



*European*  
**Food-STA**



## Information to Consumers Regulation (EU) N° 1169/2011

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## Legal Framework

Regulation (EU) n° 1169/2011

Directive 2000/13/EC

Labelling, presentation and advertising  
of foodstuffs

Directive 90/496/EEC

Nutrition labelling for foodstuffs

Regulation (EU) n° 1169/2011  
on the provision of food information to consumers

Article 1

Basis for the assurance of a high level of consumer  
protection

Establishes the general principles / requirements /  
responsibilities governing food information

Immediate implementation as law in all Member States

Avoids different national interpretations



# Information to Consumer

Regulation (EU) N°1169/2011

## Article 7

### Fair Informations practices

#### 1. Food Information shall not be misleading, particularly:

- a) as to the characteristics of the food and, in particular, as to its nature, identity, properties, composition, quantity, durability, country of origin or place of provenance, method of manufacture or production;
- b) by attributing to the food effects or properties which it does not possess;
- c) by suggesting that the food possesses special characteristics when in fact all similar foods possess such characteristics, in particular by specifically emphasizing the presence or absence of certain ingredients and/or nutrients;
- d) by suggesting, by means of the appearance, the description or pictorial representations, the presence of a particular food or an ingredient, while in reality a component naturally present or an ingredient normally used in that food has been substituted with a different component or a different ingredient.

#### 2. Food information shall be accurate, clear and easy to understand for the consumer



Article 2

**Definitions**

- food Informations
- food information law
- mandatory food Informations
- mandatory food Informations
- prepacked food
- ingredient
- place of provenance
- compound ingrediente
- label
- Labelling
- field of vision
- principal field of vision
- legibility
- legal name
- customary name
- descriptive name
- descriptive name
- date of minimum durability of a food
- nutrient
- engineered nanomaterial deleted and replaced by Reg.(EU)2015/2283 art.3(2)f)
- means of distance communication



Article 9

**List of mandatory particulars**

- name of the food
- **list of ingredients**
- **ingredients causing allergies or intolerances** (annex II)
- **quantity of certain ingredients or categories of ingredients**
- net quantity of the food
- date of minimum durability or the 'use by' date
- special storage conditions and/or conditions of use
- name or business name and address of the food business operator
- country of origin or place of provenance
- instructions for use (if necessary)
- alcoholic strength by volume (beverages with more than 1,2 % by volume of alcohol)
- **nutrition declaration**

Section 2

Detailed provisions on mandatory particulars





## List of ingredients

Regulation (EU) N°1169/2011

- Headed or preceded by the word “Ingredients”
- All the ingredients in descending order of weight
- Ingredients shall be designated by specific name (art 17 and Annex VI)
- Ingredients in the form of nanomaterials clearly indicated – “nano” in brackets after the ingredient

### Annex VII : Technical rules

- **Part A:** provisions concerning the indication of ingredients by descending order
- **Part B:** designation of certain ingredients by the name of a category rather than a specific name
- **Part C:** designation of certain ingredients by the name of their category followed by specific name or E number
- **Part D:** designation of flavourings
- **Part E:** designation of compound ingredients

Heading:  
Ingredient

List all the ingredients in  
**descending order**

Article 19 and 20  
**Omissions**

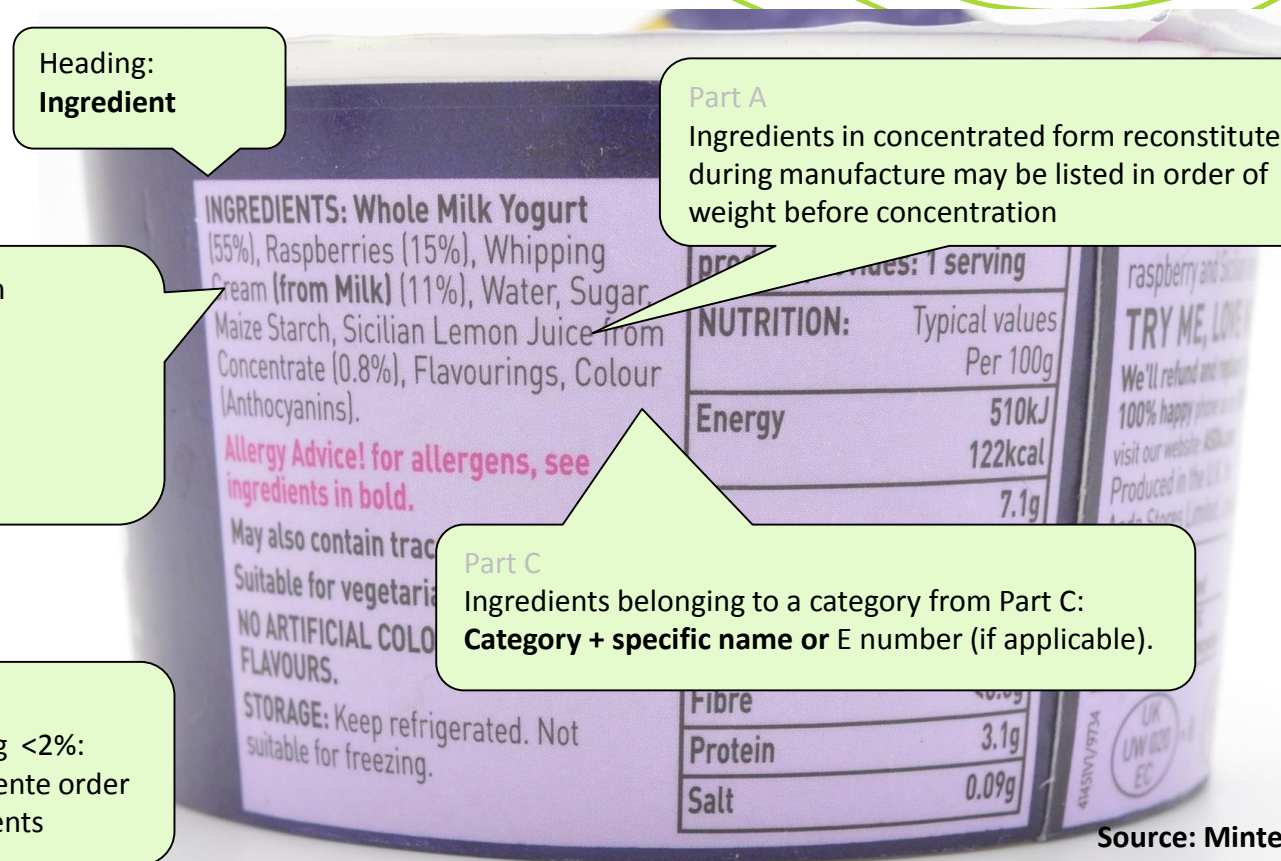
Part A  
Ingredients constituting <2%:  
may be listed in a different order  
after the other ingredients

Part A

Ingredients in concentrated form reconstituted during manufacture may be listed in order of weight before concentration

Part C

Ingredients belonging to a category from Part C:  
**Category + specific name or E number (if applicable).**



## List of ingredients

Regulation (EU) No 1169/2011

### Annex VII : Technical rules

- **Part A:** provisions concerning the indication of ingredients by descending order
- **Part B:** designation of certain ingredients by the name of a category rather than a specific name
- **Part C:** designation of certain ingredients by the name of their category followed by specific name or E number
- **Part D:** designation of flavourings (Reg.(EC) 1334/2008)
- **Part E:** designation of compound ingredients

#### Part B

All types of milk protein (caseins, caseinates and whey proteins) and mixtures may be designated as “Milk proteins”

#### Part A

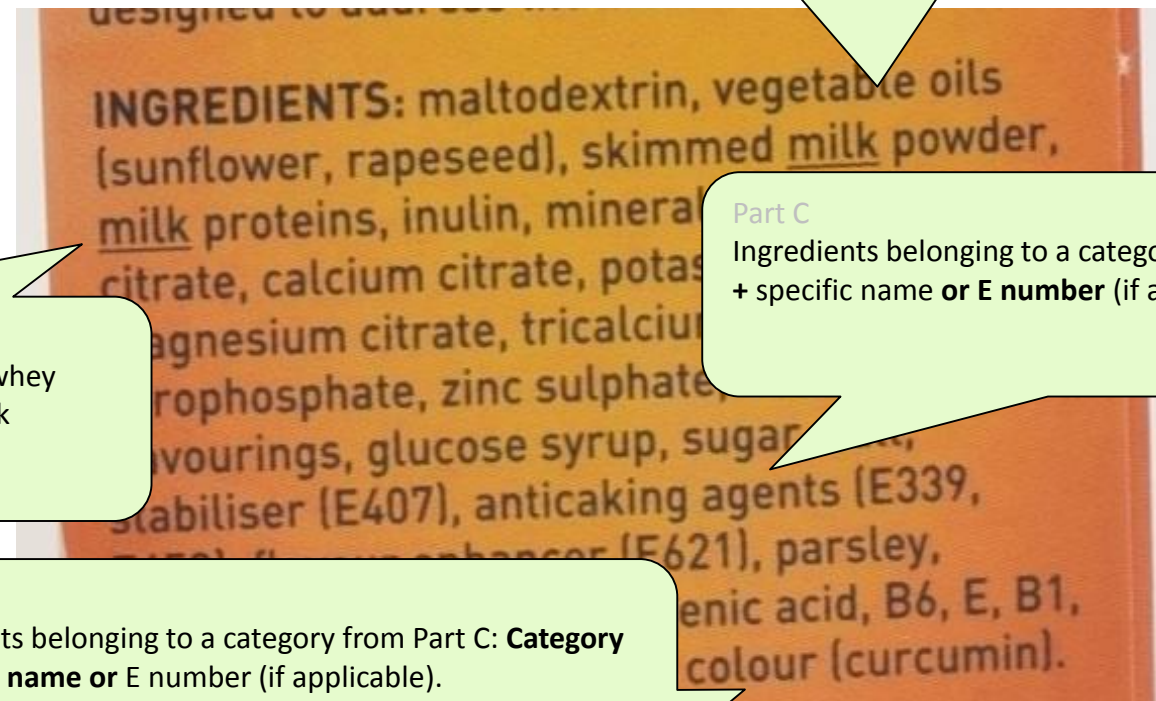
Refined oils of vegetable origin may be grouped as “vegetable oils” followed by specific vegetable origin. The group is listed in ingredient list according to total weight of oils

#### Part C

Ingredients belonging to a category from Part C: **Category + specific name or E number** (if applicable).

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Ingredients belonging to a category from Part C: **Category + specific name or E number** (if applicable).



Source: Mintel

## List of ingredients

Regulation (EU) №1169/2011

### Annex VII : Technical rules

- **Part A:** provisions concerning the indication of ingredients by descending order
- **Part B:** designation of certain ingredients by the name of a category rather than a specific name
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- **Part E:** designation of compound ingredients

#### Part E

Compound ingredients may be indicated under its own designation in terms of its overall weight and followed by a list of its ingredients

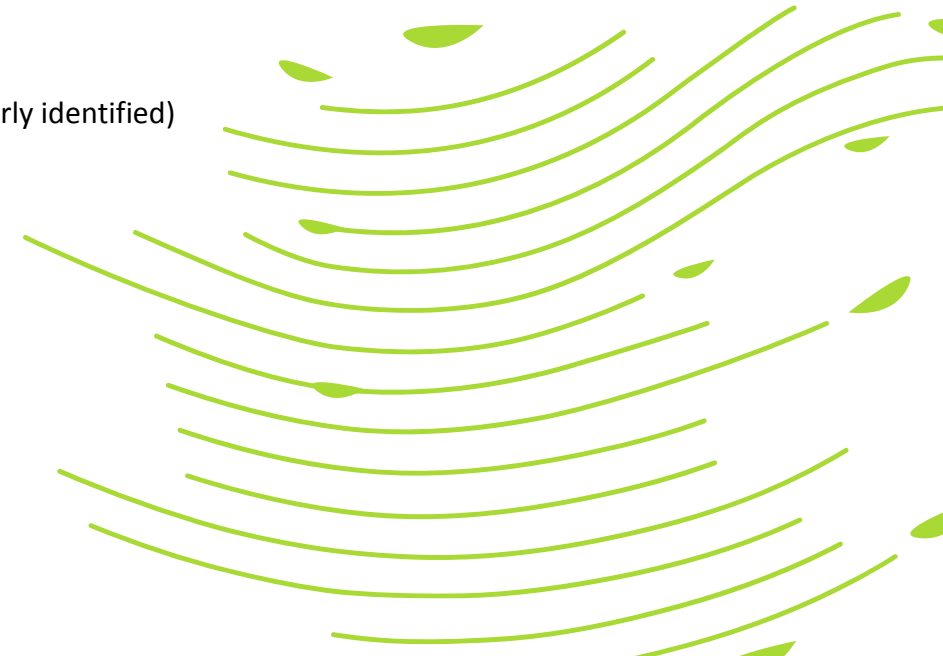
**Peach, Strawberry, Pineapple and Orange yogurt drink with added plant stanols and with sugars and sweetener and with vitamins B1, B12, E and folic acid.** Ingredients: Yogurt (90%) (Skimmed milk, Plant stanol ester (plant stanols 3%), Yogurt cultures (from milk), Fructose, Vitamin B6, Folic acid), and Multi Fruit preparation (10%) (Peach (2%) pulp from concentrate, Strawberry (2%), Pineapple (2%) and Orange (2%) juice from concentrate, Fructose, Water, Stabiliser (pectin), Flavouring, Sweetener (sucralose), Vitamin E, Vitamin B12, Vitamin B1). \*Vitamin B1 contributes to the normal function of the heart.



## Omission of the list of ingredients

Regulation (EU) N°1169/2011

- Fresh fruit and vegetables (not peeled, cut,...)
- Carbonated water (where the description mention carbonated)
- Fermentation vinegars (single product, no other ingredient added)
- Cheese, butter, fermented milk and cream (no ingredient added)
- Foods consisting of a single ingredient (name of the food identical to ingredient; nature of the ingredient clearly identified)



## Omission of constituents of food from the list of ingredients

Regulation (EU) N°1169/2011

Not valid for substances or products causing allergies or  
intolerances (article 21)

- the constituents of an ingredient which have been temporarily separated during the manufacturing process and later reintroduced but not in excess of their original proportions
- food additives and enzymes whose presence is solely due to the fact that they are contained in one or more ingredients of that food, in accordance with the carry-over principle (Reg.1333/2008 – art. 18), provided that they serve no technological function in the finished product
- additives and enzymes used as processing aids (reg.1333/2008 – art.3)
- carriers and substances which are not food additives but are used in the same way and with same purpose (quantities strictly necessary)
- substances which are not food additives but are used in the same way and purpose as processing aids (present in the finished product)
- water where is used during the manufacturing process solely for the reconstitution of an ingredient used in concentrated or dehydrated form or in the case of a liquid medium which is not normally consumed

# Mandatory Food Information (Chapter IV)

Regulation (EU) N°1169/2011



Article 9

## List of mandatory particulars

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- name or business name and address of the food business operator
- country of origin or place of provenance
- instructions for use (if necessary)
- alcoholic strength by volume (beverages with more than 1,2 % by volume of alcohol)
- nutrition declaration

Section 2

Detailed provisions on mandatory particulars

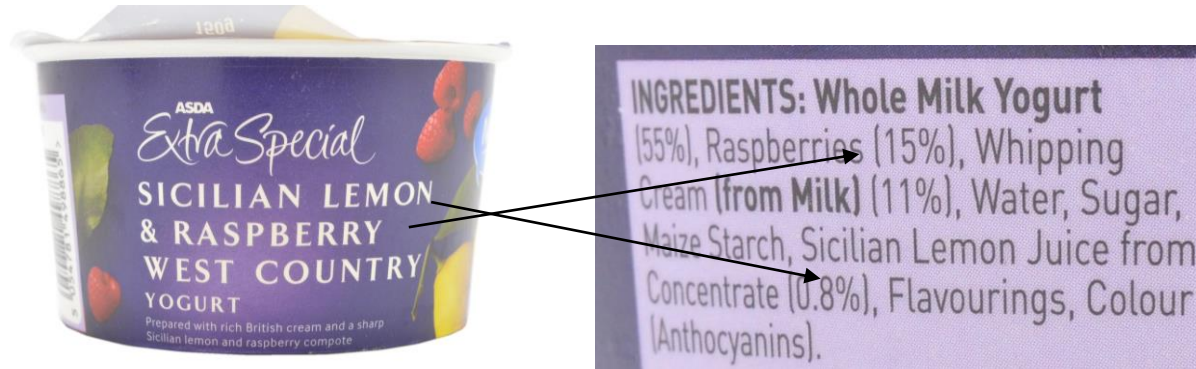


## Quantitative indication of ingredients

Regulation (EU) N°1169/2011

Is required where the ingredient or category of ingredients :

a) appears in the name of the food or is usually associated with that name by the consumer

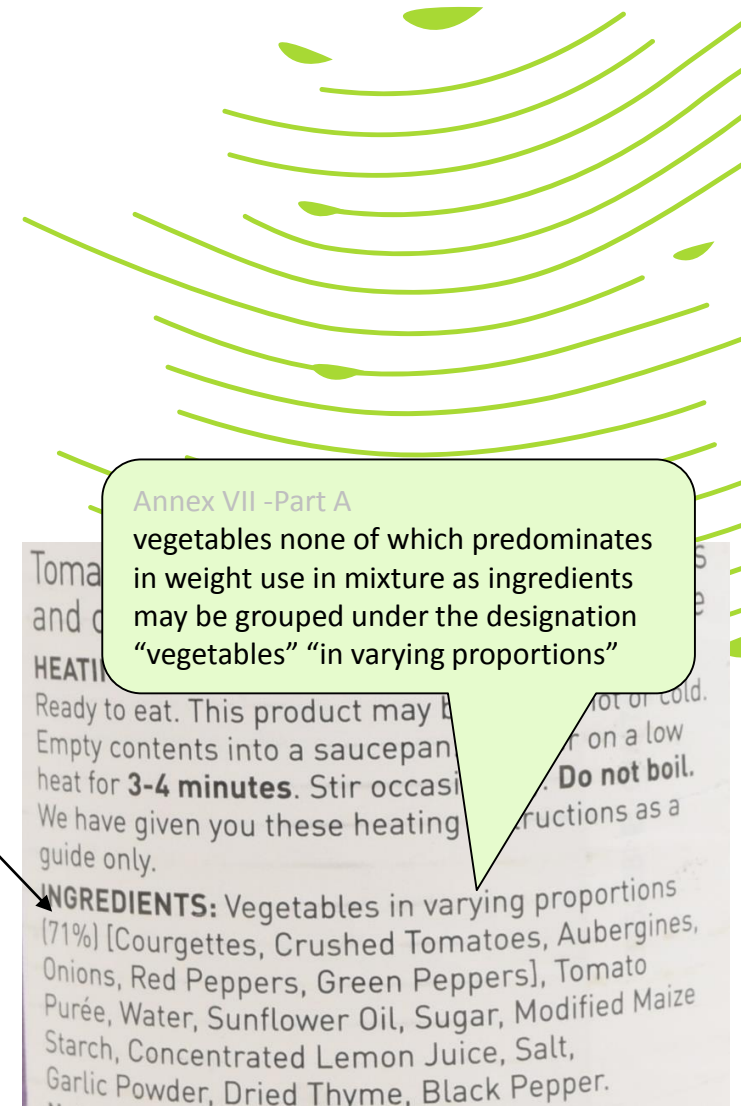


Source: Mintel



Source: Mintel

Source: Mintel



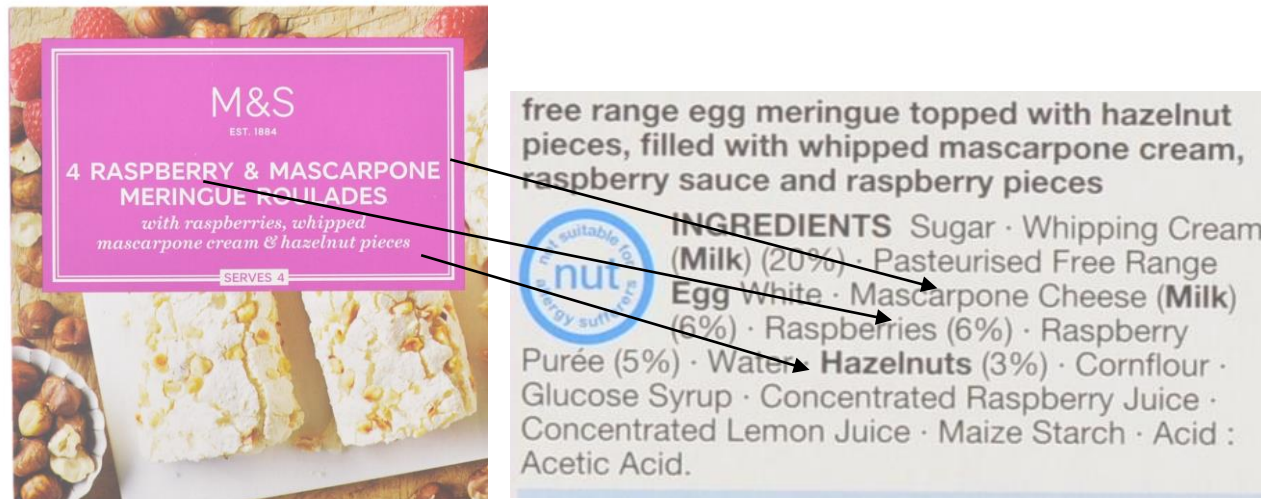


## Quantitative indication of ingredients

Regulation (EU) N°1169/2011

Is required where the ingredient or category of ingredients :

b) is emphasized on the labelling in words, pictures or graphics;



Source: Mintel



Source: Mintel



## Quantitative indication of ingredients

Regulation (EU) N°1169/2011

Is required where the ingredient or category of ingredients :

c) distinguish it from products with which it might be confused because of its name or appearance.



Source: Mintel

products where the composition can differ markedly from one member state to another but which are usually marketed under the same name

Marzipan : % almond is required

**Is not required** in respect of certain ingredients or category of ingredients (Annex VIII):

- the quantities of which must already appear on the labelling under Union provisions;  
eg: the fruit content of fruit nectar must be declared under the legislation Directive 2001/112/EC: fruit juices
- which is used in small quantities for the purposes of flavouring

"small quantities": not defined  
Consider  $\leq 2\%$



Source: Mintel

## Quantitative indication of ingredients

Regulation (EU) N°1169/2011

**Is not required** in respect of certain ingredients or category of ingredients (Annex VIII):

- which, while appearing in the name of the food, is not such as to govern the choice of the consumer in the country of marketing because the variation in quantity is not essential to characterize the food or does not distinguish it from similar foods;



Corn: does not require quantity

### Annex VIII:

Technical rules and other specific cases



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Section 2

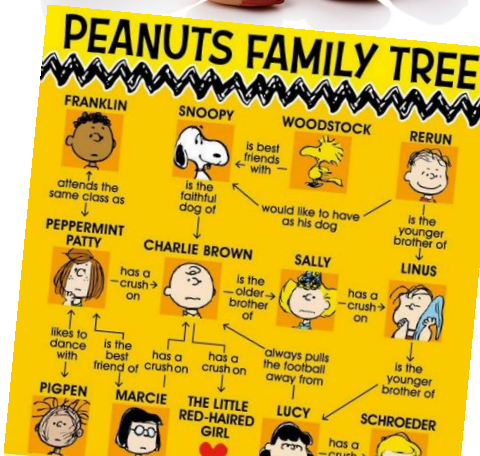
Detailed provisions on mandatory particulars







Substances or products causing allergies or intolerances

Regulation (EU) N°1169/2011



Substance/product causing allergy	Labelling exception
Cereals containing gluten, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats or their hybridised strains, and products thereof	<div>  </div> a) wheat based glucose syrups including dextrose b) wheat based maltodextrins c) glucose syrups based on barley; d) cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin;.
Crustaceans and products thereof	
Eggs and products thereof	
Fish and products thereof,	a) fish gelatine used as carrier for vitamin or carotenoid preparations b) Fish gelatine or Isinglass used as fining agent in beer and wine;
Peanuts and products thereof	
Soybeans and products thereof	a) fully refined soybean oil and fat b) natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D- alpha tocopherol acetate, and natural D-alpha tocopherol succinate from soybean sources c) vegetable oils derived phytosterols and phytosterol esters from soybean sources; d) plant stanol ester produced from vegetable oil sterols from soybean sources;
Milk and products thereof	a) whey used for making alcoholic distillates including ethyl alcohol of agricultural origin; b) lactitol;
Nuts : almonds (Amygdalus communis L.), hazelnuts (Corylus avellana), walnuts (Juglans regia), cashews (Anacardium occidentale), pecan nuts (Carya illinoensis (Wangenh.) K. Koch), Brazil nuts (Bertholletia excelsa), pistachio nuts (Pistacia vera), macadamia or Queensland nuts (Macadamia ternifolia), and products thereof,	nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin;
Celery and products thereof	
Mustard and products thereof	
Sesame seeds and products thereof;	
Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre in terms of the total SO 2	
Lupin and products thereof;	
Molluscs and products thereof	



## Labelling of certain substances or products causing allergies or intolerances

- Indicated in the list of ingredients with a clear reference to the name of the substance (as listed in annex II)
- The name of the substance should be emphasised (font, style, background colour)
- Where several ingredients are originate from a single substance, the label shall make it clear for each ingredient

### CRISPY WAFER BISCUIT WITH A MILKY HAZELNUT FILLING

Ingredients: sugar, vegetable fats (palm, shea), skimmed **MILK** powder (12.5%), **HAZELNUTS** (12.5%), **WHEAT** flour, whole **MILK** powder (7.5%), whey powder (**MILK**), **WHEAT** starch, emulsifier: lecithins (**SOYA**), sunflower oil, whey proteins (**MILK**), raising agents (sodium bicarbonate, ammonium carbonate, ammonium bicarbonate), salt, vanillin, fat-reduced cocoa powder.

Source: Mintel

- In the absence of a list of ingredients, shall comprise the word “contains” followed by the name of the substance



Source: Mintel

- The indication of the substance is not required where the name of the food clearly refers to the substance



Source: Mintel



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Section 2

Detailed provisions on mandatory particulars





Nutrition Declaration



Energy value (kJ e kcal)	Nutritional Information Any Field of Vision	Content	Expression
Fat (g)		<b>Mandatory:</b> Energy value	<b>Mandatory:</b> KJ and kcal per 100g /100ml <u>Optional</u> : per portion <u>Optional:</u> % RI
of which			
- saturates (g)		<b>Mandatory:</b> Fat, Saturates, Carbohydrate, Sugars, Protein, Salt	<b>Mandatory:</b> 100g /100ml <u>Optional</u> : per portion <u>Optional:</u> % RI
- mono-unsaturates (g)	Nutritional Information Principal Field of Vision (repeated)	<b>Optional:</b> Other nutrients	<b>Mandatory:</b> 100g /100ml <u>Optional</u> : per portion <b>Vitamins and minerals: mandatory</b> - % RI/100g/ml
- polyunsaturates (g)		Energy value (alone) or	Mandatory: 100g / 100ml Optional: per portion Optional: %RI per portion RI – reference intake (annex XIII)
Carbohydrate (g)		Energy value and fat, saturates, sugars and salt (all)	4 nutrients : 100g/100ml or portion or %RI per portion  If provided only per portion or %RI per portion: energy value must be presented per portion and per 100g/100ml
of which			
- sugars (g)	Nutritional Information Principal Field of Vision (repeated)		
- polyols			
- starch			
Fibre (g)			
Protein (g)	Nutritional Information Principal Field of Vision (repeated)		
Salt (g) (*)			
Vitamins and minerals (units Annex XIII-part A)			

Where RI are provided the following statement should appear: “Reference intake of an average adult (8400kJ/2000kcal)”

Per portion: should comply with general conditions:  
easily recognisable; quantified on the label; number of portions in the package must be stated

(\*) a statement indicating that the salt content is exclusively due to the presence of naturally occurring sodium may appear in  
close proximity to the nutrition declaration.

Calculation

The energy value shall be calculated using the conversion factors listed in Annex XIV.

ANNEX XIV

CONVERSION FACTORS

CONVERSION FACTORS FOR THE CALCULATION OF ENERGY

The energy value to be declared shall be calculated using the following conversion factors:

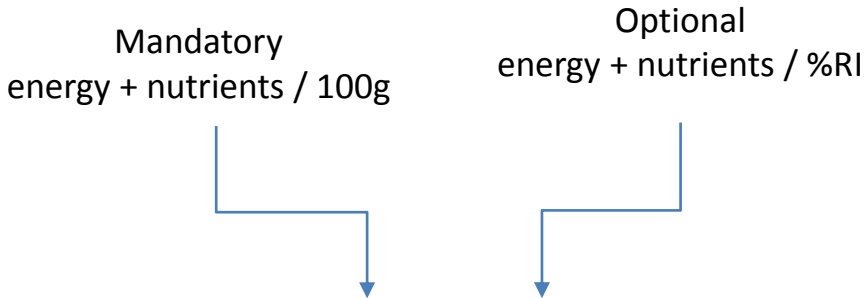
— carbohydrate (except polyols),	17 kJ/g — 4 kcal/g
— polyols,	10 kJ/g — 2,4 kcal/g
— protein,	17 kJ/g — 4 kcal/g
— fat,	37 kJ/g — 9 kcal/g
— salatrims,	25 kJ/g — 6 kcal/g
— alcohol (ethanol),	29 kJ/g — 7 kcal/g
— organic acid,	13 kJ/g — 3 kcal/g
— fibre,	8 kJ/g — 2 kcal/g
— erythritol,	0 kJ/g — 0 kcal/g

The declared values shall, according to the individual case, be average values based on:

- (a) the manufacturer’s analysis of the food;
- (b) a calculation from the known or actual average values of the ingredients used; or
- (c) a calculation from generally established and accepted data.



Nutrition Declaration in any field of vision



Nutrition values	Per 100g	%RI*
Energy	315 kJ / 75 kcal	4
Fat	1.5 g	2
of which saturates	1.0 g	5
Carbohydrate	11.8 g	5
of which sugars	11.6 g	13
Fibre	< 0.5 g	-
Protein	2.6 g	5
Salt	0.10 g	2
Calcium	120 mg	15
Vitamin B6	0.21 mg	15
Vitamin D	0.75 µg	15

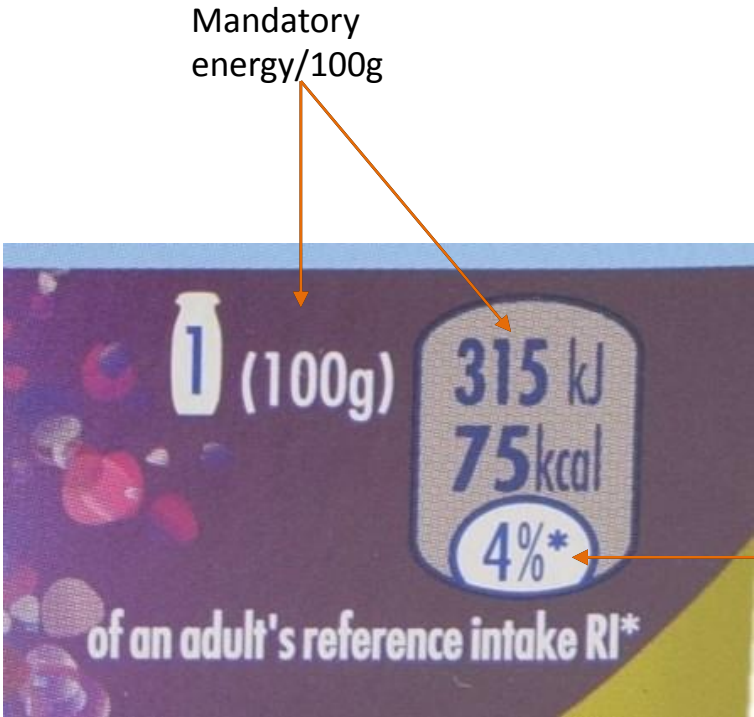
\*RI : Reference intake of an average adult (8400kJ/ 2000kcal).

Source: Mintel

Mandatory (vitam + minerals) %RI /100g

Mandatory statement (due to %RI)

Nutrition Declaration repeated in principal field of vision



Source: Mintel

Nutrition Declaration in any field of vision

Mandatory energy + nutrients / 100g

Optional energy + nutrients / portion (\*)  
Optional energy + nutrients / %RI

Typical values	Per 100g	Per biscuit	Reference Intake	% Reference Intake per biscuit
Energy	2027kJ 484kcal	188kJ 45kcal	8400kJ 2000kcal	2%
Fat	21g	2.0g	70g	3%
of which saturates	14g	1.3g	20g	7%
Carbohydrate	66g	6.2g	260g	2%
of which sugars	25g	2.3g	90g	3%
Fibre	2.1g	<0.5g		
Protein	5.4g	0.5g	50g	1%
Salt	0.89g	0.08g	6g	1%

Reference intake of an average adult 8400kJ / 2000kcal.

Source: Mintel

Mandatory statement  
(due to %RI)

Annex XIII  
Part B

(\*) portion and/or consumption unit

Nutrition Declaration repeated in principal field of vision

Optional energy + nutrients / portion or / %RI

Optional energy

Optional per portion

Optional Energy + 4 nutrients

Each biscuit contains

Energy	Fat	Saturates	Sugars	Salt
188kJ 45kcal	2.0g	1.3g	2.3g	0.08g
2%	3%	7%	3%	1%

of an adult's reference intake

Typical values per 100g: Energy 2027kJ / 484kcal

Source: Mintel

Mandatory energy/100g



# Useful Links

You might find these links handy.

**Eur-Lex:** <http://eur-lex.europa.eu/homepage.html>

- EU Law (Regulations, Directives, consolidated legislation,...)

## **European Commission Guidelines**

- [https://ec.europa.eu/food/safety/labelling\\_nutrition/labelling\\_legislation\\_en](https://ec.europa.eu/food/safety/labelling_nutrition/labelling_legislation_en)

**FSA – Food Standard Agency :** <https://www.food.gov.uk/sites/default/files/multimedia/pdfs/maycontainguide.pdf>

- Guidance on Allergen Management and Consumer Information (including “may contain” label

**Food Drink Europe :** [http://www.fooddrinkeurope.eu/uploads/publications\\_documents/FDE\\_Guidance\\_WEB.pdf](http://www.fooddrinkeurope.eu/uploads/publications_documents/FDE_Guidance_WEB.pdf)

- Guidelines



Obrigada

Thank You