim is made about any of the optional components, or if a food is fortified or enriched with any of them, nutrition information for these components becomes mandatory.

Nutrition Panel Format

The standard format called ‘Nutrition Facts’ must indicate per serving size, total calories, calories from fat, saturated fat, cholesterol, sodium, total carbohydrates, dietary fiber, sugars, protein, vitamin A, vitamin C, calcium and iron. For easy understanding, the values are generally given in grams for each nutrient and as a percentage of recommended daily allowance to help the consumer not only compare food quality for various alternatives available but also to decide the daily food intake to meet the daily dietary nutrition requirement. This helps to maintain consumers health and promote nutrition education.

All nutrients must be declared as percentages of the Daily Values which are label reference values. The amount, in grams or milligrams, of macronutrients (such as fat, cholesterol, sodium, carbohydrates, and protein) are still listed to the immediate right of these nutrients. But, for the first time, a column headed “% Daily Value” appears on the far right side.

Declaring nutrients as a percentage of the Daily Values is intended to prevent misinterpretations that arise with quantitative values. For example, a food with 140 milligrams (mg) of sodium could be mistaken for a high-sodium food because 140 is a relatively large number. In actuality, however, that amount represents less than 6 per cent of the Daily Value for sodium, which is 2,400 mg. On the other hand, a food with 5 g of saturated fat could be construed as being low in that nutrient. In fact, that food would provide one-fourth the total Daily Value because 20 g is the Daily Value for saturated fat.

Nutrition Panel Footnote

The % Daily Value listing carries a footnote saying that the percentages are based on a 2,000-calorie diet. Some nutrition labels—at least those on larger packages—have these additional footnotes:

- 1 a sentence noting that a person’s individual nutrient goals are based on his or her calorie needs; and
- 1 lists of the daily values for selected nutrients for a 2,000- and a 2,500-calorie diet.

Nutrient Content Claims

The regulations also spell out what terms may be used to describe the level of a nutrient in a food and how they can be used. These are the core terms:

- 1 **Free:** This term means that a product contains no amount of, or only trivial or “physiologically inconsequential” amounts of, one or more of these components: fat, saturated fat, cholesterol, sodium, sugars, and calories. For example, “calorie-free” means fewer than 5 calories per serving, and “sugar-free” and “fat-free” both mean less than 0.5 g per serving. Synonyms for “free” include “without,” “no” and “zero.” A synonym for fat-free milk is “skim”.
- 1 **Low:** This term can be used on foods that can be eaten frequently without exceeding dietary guidelines for one or more of these components: fat, saturated fat, cholesterol, sodium, and calories. Thus, descriptors are defined as follows:

- 1 **Low-fat:** 3 g or less per serving;
- 1 **Low-saturated fat:** 1 g or less per serving;
- 1 **Low-sodium:** 140 mg or less per serving;
- 1 **Very low sodium:** 35 mg or less per serving;
- 1 **Low-cholesterol:** 20 mg or less and 2 g or less of saturated fat per serving;
and
- 1 **Low-calorie:** 40 calories or less per serving.

Synonyms for low include “little,” “few,” “low source of,” and “contains a small amount of.”

- 1 **Lean and extra lean:** These terms can be used to describe the fat content of meat, poultry, seafood, and game meats.
- 1 **Lean:** less than 10 g fat, 4.5 g or less saturated fat, and less than 95 mg. cholesterol per serving and per 100 g.
- 1 **Extra lean:** less than 5 g fat, less than 2 g saturated fat, and less than 95 mg. cholesterol per serving and per 100 g.
- 1 **High:** This term can be used if the food contains 20 per cent or more of the Daily Value for a particular nutrient in a serving.
- 1 **Good source:** This term means that one serving of a food contains 10 to 19 percent of the Daily Value for a particular nutrient.
- 1 **Reduced:** This term means that a nutritionally altered product contains at least 25 percent less of a nutrient or of calories than the regular, or reference, product. However, a reduced claim can't be made on a product if its reference food already meets the requirement for a “low” claim.
- 1 **Less:** This term means that a food, whether altered or not, contains 25 per cent less of a nutrient or of calories than the reference food. For example, pretzels that have 25 per cent less fat than potato chips could carry a “less” claim. “Fewer” is an acceptable synonym.
- 1 **Light:** This descriptor can mean two things.

First, that a nutritionally altered product contains one-third fewer calories or half the fat of the reference food. If the food derives 50 per cent or more of its calories from fat, the reduction must be 50 per cent of the fat.

Second, that the sodium content of a low-calorie, low-fat food has been reduced by 50 per cent. In addition, “light in sodium” may be used on food in which the sodium content has been reduced by at least 50 per cent.

The term “light” still can be used to describe such properties as texture and color, as long as the label explains the intent for example, “light brown sugar” and “light and fluffy.”

1. **More:** This term means that a serving of food, whether altered or not, contains a nutrient that is at least 10 per cent of the Daily Value more than the reference food. The 10 per cent of Daily Value also applies to “fortified,” “enriched” and “added” “extra and plus” claims, but in those cases, the food must be altered.

16.8 PFA REQUIREMENTS FOR FOOD LABELLING

In part Vii under packaging and labelling of food the PFA has made provisions for labelling on the packaged food articles. The provisions are: Package of food to carry a label. Every package of food shall carry a label and unless otherwise provided in these rules. These shall be specified on every label.

1. The trade name or description of food contained in the package.
2. The label of the packaged commodity should not contain false statements.
3. All packaged food should bear name and complete address of the manufacturer, packer, vendor and importer.
4. A food article manufactured outside India but packed or bottled in India, the package containing such food articles shall also bear on the label the name and complete address of the importer and premises of the packaging/bottling in India.
5. Net-weight or volume.
6. Distinctive batch number or code number.
7. The symbol of irradiation and licence number (irradiation is allowed only in select commodities).
8. At least one of the language used for declaration should be english or hindi.
9. Food claimed to be enriched with nutrients should give the quantity of such additions.
10. Package labels and advertisement of edible oils and fats should not use any exaggerated expressions like super refined, extra refined, micro refined, double refine and cholesterol, saturated fat refined.
11. All retail food packages should carry a declaration on the label indicating the month and year in capital letters upto which the product is best for consumption.
12. For packages of all types of milk, bread, Indian ethnic snacks which have short shelf life like Dhokla, Bhelpuri, Khoa, Paneer, Pizza, doughnuts and uncanned packages of fruits, vegetables, meat and fish it is mandatory to print the best before date along with months and year.
13. Specification of ingredients.

Except for single ingredient foods, a list of ingredients shall be declared on the label in the following manner:

- i) The list of ingredients shall contain an appropriate title, such as the term ingredients.
- ii) The name of ingredients and their weight or volume used in the product at the time of its manufacture shall be listed in the descending order.

- iii) Where an ingredients itself the product of two or more ingredients such to compound ingredient shall be declared in the list of ingredients and shall be accompanied by a list, in brackets, of its ingredients in descending order or weight or volume as the case may be provided that where a compound ingredient, other than the food additives, which constitute less than 5% of the food, the list ingredients of such compound ingredient need not be declared. If the food is dehydrated or condensed food, which intended to be reconstituted with water in ingredients such reconstituted food shall be declared in descending order of the weight or volume as the case may be, and shall contain a statement such as ingredients of the product when prepared in accordance with the directions on the label.
- iv) Added water shall be declared in the list of the ingredients, except in case where water forms part of an ingredient, such as brine, syrup or both, used in the compound food and so declared in the list of ingredients.
- v) Every package of food sold as a mixture or combination shall disclose the percentage of the ingredients used at the time of the manufacture of the food.
- vi) The nutritional information or nutritional facts per 100 gm or 100 ml per serving of the products shall be given on the label containing the following.
 - a) Energy value in kcal;
 - b) The amount of protein, carbohydrate (specify quantity of sugar) and fat in gm.
 - c) The amount of any other nutrient for which a nutrition or health claim is made. In case where a claim is made regarding the amount or type of fatty acids or the amount of cholesterol, the amount of saturated fatty acids, mono-unsaturated fatty acids and Poly Unsaturated Fatty Acid (PUFA) in gm, cholesterol in mg shall be declared and the amount of trans fatty acids in gm shall be declared.
 - d) Wherever numerical information on vitamins and minerals is declared it shall be expressed in metric units.
 - e) When the nutrition declaration is made per serving, the amount in g or ml shall be included for reference besides the serving measure. The nutritional information may not be necessary in case of foods such as raw agricultural commodities like wheat, rice, cereals, spices mixes, herbs, condiments, table salts sugar, jaggery or non-nutritive products like soluble tea, coffee, soluble coffee, coffee, coffee-chicory mixture water, alcohol beverages or fruit and vegetables, processed and pre-packaged assorted vegetables, fruits, vegetables and products that comprise of single ingredient, pickles, papad or food served for immediate consumption such as served in hospitals, hotels or by food services, vendors or halwais, or food shipped in bulk which is not for sale in that form to consumers.
- vii) In case of artificial flavouring substances, the label may not declare the chemical names of the flavours, but in the case of natural flavouring substances or nature identical flavouring substances the common name of the flavours shall be mentioned on the label.

- viii) Whenever gelatin is used as an ingredient, a declaration to this effect shall be made on the label by inserting word “Gelatin – Animal Origin”.
- ix) In case of packages of confectionery weighing 20 gm or less, which are also exempted from the declaration of ingredients, will be exempted from the declaration of “Animal Origin” even if it contains gelatin provided that such declaration is given on the multi piece package in such a manner that the same is readable even without opening of the package when any article of food contains whole or part of any animal including birds, fresh water or marine animals or eggs or product of any animal origin excluding milk and milk products as ingredients it will be declared on the label.
- a) A declaration of this effect shall be made by a symbol and colour code so stipulated for this purpose to indicate that the product is non-vegetarian food. The symbol shall consist of a brown colour filled circle having a diameter not less than the minimum size of 3, 4, 6 and 8 mm respectively for area of principal display panel upto 100, 500, 2500 and above 2500 cm.
- b) The symbol shall be prominently displayed:
- i) On the package having contrast background on principal display panel,
- ii) Just close in proximity to the name or brand name of the product, and
- iii) On the labels, containers, pamphlets, leaflets, advertisement in any media.
- x) Declaration of best before date for consumption will not be applicable to:
- a) wines and liquors; and
- b) alcohol beverages containing 10% or more of by volume of alcohol.
- xi) For all vegetarian food:
- a) a declaration of this effect shall be made by a symbol and colour code so stipulated for this purpose to indicate that the product is vegetarian food. The symbol shall consist of a green colour filled circle inside the square with green outline having size as specified in food of animal origin.

Provisions of these rules shall not apply in respect of mineral water or packaged drinking water or carbonated water or liquids or powdered milk.

14. Specific Requirements.

Use of Colour: Any Food items using extraneous coloring matter whether natural or synthetic should declare on the label. “CONTAIN PERMITTED NATURAL/ AND SYNTHETIC COLOURS’ very few coloring materials are allowed and that too in limited items.

Use of Flavour: When an extraneous flavouring agent (only those allowed under rule 63) is added in any food product it has to be declared on the label as “CONTAIN ADDED FLAVOUR’.

Use of MSG: Every advertisement and packages containing added monosodium glutamate (MSG) shall carry a declaration on “NOT RECOMMENDED FOR INFANTS BELOW 12 MONTHS” in the prescribed format.

 **Check Your Progress Exercise 1**

Note: a) Use the space below for your answers.

b) Compare your answers with those given at the end of the unit.

1) What are Codex guidelines on nutritional labelling?

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2) What is meant by nutrient declaration?

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3) What do you understand by Nutrition claim?

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4) What is meant by Health Claim?

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5) What is Irradiated Food?

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6) Explain risk reduction.

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15. Additional Labelling requirements for specific products.

- 1 Infant milk substitute and infant foods, mandatory labelling, like declaration “Mothers milk is best for your baby” to be sold only under the advise of a health worker etc.
- 1 The containers of infant milk substitute meant for low birth weight infant (less than 2500 gm) or labels affixed these shall indicate the following information.
 - i) “For low birth weight” (less than 2.5 kg) in capital letters alongwith the product name in central panel.
 - ii) “To be taken under medical advice” in capitals letter alongwith the product name in central panel.
 - iii) The low birth weight infant milk substitute shall be withdrawn under medical advice as soon as the mothers milk is sufficiently available.
 - iv) The container of infant milk substitute for lactose intolerant infants or label affixed thereto shall indicate “low both weight” in capital letter.

Natural Mineral Water:

It is mandatory for the manufacturers to print “NATURAL MINERAL WATER’ on the package of the bottle of water sourced from natural or drilled sources and bottled without any treatment other than filtration, under the certification of Bureau of Indian Standards.

Packaged Drinking Water: Packaged drinking water is also required to print “PACKAGED DRINKING WATER’’: on the package of the bottles of all other drinking water packages other than natural minerals water under the certification of Bureau of Indian Standards.

Fruit Syrup, Fruit Juice, Fruit Squash, Fruit beverages, cordial or crush or any fruit product

- 1 Any fruit syrup, fruit juice, fruit squash, fruit beverages, cordial, crush or any other fruit product, which does not contain the specified amount of fruit juice or fruit pulp or fruit content shall not be described as fruit squash, fruit beverages, cordial crush or any other fruit product as the case may be.
- 1 Any food product which does not contain the specified amount of fruit and is likely to deceive or mislead or give a false impression to the consumers that the product contains fruit, whether by use of words or pictorial representation shall be clean by and conspicuously marked on the label as (NAME OF THE FRUIT) ‘FLAVOURED’.
- 1 Any product, which can flavor only fruit flavors, whether natural flavor and natural favoring substances as single or in combination shall not be described as a fruit product and the word ADDED (NAME OF FRUIT) ‘FLAVOUR’ shall be used in describing such product.
- 1 Carbonated water containing no fruit juice or fruit pulp shall not have a label which may lead the consumer into believing that it is a fruit product.

Coffee, Coffee Chicory mix: Every package of containing a mix of coffee and chicory should have a label declaration on the percentage of each in the final product in the prescribed format.

Condensed /dried milk: Every package of condensed desiccated (dried) milk should declare the equivalent quantity of liquid milk that the content of the tin would produce.

Flavored Tea: Only those manufacturers who are registered with tea board shall sell flavored tea and flavors of non-vegetarian source cannot be used.

Dry Fruit and Nuts: Dry fruits or nuts should not contain more than 5% insect damaged fruits or nuts by count.

Honey: The word honey or any words, marks illustrations or devices that suggest honey should not be used on the label or package or advertisement of any food that resemble honey but does contain real honey.

Products Containing Artificial Sweeteners: All packages and advertisement of foods containing artificial sweeteners should declare the name of the artificial sweetener and advertisements of aspartame should also declare “Not for phenylketoneurics”

16.9 LABELLING REQUIREMENTS UNDER WEIGHT AND MEASURES (PACKAGED COMMODITIES) RULE

As per the provisions of this rule, the following details must be provided in the label of the packaged commodities.

- 1 Name and address of the manufacture/ packer/ importer.
- 1 Generic or Common name of the commodity packed.
- 1 Net quantity in terms of standard unit of weight and measures. If the equivalent in terms of standard unit shall be declared by the importer.
- 1 Maximum retail sale price at which the commodity in packaged form may be sold to the ultimate consumers. This price shall include all taxes local or otherwise, freight transport charges, commission payable to dealers and all charges towards advertising, delivery packaging forwarding and the like, as case may be.
- 1 The size of the principal display panel is specified.

16.10 LABELLING REQUIREMENTS UNDER FRUIT PRODUCT ORDER (FPO) 1955

Under the Order container of a product is to be labeled with necessary declaration as per Prevention of Food Adulteration Act 1954 and rules 1955 and Weight and

Measures Packaged Commodities Rule 1971. The following declaration has to be made for any fruit product:

- 1 FPO Monogram with licence number
- 1 Name and type of the product
- 1 Net content weight
- 1 Name of ingredients in descending order of properties
- 1 Code/Batch number and best before
- 1 Maximum retail price
- 1 Full name and address of manufacturer
- 1 Declaration of chemical preservatives, artificial coloring matter and artificial sweetener and other additives conspicuously.
- 1 For export product the declaration of “Made in India” or “Product of India” should be specified.

16.11 LABELLING REQUIREMENTS UNDER MEAT FOOD PRODUCT ORDER (MFPO), 1973

Labelling requirements are stipulated in the 4th schedule of the order. These are more or less same/ similar to those described under FPO, except some special declarations which are as follow:

- 1 In addition of licence number, category of licence to be written.
- 1 If product contain monosodium glutamate (MSG) written declaration as the product is unfit for infants below 12 months is to be made in capital letter.
- 1 Every Trade name shall be intimated and recorded with licencing authority.
- 1 Specimen of each item of the label is to be got approved by the licencing authority.

Check Your Progress Exercise 2 

Note: a) Use the space below for your answers.
 b) Compare your answers with those given at the end of the unit.

- 1) What are the labelling requirements of an infant food packet?
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2) What is meant by maximum retail price?

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3) What are the labelling requirement under FPO, 1955.

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16.12 LET US SUM UP

As a consequences of change in our life style and food habits ready to eat packed food has become the necessity of the present time. To prevent the unscrupulous traders from deceiving the consumers from false declarations like nutritious food, health food, free from saturated fat or cholesterol free food, the Food Safety Authorities both at national and international level have made certain regulations regarding the food labelling on the packed food commodities. These labels are also helpful in differentiating between high quality and low quality food from food safety and health point of view. In addition the label on the packet or tin is also important from food traceability point of view during food surveillance and recall in case there is a risk from same food to cause health hazards or spread the microbial infection.

Codex Alimentarius Commission has issued certain guidelines for food labelling. The food and Drug Administration (FDA) and the U.S. Department of Agriculture (USDA) require label on almost all packaged foods that include nutritional information in readable type. At national level also PFA, Weight and Measure (Packaged Commodities) Rules and different order issued under Essential Commodities Rule have also made it mandatory to label all food articles packed in pack or tin.

16.13 KEY WORDS

Nutrition Claim : Means any representation which states, suggests or implies that a food has particular nutritional properties which is not limited to the energy value but include the protein, fat and carbohydrates, vitamins and minerals.

Health Claim : Means any representation that states, suggests or implies that a relationship exists between a food or a constituent of that food and health and include the nutrition claims which describes the physiological role of the nutrient in growth, development and normal functions of the body;

other functional claims concerning specific beneficial effect of the consumption of food or its constituents, in the context of the total diet on normal function or biological activities of the body and such claims relate to a positive contribution to health or to the improvement of function or to modifying or preserving health, or disease risk reduction claim relating to the consumption of a food or food constituents, in the context of the total diet to the reduced risk of developing a disease or health – related condition.

- Risk Reduction** : In the context of health claims means significantly altering a major risk factor for a disease of health-related condition.
- Prepackaged Food** : Means a food, which is placed in package of any nature, in such a manner that the contents cannot be changed without tampering it and which is ready for sale to consumer.
- Best Before** : Means the date which signifies the end of the period under any stated storage conditions during which the product shall remain fully marketable and shall retain any specific qualities for which tacit or express claims have been made and beyond that date the food may still be perfectly satisfactory.
- Date of Manufacture** : Means the date on which the food become the product as described.
- Date of Packaging** : Means the date on which the food is placed in the immediate container in which it will be ultimately sold.
- Use By Date** : Means the date which signifies the end of the estimated period under any stated storage conditions, after which product probably will not have the quality attributes normally expected by the consumers and the food shall not be marketable.
- Irradiated Foods** : The food, which has been treated with ionizing radiation.
- Label** : Means any tag, brand, mark pictorial or other descriptive matter, written, printed, stenciled, marked, embossed graphic, perforated, stamped or impressed on or attached to container, cover lid or crown of any food package.
- Lot Number** : Means the number either in numericals or alphabets or in combination thereof representing the lot

number or code number or batch number being preceded by the words “ Lot No.” or “Batch” or any distinguishing prefix by which the food can be traced in manufacture and identified in distribution.

Traceability : The traceability is the ability to trace the history, use of location of an entity by means of recorded information. For product, it refers to the origin of the ingredients, the history of process applied, the distribution and location of the product after delivery.

16.14 ANSWERS TO CHECK YOUR PROGRESS EXERCISES

Your answer should include the following points.

Check Your Progress Exercise 1

- 1)
 - 1 To ensure that nutrition labelling is effective;
 - 1 In providing the consumers with information about a food so that a wise choice of food can be made;
 - 1 In providing a means for conveying information on the nutrient of a food on the label;
 - 1 In encouraging the use of sound nutrition principles in the formulations of food which would benefit public health;
 - 1 In providing the opportunity to include supplementary nutrition information on the label;
 - 1 To ensure that nutrition labelling does not describe a product or present information about which is in any way false, misleading, deceptive or insignificant in any manner; and
 - 1 To ensure that no nutritional claims are made without nutrition labelling.
- 2) Information supplied should be for the purpose of providing consumers with a suitable profile or nutrients contained in the food and considered to be of nutritional importance. The information should not lead consumers to believe that there is exact quantitative knowledge of what individuals should eat in order to maintain health, but rather to convey an understanding of the quantity of nutrients contained in the product. A more exact quantitative delineation for individuals is not valid because there is no meaningful way in which knowledge about individual requirements can be used in the labelling.
- 3) Means any representation which states, suggests or implies that a food has particular nutritional properties which is not limited to the energy value but include proteins, fat carbohydrates, vitamins and minerals.

- 4) Means any representation that states, suggests or implies that a relationship exists between a food or a constituent of that food and health and include nutrition claims which describe the physiological role of the nutrients in growth development and normal functions of the body, other functional claims concerning specific beneficial effect of the consumption of food or its constituent, in the context of the total diet or normal function or biological activities of the body and such claim relate to a positive contribution to the health or to the improvement of function or to modifying or preserving health, or disease risk reduction claim relating to the consumption of food or food constituents, in the context of the total diet to the reduced risk of developing a disease or health related condition.
- 5) The food, which has been treated with ionizing radiation.
- 6) In the context of health claims means significantly altering a major risk factor of a disease or health related condition.

Check Your Progress Exercise 2

- 1)
 - 1 “Mothers milk is best for your baby”.
 - 1 To be sold only under the advice of a health worker etc.
 - 1 “For low birth weight (less than 2.5 kg)” in capital letters alongwith the product name in central panel.
 - 1 “To be taken under medical advice” in capitals letter alongwith the product name in central panel.
 - 1 The low birth weight infant milk substitute shall be withdrawn under medical advice as soon as the mothers milk is sufficiently available.

(The container of infant milk substitute for lactose intolerant infants or label affixed thereto shall indicate “low both weight” in capital letter.
- 2) Maximum retail sale price at which the commodity in packaged form may be sold to the ultimate consumers. This price shall include all taxes local or otherwise, freight transport charges, commission payable to dealers and all charges towards advertising, delivery packaging forwarding and the like, as case may be.
- 3)
 - 1 Name and address of the manufacture/ packer/ importer.
 - 1 Generic or Common name of the commodity packed.
 - 1 Net quantity in terms of standard unit of Weight and Measures. If the equivalent in terms of standard unit shall be declared by the importer.
 - 1 Maximum retail sale price.

16.15 SUGGESTED READING

Amendment in PFA Act, 1954 September, 19, 2008, See Notification no. GSR 664(E). Gazette of India, Part II, Section 3- Sub section (i)

Meat food Product Order, 1973 <http://www.agmarknet.nic.in/mfpo.htm>

**Other Laws and
Standards Related
to Foods**

org.in/ content/study-review-fruit product order 1955- final report

Standards of Weights and Measure Act, 1976 [http://fcamin.nic.in/events/
eventdetails.asp](http://fcamin.nic.in/events/eventdetails.asp)

Study on Review of Fruit Products Order, 1955 <http://www.indiaenviornmentportal>

The Prevention of Food Adulteration Act, 1954 Ist June, 1955 see notification
no. SRO 1085, dated 9th May, 1955, Gazette of India, Pt II, S.3p 874.

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