Regulations on Nutrition Labeling for Prepackaged Food Products

1. This regulation is established under the provisions of Item 3 of Article 22 of the Act Governing Food Safety and Sanitation.

2. The terms used in this regulation are defined as follows:

   (1) Trans fats (fatty acids): all the geometrical isomers of monounsaturated and polyunsaturated fatty acids having non-conjugated carbon-carbon double bonds in the trans configuration.

   (2) Carbohydrates: namely saccharides; the sum of carbohydrates.

   (3) Sugars: the sum of all free mono and disaccharides.

   (4) Dietary fibers: lignin and edible carbohydrate polymers with three or more monomeric units, which are not hydrolysed or absorbed by the endogenous enzymes in the small intestine of humans.

   (5) Nutrition claims: any representation which states, suggests or implies that a food product has particular calorie or nutrition properties.

3. The nutrition labeling for a prepackaged food on the market shall provide the following information from top to bottom in tabular form orderly shown at a conspicuous place of the outer package or container of the product.

   (1) Title of the "Nutrition Facts".

   (2) Per one serving (or per serving) and the number of servings contained in each package of the product.

   (3) "Per serving (or per one serving)", "per 100 grams (or milliliters)" or "per serving (or per one serving)", "daily percentage reference value".

   (4) Contents of calories.

(5) Contents of protein.

(6) Contents of fats, saturated fats (or saturated fatty acids), and trans fats (or trans fatty acids).

(7) Contents of carbohydrates and sugar.

(8) Contents of sodium.

(9) Conformed to the definition of nutrition claim of Article 2 or contents of other nutrients declared in the "Regulations on Nutrition Claim for Prepackaged Food Products". Contents of other nutrients labeled voluntarily by the manufacturer.

Each or total dietary fiber, each sugar, sugar alcohol labeled voluntarily by the manufacturer can be labeled behind carbohydrates item, and after sugar item. Cholesterol, other fatty acids can be labeled behind fat item, and after trans fats (fatty acids) item. Amino acids can be labeled behind protein item.

If the vertical form can't be fully presented, it can be labeled in horizontal continuous form.

If multiple prepackaged food or tastes are commonly used in the same nutrient labeling, it can be combined.

Nutrition labeling on surface areas smaller than 100 cm^2 can be labeled those nutrition information sequentially in horizontal table form.

4. Caloric and nutritional content labeling for prepackaged foods on the market shall be labeled in Arabic numerals and processed under the following provisions:

(1) Use "per one serving (or per serving)" and "per 100 grams (or milliliters)" for labeling, and the number of servings contained in each package of the product shall also be specified; or

(2) Use "per one serving (or per serving)" and the provided "daily percentage of reference value" for labeling, and the number of servings contained in each package of the product shall also be

specified. Labels shall also be specified the daily nutrient intake reference value if the daily nutrient intake reference value has been set (exempted from the prepackaged food surface areas smaller than 100 cm^2). For products without a set daily nutrient intake reference value, the "*" symbol shall precede the daily percentage reference value line and clearly note "*Reference value not set."

Regarding the formatting of Clauses 1 and 2 in the preceding item shall refer to Appendix 1. Infant foods and shall be labeled according to the format of Clause 1 in the preceding item. Products in the form of tablets and capsules (excluding candy foods) shall be labeled according to the format of Clause 2 in the preceding item.

5. The weight (quantity or volume) per serving of the various packaged food products shall consider every times consumption derived from domestic dietary habits and prepackaged food product type. Food products in the form of tablets and capsules (excluding candy foods) shall be labeled as recommended amount (shall be an integer).

6. Measure units for prepackaged food nutrition labeling shall be labelled the following regulations:

   (1) Solid (semi-solid) shall be expressed in grams (g); liquid shall be expressed in milliliters (mL or ml).

   (2) Caloric value is expressed in kilocalories (Kcal or kcal).

   (3) Proteins, fats, saturated fats (fatty acids), and trans fats (fatty acids), total mono or polyunsaturated fats (fatty acids), carbohydrates, sugars, dietary fibers, and sugar alcohols are expressed in grams (g).

   (4) Sodium, cholesterols, and amino acids are expressed in milligrams (mg).

(5) Vitamins and minerals units refer to Appendix 1.

(6) Other nutritional values are expressed using the metric system or their common symbols.

If product with nutrition claims requires re-hydration, the nutrition labeling must comply with the content ("per serving, per one serving" or "per 100 milliliters") after re-hydration. If product without nutrition claims requires re-hydration, the nutrition labeling can be in according to the content before or after re-hydration. The re-hydration method shall be stated clearly shown at the outer package.

7. Daily caloric and other nutrient intake reference values shall be labeled according to Appendix 1.

8. The nutrient contents of energy, protein, fats, carbohydrate, sodium, saturated fats (fatty acids), trans fats (fatty acids) and sugars may be labeled as "0" if it meets the criteria in Appendix 2.

9. Data formatting of prepackaged food nutrition labeling units shall conform to the following regulations:

(1) Each quantity, serving number, daily percentage reference value, caloric, protein, amino acid, fat, fatty acid, cholesterol, carbohydrate, sugar, sodium, dietary fiber, and other nutrients labeled voluntarily shall be labeled using whole integers or integers with one decimal point. The amount of caloric or nutrients per serving can be labeled using integers with two decimal points when the amount of caloric or nutrients per 100 grams (or milliliters) isn't meet the criteria of labeling as "0".

(2) The serving size (weight or capacity) can be labeled using integers with two decimal points when it is too small to present the real value if labeled using integers with one decimal points.

(3) When an non-assembled prepackaged product with varied weight or its serving number is not divisible, the serving number can be labeled as " This package contains (about) ○ serving(s)" after data formatting to whole integers.

(4) Labels for vitamins and minerals shall not exceed three significant figures.

(5) Data formatting shall refer to the Chinese National Standard CNS2925 "Practices for Designating Significant Places in Specific Limiting Values" or "Round half up" method.

10. The values on the nutritional labels of prepackaged foods must be derived from actual test analysis or calculations, and the range of allowable error shall meet the criteria in Appendix 3. If the characteristics of specific nutrient content of fermented food may change with time, the variation of the nutrients can be annotated.

11. The caloric calculation methods for nutritional labels of prepackaged foods shall conform to the following regulations:

(1) Protein calories are calculated at 4 Kcal per gram.

(2) Fats (fatty acids) calories are calculated at 9 Kcal per gram.

(3) Carbohydrate calories are calculated at 4 Kcal per gram, except for carbohydrates in dietary fiber labeling, in which calories are calculated at 2 Kcal per gram.

(4) Calories for erythritol labeling are calculated at 0 Kcal per gram. Calories for other sugar alcohol labeling are calculated at 2.4 Kcal per gram. Calories for organic acid labeling are calculated at 3 Kcal per gram. Calories for alcohol (ethanol) labeling are calculated at 7 Kcal per gram. The content of sugar alcohol shall be stated clearly in the nutrition labeling format. The content of organic acid and alcohol (ethanol) shall be stated clearly.

(5) Calories for each serving can be calculated from the calories values

per 100 grams (or milliliters), or calculated from the calories values of protein, fats, and carbohydrates per 100 grams (or milliliters) by (1) to (4) role.

12. This regulation shall not apply to prepackaged foods such as prepackaged vitamins or mineral category tablets/capsules.

Appendix 1 Daily caloric and other nutritional intake reference values

Appropriate for Items	Over 4 years old	Between 1 and 3 years old	Pregnant or nursing mothers
Caloric Value	2000 Kcal	1200 Kcal	2200 Kcal
Protein	60 g	20g	65 g
Fat	60 g	*	65 g
Carbohydrate	300 g	*	330 g
Sodium	2000 mg	1200 mg	2000 mg
Saturated fats	18 g	*	18 g
cholesterol	300 mg	*	300 mg
Dietary fiber	25 g	15 g	30 g
Vitamin A[1]	700 μg RE	400 μg RE	600 μg RE
Vitamin B_1	1.4 mg	0.6 mg	1.1 mg
Vitamin B_2	1.6 mg	0.7 mg	1.2 mg
Vitamin B_6	1.6 mg	0.5 mg	1.9 mg
Vitamin B_{12}	2.4 μg	0.9 μg	2.6 μg
Vitamin C	100 mg	40 mg	110 mg
Vitamin D	10 μg	5 μg	10 μg

Items / Appropriate for	Over 4 years old	Between 1 and 3 years old	Pregnant or nursing mothers
Vitamin E[(2)]	13 mg α-TE	5 mg α-TE	14 mg α-TE
Vitamin K	120 μg	30 μg	90 μg
Niacin	18 mg NE	9 mg NE	16 mg NE
Folic acid	400 μg	170 μg	600 μg
Pantothenic acid	5 mg	2 mg	6 mg
Biotin	30 μg	9 μg	30 μg
Choline	500 mg	180 mg	410 mg
Calcium	1200 mg	500 mg	1000 mg
Phosphorus	1000 mg	400 mg	800 mg
Iron	15 mg	10 mg	45 mg
Iodine	140 μg	65 μg	200 μg
Magnesium	390 mg	80 mg	355 mg
Zinc	15 mg	5 mg	15 mg
Fluorine	3 mg	0.7 mg	3 mg
Selenium	55 μg	20 μg	60 μg

*Reference value not set.

Annotation 1: RE is Retinol Equivalent.
$\qquad$ 1 μg RE=1 μg Retinol=6 μg β-Carotene
Annotation 2: α-TE is α-Tocopherol Equivalent.
$\qquad$ 1 mg α-TE =1 mg α-Tocopherol
Annotation 3: NE is Niacin Equivalent.
$\qquad$ Niacin, including nicotinic acid and nicotinamide and tryptophan, is expressed in Niacin Equivalent.
$\qquad$ 1 mg NE= 60 mg tryptophan
Annotation 4: The Chinese unit can be expressed using the metric system

or their common symbols. Gram can be expressed in "g", milligram can be expressed in "mg", and microgram can be expressed in "μg".

Appendix 2 Conditions for "0" labeling of Caloric and Nutrients Value

Items	Conditions for "0" labeling
Caloric Value	Nutritional contents of every 100 grams of solid or 100 milliliters of liquid contained in this food product do not exceed 4 Kcal
Protein	Nutritional contents of every 100 grams of solid or 100 milliliters of liquid contained in this food product do not exceed 0.5 grams
Fat	
Carbohydrate	
Sodium	Nutritional contents of every 100 grams of solid or 100 milliliters of liquid contained in this food product do not exceed 5 milligrams
Saturated fats	Nutritional contents of every 100 grams of solid or 100 milliliters of liquid contained in this food product do not exceed 0.1 grams
Trans fats	Total fat content for 100 grams/milliliter of the food product does not exceed 1.0 grams; or Trans fat content per 100 grams/milliliter of the food product does not exceed 0.3 grams
Sugar	Nutritional contents of every 100 grams of solid or 100 milliliters of liquid contained in this food product do not exceed 0.5 grams

Appendix 3 Range of allowable error for nutrition labeling values

Items	Range of allowable error
Proteins and Carbohydrates	80%-120% of the labeled value
Calories, Fats, Saturated fats, Trans fats, Cholesterols, Sodium, and Sugars	≤ 120% of the labeled value
Amino acids Vitamins (excluding Vitamins A and D) Minerals (excluding sodium) Dietary fiber Other nutrients labeled voluntarily	≥ 80% of the labeled value
Vitamins A and D	80%-180% of the labeled value