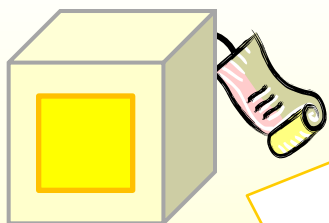


# Nutrition Labelling Systems in Japan: situations and issues

Nutrition labelling is voluntary in Japan. However, if nutrient declaration, nutrient content claim such as “X free”, “X% reduced,” and/or nutrient function claim is made on the label of foods offered for sale, nutrition information shall be provided in accordance with Nutrition Labelling Standards under the Health Promotion Act.



## <Scope>

- Prepackaged foods
- Attached documents or tags

## Nutrition information Per container (75g)

|              |         |
|--------------|---------|
| Energy       | 390kcal |
| Protein      | 5.3g    |
| Total fat    | 19.1g   |
| Carbohydrate | 49.1g   |
| Sodium       | 311mg   |

## ① Nutrient Declaration (Nutrition Labelling Standards Clause 2-4)

### <Required nutrition information when any nutrient is declared> →

1. Energy value and amounts of core nutrients (Basic requirements) expressed in kcal per 100g, 100ml, serving, package, or other standard size

- Energy
- Protein
- Total fat
- Carbohydrate (or Available carbohydrate and Dietary fiber)
- Sodium

### <Voluntary nutrition information>

2. For the following nutrients, Dietary Reference Intakes (DRIs) have been established in the Nutrition Labelling Standards.

- 13 vitamins and 12 minerals →
- Sugars (Monosaccharides and Disaccharides)
- Saturated fats
- Cholesterol

- **Vitamins:** Niacin, Pantothenic acid, Biotin, Vitamin A, Vitamin B<sub>1</sub>, Vitamin B<sub>2</sub>, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Vitamin C, Vitamin D, Vitamin E, Vitamin K, Folic acid
- **Minerals:** Zinc, Potassium, Calcium, Chromium, Selenium, Iron, Copper, Sodium, Magnesium, Manganese, Iodine, Phosphorus

3. Nutrients whose DRIs not established in the Nutrition Labelling Standards may also be declared as long as they are based on scientific evidence. →

- Collagen
- Galactooligosaccharides
- Polyphenol

## ② Nutrient Content Claims (Nutrition Labelling Standards Clause 5-10)

When a nutrient content claim is made, required nutrition information shall be provided in accordance with the provisions set out in the Nutrition Labelling Standards. →

- Content Claims (e.g., High, contains, Zero)
- Comparative Claims (e.g., X times, X% recued)

## ③ Nutrient Function Claims (Nutrition Labelling Standards Clause2 )

Nutrient function claims for 17 vitamins and minerals are permitted. However, contents shall not exceed the upper and lower tolerance level which have been established based on DRIs.