CODE OF PRACTICE
No. (5)/2011

General Food Labelling Requirements

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I. Introduction

This Code of Practice has been developed to give manufacturers, producers and retailers practical advice on how best to label food products so that the information is presented clearly to the consumer. It also helps to be aware of the legal labelling requirements for pre-packed foods.

All food business operators (FBOs) in the Emirate of Abu Dhabi are obliged to ensure that the food they want to place on the Abu Dhabi market is safe, wholesome and properly labelled. This code of practice is an essential reference document on food labelling in Abu Dhabi Emirate for consumers, manufacturers and ADFCA. It aims to clarify and standardize procedures related to the identification of the required statements and information that shall be appear on pre-packaged food label and provide advice regarding information on nutritional characteristics to enable consumers, including those with special dietary requirements, to make informed choices.

The principle underlying the labelling of food is that the purchaser must not be misled. The information on the label must be clear and unambiguous and must not be such as could mislead the consumer to a material degree.

II. Background

ADFCA is responsible for assuring that foods displayed in the market in Abu Dhabi emirate are safe and properly labelled within the meaning of Food Law No (02) of 2008 Article (6) and Article (16). This code applies to foods produced domestically, as well as foods imported from other emirates and countries. Food business operators shall be responsible for ensuring the accuracy of food labelling displayed in the market in Abu Dhabi. An offense will be imposed on food business operators who promote or display any food in a manner that may mislead the consumer. This code of practice shall be used without prejudice to the labelling provisions of UAE technical regulations regarding specific foods (vertical legislation and technical regulations and in conjunction with all applicable laws and horizontal legislation in addition to the regulations and directives approved by Abu Dhabi Government.

III. Related Documents

The following legislation issued by ADFCA are relevant to this Code of Practice and recommended to be read in conjunction with:

- ADFCA regulation no. (1) for the year 2008 “Description of Violations related to food & its handling”.
- ADFCA regulation no. (3) for the year 2008 “Recall and Traceability of feed & food”.
- ADFCA regulation no. (5) for the year 2009 “Food Sampling for Official Control”.
- ADFCA regulation no.(6) for the year 2010 “food hygiene throughout the food chain”.

Changes to the applicable labelling legislation is expected in the future and this Code of Practice will be amended as, and when, appropriate.

IV. Scope

This Code of Practice shall apply to the labelling of all pre-packaged foods to be offered for sale in the market in Abu Dhabi to the consumer and/or for supply to large scale caterers.

The food label is a written or illustrated statement showing the nature of the food inside the packaging, any nutritional facts may also be included.

Illustration 1: Any tag, brand, mark, pictorial or other descriptive matter, written, printed, stencilled, marked, em-bossed or impressed on, or attached to, a container of food.

V. Definitions

In this code of practice the terms and expressions of the food Law no. 2 for the year 2008 and the relevant regulations shall apply, in addition to the following, unless the text indicates otherwise:

Food label

Any tag, brand, mark, pictorial or other descriptive matter, written, printed, stencilled, marked, embossed or impressed on, or attached to, a container of food.

Labelling

Any written, printed or graphic matter that is present on the label, accompanies the food, or is displayed near the food, including that for the purpose of promoting its sale or dis-posal.

Expiration Date

The date designating the end of the expiration period under the set packaging, transportation and storage conditions.
“Date of Minimum Durability” (“best before”)
The date which signifies the end of the period under any stated storage conditions during which the product will remain fully marketable and will retain any specific qualities for which tacit or express claims have been made. However, beyond the date the food may still be perfectly satisfactory.

Expiration period (shelf life)
A period during which the product retains its specific properties and remains permissible, acceptable and fit for human consumption under the set packaging, transportation and storage conditions.

Production date
The date on which the food becomes an end product suitable for packaging.

Nutrition labelling
A description intended to inform the consumer of nutritional properties of a food.

Nutrient declaration
A standardized statement or listing of the nutrient content of a food.

Nutrient
Any substance normally consumed as a constituent of food:
(a) which provides energy; or
(b) which is needed for growth, development and maintenance of life; or
(c) a deficit of which will cause characteristic bio-chemical or physiological changes to occur.

Sugars
All mono-saccharides and di-saccharides present in food.

Polyunsaturated fatty acids
Fatty acids with cis-cis methylene interrupted double bonds.

Trans Fatty Acids
All the geometrical isomers of monounsaturated and polyunsaturated fatty acids having non-conjugated, interrupted by at least one methylene group, carbon-carbon double bonds in the trans configuration.

Vertical Technical Regulation with labeling provisions:
Vertical legislation/standard mainly issued by UAE/GSO governs specific food commodity and contains some labeling provisions applicable to that food.

Horizontal legislation
The legislations that are applicable to all pre-packaged foods intended for the consumer.

1. Presentation of Labeling Information

1.1 General
a) Pre-packaged food shall not be described or presented on any label or in any labelling in a manner that is false, misleading or deceptive or is likely to create an erroneous impression regarding its character in any respect.
b) Pre-packaged food shall not be described or presented on any label or in any labelling by words, pictorial or other devices which refer to or are suggestive either directly or indirectly, of any other product with which such food might be confused, or in such a manner as to lead the purchaser or consumer to suppose that the food is connected with such other product.
c) Any information or pictorial device written, printed, or graphic matter may be displayed on the label shall not be in conflict with the mandatory requirements for labelling and claims mentioned in this code of practice. If grade designations are used, they shall be readily understandable and not be misleading or deceptive in any way.
d) Labels on pre-packaged foods shall be applied in such a manner that they will not become separated from the packaging.
e) Statements required to appear on the label by virtue of this code of practice or any other applicable regulations and standards shall be clear, prominent, indelible and readily legible by the consumer under normal conditions of purchase and use. In other words the mandatory labeling information (Section 2) shall be easy to understand, marked in a conspicuous place in such a way as to be easily visible, clearly legible and indelible. It can not be hidden, obscured or interrupted by other written or pictorial matter or by price labels, sealing tapes etc. The size of the text shall not be too small in relation to other information and decorations and the text shall be in contrast to the background. There is no prescribed font or text size under the legislation but this issue will be considered during the review of the labelling legislation.
f) Where the packaging is covered by a wrapper, the wrapper shall carry the necessary information or the label on the packaging shall be readily legible through the outer wrapper or not obscured by it. If the label comes in direct contact with the food, the material from which the food label is made shall be food grade (this includes the ink).
g) Any information or pictorial device written, printed, or graphic matter may be displayed on the label shall be compatible with the ethical and religious regulations applied in the Emirate of Abu Dhabi.
1.2 Language

a) All information displayed on the label of foods shall be labelled in Arabic. The pre-packaged foods may also be labelled in other languages but only in addition to Arabic.
b) If the language on the original label is not Arabic, a supplementary label (additional sticker) containing the mandatory information in Arabic language may be attached to the original label.
c) In the case of either relabelling or a supplementary label (additional sticker) for the Arabic translation, the following conditions shall be considered:
   1) It shall be one additional sticker.
   2) The mandatory information provided shall be complete, accurately reflect, not conceal any of the information that appears in the original label and not be misleading in any manner.
   3) It shall not obscure any information required by this standard.
   4) It shall not contain any statement inconsistent with the original labelling.
   5) The label shall be applied by the manufacturer, producer, packer or importer.
   6) If the label is applied in the UAE, it is subject to the control and supervision of ADFCA.
   7) It shall be irremovable during the normal handling conditions of the pre-packaged food.
   8) If the label is written in more than one language, and there is no space available to put the sticker, the Arabic sticker may be put on top of another language provided that it is not the original language of the label. Example if there is a product from UK and its label is written in the following languages: English, German, Chinese or Italian, the Arabic sticker may hide any language other than the English Language.
   9) If a product is packed in a package which contains smaller units, the Arabic Language label must be placed on those packages which are sold to the ultimate consumer.
   10) Validity dates shall not be written on the Arabic sticker (they shall be on the original sticker).
d) The label of the following food products may be accepted in English Language:
   1) Foods intended for manufacturing or repacking.
   2) Foods intended for large catering businesses (i.e. hotels, big restaurants, etc), which will be reprocessed within those food establishments. If the product is intended for consumption by the end consumers, the stickers must be translated into Arabic Language.
   3) Foods intended for special patient groups.
   4) Foods intended for re-export.
   5) If the largest surface area of the package is less than 10 cm²; an acceptable alternative method of disseminating such information to the public shall be considered by the food business operators.

2. Mandatory Labeling Information Requirements

2.1 General Principles Governing Mandatory Labeling Information

Where mandatory labeling information is required by law, it shall concern in formation that falls, in particular, into one of the following categories:
a) information on the identity and composition, properties or other characteristics of the food;
b) information on the protection of consumers' health and the safe use of a food. In particular, it shall concern information on:
i) compositional attributes that may be harmful to the health of certain groups of consumers;
ii) durability, storage and safe use;
iii) the health impact, including the risks and consequences related to harmful and hazardous consumption of a food;
c) information on nutritional characteristics so as to enable consumers, including those with special dietary requirements, to make informed choices.

Illustration 2: the mandatory information shall appear on the packaging of the pre-packaged food or on a label attached.

2.2 The name of the food

a) The name of food shall be presented in bold type on the principal display panel, shall be in a size reasonably related to the most prominent printed matter on the panel, and shall be in lines generally parallel to the base on which the package rests as it is designed to be displayed.
b) The name shall indicate the true nature of the food and it shall be specific and not generic: if a name or names have been established by any of the applicable UAE/GSO Standards or legislation the 'legal name' has to be used. It may, however, be qualified by other words which make it more precise. Legal names include ‘reserved descriptions’. These are names which shall be used according to other applicable legislation. Examples include ‘burger’, ‘sausage’, ‘jam’, ‘full cream milk’, ‘sugar’, ‘butter’, ‘skimmed milk’, ‘tea’, and various species of fish. (e.g. Illustration 3).
2- If no name or names prescribed by UAE / GSO Standards or national legislation exist, a customary name which, in time, come to be accepted by consumers in the local community, may be used, or in particular areas of the community, as the name of the food without it needing further explanation. Some examples are “fish fingers” and “alloqai-mat”. Some names of foreign origin, such as ‘Jamid’ and ‘spaghetti’ have also become customary names in UAE generally. (e.g. illustration 4).

3- If no legal or customary name exists, either a common or usual name existing by common usage as an appropriate descriptive name, which shall be not misleading or confusing to the consumer shall be used. A descriptive name shall be sufficiently precise to in-form a consumer of the true nature of the food and to enable the food to be distin-guished from products with which it could be confused and, if necessary, shall include description of its use. (e.g. Illustration 5).

Note:
“Customary names may be supplemented by a descriptive name”

Illustration 5: This is example on descriptive name.

Illustration 3: these are examples of legal names (a) “Tea”.

Illustration 4: these are examples on customary names (a) ‘Alloqaimat’ (b) ‘Liquid JAMID’

3- If no legal or customary name exists, either a common or usual name existing by common usage as an appropriate descriptive name, which shall be not misleading or confusing to the consumer shall be used. A descriptive name shall be sufficiently precise to inform a consumer of the true nature of the food and to enable the food to be distinguished from products with which it could be confused and, if necessary, shall include description of its use. (e.g. Illustration 5).
process involving a high proportion of steam cooking followed by a short period of flash roasting followed by the application of colour to simulate traditional roasting. It is important to recognize that many foods are steamed or par-boiled before being roasted (e.g. potatoes, poultry). However, where such products have been roasted for sufficient time at a sufficient temperature to have the appearance, colour and texture of a roasted product, further elaboration of the cooking processes may not be necessary.

Products which have been simply immersed in, or sprayed with, a solution which imparts flavour and colour has not been smoked, although it may have a smoked fla-vour, should not be labelled as such.

Fish which has been de-boned and frozen into blocks before being sliced may need to be distinguished from fish which has been filleted in the traditional manner. Where these and other similar terms are used, it is important to ensure that an accurate indication of the process or treatment is given, where otherwise, consumers are considered being misled. Alternatively a different or more appropriate indication or de-scription of the process or treatment could be used.

2.3 List of ingredients
(a) The list of ingredients shall be headed or preceded by a suitable heading which consists of or includes the word ‘ingredients’. It shall include all the ingredients of the food, in descending order of weight, as recorded at the time of their use in the manufacture/production of the food. (e.g. Illustration 6).

(b) A specific name shall be used for ingredients in the list of ingredients in accordance with subsection 2.2 (Name of the Food) except for those ingredients listed in subsection 3.3 related to Allergens and unless a general class name shall be more informative, the following class names may be used (Table 1).

Table (1): the following class names may be used in the list of ingredients

<table>
<thead>
<tr>
<th>Name of classes</th>
<th>Class names</th>
</tr>
</thead>
<tbody>
<tr>
<td>Refined oils other than olive</td>
<td>Oil together with either the term ‘vegetable’ or ‘animal’, qualified by the term ‘hydrogenated’ or ‘partially-hydrogenated’, as appropriate.</td>
</tr>
<tr>
<td>Refined fats</td>
<td>Fat together with either the term ‘vegetable’ or ‘animal’ 1 , as appropriate</td>
</tr>
<tr>
<td>Starches, other than chemically modified starches</td>
<td>Starch</td>
</tr>
<tr>
<td>All species of fish where the fish constitutes an ingredient of another food and provided that the labeling and presentation of such food does not refer to a specific species of fish</td>
<td>Fish</td>
</tr>
<tr>
<td>All types of poultry meat where such meat constitutes an ingredient of another food and provided that the labeling and presentation of such a food does not refer to a specific type of poultry meat</td>
<td>Poultry meat</td>
</tr>
<tr>
<td>All types of cheese where the cheese or mixture of cheeses constitutes an ingredient of another food and provided that the labeling and presentation of such food does not refer to a specific type of cheese</td>
<td>Cheese</td>
</tr>
<tr>
<td>All spices and spice extracts not exceeding 2% by weight either singly or in combination in the food</td>
<td>Spice’, ‘spices’ or ‘mixed spices’, as appropriate</td>
</tr>
<tr>
<td>All herbs or parts of herbs not exceeding 2% by weight either singly or in combination in the food</td>
<td>Herbs’ or ‘mixed herbs’, as appropriate</td>
</tr>
<tr>
<td>All types of gum preparations used in the manufacture of gum base for chewing gum</td>
<td>Gum base</td>
</tr>
<tr>
<td>All types of sucrose</td>
<td>Sugar</td>
</tr>
<tr>
<td>Anhydrous dextrose and dextrose monohydrate</td>
<td>Dextrose’ or ‘glucose</td>
</tr>
<tr>
<td>All types of caseinates</td>
<td>Caseinates’</td>
</tr>
<tr>
<td>Milk products containing a minimum of 50% of milk protein (m/m) in dry matter 2</td>
<td>Milk protein</td>
</tr>
<tr>
<td>Press, expeller or refined cocoa butter</td>
<td>Cocoa butter</td>
</tr>
<tr>
<td>All crystallized fruit not exceeding 10% of the weight of the food</td>
<td>Crystallized fruit’</td>
</tr>
</tbody>
</table>

1 Lard and beef fat shall always be declared by their specific names
2 Calculation of milk protein content: milk protein content (g) = milk solids x 0.14

Illustration 6: The word ‘Ingredients’ is used as the heading to the panel
2.3.1 Food Additives

Food additives which are permitted for use in foods according to the applicable legislation (\(^\text{a}\)), performing technological functions in the final products. Such food additives are subject to the following requirements:

a- Additives shall be declared in the list of ingredients such that the name of the category (class title) of additive is followed by the specific name of the additive or its E number e.g. Preservative: Sulphur Dioxide or Preservative: E 220.

The following categories (class titles) shall be used together with the specific name or recognized numerical identification as required by applicable legislation:

<table>
<thead>
<tr>
<th>E CODE</th>
<th>NAME</th>
<th>USES</th>
</tr>
</thead>
<tbody>
<tr>
<td>E260</td>
<td>ACETIC ACID</td>
<td>butter, margarine, curry powder, cooking oil, processed cheese</td>
</tr>
<tr>
<td>E263</td>
<td>CALCIUM ACETATE</td>
<td>packed sweeteners</td>
</tr>
<tr>
<td>E270</td>
<td>LACTIC ACID</td>
<td>cheese, milk, meat, sauces and drinks</td>
</tr>
<tr>
<td>E296</td>
<td>MALIC ACID</td>
<td>konserve meyve, sebzeler ve balıkçılık, receliler, marmelatlar, donmuş sebzeler</td>
</tr>
<tr>
<td>E297</td>
<td>FUMARIC ACID</td>
<td>bread, fruit drinks, tarta dolgulari, wine jam, marmalade</td>
</tr>
<tr>
<td>E334</td>
<td>TARTRIC ACID</td>
<td>bakery products, candy</td>
</tr>
</tbody>
</table>

b- If the additive belongs to more than one category then the category name given shall correspond to its main function in that particular food. Additives which perform the same function in a food shall be grouped together for ingredient listing purposes, e.g. Colours: E110, E120 or Colours: Sunset Yellow, Cochineal (Illustration 7 below provides the additives present in the ingredients list of a packet of sausage rolls).

Illustration 7: Food additives class titles shall be used together with the specific name or recognized numerical identification as required by applicable legislation.

c- The following class titles may be used for food additives. The respective classes and appearing in lists of food additives permitted generally for use in foods are:

- Flavour(s) and Flavouring(s)
- Modified Starch(es)

The expression ‘flavours’ may be qualified by ‘natural’, ‘nature identical’, ‘artificial’ or a combination of these words as appropriate. A flavouring has to be identified by the word ‘flavouring’ or ‘flavourings’ or a more specific name or description of the flavouring; it may be supplemented by the word ‘natural’ (or similar word) only where the flavouring component(s) of the ingredient consist(s) exclusively of a flavouring substance obtained by physical (including distillation and solvent extraction), enzymatic or microbiological processes, from material of vegetable or animal origin which material is either raw or has only been sub-jected to a process normally used in preparing food (including drying and fermentation), and/or, a flavouring preparation(s); in addition, if the name refers to a vegetable or animal nature or origin, and the word ‘natural’ (or similar word), it shall be derived solely from that vegetable or animal source.

2.3.2 Processing aids and carry-over of food additives

Carry over additives are additives which are present in a food because they were contained in an ingredient of that food. If they perform a significant technological function in the final food, they shall be listed as ingredients of that food. If they do not perform a significant technological function in the final food, they do not have to be listed as ingredients of that food. This will depend on the nature of the ingredient which contains the additive and the food in which that ingredient is used. For example, the preservative(s) which may have been used in a fruit puree will not necessarily be performing that function once the puree has been added to a pie which has then been baked, or yoghurt which has then been pasteurised. They do not generally have to be listed as ingredients. However, if they leave residues which perform a technological function in the food in which they have been used, they shall be considered to be additives and are then subject to the same requirements as apply to other additives.

However, carry-over additives that are derived from allergenic ingredients (i.e. those listed in subsection 3.3) are considered as ingredients and shall always be declared in the list of ingredients.

2.3.3 Compound ingredients

Where a compound ingredient is used in the preparation of a food, the names of the ingredients of the compound ingredient shall be given in the list of ingredients of the food either instead of or in addition to the name of the compound ingredient itself. If the name of a compound ingredient is given, it shall be immediately followed by the names of its ingredient(s) in such a way as to make it clear that they are ingredients of that compound ingredient, e.g. jam (fruit, water, sugar etc.). Alternatively, the ingredients of the compound ingredient may be shown in the list of ingredients without making reference to the name of the compound ingredient, e.g. fruit, water, sugar.

\(^{a}\) \((\text{UAE.S/GSO 22/2000})\) Colouring matter used in foods.  
\(^{b}\) \((\text{UAE.S/GSO 356/1995})\) Preservatives permitted for use in foods.  
\(^{c}\) \((\text{UAE.S/GSO 357/1995})\) Antioxidants permitted for use in foods.  
\(^{d}\) \((\text{UAE.S/GSO 381/1995})\) Emulsifiers, Stabilizers and Thickeners permitted for use in foods.  
\(^{e}\) \((\text{UAE.S/GSO 707/1996})\) Flavourings permitted for use in foods.  
\(^{f}\) \((\text{UAE.S/GSO 995/2000})\) Sweeteners permitted for use in foods.
However, listing the ingredients of a compound ingredient is not required:
(i) where the composition of the compound ingredient is defined in applicable legislation (such as in the Vertical legislation: e.g., fruit jams and jellies);
(ii) the names of the ingredients of a compound ingredient need not be given in a case where the compound ingredient shall not be required to be marked or labelled with a list of ingredients if it were itself being sold pre-packed as a food;
(iii) where the compound ingredient is identified in the list of ingredients by a generic name;
(iv) where the compound ingredient constitutes less than 5% of the finished product, with the exception of additives;
(v) for compound ingredients consisting of mixtures of spices and/or herbs that constitute less than 2% of the finished product, with the exception of additives;
(vi) where the compound ingredient is a food for which a list of ingredients is not required in the Vertical legislation.

2.3.4 Added water
Added water shall be declared in the list of ingredients except when the water forms part of an ingredient such as brine, syrup etc. used in a compound food and declared as such in the list of ingredients. Water or other volatile ingredients evaporated in the course of manufacture need not be declared.

2.3.5 Allergen ingredient declaration
(i) Foods or food ingredients that are commonly known to cause hypersensitivity due to allergic reactions or intolerance, (listed in subsection 3.3 paragraph 3”) shall be declared on food labels, or where a complete label is not required the information shall be available to the consumer.
(ii) The presence in any food or food ingredients obtained through biotechnology of an allergen transferred from any of the products listed in section 3.3 shall be declared.

When it is not possible to provide adequate information on the presence of an allergen through labelling, the food containing the allergen shall not be marketed.

2.3.6 Order of ingredients
In most cases, ingredients have to be listed according to their weight in a descending order as determined at the time of their use in the preparation of the food.

The following exemptions are however permitted:
1. Water and volatile products used as ingredients have to be listed in order of their weight in the finished product. The weight of water is calculated by subtracting from the weight of the finished product the total weight of the other ingredients used.
2. If an ingredient is reconstituted from concentrated or dehydrated form during preparation of the food, it may be positioned according to its weight before concentration or dehydration.

3. Dehydrated or condensed foods which are intended to be reconstituted by the addition of water only, its ingredients may be listed in order after reconstitution provided there is a statement "Ingredients of the reconstituted product" or "ingredients of the ready to use product" or "ingredients of the product when prepared in accordance with the directions on the label" or a similar indication.
4. If a food consists of, or contains, mixed fruit, vegetables or mushrooms which are used in proportions that are likely to vary and no particular fruit, vegetable or mushroom pre-dominates significantly by weight, those ingredients may be grouped together in the list of ingredients under the designation “fruit”, “vegetables” or “mushrooms” followed by the phrase "in varying proportions"; followed by a list of the fruit, vegetables or mushrooms present; in such a case the total weight of the fruit, vegetables or mushrooms shall determine the order in which this entry appears in the list of ingredients.
5. Where a food consists of, or contains, mixed spices or herbs and no particular spice or herb predominate significantly by weight, those ingredients may be listed otherwise than in descending order of weight if:
A- in the case of a food which consists entirely of such a mixture, the heading of the list of ingredients includes or is accompanied by the words "in variable proportion" or other words indicating the nature of the order in which the ingredients are listed; and
B- in the case of a food which contains such a mixture, that part of the list where the names of those ingredients appear is accompanied by the words "in variable proportion" or other words indicating the nature of the order in which those ingredients are listed:
   i. Ingredients constituting less than two percent (2%) of the finished product may be listed in a different order after the other ingredients.
   ii. In the case of ingredients which:
      - are similar or mutually substitutable;
      - are likely to be used in the preparation of a food without altering its nature or its perceived value;
      - are not additives, specified allergenic ingredients or ingredients originating from a specified allergenic ingredient; and
      - constitute less than 2% of the finished product,
     Such ingredients may be referred to in the list of ingredients by means of the phrase "contains ... and/or ..., “ where at least one of no more than two such ingredients is present in the finished product.

2.3.7 Foods which need not bear a list of ingredients
The following foods are exempted from the requirement to provide a listing of ingredients:
1-Foods otherwise indicated in any approved or applicable legislation (such as in the Vertical legislation).
2- Unprocessed fruit and vegetables and products comprising of a single ingredient where the trade name is the same as the ingredient name (e.g. tomato - illustration 9).
Illustration 9: Tomato is a single ingredient.

3- Carbonated water (consisting of water and carbon dioxide only, and the name indicates that the water is carbonated).
4- Vinegar derived by fermentation (from a single basic product) with no added ingredients.
5- Cheese, butter, fermented milk and fermented cream to which only lactic products, enzymes and micro-organism cultures essential to manufacture have been added, or, in the case of cheese (except fresh curd cheese and processed cheese), any salt required for its manufacture.
6- Flour containing only legally required nutritional additives.
7- Any food consisting of a single ingredient, where either the name of the food is identical with the name of the ingredient or, the name of the food enables the nature of the ingredient to be clearly identified.

Note:
“For Points (4) and (5) above, if other ingredients are included only those other added ingredients need be listed if the list is headed ‘added ingredients’ or similar” (see Illustration 10 & 11).

Examples on “Added Ingredients”

A-Yogurt Dessert

Illustration 10:
1- This is the top panel from a pack of ‘Champagne Rhubarb Yogurt Dessert.’
2- This is the ingredient panel for the same pack. Since yogurt is a fermented milk product, it is covered by the exemption relating to fermented milk products. However, since other ingredients have been added beyond those ‘essential for manufacture’, the other ingredients are listed as ‘Added Ingredients’. There is therefore, for example, no reference to the ‘milk’ used to make the yogurt in the listing. (Source: The University of Reading-UK)
2.3.8 Ingredients not required to be named

The following exemptions are made to the general requirement to label ingredients:

(i) constituents which are temporarily separated and later reintroduced (in the original proportions) - an example would be egg white and egg yolk.

(ii) additives which were in an ingredient (and are ‘carried over’ into the final product) and which serve no significant technological function in the finished product.

(iii) any additive used solely as a ‘processing aid’ (as defined in the Regulations). If any residues of the processing aid still act in the final product, they have to be listed as additives.

(iv) any substance (other than water) used as a solvent or carrier of an additive (and used only at level which is strictly necessary).

(v) any substance which is not an additive but which is used in the same way and for the same purpose as a processing aid.

2.3.9 Constituents of a food

The following shall not be required to be included in the list of ingredients:

1- 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;

2- Food additives and enzymes:
   - whose presence in a given food is solely due to the fact that they were contained in one or more ingredients of that food, provided that they serve no technological function in the finished product; or
   - which are used as processing aids;

3- Substances used in the quantities strictly necessary as solvents or media for nutritional substances, food additives or flavouring;

4- Substances which are not food additives but are used in the same way and with the same purpose as processing aids and are still present in the finished product, even if in an altered form;

5- Water used as a food ingredient shall generally be shown in the list of ingredients unless:
   - it is used solely for reconstitution of an ingredient which is in concentrated or dehydrated form
   - it is used as, or as part of, a medium which is not normally consumed
   - it does not exceed 5% of the finished product
   - it is permitted under applicable regulations.

2.4 Date marking and storage instructions

1- Date marking of food helps food businesses, retailers and consumers maintain food safety and quality. This means the length of time a food shall keep before it begins to deteriorate. In some circumstances, date marking may also indicate how long a food can be expected to remain safe.

2- Foods that require an appropriate durability indication shall be marked on the label or the packaging, as appropriate, with either a ‘Use-by’ or ‘Best - Before’, ‘Expiration date’, ‘Recommended last consumption’, or ‘Sell – By date which is used for food products that have an expiration period exceeding 3 months).

3- The production date may be declared on the label or the packaging, as appropriate, with any other similar date such as packing date, manufacturing date, freezing date, and canning date.

4- Expiration period/shelf life shall be specified by manufacturers or producers for their products.

5- Pre-packaged foods shall be marked on the label or the packaging, as appropriate, with an expiration date and a production date when they are sold to the ultimate consumer.

6- The production date may be written in one place while referring to the durability date/mark in another place (e.g. see bottom of the package).

7- The durability period (expiration period/shelf life) of a food depends on a number of variables - its composition, processing method, packaging, storage temperature, handling etc.

8- The decision whether a ‘best-before’ or ‘use-by’ date is required and what that date shall be is the responsibility of those labelling the product, usually the manufacturers or producers, as they are in the best position to assess the properties of the food in question.

2.4.1 Date marking

2.4.1.1 Use-by-Date

1- A ‘use by’ date (‘Use before’, ‘Recommended Last Consumption’, ‘Expiration date’) is required for foods which, from a microbiological point of view, are highly perishable and in consequence likely after a short period of time to constitute an immediate danger to human health. The date signifies the end of the estimated period under any stated storage conditions, after which the product probably will not have the quality attributes normally expected by the consumers. After this date, the food shall not be regarded as marketable due to the possible deterioration of these highly perishable products and the associated risk of illness if they are consumed. Unlike a ‘best before’ date, the accurate determination of the ‘use-by’ date to ensure product safety is critical. Generally, foods that require refrigeration to maintain their safety rather than their quality and that have a relatively short shelf life after manufacture would require a ‘use by’ date. Such products may be ready-to-eat foods or foods requiring cooking or reheating such as meat, fish, poultry and some dairy products.

2- The ‘use by date’ only applies to the product in the state in which it is purchased. For example, a ready-to-eat food such as cooked chicken shall be eaten by the ‘use-by’ date.

However, certain foods require treatment by the consumer before consumption, such as cooking fresh poultry. In such cases, the ‘use-by’ date means process or cooked by the date declared. Therefore, food shall be sold in the physical state intended by the manufacturers or producers as this is the physical condition of the food to which the ‘use-by’ date applies i.e. a chilled product shall be sold chilled and not frozen and vice versa. (Illustration #12)
2.4.1.2 Best Before
1- The date of minimum durability of a food may be marked with either ‘best before’ date, ‘fit for’ or ‘sell by’ date. It will reflect the quality e.g. taste, aroma, appearance rather than safety of a food product. The date signifies the end of the period under any stated storage conditions during which the product will remain fully marketable and will retain any specific qualities for which tacit or express claims have been made. However, beyond the date the food may still be Safe and of acceptable quality to the consumer. Typically, a ‘best-before’ date is required on products such as canned, dried and frozen foods. (Illustration #13)

Illustration 13: This is from the front panel of a box containing ‘Cheese and Tomato Quiche’. The ‘Use By’ date is the legal requirement - the ‘Display Until’ date is for the store to ensure that the product is sold with enough time for the consumer to still enjoy the food. Notice also that the storage conditions necessary for the safety of the product are given next to the ‘Use By’ date, ‘Keep refrigerated below 5°C’.

2- Perishable food products such as margarine and butter are refrigerated to stop the product going soft and to prevent chemical breakdown. It is not, from a microbiological point of view, highly perishable and in consequence not likely after a short period of time to constitute an immediate danger to human health. These products therefore have a ‘Best Before’ date. (See Illustration #14)

3- Frozen food products also require a ‘best-before’ date.

Illustration 14: This is the front panel of a pack of ‘Dairy Butter - salted’: (Source: The University of Reading-UK)

2.4.2 The date marking and storage conditions

2.4.2.1 Manner of Marking
1- The production and minimum durability dates shall be declared on the label of the package/or the package as follows:

Day-month-year - for food products with a minimum durability less than 3 months, e.g. 23.09.09, 23rd September 2009 or 23rd Sept. 09.
Month-year - for food products with a minimum durability more than three months, e.g. March 2009 or Mar 09. If the month is December, it is sufficient to indicate the year.

2- The day, month and year shall be declared in a numerical sequence except that the month may be indicated by letters. Arabic or Indian Numerals shall be used (1, 2, 3, 4...etc.) or (١, ٢, ٣, ٤...etc.).

The months could be written in Arabic or English by letters. (Illustration #15)
3- In the case of writing production and expiration dates in month and year only, the expiration period shall be calculated up to the end of the registered expiration month.
4- Date marking shall be expressed using B.C. format. Additionally, Alhijri format may also be used.
5- It is prohibited to market any food product if it is expired or if it passed its best before date.
6- Dates shall be indicated by one of the following means; Engraving, Embossing, Printing or Stamping by indelible ink.
7- Adding stickers for production and expiration dates shall not be permitted.
7- There shall be not more than one date of production or of expiration on the same pack-age.
8- Both dates shall not be subject to deletion, change or deceit.
9- Once labelled, pre-packaged foods shall not be re-labelled with an altered ‘use-by’ or ‘best-
before’ date or re-wrapped other than by the manufacturers or producers.
10- Dates shall be printed on the package or the original label. (Dates shall not be written on the
Arabic translation sticker).
11- If no durability dates (production and expiry dates) are printed on an imported food product,
it is prohibited to print such dates in UAE.

Illustration 15: examples on manner of date marking.

2.4.2.2 Storage Conditions
1- Any storage conditions which need to be observed shall also be stated.
2- The actual date, and/or any storage conditions given as part of the date marking require-ment,
shall appear separately from the words best before, best before end or use by provided these
words are followed by a reference to the place where the date and/or any storage conditions ap-
ppears (e.g. Best before end: see side of pack as shown in illus-tration#14).
3- Special storage conditions or conditions of use shall be given:
• if the consumer needs to observe certain practices once the packaging of a food has been
opened (e.g. once opened keep refrigerated and consume within 3 days);
• if various options are available (e.g. suitable for home freezing); or
• if foods are not appropriate or suitable for use in certain circumstances (e.g. not suit-able for fry-
ing or shake well before use).

2.4.3 Exemptions
An indication of the date of minimum durability (expiry dates) shall not be required for:
1. Fresh fruits and vegetables, including potatoes which have not been peeled, cut or simi-larly
 treated; (also are exempted from indicating any dates).
2. Bakers’ or pastry-cooks’ wares which, given the nature of their content, are normally con-sumed
within 24 hours of their manufacture;
3. Vinegar;
4. Food grade salt;
5. Solid sugars;
6. Confectionery products consisting of flavoured and/or coloured sugars;
7. Bee honey
8. Pulses
9. Dried vegetables
10. Whole spices
11. Tea
12. Rice
13. Chewing gum
14. Saffron
15. Cloves

2.5 Net contents and drained weight
1- The net contents shall be declared on the label in the metric system (“System Interna-tional”
units) .
2- The net contents shall be declared in an obvious and distinct manner as follows:
   i) for liquid foods, by volume;
   ii) for solid foods, by weight;
   iii) for semi-solid or viscous foods, either by weight or volume.
3- In addition to the declaration of net contents, a food packed in a liquid medium shall carry a
declaration in the metric system of the drained weight of the food. For the purposes of this re-
quirement, liquid medium means water, aqueous solutions of sugar and salt, fruit and vegetable
juices in canned fruits and vegetables only, or vinegar, either singly or in combination.
4- The net quantity of a food shall be expressed, using litres, centilitres, millilitres, kilograms or
grams, as appropriate:
   i) in units of liquid in the case of liquids;
   ii) in units of mass in the case of other products.
5- In the case of food packaged in a liquid medium )6) to be discarded before use, the net weight
and drained weight shall be defined.
6- Net weight content or volume of packaging shall be equal to 90% of the water capacity of pack-
ing, except in the following cases:
   i) When the production safety requires this.
   ii) When complete protection for preserved contents is available.
   iii) When this is stipulated for in an approved Gulf Standard and applicable legislation.
7- The net weight or volume of packaging contents shall be equal to the weight or volume of pre-
packaged food during preparation according to its condition as follows:
   i) For frozen food the net weight or volume shall be determined at freezing point.
   ii) For chilled food the net weight or volume shall be determined at 4 C.

The declaration of net contents represents the quantity at the time of packaging and is subject to enforcement by refer-
ce to an average system of quantity control.

*liquid medium* shall mean the following products, possibly in mixtures and also where frozen or quick-frozen, provided
that the liquid is merely an adjunct to the essential elements of that preparation and is thus not a decisive factor for the
purchase: water, aqueous solutions of salts, brine, aqueous solutions of food acids, aqueous solutions of sugars and salts,
aqueous solutions of other sweetening substances, fruit or vegetable juices in the case of fresh or preserved fruit and
vegetable juices in canned fruits and vegetables only, or vinegar, either singly or in combination.
iii) For preserved food, the net weight or volume shall be determined at 20 C.
8- Where a pre-packaged item consists of two or more individual pre-packaged items containing the same quantity of the same product, the net quantity shall be indicated by mentioning the net quantity contained in each individual package and the total number of such packages. The indication of those particulars shall not, however, be mandatory where the total number of individual packages can be clearly seen and easily counted from the outside and where at least one indication of the net quantity contained in each individual package can be clearly seen from the outside.
9- Where a pre-packaged item consists of two or more individual packages which are not regarded as units of sale, the net quantity shall be given by indicating the total net quantity and the total number of individual packages.

2.6 Name and address
The name and address of the manufacturer, packer, distributor, importer, exporter or vendor of the food shall be declared on the label.

2.7 Lot identification (Batch number)
1. The lot identification shall appear on the label of a pre-packaged food.
2. Food that is sold without pre-packaging, the lot number can appear on the packaging or, failing that, on the relevant commercial documents.
3. The lot identification shall be easily visible, clearly legible and indelible.
4. The following are exempt from the lot identification:
i) agricultural products when sold to a temporary storage, preparation or packaging station or to a producers’ organisation or for collection for immediate integration into an operational processing system;
ii) food which is sold to the ultimate consumer and is not pre-packaged, is packed at the request of the purchaser or is pre-packaged for immediate sale;
iii) sales units in packaging where the area of the largest side is less than 10 sq. cm;
iv) a sales unit which is pre-packaged, sold as an individual portion for immediate consumption, and is intended as a minor accompaniment to another food or service;
v) a sales unit which is marked or labelled with an indication of minimum durability or “use by” date consisting of at least the uncoded indication of the day and month (as required by subsection “2.4.2.1”).

Notice that, by virtue of the exemption allowed by (v) above, many foods do not need to have a specific lot mark. This includes “Best before end” dates as the indication of the day and month (as required by subsection “2.4.2.1”) is implicit (e.g. “best before end October 2000” means best before 31st October 2000).

3. Additional Mandatory Labeling Requirements

3.1 Quantitative Ingredient Declarations (QUID)

3.1.1 General Requirement
The quantity of an ingredient or category of ingredients used in the preparation of a food shall be indicated where:
i) that ingredient or category of ingredients appears in the name of the food or is usually associated with that name by the consumer;
ii) that ingredient or category of ingredients is emphasised on the labelling in words, pictures or graphics; or
iii) that ingredient or category of ingredients is essential to characterise a food and to distinguish it from products with which it might be confused because of its name or appearance.

3.1.2 Exceptions to the General Requirements
The requirements given in subsection 3.1.1 shall not apply with respect to an ingredient or category of ingredients:
1. which is used in small quantities for the purposes of flavouring; or
2. which, though it appears in the name of the food, is not such as to govern the choice of the consumer because the variation in quantity is not essential to characterise the food or does not distinguish it from similar foods;
3. the case of foods which are either mixtures of vegetables or nuts, or, mixtures of spices or herbs and where no ingredient in the relevant mixture predominates significantly by weight;
4. the requirements of the first two points given above (under the General Requirement) shall not apply to:
   - any ingredient or category of ingredients covered by the indication ‘with sweetener(s)’ or ‘with sugar(s) and sweetener(s)’ if that indication is required to accompany the name of the food; or
   - any added vitamin or mineral if that substance is the subject of nutrition labelling relating to the food in question.

3.1.3 How to provide a QUID declaration
The indication of quantity of an ingredient or category of ingredients shall usually be expressed as a percentage, which shall be determined as at the time of use of the ingredient or category of ingredients in the preparation of the food; and appear either in or next to the name of the food, or in the list of ingredients in connection with the ingredient or category of ingredients in question.

The following exemptions are permitted:
a. Where the food has lost moisture as a result of treatment, the indication of quantity of the ingredient or category of ingredients used shall be expressed as a percentage which shall be determined by reference to the finished product unless that quantity, or the total quantity of the in-
Ingredients or categories of ingredients indicated, would exceed 100%, in which case the indication of quantity shall be on the basis of the weight of the ingredient or category of ingredients used to prepare 100g of the finished product.

b. The indication of quantity of a volatile ingredient or category of volatile ingredients used shall be on the basis of its proportion by weight in the finished product.

c. The indication of quantity of an ingredient or category of ingredients which has been used in concentrated or dehydrated form and which is reconstituted during preparation of the food may be on the basis of its proportion by weight before concentration or dehydration.

d. Where the food is in concentrated or dehydrated form and is intended to be reconstituted by the addition of water as directed in the labelling of the food, the indication of quantity of the ingredient or category of ingredients may be on the basis of its proportion by weight in the food when reconstituted as so directed.

Example on Quantitative Ingredient Declarations (QUID)

A- Cheese and Tomato Quiche- The following (Illustration #16) is an example for foods stating the percentage declarations as required by the QUID rules.

Illustration 16: This is the back panel from a ‘Cheese and Tomato Quiche’ Combined with a creamy egg custard encased in a crisp short-crust pastry. The ingredients list therefore has to declare the various ingredients listed in this name. In this case, the percentage of cheese, egg, tomato and cream are given. In addition, the label also gives the percentage of onion. (Source: The labelling of food in Ireland, FSAI)

B- Yogurt Coated Nuts and Raisins- the following (Illustration #17) is an example for foods carries percentage declarations as required by the QUID rules. This is the main panel from a pack of ‘Yogurt Coated Nuts and Raisins’. The full legal name is also given as ‘Yogurt coated peanuts, almonds, hazelnuts and raisins’

Illustration 17: the main panel from a pack of ‘Yogurt Coated Nuts and Raisins’. Since the word ‘yogurt coating,’ ‘nuts’ and ‘raisins’ appear in the name of the food, the ingredient’s list has to declare the percentage of these used. It was considered unnecessary to declare the percentage of the different types of nuts or the percentage of yoghurt. (Source: The University of Reading-UK)

3.2 Country of Origin

1. The indication of the country/place of origin shall be declared on the label whenever its absence is likely to mislead consumers as to the true country/place of origin of the product. In other cases, the provision of the indication of country/place of origin is left to the discretion of the food manufacturer or producer.

2. The country of origin code could be used on the food package as a substitute of the coun-try of origin name. However, such code shall be internationally recognized without any ambiguity.

3. When a food undergoes processing in a second country which may probably change its fundamental nature, the country where the processing has taken place shall be consid-ered as the country of origin. For example if meats are produced in one country and proc-essed into burgers in a second country, then the country of origin shall be the second country. (see Illustration #18). However, if the product is repacked without changing the nature of the product, then it shall be indicated that: product is packed in the country (where the repacking is done).
4- With the exception of meat, fish and fresh produce vegetables and fruits the labelling of the country of origin of a food is voluntary, but if the failure to give such information might mislead the consumer, the labelling becomes mandatory. Either the mandatory or the voluntary indication of the country of origin of a food as a marketing tool, shall be provided in a manner that shall not deceive the consumer and shall be based on harmonized criteria.

5- Where the country of origin of the food is not the same as the one of its primary ingredient(s), the country of origin of those ingredient(s) shall also be given.

6- For the origin of meat, for example, the indication on the country of origin shall be given as a single place only when the animals have been born, reared and slaughtered in the same country or place (See Illustration #19). In other cases information on each of the different places of birth, rearing and slaughter shall be given.

Illustration 19: the name of food “British Beef” indicates the country of origin of this pre-packaged.

7- When the name of a place or country appears as part of the name of a food, or its trade or brand or fancy name (see illustration #19), origin marking can also be triggered by pictorial representations (e.g. the use of maps, flags or famous and marks).

8- The place of origin of a food may be taken as the place in which it last underwent a substantial change. For example, olive oil pressed in Italy from olives grown in Greece could be described as “produced in Italy” or “made in Italy”, but care would need to be taken to ensure that the indication, or other information given on the label, did not imply that the olives themselves were Italian.

3.3 Allergen Ingredients

1- Food allergy indicates an adverse reaction to food involving an immunological mechanism. The clinical symptoms of food allergies range from mild discomfort to severe or life threatening reactions, which require immediate medical intervention. Additionally, some adverse reactions to food are not connected to the immune system and these are referred to as food intolerances. These are rarely life threatening.

For those consumers with food allergies and food intolerances, it is vital that they are fully informed about the nature and contents of the foods they are buying. People with food allergies, and the people shopping for them, need clear labelling of both allergenic ingredients and identification of possible cross-contamination with allergens, in order to make informed food choices.

2- Any food containing specified allergenic ingredient (see list of specified allergenic ingredients below in paragraph # 3 of this section) or any ingredient originating from a specified allergenic ingredient, shall specify the ingredient in the name of the food or be marked or labelled with a clear reference to the name of the allergenic ingredient. (See Illustration #20)
3- The current list of allergenic ingredients contains the most common food allergens. This list will be systematically re-examined and, where necessary, updated on the basis of the most recent scientific knowledge.

The following foods and ingredients are known to cause hypersensitivity and shall always be declared:

- Cereals containing gluten; i.e., wheat, rye, barley, oats, spelt or their hybridized strains and products of these;
- Crustacea and products of these;
- Eggs and egg products;
- Fish and fish products;
- Peanuts, soybeans and products of these;
- Milk and milk products (lactose included);
- Tree nuts and nut products; and
- Sulphite in concentrations of 10 mg/kg or more.

4- Any declaration on the label indicating the presence of the allergen is sufficient, whether that is on the label in the list of ingredients, in the sales names or somewhere else on the label provided it is clearly stated.

Examples:
(a) A product called 'cake with almonds' is considered as declaring the allergenic ingredient 'almonds' in the sales name. Thus the allergenic ingredient 'almonds' does not have to be repeated or declared elsewhere on the label.
(b) The food manufacturers or producers shall also clearly indicate on the label the name of the ingredient from which the specified allergen originates e.g. lactose in the final product shall indicate that milk was used in the manufacture of the food.

5- Food manufacturers or producers may also indicate on products that they have been made in a factory where specified allergens are also used, even though the product does not contain such ingredients, e.g.: 'may contain nuts' (See illustration#21). This is not a legal requirement and not recommended practice over good manufacturing practices (GMP) and HACCP controls, to prevent cross contamination.

6- The name of some products may not imply the presence of a specified allergen such as cheese sold under a trade name or appellation which does not refer explicitly to milk. In such cases, any supplement to the name of the product which implies a reference to the allergenic ingredient is necessary acceptable such as adding 'cheese' to the sales name.

7- Sulphur dioxide and sulphite shall appear on the label under its full name, where it is present at levels exceeding 10mg/kg or 10mg/l as consumed or as reconstituted according to the food producer's instructions.

8- Exemptions - generally, all foods shall declare any specified allergenic ingredients; however, there are some exceptions:
- Foods that are sold loose such as over the retail sales counter
- Foods that are packaged for direct sale (i.e. packaged on the same premises from where they are sold), e.g. delicatessen products do not have to indicate specified allergens.
- Dairy products clearly sold as cheese, butter or yoghurt. These products are milk products which will not need to be declared separately as an allergen.

Any substance including additives and processing aids which are used in the production of a food and still present in the finished product, even if in altered form, shall be indicated on the label with a clear reference to the name under which the allergen is known. For example, where the ingredient of a food is a cereal which contains gluten, such as wheat, the ingredient name 'wheat' shall appear clearly on the label. However, the declaration 'wheat' is not required elsewhere on the label if the name under which the food is sold clearly refers to this ingredient such as "Wheat bread".

The exemption whereby the declaration of the allergenic ingredient can appear in the sales name of the food only does not extend to allergenic 'substances' such as carry over additives or processing aids. Substances originating from allergenic ingredients shall be declared somewhere on the label such as in the list of ingredients but not solely in the sales name.

3.4 Instructions for use
1- If necessary, the label shall contain instructions on how to use the product to enable the consumer to make appropriate use of the food, such as cooking, reheating or preparation instructions or declarations such as 'not suitable' for a particular purpose. (e.g. microwave labels)
2- Any instructions for use given shall be sufficiently detailed to enable appropriate preparation or use to be made of the food.
3- Instructions for use shall be given if it would be difficult to make appropriate use of the food without them.

3.5 Irradiated Foods
1- The label of a food which has been treated with ionizing radiation shall carry a written statement indicating that treatment in close proximity to the name of the food. The use of the international food irradiation symbol, as shown below, is optional, but when it is used, it shall be in close
proximity to the name of the food.
2- When an irradiated product is used as an ingredient in another food, this shall be so declared in the list of ingredients.
3- When a single ingredient product is prepared from a raw material which has been irradiated, the label of the product shall contain a statement indicating the treatment.

4- If an ingredient of the compound ingredient has been irradiated, the name of that ingredient and the words “irradiated” or “treated with ionizing radiation” shall be given, except in the case of food which is prepared for patients requiring sterile diets under medical supervision.
5- For irradiated products sold in bulk, the words shall accompany the name of the product either on a display or notice above or adjacent to the packaging in which the products are placed.

3.6 Halal Food /ingredients declaration
Label information on animal-derived products is important for several groups. For some, certain animal products and additives needed to be avoided for religious reasons. For example, animal/animal products consumed by Muslims must be slaughtered according to Islamic law.

Food/ingredients that are produced, prepared or processed from slaughtered animals following procedures acceptable under Islamic Law, shall be declared on the food label as Halal or equivalent term by non Muslim countries if they claim their products or food/ingredients are derived from animals slaughtered according to the Islamic Law (Note: need LC orientation). In such case the word Halal or equivalent terms shall appear on the label. (Illustration # 23)

3.7 Advisory and Warning Statements
1- To avoid any potential adverse health effects some products shall have special advisory and warning statements about the food or ingredients/ substances in a food (e.g. food containing unpasteurised eggs shall advise/state that the product contains unpasteurised egg and include a specific warning statement). This information shall be available even where a complete label is not required. Warming statements shall be clear, prominent, indelible and readily legible by the consumer under normal conditions of purchase and use.
2- The following warning & advisory statements may require a mandatory declaration on the label, e.g.:
• foods packaged with packaging gases shall be labelled “packed in a protective atmosphere” or equivalent meaning such as “Flushed with gas”.
• foods containing sweeteners shall declare “with sweeteners” near the food name.
• foods containing sugar and sweeteners shall declare “with sugar(s) and sweetener(s)” near the food name.
• foods containing aspartame shall declare “contains a source of phenylalanine”.
• foods containing more than 10% polyols shall declare “excessive consumption may produce laxative effects”.
• Raw milk:
   Packaging of raw milk shall be marked: ‘This milk has not been heat-treated and may therefore contain organisms harmful to health’. In the case of any raw milk which is not pre-packaged and is sold at a catering establishment, the words: ‘Milk supplied in this establishment has not been heat-treated and may therefore contain organisms harmful to health’ shall appear on a label attached to the packaging of milk or on a ticket or notice visible to the purchaser.
• Products containing skimmed milk together with non-milk fat:
   For a product which i) consists of skimmed milk together with non-milk fat, ii) is capable of being used as a substitute for milk, and iii) is neither an infant formula or a follow-on formula, nor a product specially formulated for infants or young children for medical purposes, it shall be prominently marked with a warning that the product is unfit or not to be used for babies.
Examples on Advisory and Warning Statements:

A- Skimmed milk with non milk fat

Illustration 24: skimmed milk which has the warning statement required for ‘skimmed milk together with non-milk fat’.

B- Foods packaged in certain gases:

If the durability of a food has been extended by being packaged in a permitted packaging gas, it shall be marked: ‘Packaged in a protective atmosphere’ or equivalent statements such as:

1. Niederegger Marzipan Fruits with ‘Protective Atmosphere’

Illustration 25: This is the front panel of a pack of ‘Marzipan Fruits’: it includes the following ingredients: Almonds (57%), sugar, corn-syrup, colours (E 104, E 110, E 122), caramel sugar syrup. And it is packaged in a protective atmosphere. The pack is flushed with gas to eliminate the oxygen when it is sealed. This provides a longer storage life. Below is a part of the back panel of above product showing the additional required statement ‘Packaged in a protective atmosphere’.

2. Cheddar Cheese Product with ‘Protective Atmosphere’

Illustration 26: This is the front panel of a pack of Cheddar Cheese. The pack is flushed with gas to remove the oxygen and to prevent rancidity. This provides a longer storage life.

Below is a part of the back panel showing the additional statement ‘Packaged in a protective atmosphere’.

C- Foods containing sweeteners:

For a food containing:

• a permitted sweetener, the name shall be accompanied by ‘with sweetener’;
• both added sugar(s) and sweetener(s), the name shall be accompanied by ‘with sugar(s) and sweetener(s)’;
• aspartame, the food shall be marked: ‘Contains a source of phenylalanine’;
• more than 10% added polyols, the food shall be marked: ‘Excessive consumption may produce laxative effects’.
1. Fruit Squash Product contains sweeteners

Illustration 27: This is an example of product “Fruit Squash Product” which it has a food additive acting as a sweetener; the name of the food has to include reference to ‘sweetener’ or ‘sweeteners’. The full legal name is given on the back panel. As the product contains sweeteners (in this case ‘aspartame and acesulfame K’) the legal name is required to state ‘with sweeteners’.

2. Food Product contains Aspartame sweetener

Illustration 28: The following is an example of product where, because it has aspartame as an ingredient, the warning statement ‘Contains a source of phenylalanine’ is required.

D- Drinks with high caffeine content
Drinks (with the exception of those based on coffee, tea or coffee or tea extract where the name of the food includes the term “coffee” or “tea”) which:
• are intended for consumption without modification and contain caffeine, from whatever source, in a proportion in excess of 150 PPM ( ), or
• are in concentrated or dried form and after reconstitution contain caffeine, from whatever source, in a proportion in excess of 150 milligrams per litre, shall be marked or labelled with the words “High caffeine content” or “caution for persons who are sensitive to caffeine” in the same field of vision as the name of the drink (see Illustration #29). Caffeine content shall be declared on the label and expressed in milligrams per 100 millilitres.

Illustration 29: Drink contains high caffeine.

3.8 Vending Machine
i) Any products which are already packaged prior to dispensing in vending machines shall have the mandatory labeling information (as required by section #2) on the product visible to the purchaser prior to purchase or be otherwise displayed on the vending machine.
ii) When a name of a food is not visible to a purchaser, it shall be given on a notice on the front of the machine, or in close proximity.
iii) For foods which are not pre-packaged, yet a claim is made, a notice shall be provided with the prescribed nutrition labelling;
iv) For foods which shall properly be reheated before it is eaten, and for which there are no reheating instructions on the label, a notice a notice shall be provided with such instructions.

3.9 Exemptions from Mandatory Labeling Requirements
(a) Un-packaged food
Food without pre-packaging for sale to consumers or mass caterers need only to indicate the name of the food either on the label or displayed on a notice near the food. This no-tice and the information displayed on it shall be visible, legible, indelible and not obscured in any way. (eg. fresh cheese sold loose at a deli counter).
(b) Pre-packaged flour confectionery for direct sale
Pre-packaged flour confectionery for sale on the premises from which they are produced, need only indicate the name of the food on the label, e.g. a pre-packaged Madeira Cake baked on the premises from which it is sold need only indicate ‘Madeira Cake’ on the label.
(c) Food pre-packaged on the sales premises at the consumer’s request
Food packed on the premises at the request of the consumer or mass caterer such as sandwiches made up at the consumers request, need only indicate the name of the food either on the label
or displayed on a notice near the food. This notice and the information displayed on it shall be visible, legible, indelible and not obscured in any way. Sandwiches, rolls, soups, pizza and similar products containing meat ingredients are not required to declare the species and percentage meat.

(d) Other exemptions

I. Individually wrapped fancy confectionery not enclosed in any further packaging and intended for sale as a single item need only indicate the name of the product and the name and address of the manufacturer, packer or seller on the label. Fancy confectionery is taken to mean a product in the form of a illustration, an animal, egg etc. or in any other fancy form.

II. Small packages: With the exception of spices and herbs, small units, where the largest surface area is less than 10 cm², may be exempted from the requirements of subsections 2.3, 2.4, 2.7 and 3.4. Additionally, labelling information on allergens is recommended to be provided on such small food packages.

III. In an ‘inner’ package, not designed for sale without the outer package;

IV. Whole or cut fruit and vegetables, in a package which displays the nature and the quality of the food (except for sprouting seeds).

(e) There is also derogation from the labelling requirements (Section 2) where a pre-packaged food is:

1. for supply only to caterers (for preparation etc.) or

2. intended for the ultimate consumer but marketed prior to sale to the ultimate consumer and where sale to caterers is not involved at that stage, e.g. food sold to or from wholesalers or via an intermediary. In such cases, the labelling information (i.e. the mandatory requirements under Section 2) need only appear on the commercial documents referring to the consignment of food such as a delivery docket. The commercial documents containing the labelling information can either accompany the food to which they refer or be sent before the delivery.

3. Some substances, which might be considered as additives, do not come within the definition for labelling purposes. These include:-

- vitamins, minerals or other nutrients used solely for the purpose of fortifying or enriching food, or for restoring the constituents of food;

- any substance present in a food as a result of its addition to animal, bird or fish feeding stuffs; and

- any substance present in food as a result of its use in a process or treatment carried out in crop or animal husbandry, or storage (including any pesticide, fumigant, sprout depressant or veterinary medicine).

4. Additional Mandatory Labeling For Specific Categories Foods

Although Sections 2 & 3 have provided guidance as to the general labelling requirements for food, there are also many additional legal labelling provisions. Some of these relate to foods meeting certain standards and requirements (e.g. organic foods, irradiated foods etc.). The following products should be labelled in consistent with the labelling requirements of pre-packaged foods.

The following requirements provide some examples of these additional labelling provisions (in addition to sections 2 and 3) but in most cases, food business operators shall consult AD-FCA about the legislation to determine any additional specific requirements.

4.1 Gluten free foods

According to the relevant technical regulation, the following information shall be declared on the label of the packaging of Gluten free foods:

4.1.1 The term “gluten - free” shall be given in the immediate proximity of the name of the product.

4.1.2 The amount of energy expressed in Kilojoules (KJ) or in calories (Kcal), and the number of grams of protein, carbohydrate and fat per 100 grams of the food and where appropriate per specified quantity of the food as suggested for consumption.

4.1.3 The total quantity in the final product of those vitamins and minerals which have been added as well as the serving size of the food suggested for consumption.

4.1.4 The nature and source of the starch or starches shall be declared on the label. In the case of starch prepared form gluten-containing cereal grains the declaration of this starch shall be accompanied by statement “Containing not more than 0.3% protein in the dry matter”.

4.2 Food for use in weight control – food diets

According to the relevant technical regulation, the following shall be declared on the label of the packaging of food diets:

4.2.1 The name of the food shall be “Meal Replacement for Weight Control”.

4.2.2 The amount of energy expressed in Kilojoules (KJ) and Kilocalories (Kcal) per 100 g. of the food as sold and when appropriate, per specified quantity of the food as suggested for consumption.

4.2.3 The amount of protein, available carbohydrates and fat expressed in grams per 100g of the food as sold and when appropriate, per specified quantity of the food as suggested for consumption.

4.2.4 The amounts of vitamins and minerals expressed in metric units per 100g of the food as sold and when appropriate, per specified quantity of the food as suggested for consumption.

4.2.5 The amounts of other nutrients may also be declared.

4.2.6 Directions for storage of the product before and after opening of the packaging.

4.2.7 The label and Labelling shall not make any reference to the rate or amount of weight loss which may result from the use of the food or a reduction in the sense of hunger or an increase in the sense of satiety.

4.2.8 Reference to the importance of maintaining an adequate daily fluid intake when for-mula foods for weight control are used.

4.2.9 If the food provide a daily intake of sugar alcohol in excess of 20g. per day, there shall be a statement on the label to the effect that the food may have laxative effect.

4.2.10 Statement to the effect that the food may be useful in weight control only as part of energy-controlled diet.
4.2.11 for the products presented as replacements of the total daily diet, the label shall con-tain a prominent statement recommending that, if the food is used for more than six weeks, medical advice shall be sought.

4.3 Pre-packaged foods for special dietary uses

According to the relevant technical regulation, the following shall be declared on the label of the packaging of foods for special dietary uses:

4.3.1 Name of the product followed by the essential features indicating that it is a food for special dietary use.

4.3.2 The amount of energy expressed in kilojoules and kilocalories per 100 grams or 100 ml of the food product and where appropriate per the specified quantity of food as sug-gested for consumption.

4.3.3 Its content of protein, carbohydrates, fat, dietary, fibre and each vitamin and mineral per 100 grams or 100 ml of the food (as sold) and where appropriate per specified quantity of food as suggested for consumption.

4.3.4 The total quantity of the specific nutrients which provide the essential features per 100 grams or 100 ml of the food product and, where appropriate, per specified quantity of food as suggested for consumption.

4.3.5 The special cases in which the food is used and the suitable amount permissible for daily consumption.

4.3.6 Storage conditions before and after opening of the package.

4.3.7 The procedures of preparation and use, and in the case of baby and infant foods the proce-dures shall be indicated according to the age of child.

4.3.8 The following cautionary statement shall be declared: “To Be Used Under Medical Su-pervision”, wherever applicable to certain foods.

4.3.9 The amount of added sweeteners accompanied by the following cautionary statements:

4.3.9.1 In the case of aspartame:

a) “Not to be used by persons who have phenyl-ketonuria”,

b) “The maximum intake shall not exceed 40 mg/kg of body weight”.

4.3.9.2 In the case of saccharin: “Use of this product may be hazardous to your health, because it contains saccharin which has been determined to cause cancer to laboratory animals”.

4.3.9.3 In the case of manitol: “Excess of consumed quantity of manitol over 20 g per day may cause diarrhoea”.

4.3.9.4 In the case of sorbitol or xylitol: “Excess of consumed quantity of sorbitol or xylitol over 40 g per day may cause diarrhoea”.

4.4 Infant foods based on milk

The following shall be declared on the label of the packaging of Infant foods based on milk-

4.4.1 Kind of milk used (whether full-cream milk or partially skim milk).

4.4.2 In case of concentrated products, the statement: “Concentrated, to be used after dilu-tion” shall be written on the packaging.

4.4.3 The amount of energy expressed in kilojoules and the number of grams of protein, car-bohy-drates and fats per 100 KJ of food as sold as well as per specified quantity of the food as suggested for consumption.

4.4.4 The total quantity of each vitamin, mineral, choline and any optional ingredients in each 100 KJ of product as sold as well as per specified quantity of the food as suggested for consumption.

4.4.5 Directions for storage and usage of the food and its keeping after opening of the pack-aging.

4.4.6 The following statements:

a) “The water shall be boiled if the product is to be reconstituted”.

b) “Mother milk is preferred to other baby milk foods”.

c) “Supplemented with iron” for products containing more than 0.25 mg iron/100 KJ.

4.5 Irradiated foods

The pre-packaged irradiated foods intended for direct consumption shall indicate the treat-ment on the label of the packaging, but for the irradiated foods in bulk packaging, the decla-ra-tion of the fact of irradiation shall be made clear on the relevant shipping documents. In the case of products sold in bulk to the ultimate consumer, the international logo and the words “irradiated” or “treated with ionizing radiation” shall appear together with the name of the product on the packaging in which products are placed.

4.6 Organic foods

4.6.1 The libelling and claims of a product that is “organic” may refer to organic production meth-ods only where:

a) such indications show clearly that they relate to a method of agricultural production; b) the organic food product was produced in accordance with the requirements of the relevant technical regulation and ADFCA requirements.

4.6.2 A food product will be regarded as bearing indications referring to organic production meth-ods where, on the labelling or claims, including advertising material or commer-cial documents, the product, or its ingredients, is described by the terms “organic”, “biodynamic”, “biological”, “eco-logical”, or words of similar intent including diminu-tives which, in the country where the product is placed on the market, suggests to the purchaser that the product or its ingredients were ob-tained according to organic pro-duction methods.

4.6.3 In developing labelling provisions from products containing less than 95% of organic ingre-dients, it may consider the following elements in particular for products contain-ing 95% and 70%

4.6.4 With the indication referring to organic production methods only where:

a) the product satisfies the relevant technical regulation and ADFCA requirements.

b) the indications referring to organic production methods should only appear on the front panel as a reference to the approximate percentage of the total ingredients including additives but exclud-ing salt and water;
c) the ingredients, appear in descending order (mass/mass) in the list of ingredients;
d) indications in the list of ingredients appear in the same colour and with an identical style and size of lettering as other indications in the list of ingredient.

4.7 Sweeteners permitted for use in food products
Sweeteners permitted for use in food products shall be declared on the packaging as follows:
4.7.1 The name of sweeteners or its INS number.
4.7.2 Food products formulated specifically for use by diabetics or for other special nutrition-ual uses shall contain the statement “Food for special dietary use, or food for diabetes”.
4.7.3 The amount of sweeteners matter, mg/ liter or kg. In case of using a combination of sweeteners, the amount of each in combination shall be declared.
4.7.4 The following warning shall be declared:
a) In the case of aspartame, “Not to be used by persons who have phenyl-ketonuria”.
b) In the case of saccharine, “Use of this product may be hazardous to your health, because it contains saccharin which has been determined to cause cancer in laboratory animals.
c) In the case of sugar alcohol’s “Excess of consumed quantity may be cause diarrhea”.

4.8 Coloring Matter Used In Foods
Colouring matter permitted for use in food products shall be declared on the packaging as follows:
4.8.1 The name of the colouring matter or EEC number.
4.8.2 Name of solvent or diluents.
4.8.3 Dye purity grade.
4.8.4 The statement “free from alcohol”.
4.8.5 The statement “colouring matter for food”.
4.8.6 The statement “do not exposure to light” in case of colouring matter affected by light.
4.8.7 Dates of production and expiry.
4.8.8 Batch number.

5. Nutritional Labeling (Declaration)

5.1 Introduction to nutrition labeling
1- Consumer awareness and interest in diet and health issues has increased dramatically over recent years. There is a greater demand for ‘healthy alternatives’ to certain foods as consumers are encouraged to become more aware in what they are eating to combat many health problems such as obesity and heart disease.
2- Provision of nutrition information on the label enables consumers to make more informed choices with regard to the nutrition characteristics of the food.

5.2 General Requirements
Nutrition labelling is mandatory where a nutritional claim is made:
1- If a label carries nutrition labelling, even when it is not required, it shall comply with the relevant technical regulation on nutritional labelling.
2- Information supplied on labels shall be for the purpose of providing consumers with a pro-file of nutrients contained in the food and considered to be of nutritional importance.
3- The information shall not lead consumers to believe that there is exact quantitative know-ledge of what individuals shall eat in order to maintain health, but rather to convey an understanding of the quantity of nutrients contained in the product.

Example: One serving of macaroni and cheese equals one cup. If you ate the whole pack-age, you would eat two cups. That doubles the calories and other nutrient numbers, in-cluding the % Recommended Daily Allowance (RDA) as shown in the sample label:
5- Nutrition labelling shall not deliberately imply that a food which carries such labelling has necessarily any nutritional advantage over a food which is not so labelled.

6- In general, nutrition information on the nutrient content of a food relates to the food before preparation or cooking i.e. as purchased. It may, however, relate to the product after preparation provided that sufficient preparation instructions are given and the label clearly states that the information relates to the food as prepared for consumption.

7- The information, if space permits, shall be presented together in one place in tabular form with the numbers aligned. If, however, there is insufficient space on the label the information may be presented in linear form.

8- The labeling shall be legible, indelible, in a conspicuous location and written in Arabic and/or English. The information may appear in other languages, if desired.

5.3 Presentation of nutrition labeling

1- Nutrition information shall be presented together in one conspicuous place in tabular form with numbers aligned or, if there is insufficient space for this, in a linear form.

When required or permitted to be given, the following order and manner of listing shall be used.

Illustration # 30: Nutrition Panel - Tabular Form

Where it is required to give additional information relating to any substance which belongs to, or is a component of, one of the items listed, it shall appear as follows:

5.3.1 Nutrition Panel - Tabular Form

Illustration # 31 below is a typical nutrition label - it is from ‘Free Range Egg and Cress Sandwich’. This label contains the full eight required nutrients (energy, protein, carbohydrate, sugars, fat, saturates, fibre and sodium) set out as a table.

Illustration 31: typical Nutrition label - Tabular Form

5.3.2 Nutrition Panel - Linear Format

Illustration #32 below is a nutrition label using a linear form permitted when there is ‘insufficient space to permit tabular listing’. This label is from ‘English Cheddar’ Cheese and contains the full eight required nutrients (energy, protein, carbohydrate, sugars, fat, saturates, fibre and sodium) expressed as typical values per 100g.

Illustration 32: typical Nutrition label - Linear Form
5.4 Listing of nutrients

1. The type of nutrition claim made dictates the information that shall be given on the label. Nutrition information shall be presented in one of two formats, Group 1 or Group 2 Format, depending on the nutrient that is the subject of the claim.

2. All nutrient values shall be stated per 100g or 100ml of the food. Values per serving or per portion may also be declared provided that the number of servings or portions per packet is specified.

5.4.1 Nutrition labelling in Group 1 format

Nutrition labelling in Group 1 format shall declare the following where a nutrition claim is made for one or more of these nutrients:

- Energy value (specified numerically in kilo joules and kilo calories)
- Amount of protein, carbohydrate and fat (specified numerically in grams).

Example on Nutrition labelling in Group 1 format

<table>
<thead>
<tr>
<th>Nutrition Information</th>
<th>Average values per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>170kJ/40kcal</td>
</tr>
<tr>
<td>Protein</td>
<td>4.0g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>5.3g</td>
</tr>
<tr>
<td>Fat</td>
<td>1.2g</td>
</tr>
</tbody>
</table>

5.4.2 Nutrition labeling in Group 2 format

1. Nutrition labelling in Group 2 format requires nutrition information to be given on a more extensive list of eight nutrients where a nutrition claim is made for sugars, saturates, fibre or sodium. Nutrition labelling in Group 2 format shall declare the following:

- Energy value (specified numerically in kilo joules and kilo calories).
- Amount of protein, carbohydrate, sugars, fat, saturates, fibre and sodium (specified numerically in grams).

Example on Nutrition labelling in group 2 format

In addition, where sugar and/or polyols and/or starch are declared the nutrient declared shall be shown as a component of carbohydrate in the nutrition table such as:

- Carbohydrate of which g
- Sugars g
- Polyols g
- Starch g

2. Fatty acids are the basic units of fats and are broken into four main categories: saturates, trans, monounsaturated and polyunsaturated. Where the amount of mono-unsaturates and/or polyunsaturates and/or the cholesterol quality is given, the total amount of saturates shall also be given.

3. Where the amount and/or type of fatty acids and/or cholesterol rate is declared the nutrient declared shall be shown as a component of total fats in the nutrition table

4. Additional information may also be provided on the label for amounts of one or more of the following (but the declaration shall include the nutrient which is the subject of the nu-trition claim):
• Starch (specified numerically in grams)
• Polyols (specified numerically in grams)
• Monounsaturates (specified numerically in grams)
• Polyunsaturates (specified numerically in grams)
• Cholesterol (specified numerically in milligrams)
• Vitamins and minerals (specified numerically in the units indicated in Appendix “1” RDA).

See Illustration #34 below the nutrition information for brown sliced bread where sugars are indicated as a component of carbohydrate and saturates, monounsaturates and polyunsaturates as a component of fat.

5.5 Nutrition information regarding Vitamins and Minerals

1- Where nutrition information regarding the vitamin and mineral content of a food is given on the label (whether voluntary or as a result of a claim being made) the following information shall also be provided on the label in addition to the declaration of their quantity:
• an indication of the percentage of the Recommended Dietary Allowance (RDA) and Adequate Intakes (AI) for vitamins that the vitamins and/or minerals provide (as listed in Appendix’2”) and
• There shall be at least 15% of this RDA present in either 100g or 100ml of the product (or 15% of this RDA present per packet of the foods where the packet only contains a single portion).

Illustration 35: Nutrition labelling in Group 2 format with additional non-compulsory information

2- Illustration #36 below is the nutrition label from a pack of ‘English Cheddar’ Cheese. For calcium, the RDA is 800 mg. Since the amount of calcium per 100g in the cheese is given as 740mg, this is well above the minimum. The % RDA, is this case ‘92%’.

Illustration 36: Nutrition Panel - including Calcium

5.6 Calculation of nutrients

5.6.1 Calculation of energy

1- The conversion factor is the amount of energy (which is measured in either kilo calories or kilo joules) obtained per gram of the specified nutrient. For example, you get four kilo calories of energy per gram of carbohydrate in food whereas you get 9 kilo calories of en-ergy per gram of fat in food.

2- The energy value of a nutrient is calculated by multiplying the amount of the nutrient (in grams) present in a food by its energy value i.e. the conversion factor.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Kcal/g</th>
<th>kJ/g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrate (except polyols)</td>
<td>4.0</td>
<td>17</td>
</tr>
<tr>
<td>Polyols</td>
<td>2.4</td>
<td>10</td>
</tr>
<tr>
<td>Protein</td>
<td>4.0</td>
<td>17</td>
</tr>
<tr>
<td>Fat</td>
<td>9.0</td>
<td>37</td>
</tr>
<tr>
<td>Alcohol (ethanol)</td>
<td>/</td>
<td>29</td>
</tr>
<tr>
<td>Organic acid</td>
<td>3.0</td>
<td>18</td>
</tr>
<tr>
<td>Salatrim</td>
<td>6.0</td>
<td>25</td>
</tr>
</tbody>
</table>

Nutrient Conversion Factors: in calculating the energy value the following conversion factors shall be used:
5.6.2 Calculation of protein
The amount of protein to be listed shall be calculated using the formula:
Protein = Total Kjeldahl Nitrogen x 6.25

5.7 Exemptions
Foods which are exempted from the requirements for the mandatory nutrition declaration:
- Unprocessed products that comprise a single ingredient or category of ingredients;
- Processed products have been smoked or matured only and that comprise a single ingredient or category of ingredients;
- Waters intended for human consumption, including those where the only added ingredients are carbon dioxide and/or flavourings;
- A herb, a spice or mixtures thereof;
- Salt and salt substitutes;
- Products covered by current applicable legislation;
- Herbal infusion, tea, decaffeinated tea, instant or soluble tea or tea extract, decaffeinated instant or soluble tea or tea extract, which do not contain added ingredients;
- Fermented vinegars and substitutes for vinegar, including those where the only added ingredients are flavourings;
- Food additives;
- Processing aids;
- Food enzymes;
- Gelatine;
- Jam setting compounds;
- Yeast;
- Food in packaging in which the largest surface has an area of less than 10 cm²;
- Food sold by private persons in the context of occasional activities and not as part of an undertaking that would imply a certain continuity of activities and a certain degree of organization;
- Food directly supplied by the food manufacturers or producers of small quantities of products to the final consumer or to local retail establishments directly supplying the final consumer;
- Food in inner package not designed for sale without the outer packaging.

Appendix 1 (a):
Recommended Dietary Allowance (RDA) and Adequate Intakes (AI)
for Vitamins

<table>
<thead>
<tr>
<th>Life Stage Group</th>
<th>Vitamin A (μg/d)²</th>
<th>Vitamin C (mg/d)²</th>
<th>Vitamin D (μg/d)³</th>
<th>Vitamin E (mg/d)²</th>
<th>Vitamin K (μg/d)³</th>
<th>Thiamin (mg/d)²</th>
<th>Riboflavin (mg/d)²</th>
<th>Niacin (mg/d)²</th>
<th>Vitamin B6 (mg/d)²</th>
<th>Folate (μg/d)³</th>
<th>Vitamin B12 (μg/d)³</th>
<th>Pantothenic Acid (mg/d)³</th>
<th>Biotin (μg/d)³</th>
<th>Choline (mg/d)³</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants</td>
<td></td>
<td></td>
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<td></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>0–6 mo</td>
<td>400³</td>
<td>40³</td>
<td>10³</td>
<td>2³</td>
<td>0.1³</td>
<td>0.2³</td>
<td>0.1³</td>
<td>0.1³</td>
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<td>0.1³</td>
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<tr>
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<td>10³</td>
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<td>0.1³</td>
<td>0.1³</td>
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<tr>
<td>1–2 y</td>
<td>200</td>
<td>60³</td>
<td>15³</td>
<td>6³</td>
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<td>2–3 y</td>
<td>400</td>
<td>30³</td>
<td>15³</td>
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<td>0.6³</td>
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<td>0.3³</td>
<td>0.6³</td>
<td>0.6³</td>
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<td>Preschoolers</td>
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<td>50³</td>
<td>20³</td>
<td>15³</td>
<td>13³</td>
<td>1.2³</td>
<td>1.3³</td>
<td>1.3³</td>
<td>1.3³</td>
<td>1.2³</td>
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</tr>
<tr>
<td>School-age</td>
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### Appendix 1 (B):

#### Recommended Dietary Allowance (RDA) and Adequate Intakes (AI) for Minerals

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<th>Life Stage Group</th>
<th>Calcium (mg/d)</th>
<th>Chromium (μg/d)</th>
<th>Copper (μg/d)</th>
<th>Iron (mg/d)</th>
<th>Iodine (μg/d)</th>
<th>Magnesium (mg/d)</th>
<th>Manganese (mg/d)</th>
<th>Molybdenum (μg/d)</th>
<th>Potassium (mg/d)</th>
<th>Sodium (g/d)</th>
<th>Chloride (g/d)</th>
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<th>Chloride (mg/d)</th>
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<td>130*</td>
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<td>4.0*</td>
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#### References:

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