businesscompanion
trading standards law explained

Nutrition

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In-depth guidance

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

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

Infographic

Key points to consider

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

Nutrition Information		**Optional information** **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			

< Name of the food

> Ingredients list

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