Information to Consumers
Regulation (EU) Nº 1169/2011

Ana Oliveira
ana.oliveira@frulact.com
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Legal Framework
Regulation (EU) nº 1169/2011

- Directive 2000/13/EC
  Labelling, presentation and advertising of foodstuffs

- Directive 90/496/EEC
  Nutrition labelling for foodstuffs

Regulation (EU) nº 1169/2011 on the provision of food information to consumers

Immediate implementation as law in all Member States
Avoids different national interpretations

Article 1
Basis for the assurance of a high level of consumer protection
Establishes the general principles / requirements / responsibilities governing food information
Information to Consumer
Regulation (EU) No 1169/2011

Article 7
Fair Information 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**
General Provisions (Chapter I)
Regulation (EU) Nº1169/2011

Article 2
Definitions

- food Informations
- food information law
- mandatory food Informations
- mandatory food Informations
- prepacked food
- ingredient
- place of provenance
- compound ingredient
- 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)jf
- means of distance communication
Mandatory Food Information (Chapter IV)
Regulation (EU) Nº1169/2011

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
Article 18
List of ingredients
Regulation (EU) Nº1169/2011

- 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

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

**Heading**: Ingredient

**List all the ingredients in descending order**

**Article 19 and 20**

**Omissions**

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

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

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

Source: Mintel
Article 19

Omission of the list of ingredients

Regulation (EU) №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)
Article 20

Omission of constituents of food from the list of ingredients

Regulation (EU) Nº1169/2011

- 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) No 1169/2011

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- nutrition declaration
**Article 22**

**Quantitative indication of ingredients**

*Regulation (EU) №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

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**Source:** Mintel

“cream” is not expected to be present by the consumer

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**Source:** Mintel

vegetables none of which predominates in weight use in mixture as ingredients may be grouped under the designation “vegetables” “in varying proportions”
Is required where the ingredient or category of ingredients:

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

Source: Mintel
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.

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 ≤ 2%

Source: Mintel
Article 22
Quantitative indication of ingredients
Regulation (EU) Nº1169/2011

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;

Annex VIII:
Technical rules and other specific cases

Corn: does not require quantity
Mandatory Food Information (Chapter IV)

Regulation (EU) Nº1169/2011

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• quantity of certain ingredients or categories of ingredients

• net quantity of the food

• date of minimum durability or the ‘use by’ date

• any special storage conditions and/or conditions of use

• the 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 more than 1.2 % by volume of alcohol)

• nutrition declaration
Substances or products causing allergies or intolerances

Regulation (EU) №1169/2011
<table>
<thead>
<tr>
<th>Substance/product causing allergy</th>
<th>Labelling exception</th>
</tr>
</thead>
</table>
| Cereals containing gluten, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats or their hybridised strains, and products thereof | 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 |                      |
| 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 illinoiensis (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 SO₂ |                      |
| 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

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

- The indication of the substance is not required where the name of the food clearly refers to the substance
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• instructions for use (if necessary)
• alcoholic strength by volume (beverages more than 1.2 % by volume of alcohol)
• nutrition declaration
### Nutrition Declaration

<table>
<thead>
<tr>
<th>Nutritional Information</th>
<th>Content</th>
<th>Expression</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Energy value (kJ e kcal)</strong></td>
<td></td>
<td>Mandatory: KJ and kcal per 100g /100ml Optional: per portion Optional: % RI</td>
</tr>
<tr>
<td><strong>Fat (g)</strong></td>
<td></td>
<td>Mandatory: 100g /100ml Optional: per portion Optional: % RI</td>
</tr>
<tr>
<td>of which</td>
<td></td>
<td><strong>Fat, Saturates, Carbohydrate, Sugars, Protein, Salt</strong></td>
</tr>
<tr>
<td>- saturates (g)</td>
<td></td>
<td>Mandatory: 100g /100ml Optional: per portion Optional: % RI</td>
</tr>
<tr>
<td>- mono-unsaturates (g)</td>
<td></td>
<td><strong>Other nutrients</strong></td>
</tr>
<tr>
<td>- polyunsaturates (g)</td>
<td></td>
<td>Mandatory: 100g /100ml Optional: per portion Optional: % RI</td>
</tr>
<tr>
<td><strong>Carbohydrate (g)</strong></td>
<td></td>
<td><strong>Vitamins and minerals: mandatory</strong> - % RI/100g/ml</td>
</tr>
<tr>
<td>of which</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- sugars (g)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- polyols</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- starch</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fibre (g)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protein (g)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>**Salt (g) (*)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamins and minerals (units Annex XIII-part A)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Conversion Factor</th>
<th>Energy Value (kJ/g)</th>
<th>Energy Value (kcal/g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>carbohydrate (except polyols)</td>
<td>17</td>
<td>4</td>
</tr>
<tr>
<td>polyols</td>
<td>10</td>
<td>2.4</td>
</tr>
<tr>
<td>protein</td>
<td>17</td>
<td>4</td>
</tr>
<tr>
<td>fat</td>
<td>37</td>
<td>9</td>
</tr>
<tr>
<td>salatrim</td>
<td>25</td>
<td>6</td>
</tr>
<tr>
<td>alcohol (ethanol)</td>
<td>29</td>
<td>7</td>
</tr>
<tr>
<td>organic acid</td>
<td>13</td>
<td>3</td>
</tr>
<tr>
<td>fibre</td>
<td>8</td>
<td>2</td>
</tr>
<tr>
<td>erythritol</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

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

- **Mandatory** energy + nutrients / 100g
- **Optional** energy + nutrients / %RI

### Nutrition Declaration repeated in principal field of vision

- **Mandatory** energy / 100g
- **Optional** energy / portion (*)
- **Optional** energy / %RI (*)
- **Mandatory** statement (due to %RI)

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**Source:** Mintel

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**Nutrition values**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per 100g</th>
<th>%RI /100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>315 kJ / 75 kcal</td>
<td>4</td>
</tr>
<tr>
<td>Fat</td>
<td>1.5 g</td>
<td>2</td>
</tr>
<tr>
<td>of which saturates</td>
<td>1.0 g</td>
<td>5</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>11.8 g</td>
<td>5</td>
</tr>
<tr>
<td>of which sugars</td>
<td>1.6 g</td>
<td>13</td>
</tr>
<tr>
<td>Fibre</td>
<td>&lt; 0.5 g</td>
<td>-</td>
</tr>
<tr>
<td>Protein</td>
<td>2.6 g</td>
<td>5</td>
</tr>
<tr>
<td>Salt</td>
<td>0.10 g</td>
<td>2</td>
</tr>
<tr>
<td>Calcium</td>
<td>120 mg</td>
<td>15</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.21 mg</td>
<td>15</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0.75 µg</td>
<td>15</td>
</tr>
</tbody>
</table>

*RI : Reference intake of an average adult (8400kJ/ 2000kcal).
Nutrition Declaration in any field of vision

Mandatory energy + nutrients / 100g

Optional energy + nutrients / portion (*)

Optional energy + nutrients / %RI

Mandatory statement (due to %RI)

Annex XIII Part B

Optional per portion

Optional energy

Optional Energy + 4 nutrients

NUTRITION INFORMATION - Approximately 20 servings per pack

Typical values Per 100g Per biscuit Reference Intake % Reference intake per biscuit
Energy 2027kJ 188kJ 8400kJ 2%
484kcal 45kcal 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 50g 1%
Protein 5.4g 0.5g 6g 1%
Salt 0.89g 0.08g 6g 1%

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

Source: Mintel

Nutrition Declaration repeated in principal field of vision

Optional energy + nutrients /portion or / %RI

Optional per portion

Optional energy

Optional Energy + 4 nutrients

Each biscuit contains

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

of an adult’s reference intake

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

Source: Mintel

(*) portion and/or consumption unit

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

**European Commission Guidelines**


**FSA – Food Standard Agency:** [https://www.food.gov.uk/sites/default/files/multimedia/pdfs/maycontainguide.pdf](https://www.food.gov.uk/sites/default/files/multimedia/pdfs/maycontainguide.pdf)

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


- Guidelines
Obrigada
Thank You