

Regulations on Nutrition Claim for Prepackaged Food Products

1. This regulation is established under the provisions of Paragraph 3 of Article 22 of the Act Governing Food Safety and Sanitation.
2. The regulations are established to define the descriptive wording used to show the amount of nutrients in prepackaged food products. Nutrition claims are divided into two categories "moderate intake" and "supplementary intake" subject to the impact of the intake of the particular nutrient on national health.

(1) The nutrition claims for "moderate intake"

Excessive intake of calories, fat, saturated fatty acids, cholesterol, sodium, sugar, lactose, and trans fat are harmful to the health of the population, therefore such nutrients are listed in the declaration reading "moderate intake". The above nutrients shall be labeled in accordance with the following principles. No descriptive wording other than the following labeling principles is allowed in the declaration reading "moderate intake":

- A. Where the nutrient in the first column of Solid (Semi-solid) Food Labeling Table 1 is claimed "free," "without," or "zero" the amount of such nutrient per 100 g of food shall not be more than the amount specified in the second column of Table 1.
- B. Where the nutrient in the first column of Liquid Food Labeling Table 1 is claimed "free," "without," or "zero" the amount of such nutrient per 100 ml of food shall not be more than the amount specified in the third column of the Table 1.
- C. Where the nutrient in the first column of Solid (Semi-solid) Food

Labeling Table 2 is claimed "low," "little," "weak," "light", or "slightly contained" the amount of such nutrient per 100 g of food shall not be more than the amount specified in the second column of Table 2.

- D. Where the nutrient in the first column of Liquid Food Labeling Table 2 is claimed "low," "little," "weak," "light", or "slightly contained" the amount of such nutrient per 100 ml of food shall not be more than the amount specified in the third column of Table 2.
- E. Where the nutrient in the first column of Food Labeling Table 2 is claimed "reduced than..." or "less than..."(except for the less/reduced sodium salts) the difference between the amount of such nutrient in such solid (semi-solid) or liquid food and that in similar reference food must respectively reach or exceed the amount in the second or third column of the same table; the similar reference food being compared to shall be identified, and the amount or percentage reduced shall be specified.
- F. Food products are listed as "low Sodium", "little Sodium", "weak Sodium" or "slightly contained Sodium", the amount of Sodium shall respectively not be more than those described in the 2nd or 3rd column for per 100 g of solid (semi-solid) food or per 100 ml of liquid food of this table. Furthermore, the content of Potassium shall be stated clearly in the nutrition labeling format.

(2) The nutrition claims for “supplementary intake”

Inadequate intake of nutrients such as dietary fiber, Vitamin A, Vitamin B₁, Vitamin B₂, Vitamin C, Vitamin E, calcium and iron will affect national health, therefore such nutrients are claimed in the nutrition claims for "supplementary intake needed." The above nutrients shall be labeled in accordance with the following principles. No descriptive

wording other than the following labeling principles is allowed in the nutrition claims for "supplementary intake needed":

- A. Where the nutrient in the first column of Solid (Semi-solid) Food Labeling Table 3 is claimed "high," "rich in," "strengthened" or "excellent source of," the amount of such nutrients per 100 g of food shall not be less than the amount specified in the second column of Table 3.

Notwithstanding, the foods listed in Table 5 shall be based on the amount of nutrient per 30 g (actual weight) of such food. The amount of the above nutrient contained in such foods shall not be less than the amount specified in the second column of Table 3. The food listed in Table 6 shall be based on the amount of the nutrient per 1 g (dry food) of such foods. The amount of the above nutrients (except dietary fiber) contained in such foods must reach or exceed the amount specified in the second column of Table 3. In this way, the amount of nutrient in such foods can be claimed "high," "rich in," "strengthened" or "excellent source of" in the first column of Table 3.

- B. Where the nutrient in the first column of Liquid Food Labeling Table 3 is claimed as "high", "rich in", "strengthened" or " excellent source of" the amount of such nutrient per 100 ml of such foods shall not be less than the amount specified in the third column of Table 3, or per 100 kilocalories of such food shall not be less than the amount specified in the fourth column of Table 3.
- C. Where the nutrient in the first column of Solid (Semi-solid) Food Labeling Table 4 is claimed "source," "provide," or "contain" the amount

of such nutrient per 100 g of such foods shall not be less than the amount specified in the second column of Table 4.

Notwithstanding, the foods listed in Table 5 shall be based on the amount of nutrient per 30 g (actual weight) of such food. The amount of the above nutrient contained in such foods shall not be less than the amount specified in the second column of Table 4. The foods listed in Table 6 shall be based on the amount of nutrient per 1 g (dry food) of such foods. The amount of the above nutrient contained in such foods shall not be less than the amount specified in the second column of Table 4. In this way, the nutrient in such foods can be claimed "source," "provide" or "contain" in the first column of Table 4.

- D. Where the nutrient in the first column of Liquid Food Labeling Table 4 is claimed "source," "provide" or "contain" the amount of such nutrient per 100 ml of food shall not be less than the amount specified in the third column of the same table, or per 100 kcal of food shall not be less than the amount specified in the fourth column of Table 4.
- E. Packaged salt products that are claimed "Iodized salt", "contains Iodized salt", "adds Iodized salt" or Synonyms shall not only be more than 12 parts per million, but also be corresponded to the "Standards for Specification, Scope, Application and Limitation of Food Additives". In addition, it shall label the following warning at a notable place: "This salt product contains iodine, a necessary nutrient, but it does not apply to patients who with high iodine hyperthyroidism and who are treated with iodine 131 radiotherapy."
- F. Where the nutrient in the first column of Food Labeling Table 4 is claimed "higher than..." or "increased than..." the difference between the amount of such nutrients in such solid (semi-solid) or liquid food and that in similar reference food must respectively reach or exceed the

amount in the second, third or fourth column of Table 4; the similar reference food being compared to shall be identified, and the amount or percentage higher shall be specified.

G. The foods listed in Table 7 shall not have nutrition claim such as "high, rich in, strengthened, excellent source of source, provide, contain, etc." in its declaration of nutrition facts and the descriptive wording of the physiological functions of nutrients.

3. When the minimum daily intake amount of products in capsule or tablet form labelled with a daily intake limit equals to or exceeds that listed in the first column of Table 3, the product can be claimed "high," "rich in," "strengthened" or "excellent source of". When minimum daily intake amount equals to or exceeds that listed in the first column of Table 4, the product can be claimed "source," "provide" or "contain".
4. For foods that require reconstitution with water for consumption or concentrated products (e.g., milk powder, juice powder, coffee and concentrated juice), it is acceptable to apply nutrition claims in "moderate intake" or "supplementary intake" category based on the amount of nutrient per 100 g solid food or per 100 ml liquid food as prepared in accordance to the recommendation on the product. For brewed food products, the nutrition claims shall base on the reconstituted liquid obtained using the recommended reconstitution method.
5. Where a product has two or more nutrients that meets the conditions for nutrition claims, such claims may be made for such product accordingly. For instance, "this product is a low-fat, high-fiber product" or "this product is a low-fat, high-fiber, zero cholesterol" provided that the same product is measured on the same basis **【solid (semi-solid) or liquid】** .

6. Nutrients are not regulated as "moderate intake" or "supplementary intake" by the central management authorities that shall not be declared as "moderate intake" or "supplementary intake".
7. The descriptive wording of the physiological functions of nutrients are regulated as "supplementary intake" by the central management authorities that shall be subjected to provisions relevant to the amount of nutrients as specified in Subparagraphs 3 and 4 of Article 2-(2) "The nutrition claims for "supplementary intake" of these Regulations.
8. "Special Dietary Food" is not restricted to these regulations.

Table 1. Where the nutrients are listed as "free", "without" or "zero" in the 1st column, the amount of such nutrients shall respectively not be more than described in the 2nd or 3rd column for per 100 g of solid (semi-solid) food or per 100 ml of liquid food of this table.

The 1 st Column	The 2 nd Column	The 3 rd Column
Nutrient	Solid (Semi-solid) 100 g	Liquid 100 mL
Calories	4 Kcal	4 Kcal
Fats	0.5 g	0.5 g
Saturated fats	0.1 g	0.1 g
Trans Fats	0.3 g (The total saturated fats and trans fats shall not be more than 1.5 g, the amount of calories of saturated and trans fats shall not be more than 10% of total calories of the food.)	0.3 g (The total saturated fats and trans fats shall not be more than 0.75 g, the amount of calories of saturated and trans fats shall not be more than 10% of total calories of the food.)
Cholesterol	5 mg (The saturated fats shall not be more than 1.5 g, and the amount of calories of that shall not be more than 10% of total calories of the food.)	5 mg (The saturated fats shall not be more than 0.75 g, and the amount of calories of that shall not be more than 10% of total calories of the food.)
Sodium	5 mg	5 mg
Sugars	0.5 g	0.5 g
Lactose	0.5 g	0.5 g

Annotation 1: The Sugars is the total amount of monosaccharaides and disaccharides.

Annotation 2: For those products that are complied with the regulations in table 1, “zero” is suitable for the nutrient of the nutrition labeling.

Table 2. Where the nutrients are listed as "low", "little", "weak", "light" or "slightly contained" in the 1st column, the amount of such nutrients shall respectively not be more than those described in the 2nd or 3rd column for per 100 g of solid (semi-solid) food or per 100 ml of liquid food of this table.

The 1 st Column	The 2 nd Column	The 3 rd Column
Nutrient	Solid (semi-solid) 100 g	Liquid 100 mL
Calories	40 kcal	20 kcal
Fats	3 g	1.5 g
Saturated fats	1.5 g (The amount of calories for saturated fats shall not be more than 10% of total calories of the food.)	0.75 g (The amount of calories for saturated fats shall not be more than 10% of total calories of the food.)
Cholesterol	20 mg (The saturated fats shall not be more than 1.5 g, and the amount of calories of that shall not be more than 10% of total calories of the food.)	10 mg (The saturated fats shall not be more than 1.5 g, and the amount of calories of that shall not be more than 10% of total calories of the food.)
Sodium	120 mg	120 mg
Sugars	5 g	2.5 g
Lactose (Dairy products only)	2 g	2 g

Annotation 1: The Sugars is the total amount of monosaccharaides and disaccharides.

Annotation 2: Dairy products are defined as “milk products and food produced from the milk of mammals”.

Annotation 3: Food products are listed as "low Sodium", "little Sodium", "weak Sodium" or "slightly contained Sodium", the amount of Sodium shall respectively not be more than those described in the 2nd or 3rd column for per 100 g of solid (semi-solid) food or per 100 ml of liquid food of this table. Furthermore, the content of

Potassium shall be stated clearly in the nutrition labeling format.

Annotation 4: Where the nutrient in the 1st column is listed as "reduced than..." or "less than..."(except for the less/reduced sodium salts) the difference between the amount of such nutrient in such solid (semi-solid) or liquid food and that in similar reference food shall respectively not be less than the amount in the 2nd or 3rd column of the same table; the similar reference food being compared to shall be identified, and the amount or percentage lower shall be specified.

Table 3. Where the nutrients are listed as "high", "rich in", "strengthened" or "excellent source of" in the 1st column, the amount of such nutrients shall respectively not be less than those described in the 2nd, 3rd or 4th column for per 100 g of solid (semi-solid) food, per 100 ml or per 100 Kcal of liquid food of this table.

(1) Non-specific population

The 1 st column	The 2 nd column	The 3 rd column	The 4 th column
Nutrient	Solid (semi-solid) 100 g	Liquid 100 mL	Liquid 100 Kcal
Dietary fiber	6 g	3 g	3 g
Vitamin A	210 µg RE ⁽¹⁾	105 µg RE ⁽¹⁾	70 µg RE ⁽¹⁾
Vitamin B ₁	0.42 mg	0.21 mg	0.14 mg
Vitamin B ₂	0.48 mg	0.24 mg	0.16 mg
Vitamin C	30 mg	15 mg	10 mg
Vitamin E	3.9 mg α-TE ⁽²⁾	1.95 mg α-TE ⁽²⁾	1.3 mg α-TE ⁽²⁾
Calcium	360 mg	180 mg	120 mg
Iron	4.5 mg	2.25 mg	1.5 mg

(2) Between 1 and 3 years old

The 1 st column	The 2 nd column	The 3 rd column	The 4 th column
Nutrient	Solid (semisolid) 100 g	Liquid 100 mL	Liquid 100 Kcal
Dietary fiber	6 g	3 g	3 g
Vitamin A	120 µg RE ⁽¹⁾	60 µg RE ⁽¹⁾	40 µg RE ⁽¹⁾
Vitamin B ₁	0.18 mg	0.09 mg	0.06 mg
Vitamin B ₂	0.21 mg	0.11 mg	0.07 mg
Vitamin C	12 mg	6 mg	4 mg
Vitamin E	1.5 mg α-TE ⁽²⁾	0.75 mg α-TE ⁽²⁾	0.5 mg α-TE ⁽²⁾
Calcium	150 mg	75 mg	50 mg
Iron	3 mg	1.5 mg	1 mg

(3) Pregnant or nursing mothers

The 1 st column	The 2 nd column	The 3 rd column	The 4 th column
Nutrient	Solid (semi-solid) 100 g	Liquid 100 mL	Liquid 100 Kcal
Dietary fiber	6 g	3 g	3 g
Vitamin A	180 µg RE ⁽¹⁾	90 µg RE ⁽¹⁾	60 µg RE ⁽¹⁾
Vitamin B ₁	0.33 mg	0.17 mg	0.11 mg
Vitamin B ₂	0.36 mg	0.18 mg	0.12 mg
Vitamin C	33 mg	16.5 mg	11 mg
Vitamin E	4.2 mg α-TE ⁽²⁾	2.1 mg α-TE ⁽²⁾	1.4 mg α-TE ⁽²⁾
Calcium	300 mg	150 mg	100 mg
Iron	13.5 mg	6.75 mg	4.5 mg

Annotation 1: RE is Retinol Equivalent.

1 µg RE=1 µg Retinol=6 µg β-Carotene

Annotation 2: α-TE is α-Tocopherol Equivalent.

1 mg α-TE =1 mg α-Tocopherol

Table 4. Where the nutrients are listed as "source", "provide" or "contain" in the 1st column, the amount of such nutrients shall respectively not be less than those described in the 2nd, 3rd or 4th column for per 100 g of solid (semi-solid) food, per 100 ml or per 100 Kcal of liquid food of this table.

(1) Non-specific population

The 1 st column	The 2 nd column	The 3 rd column	The 4 th column
Nutrient	Solid (semi-solid) 100 g	Liquid 100 mL	Liquid 100 Kcal
Dietary fiber	3 g	1.5 g	1.5 g
Vitamin A	105 µg RE ⁽¹⁾	52.5 µg RE ⁽¹⁾	35 µg RE ⁽¹⁾
Vitamin B ₁	0.21 mg	0.11 mg	0.07 mg
Vitamin B ₂	0.24 mg	0.12 mg	0.08 mg
Vitamin C	15 mg	7.5 mg	5 mg
Vitamin E	1.95 mg α-TE ⁽²⁾	0.98 mg α-TE ⁽²⁾	0.65 mg α-TE ⁽²⁾
Calcium	180 mg	90 mg	60 mg
Iron	2.25 mg	1.13 mg	0.75 mg
Iodine	12 ppm (And shall be corresponded to the “Standards for Specification, Scope, Application and Limitation of Food Additives”.)		

(2) Between 1 and 3 years old

The 1 st column	The 2 nd column	The 3 rd column	The 4 th column
Nutrient	Solid (semi-solid) 100 g	Liquid 100 mL	Liquid 100 kcal
Dietary fiber	3 g	1.5 g	1.5 g
Vitamin A	60 µg RE ⁽¹⁾	30 µg RE ⁽¹⁾	20 µg RE ⁽¹⁾
Vitamin B ₁	0.09 mg	0.05 mg	0.03 mg
Vitamin B ₂	0.11 mg	0.05 mg	0.04 mg
Vitamin C	6 mg	3 mg	2 mg
Vitamin E	0.75 mg α-TE ⁽²⁾	0.38 mg α-TE ⁽²⁾	0.25 mg α-TE ⁽²⁾

Calcium	75 mg	37.5 mg	25 mg
Iron	1.5 mg	0.75 mg	0.5 mg

(3) Pregnant or nursing mothers

The 1 st column	The 2 nd column	The 3 rd column	The 4 th column
Nutrient	Solid (semi-solid) 100 g	Liquid 100 mL	Liquid 100 kcal
Dietary fiber	3 g	1.5 g	1.5 g
Vitamin A	90 µg RE ⁽¹⁾	45 µg RE ⁽¹⁾	30 µg RE ⁽¹⁾
Vitamin B1	0.17 mg	0.08 mg	0.06 mg
Vitamin B2	0.18 mg	0.09 mg	0.06 mg
Vitamin C	16.5 mg	8.25 mg	5.5 mg
Vitamin E	2.1 mg α-TE ⁽²⁾	1.05 mg α-TE ⁽²⁾	0.7 mg α-TE ⁽²⁾
Calcium	150 mg	75 mg	50 mg
Iron	6.75 mg	3.38 mg	2.25 mg

Annotation 1: RE is Retinol Equivalent.

1 µg RE=1 µg Retinol=6 µg β-Carotene

Annotation 2: α-TE is α-Tocopherol Equivalent.

1 mg α-TE =1 mg α-Tocopherol

Annotation 3: Packaged salt products that are claimed “Iodized salt”, “contains Iodized salt”, “adds Iodized salt” or Synonyms shall not only be more than 12 parts per million, but also be corresponded to the “Standards for Specification, Scope, Application and Limitation of Food Additives”. In addition, it shall label the following warning at a notable place: “This salt product contains iodine, a necessary nutrient, but it does not apply to patients who with high iodine hyperthyroidism and who are treated with iodine 131 radiotherapy.”.

Annotation 4: Where the nutrients in the 1st column are listed as "higher than..." or "increased than..." the difference between the amount of such nutrient in such solid (semi-solid) or liquid food and that in similar reference food shall respectively not be less than the amount in the 2nd, 3rd or 4th column of the same table; the

similar reference food being compared to shall be identified, and the amount or percentage higher shall be specified.

Table 5. Where the nutrition claims for "Appropriate Intake Needed" shall be based on the amount of the nutrient per 30 gm (actual weight) of such food.

- cheese, cheese powder, cream, and cream powder
- Fried pork fiber, fried pork paste, ground meat sauce, pork fiber, fried, sliced dried meat, dried and cured meat
- Fried fish fiber, fish paste, pickled seafood and nori paste
- Bean curd cheese, vegetarian fried pork fiber, vegetarian fried pork paste and Chinese spaghetti sauce
- Fruit jam, peanut butter, sesame paste, peanut powder
- Western-style bakery products (including cookies, but excluding cakes, breads, and pizzas)
- Chinese pastries (including cookies)
- The other foods promulgated by the central authorities

Table 6. Where the nutrition claims for "Supplementary Intake" shall be based on the amount of the nutrients per 1 g (dry food) of such food.

- Small dried shrimp skin, small dried shrimp, seaweed, dried mackerel fish, dried seaweed, Nori, dried laver, agar-agar, dried jelly fish
- The other food promulgated by the central authorities

Table 7. Where the food shall not have nutrition claims for "supplementary intake" such as "high", "rich in", "strengthened", "excellent source of", "source", "provide" and "contain".

-The snack foods which added food nutritional additives
Rice crackers, swelling and pressing products
Preserve and dried vegetables, fruits
Seed products
Drupaceous fruit products
Bean products
Seafood snacks
-Soda water and cola which the amount of calories of sugars shall not be more than 10% of total calories of the drink
- The candies which added food nutritional additives (excluding chewing gum, bubble gum that be subjected to provisions relevant to the amount of sugar as specified in Table 1 of these Regulations)
Hard candy
Soft sweets products
Preserved wax-gourd, preserved papaya candy, preserved sweet potato
Chocolate
Fresh cavity candy
The other candies
-Seasoning products
Dried powder products
Miso and black bean
Dressing oil products
Dressing products (used in large quantities)
Dipping sauces (used in small quantities)
Agaric sauce and black pepper sauce
Spaghetti sauce
Sugar products

Solid products

Liquid products

MSG, flavor enhancers

Fried garlic and fried shallot

Star anise and powdered spices

Osmanthus sauce

The other seasonings

-Salted and preserved vegetables

-The other foods appointed by the central management authorities