

Nutrition Information Label



○ What is a nutrition information label?

A processed food or a food additive packed in a container or packaging bears a nutrition information label to clarify information on the nutrients contained in it and to help consumers make appropriate dietary choices. When a label not only lists the nutrients and energy contained in the food, but makes a claim of the content of a specific nutrient or energy, the nutrient or energy content needs to meet specific criteria. The nutrition information label is sometimes omitted for food that makes little contribution as a nutritional source, such as water or seasonings, or food sold by a small-scale business operator.

○ Labelling method

A label lists elements in the order of energy, protein, fat, carbohydrates, and sodium, provided that sodium is indicated as salt equivalent. It could also list nutrients that are recommended to be declared or voluntarily declared.

- ◆ Nutrients that are mandatorily declared
energy, protein, fat, carbohydrates, sodium (indicated as salt equivalent)
- ◆ Nutrients that are recommended to be declared
saturated fatty acids, dietary fibre
- ◆ Nutrients that are voluntarily declared
minerals (such as zinc, potassium, and calcium), vitamins (such as vitamin A, vitamin B₁, and vitamin C), etc.

[Labelling example (milk)]

Nutrition Information Per carton (200 ml)	
Energy	140 kcal
Protein	7 g
Fat	8 g
Carbohydrates	10 g
Salt equivalent	0.2 g
Calcium	227 mg

Sodium content is sometimes declared for food to which no sodium salts are added.

[Labelling example] Sodium 85 mg
(Salt equivalent 0.2 g)

(Reference: Formula for calculating the salt equivalent)
Sodium (mg) × 2.54 ÷ 1000 ≈ salt equivalent (g)

The label could include declaration of non-mandatory nutrients.

○ Nutrient content claim

A nutrient content claim, which makes a claim of a nutrient involved in maintaining or promoting health, is used only for food that meets specific criteria.

Claim that supplementation is possible			
Types of claims	High	Source	Increased
Criteria	Not less than the criterion value (*1)		<ul style="list-style-type: none"> •Absolute difference of not less than the criterion value (*1) •Relative difference (at least 25%) (*2) •Indication of the increased amount or percentage and the comparable food
Expression example	<ul style="list-style-type: none"> •High in ○○ •Rich in ○○ 	<ul style="list-style-type: none"> •Source of ○○ •For supply of ○○ •Containing ○○ 	<ul style="list-style-type: none"> •30% more ○○ •Twice as much ○○
Relevant nutrients	Protein, Dietary Fibre, Zinc, Potassium, Calcium, Iron, Copper, Magnesium, Niacin, Pantothenic Acid, Biotin, Vitamins A, B ₁ , B ₂ , B ₆ , B ₁₂ , C, D, E, and K, and Folic Acid		

(*1) Appended Table 12 of the Food Labelling Standards (Cabinet Office Order No. 10 of 2015)

(*2) Relative difference is only applicable to protein and dietary fibre.

Claim that appropriate ingestion is possible			
Types of claims	Free	Low	Reduced
Criteria	Less than the criterion value (*3)	Not more than the criterion value (*3)	<ul style="list-style-type: none"> •Absolute difference of not less than the criterion value (*3) •Relative difference (at least 25%) •Indication of the reduced amount or percentage and the comparable food
Expression example	<ul style="list-style-type: none"> •○○ free •Zero ○○ •Non ○○ 	<ul style="list-style-type: none"> •Low in ○○ •Moderate amount of ○○ •○○ light 	<ul style="list-style-type: none"> •○○ cut by 30% •Off by ○○ g •Half ○○
Relevant nutrients	Energy, Fat, Saturated Fatty Acids, Cholesterol, Sugars, and Sodium		

(*3) Appended Table 13 of the Food Labelling Standards

	Claim regarding non-addition of sugars	Claim regarding non-addition of sodium salts
Criteria	<ul style="list-style-type: none"> •No sugars of any type are added. •No sugar-substituting ingredients or food additives are used. •Sugar content of the food does not exceed the amount of sugar contained in the ingredients and food additives. •Sugar content is declared. 	<ul style="list-style-type: none"> •No sodium salts are added. •No sodium salt-substituting ingredients or food additives are used.
Expression example	•No added sugar	•No added salt

Contact

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