European INCO Regulations

VS

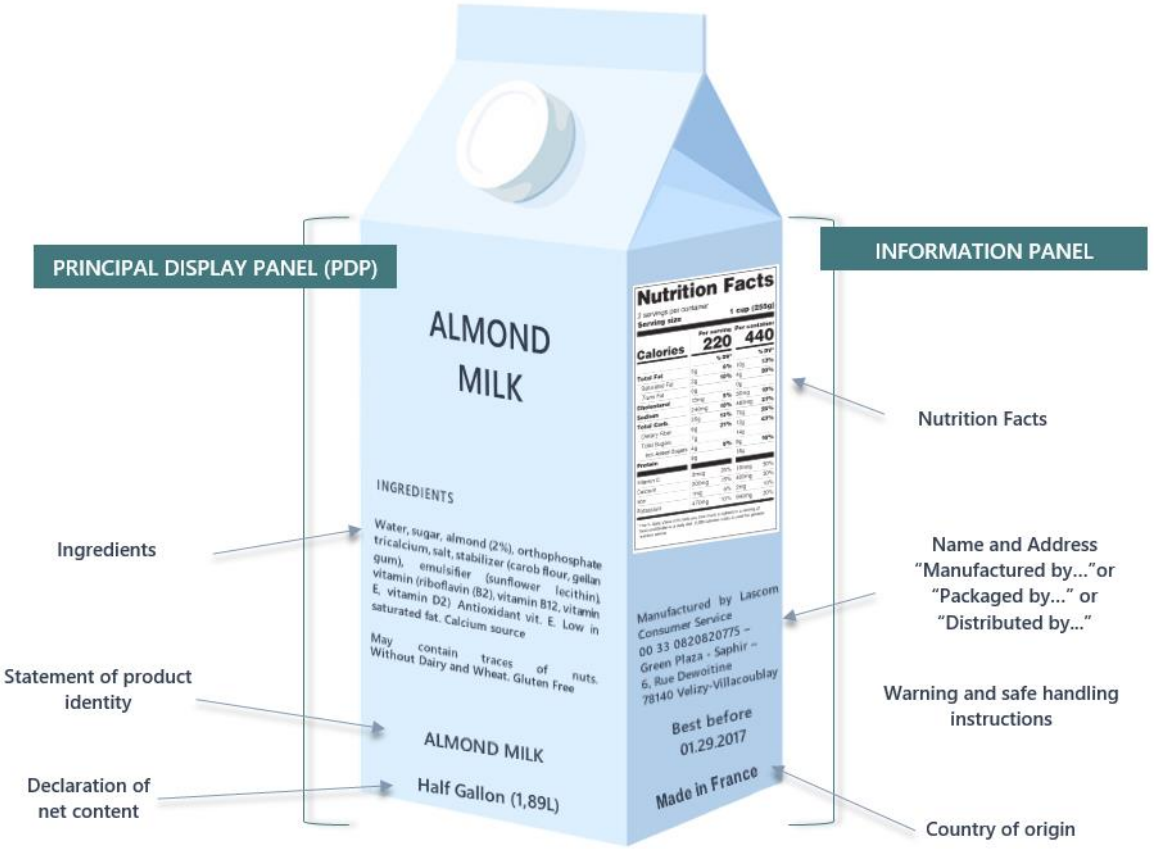
American Regulations

INCO 1169/2011 Regulation

VS.

U.S. Labeling: FDA

12 pieces of mandatory information since December 13th 2014



INCO 1169/2011 Regulation

VS.

American Labeling: FDA

The Obligations

- ✓ Readability due to a format and font size that is determined by the size of the package
- Packages whose largest surface is > 80cm²: the height of the letters must be> or = 1.2mm
- Packages whose largest surface is< 80cm²: the height of the letters must be> ou = 0,9 mm

- ✓ Display must be in the descending order of weight (When MOE)

- ✓ Highlighting allergens (a typology different from the rest of the list of ingredients: fat, colors, fonts, etc.)

- ✓ Indication od biological and geographical origins

8 Optional Terms

- "Packaged in a protective atmosphere"
- "Contains Sweetener (s)"
- "With sugar (s) and sweetener (s)"
- "Contains a source of phenylalanine"
- "Excessive consumption may produce laxative effects"
- "High caffeine content"
- "Contains Licorice"
- "Contains added plant sterols"

14 Allergens

Eggs, cereals containing gluten, Crustaceans, Fish, Shellfish, Milk, Soy, Peanuts, Sesame Seeds, Nuts, Celery, Mustard, Sulphurous Anhydrides and Sulfites and, Lupin

The Obligations

- ✓ Form of Obligation
- Font Size ≥ 1/16 inches, or 1,6 mm. Except for the exceptions due to the size of the packaging.
- Height of the letters ≤ more than 3 times the width of the letters

- ✓ Ingredient List: Display in descending order of weight on the main panel or on the information panel

- ✓ Precision of one or more of the allergens in the list of ingredients or directly after the list of ingredients after the word, "contains"…

Optional Information

- Nutrition (ex.: Low Fat, High in…, Free of…, Good source of…, Light, Reduced, Less, More, etc…)
- Health Claims, Exception: If an organ is mentioned (ex.: « calcium makes bones stronger ») or if a disease is mentioned (es.: « calcium helps prevent osteoporosis »), it must be approved and authorized by the FDA

INCO 1169/2011 Regulations

VS.

American Labeling: FDA

Energie	102 kj / 24 kcal	204 kj / 49 kcal
Fat	1.1 g	2.2 g
*fatty acids and saturated fats	0.1 g	0.2 g
*cholesterol	0 mg	0 mg
Carbohydrates	3 g	6 g
*Sugars	3 g	6 g
*Lactose	0 g	0 g
Dietary Fiber	0.2 g	0.4 g
Protein	0.5 g	1 g
Salt	0.13 g	0.26 g
*Sodium	0.0512 g	0.102 g
*Vitamin E (tocophérol)	1.8 mg	3.6 mg
*Vitamin B2 (Riboflavine)	0.21 mg	0.42 mg
*Vitamin B12 (cobalamine)	0.38 µg	0.76 µg
*Calcium	120 mg	240 mg
*Vitamin D2	0.75 µg	1.5 µg

Nutrition Facts

2 servings per container

Serving size **1 cup (255g)**

	Per serving		Per container	
Calories	**220**		**440**	
		% DV*		**% DV***
Total Fat	5g	**6%**	10g	**13%**
Saturated Fat	2g	**10%**	4g	**20%**
Trans Fat	0g		0g	
Cholesterol	15mg	**5%**	30mg	**10%**
Sodium	240mg	**10%**	480mg	**21%**
Total Carb.	35g	**13%**	70g	**25%**
Dietary Fiber	6g	**21%**	12g	**43%**
Total Sugars	7g		14g	
Incl. Added Sugars	4g	**8%**	8g	**16%**
Protein	9g		18g	
Vitamin D	5mcg	25%	10mcg	50%
Calcium	200mg	15%	400mg	30%
Iron	1mg	6%	2mg	10%
Potassium	470mg	10%	940mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INCO Regulations: The Declared Nutritional Label

Mandatory as of December 13, 2016

- ✓ 7 mandatory mentions in this order
- ✓ Optional Information
  - Monounsaturated fatty acids
  - Polyunsaturated fatty acids
  - Polyols
  - Starch
  - Dietary fiber
  - Vitamins and Minerals
- ✓ Mutilingual packaging: indication in other languages as possible in the same table or other tabels reserved
- ✓ Mention "reference intake for an adult deviation (8400 kJ / 200 kcal)" mandatory in case of reference intakes as a percentage per 100g / ml

Energy	102 kj / 24 kcal	204 kj / 49 kcal
Fats	1.1 g	2.2 g
*Fatty acids and Saturated Fats	0.1 g	0.2 g
*Cholesterol	0 mg	0 mg
Carbohydrates	3 g	6 g
*Sugars	3 g	6 g
*Lactose	0 g	0 g
Dietary fibers	0.2 g	0.4 g
Proteins	0.5 g	1 g
Salt	0.13 g	0.26 g
*Sodium	0.0512 g	0.102 g
*Vitamin E (tocophérol)	1.8 mg	3.6 mg
*Vitamin B2 (Riboflavine)	0.21 mg	0.42 mg
*Vitamin B12 (cobalamine)	0.38 µg	0.76 µg
*Calcium	120 mg	240 mg
*Vitamin D2	0.75 µg	1.5 µg

- ✓ No imposed title for: nutritional values, nutrition declaration, nutritional tables, etc.
- ✓ All refrences in the same visual field
- ✓ Linear format if there is insufficent space on the packaging
- ✓ Nutritional statements expressed per 100g or 100ml of product
- ✓ No aesthetic restraints. The only requirement is the size of characters as follows:
  - 1,2 mm or 0,9 mm for packaging which the surface is < 80 cm^2

Source: http://eur-lex.europa.eu/LexUriServ/LexUriServ.do?uri=OJ:L:2011:304:0018:0063:FR:PDF

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FSMA: Nutrition Facts

Ancien tableau

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nouveau tableau

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Servings: larger, bolder type

Calories: larger type

Updated daily values

New: added sugars

Change in nutrients required

Actual amounts declared

New footnote

Source: http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm

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FSMA: Nutrition Facts

Mandatory since the 26th of July 2016

(Industries have until the 26th of July 2018 to comply to these regulations)

✓ 15 mandatory mentions

- Calories
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium
- Total Carbohydrate
- Dietary fiber
- Sugars
- Added Sugars
- Protein
- Vitamin D (% of DV)
- Calcium (% of DV)
- Iron (% of DV)
- potassium

✓ Viewing the amount (grams or kilograms) and percentage of daily consumption of "Daily Value" (DV) are required

✓ Indication of weight or DV percentage of processed fat, saturated fat and cholesterol are mandatory

Nutrition Facts

2 servings per container

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✓ Required to use "Nutrition Facts" to name the table

Formatting rules

✓ Rectangular table

✓ Thin exterior border

✓ A thin line in between each row of information

✓ Information should be black on a white or neutral background

✓ Character font should be easy to read
- Capital or lower case
- At least one space between each word
- At least 4 spaces between each word for DV (Daily Value) and vitamins and minerals

Source: http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm

Lascom

Centered Data

Compliant Labeling

Reliable and Structured Information

INCO

Multilingual

Lascom assists professionals in the food and the catering business deal with different regulations

Automatic calculation of nutritional values

FSMA

Edit lists of ingredients and allergens

Multi- Regulatory

To share with our business experts,

Learn more about our solutions,

Organize a presentation,…

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