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中华人民共和国国家标准

GB 13432—2004
代替 GB 13432—1992

预包装特殊膳食用食品标签通则

General standard for the labeling of prepackaged foods for special dietary uses

2004-05-09 发布

2005-10-01 实施

中华人民共和国国家质量监督检验检疫总局
中国国家标准化管理委员会 发布

前 言

本标准的 5.3~5.5 是推荐性的,其余为强制性的。

本标准非等效采用国际食品法典委员会 CAC CODEX STAN 146—1985《预包装特殊膳食用的食品标签及说明通用标准》和 CAC/GL23—1997《营养声称指南》。

本标准代替 GB 13432—1992《特殊营养食品标签》。

本标准与 GB 13432—1992 相比主要变化如下:

- 标准的名称改为:预包装特殊膳食食品标签通则;
- 将 GB 13432—1992 第 4 章“基本原则”和第 6 章“基本要求”合并为本标准的第 4 章“基本要求”;
- 增加了允许标示“能量、营养素含量水平的声称”(见 5.4.1);
- 增加了允许标示“能量、营养素含量比较的声称”(见 5.4.2);
- 增加了允许标示“营养素作用的声称”(见 5.4.3);
- 增加了规范性附录“食品中能量和营养素的标示方式,标示值的表述方式及允许偏差”(见附录 A)。

GB 13432—2004 是食品标签系列国家标准之一,与之相应的国家标准还有:

GB 7718—2004《预包装食品标签通则》(代替 GB 7718—1994);

GB 10344—1989《饮料酒标签标准》。

本标准的附录 A 为规范性附录。

本标准由全国食品工业标准化技术委员会提出并归口。

本标准由全国食品工业标准化技术委员会组织的起草工作组负责起草。

本标准主要起草人:郝煜、王燕京、王美玲、白德美、田栖静、田明福、许洪民、杨桂芝、杨晓明、张丽君、陈瑶君、郑欣、赵小桐、赵学军、董洪岩、嵇超、简慧薇、蒯立男。

本标准 1992 年 4 月首次发布,2004 年 5 月第一次修订。

预包装食品特殊膳食食用食品标签通则

1 范围

本标准规定了：

- 预包装食品特殊膳食食用食品标签的基本要求(见第4章)；
- 预包装食品特殊膳食食用食品标签的强制标示内容(见5.1)；
- 预包装食品特殊膳食食用食品标签的强制标示内容的免除(见5.2)；
- 预包装食品特殊膳食食用食品标签的非强制标示内容(见5.3)；
- 预包装食品特殊膳食食用食品标签允许标示内容(见5.4)；
- 预包装食品特殊膳食食用食品标签的推荐标示内容(见5.5)。

本标准适用于3.1所指的、提供给消费者作为饮食用的预包装食品特殊膳食食用食品的标签。

2 规范性引用文件

下列文件中的条款通过本标准的引用而成为本标准的条款。凡是注日期的引用文件，其随后所有的修改单(不包括勘误的内容)或修订版均不适用于本标准，然而，鼓励根据本标准达成协议的各方研究是否可使用这些文件的最新版本。凡是不注日期的引用文件，其最新版本适用于本标准。

GB 7718—2004 预包装食品标签通则

中国居民膳食营养素参考摄入量(中国营养学会营养学科专著,2001年4月第1版)

3 术语和定义

GB 7718—2004 确立的以及下列术语和定义适用于本标准。

3.1

特殊膳食食用食品 **foods for special dietary uses**

为满足某些特殊人群的生理需要,或某些疾病患者的营养需要,按特殊配方而专门加工的食品*。
这类食品的成分或成分含量,应与可类比的普通食品有显著不同。

3.2

营养素 **nutrient**

从食物中摄取的,维护机体生长发育、活动、正常代谢所需的物质,包括蛋白质、碳水化合物、脂肪、无机盐(矿物质)、维生素五大类。

水和膳食纤维,以及食物中其他对机体有益的成分也属于营养素。

3.3

推荐摄入量 **recommended nutrient intake (RNI)**

通过实验获得的——可以满足健康群体中绝大多数(97%~98%)的个体——每日维持机体正常生理功能和活动所需要从食物中摄取的某种营养素的量。

长期保持推荐摄入量,可以使机体有适当储备。

3.4

适宜摄入量 **adequate intake (AI)**

通过观察和调查获得的,健康群体中的个体每日摄入某种营养素的量。

* 包括婴幼儿食品。

适宜摄入量(AI)和推荐摄入量(RNI)都能满足群体中几乎所有个体的需要;而适宜摄入量(AI)的准确性远不如推荐摄入量(RNI)。

4 基本要求

预包装特殊膳食用食品的标签应符合 GB 7718—2004 第 4 章的规定,但不得标示下列内容:

- a) 对某种疾病有预防、缓解、治疗或治愈作用。
- b) “返老还童”、“延年益寿”、“白发变黑”、“齿落更生”、“抗癌治癌”或其他类似用语。
- c) 在食品名称前后,冠以药物名称或以药物图形、名称(不包括药食两用的物质)暗示疗效、保健功能。

5 标示内容

5.1 强制标示内容

5.1.1 食品名称

5.1.1.1 按 GB 7718—2004 中 5.1.1 的规定标示。

5.1.1.2 只有符合 3.1 定义的食品才可以在名称中使用诸如“婴儿配方乳(奶)粉”、“无糖速溶豆粉”(供糖尿病患者食用)、“强化铁高蛋白速溶豆粉”(供贫血症患者食用)等特殊含意的修饰词。

5.1.2 配料清单和配料定量标示

按 GB 7718—2004 中 5.1.2 和 5.1.3 的规定标示。

5.1.3 能量和营养素

应依据产品实际存在的营养素,按附录 A 的规定标示蛋白质、脂肪、碳水化合物、反映食品特性的维生素、矿物质的含量,以及产品的能量值。

添加了营养强化剂的预包装特殊膳食用食品,应标示所强化营养素的含量。

5.1.4 净含量和沥干物(固形物)含量

按 GB 7718—2004 中 5.1.4 的规定标示。

5.1.5 制造者、经销者的名称和地址

按 GB 7718—2004 中 5.1.5 的规定标示。

5.1.6 日期标示及贮藏说明

5.1.6.1 按 GB 7718—2004 中 5.1.6 的规定标示生产日期和保质期;也可以附加标示保存期。

5.1.6.2 如果预包装特殊膳食用食品的保质期或保存期与贮藏条件有关,应标示特定贮藏条件。

5.1.6.3 如果开封后的预包装特殊膳食用食品不宜贮存或不宜在原包装容器内贮存,应向消费者提示。

5.1.7 食用方法和适宜人群

5.1.7.1 应标示预包装特殊膳食用食品的食用方法、每日或每餐食用量;必要时应标示调配方法或复水再制方法。

5.1.7.2 应标示预包装特殊膳食用食品适宜的人群。

5.1.8 产品标准号

按 GB 7718—2004 中 5.1.7 的规定标示。

5.1.9 质量(品质)等级

按 GB 7718—2004 中 5.1.8 的规定标示。

5.1.10 其他强制标示内容

按 GB 7718—2004 中 5.1.9 的规定标示。

5.2 强制标示内容的免除

按 GB 7718—2004 中 5.2 的规定免除。

5.3 非强制标示内容

如有必要,可以标示产品的批号。

5.4 允许标示内容

5.4.1 能量、营养素含量水平的声称

符合表1界限的预包装特殊膳食用食品可以声称能量、营养素含量的水平,如“低能量”、“低脂肪”、“低胆固醇”、“无糖”、“低钠”。

表 1

项 目	声 称	界 限(不高于)	
能 量	低	固体食品:170kJ / 100g	液体食品:80kJ / 100mL
	无	液体食品:17 kJ / 100mL	
脂 肪	低	固体食品:3g / 100g	液体食品:1.5g / 100mL
	无	固体或液体食品:0.5g / 100g (100mL)	
饱和脂肪	低	固体食品:1.5g / 100g;饱和脂肪的能量占食品总能量的10%以下	
		液体食品:0.75g / 100mL ;饱和脂肪的能量占食品总能量的10%以下	
	无	固体或液体食品:0.1g / 100g(100mL)	
胆固醇	低	胆固醇	固体食品:20mg / 100g
			液体食品:10mg / 100mL
		饱和脂肪	固体食品:1.5g / 100g;饱和脂肪的能量占食品总能量的10%以下
			液体食品:0.75g / 100mL;饱和脂肪的能量占食品总能量的10%以下
无	胆固醇	固体或液体食品:5mg / 100g(100mL)	
		饱和脂肪	固体食品:1.5g / 100g;饱和脂肪的能量占食品总能量的10%以下
			液体食品:0.75g / 100mL;饱和脂肪的能量占食品总能量的10%以下
糖(指所有的单糖和双糖)	无	固体或液体食品:0.5g / 100g(100mL)	
钠	低	固体食品:120mg / 100g	
	非常低	固体食品:40mg / 100g	
	无	固体食品:5mg / 100g	

注:饱和脂肪指脂肪中的脂肪酸是饱和的,但以脂肪计。

5.4.2 能量、营养素含量比较的声称

符合5.4.2.1~5.4.2.3的预包装特殊膳食用食品,可以对能量或营养素含量作比较声称,如“减少了”、“增加了”、“少于”(低于)、“多于”(大于、高于)等等。

5.4.2.1 如标示被比较的食品,被比较的食品应与比较的食品是同类或同一属类的食品,而且容易被消费者理解。

5.4.2.2 应按质量分数或绝对值标示被比较食品与比较的食品的能量值或营养素含量的差异。

5.4.2.3 比较的食品与被比较食品的能量值或营养素含量的相对差异不少于25%。

5.4.3 营养素作用的声称

符合5.4.3.1~5.4.3.3的预包装特殊膳食用食品,可以声称某种营养素对维持人体正常生长、发育的生理作用,例如:

“钙是构成骨骼和牙齿的主要成分,并维持骨骼密度”;

“蛋白质有助于构成或修复人体组织”;

“铁是血红细胞的形成因子”;

“维生素E保护人体组织内的脂肪免受氧化”;

“叶酸有助于胎儿正常发育”。

不得声称或暗示有治愈、治疗或防止疾病的作用;也不得声称所示产品本身具有某种营养素的功能。

5.4.3.1 被声称的营养素在所示产品中的含量与可类比的普通食品的相对差异不少于25%。

5.4.3.2 被声称的营养素在所示产品中的含量显著。

5.4.3.3 被声称的营养素的作用有公认的科学依据。

5.5 推荐标示内容

5.5.1 在标示营养成分的同时,可以依据适宜人群,按质量分数标示每份或每100g(100mL)食品中的营养素占《中国居民膳食营养素参考摄入量》中推荐摄入量(RNI)的量,例如X%。

5.5.2 如果《中国居民膳食营养素参考摄入量》未提供推荐摄入量(RNI),可按质量分数标示每份或每100g(100mL)食品中的营养素占《中国居民膳食营养素参考摄入量》中适宜摄入量(AI)的量,例如X%。

附录 A (规范性附录)

食品中能量和营养素的标示方式,标示值的表述方式及允许偏差

A.1 能量和营养素的标示方式

A.1.1 能量

A.1.1.1 应标示每 100 g(100mL)或每份(每餐)食品的能量值。

A.1.1.2 能量以千焦(kJ)或焦耳(J)标示。

示例:1966kJ/100g,或 1966kJ/100mL。

注:食品的能量是指食物中能提供给燃烧热的能量,即热能。

A.1.1.3 营养素的能量系数按以下数值计算:

碳水化合物	17kJ/g
蛋白质	17kJ/g
脂肪	37kJ/g
乙醇	29kJ/g
有机酸	13kJ/g

A.1.2 蛋白质、脂肪、膳食纤维、碳水化合物(指可利用碳水化合物)

应标示每 100 g(100mL)或每份(每餐)食品中蛋白质、脂肪、膳食纤维、碳水化合物(指可利用碳水化合物)的含量(g)。

如需标明碳水化合物的类型,应按以下方式:

每 100 g 或 100 mL 含碳水化合物 $\times\times$ g,其中 $\times\times$ 糖(如葡萄糖、蔗糖) $\times\times$ g。

A.1.3 维生素

应标示每 100 g(100mL)或每份(每餐)食品中维生素的含量[mg、 μ g 或国际单位(IU)]。

维生素 B₁、维生素 B₂、维生素 C 以 mg 或 μ g 表示;

维生素 A、维生素 D、维生素 E 以国际单位(IU)或 mg、 μ g 表示。

A.1.4 矿物质与微量元素

应标示每 100 g(100mL)或每份(每餐)食品中矿物质、微量元素的含量(mg 或 μ g)。

A.2 标示值的表述方式及允许偏差

可采用 A.2.1~A.2.3 任意一种,或兼用其中二种、三种方式标示能量、营养素的数值。

其中 A.2.1 是最合理、消费者最容易理解的方式。

A.2.1 标示范围值。如“每 100 mL 灭菌纯牛乳中蛋白质的含量为 3.0%~3.5%”;“每 100 g 乳粉中铁的含量为 6 mg~11 mg”。

按此方式标示时,营养素的实际含量不得超出标示值的范围。

A.2.2 标示平均值。如“每 100 mL 灭菌纯牛乳中蛋白质的含量平均为 3.0 g”,“每 100 g 乳粉中铁的含量平均为 8 mg”;或在营养成分(表)的适当位置标示“每 100 g(100mL)平均含量”。

按此方式标示时,强化的营养素或天然存在的固有营养素的实际含量不得低于标示值的 80%。如声称低能量、低脂肪、低饱和脂肪酸、低胆固醇或低钠时,这些物质的实际含量不得超过标示值的 20%。

A.2.3 标示最低值或最高值。如“每 100 mL 灭菌纯牛乳中蛋白质的含量不低于 3.0 g”(或“蛋白质不低于 3.0g/100mL”);“每 100 g 脱脂乳粉中脂肪的含量不高于 1.5 g”(或“脂肪含量不高于 1.5g/100g”)。

按此方式标示时,营养素的实际含量不得高于或低于对应的标示值。



National Standard of the People's Republic of China

GB 13432—2004
Replace GB 13432—1992

General standard for the labeling of prepackaged foods for special dietary uses

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Issued by General Administration of Quality Supervision, Inspection and
Quarantine of the People's Republic of China
Standardization Administration of the People's Republic of China

Foreword

This standard is mandatory except for Sections 5.3 to 5.5 which are recommendatory.

This standard is not equivalent to the CAC Codex General Standard for the Labeling of and Claims for Prepackaged Foods for Special Dietary Uses (CODEX STAN 146—1985) and Guidelines for Use of Nutrition Claims (CAC/GL 23—1997).

This standard replaces GB 13432—1992 “Labeling of foods for special nutrient”.

In comparison with GB 13432—1992, the major changes of this standard are as follows:

- The name of this standard has been changed to “General standard for the labeling of prepackaged foods for special dietary uses”;
- Section 4 “Basic principles” and Section 6 “Basic requirements” of GB 13432—1992 have been incorporated to become Section 4 “Basic requirements” of this standard;
- The permission of declaration of “Claim on energy level and nutrient content” has been added (see 5.4.1);
- The permission of declaration of “Comparative claim on energy value and nutrient content” has been added (see 5.4.2);
- The permission of declaration of “Nutrient function claim” has been added (see 5.4.3);
- The permission of declaration of “Format of declaration, method of expression and tolerance limit of values declared for energy and nutrient content of foods” has been added (see Appendix A).

GB 13432—2004 is one of the series of national standards on food labeling. Other related national standards include:

GB 7718—2004 “General standard for the labeling of prepackaged foods” (replacing GB 7718—1994);

GB 10344—1989 “Standard for the labeling of alcoholic beverages” .

Appendix A of this standard is a normative appendix.

This standard is proposed and interpreted by the China National Food Industry Standardization Committee of Technique.

GB 13432—2004

This standard was drafted by the Drafting Group of the China National Food Industry Standardization Committee of Technique.

The main drafters of this standard are Hao Yu, Wang Yanjing, Wang Meiling, Bai Demei, Tian Qijing, Tian Mingfu, Xu Hongmin, Yang Guizhi, Yang Xiaoming, Zhang Lijun, Chen Yaojun, Zheng Xin, Zhao Xiaotong, Zhao Xuejun, Dong Hongyan, Ji Chao, Jian Huiwei, and Lin Linan.

This standard was issued first on April, 1992, and adjusted for the first time on May, 2004.

General standard for the labeling of prepackaged foods for special dietary uses

1 Scope

This standard prescribes the followings:

- basic requirements for the labeling of prepackaged foods for special dietary uses (see Section 4);
- mandatory labeling information in the labeling of prepackaged foods for special dietary uses (see 5.1);
- exemptions from mandatory labeling requirements in the labeling of prepackaged foods for special dietary uses (see 5.2);
- non-mandatory labeling information in the labeling of prepackaged foods for special dietary uses (see 5.3);
- permitted labeling information in the labeling of prepackaged foods for special dietary uses (see 5.4);
- recommended labeling information in the labeling of prepackaged foods for special dietary uses (see 5.5).

This standard applies to the labeling of prepackaged foods for special dietary uses as defined in Section 3.1 to be offered as such to the consumer.

2 Normative references

The following normative documents contain provisions which, through reference in this text, constitute provisions of this standard. For dated references, subsequent amendments to, or revisions of, any of these publications do not apply. However parties to agreements based on this standard are encouraged to investigate the possibility of applying the most recent editions of the normative documents indicated below. For undated references, the latest edition of the normative document referred to applies.

GB 7718—2004 General standard for the labeling of prepackaged foods

Chinese Dietary Reference Intakes (a monograph of the Chinese Nutrition Society, first edition, April, 2001)

3 Terms and definitions

The terminologies and definitions as laid down in GB 7718—2004 shall apply to this standard.

3.1

foods for special dietary uses

Foods for special dietary uses are those which are specially processed or formulated to satisfy particular dietary requirements which exist because of a particular physical or physiological condition and/or specific diseases and disorders and which are presented as such* .

The composition of these foodstuffs must differ significantly from the composition of ordinary foods with comparable nature, if such ordinary foods exist.

3.2

nutrient

Nutrients are substances which are absorbed from foods to maintain the normal growth and development, activities, and metabolism of the human body. They fall into 5 main categories: protein, carbohydrate, fat, minerals and vitamins. They also include water and dietary fiber, as well as other substances which are beneficial and indispensable to human body.

3.3

recommended nutrient intake (RNI)

Recommended nutrient intake (RNI) is the daily dietary intake level of a certain nutrient, established via experiments, that is sufficient to meet the needs of the normal physiological functions and activities of most (97%—98%) individuals in a healthy population. Maintaining the recommended nutrient intake in the long term can provide appropriate reserve for the human body.

3.4

adequate intake (AI)

Adequate intake (AI) is the daily intake level of a certain nutrient by individuals in a healthy population established via observation or survey. Both the adequate intake (AI) and the recommended nutrient intake (RNI) can satisfy the requirement of almost each individual in a population, and the adequate intake (AI) is far less accurate than the recommended nutrient intake (RNI).

4 Basic requirements

The labeling of prepackaged foods for special dietary uses shall be in accordance with Section 4 of GB 7718—2004. The following labeling information is prohibited:

- a) Any claims as to the prevention, alleviation, treatment or cure of a disease.
- b) Claims like “rejuvenating function”, “promising longevity”, “reverting white hair to dark”, “re-generating an exfoliated tooth”, “preventing and curing cancer” or their equivalents.
- c) The use of a drug’s name immediately before or after the name of a food, or the use of the pictorial and name of a drug implying the treatment and functional effects of such food (does not

* This includes foods for infants and young children.

apply to substances which can be used both as a drug and food).

5 Labeling information

5.1 Mandatory labeling information

5.1.1 The name of the food

5.1.1.1 It shall be declared in accordance with Section 5.1.1 of GB 7718—2004.

5.1.1.2 Descriptions like “Infant formula milk powder”, “Sugar-free instant soy powder” (for diabetics), “Iron-fortified high-protein instant soy powder” (for anemia patients), or other descriptions with special qualification may be used in conjunction with the name only where the product corresponds to the definition as in Section 3.1.

5.1.2 List of ingredients and quantitative labeling of ingredients

It shall be declared in accordance with Sections 5.1.2 and 5.1.3 of GB 7718—2004.

5.1.3 Energy and nutrients

Protein, fat, carbohydrate, and the vitamin and mineral contents that are characteristic of the food for special dietary purposes, shall be declared as Appendix A, based on the nutrients which actually exist in the product, together with the corresponding energy value.

The prepackaged foods for special dietary uses with nutritional fortification substances added shall have the content of such fortified nutrients declared.

5.1.4 Net contents and drained weight

Net contents and drained weight shall be declared in accordance with Section 5.1.4 of GB 7718—2004.

5.1.5 Name and address of manufacturer and distributor

Name and address of manufacturer and distributor shall be declared in accordance with Section 5.1.5 of GB 7718—2004.

5.1.6 Date marking and storage instructions

5.1.6.1 The marking of production date and date of minimum durability shall be declared in accordance with Section 5.1.6 of GB 7718—2004, in addition the use-by date may be declared.

5.1.6.2 If the date of minimum durability or the use-by date of the prepackaged foods for special dietary uses is related to storage conditions, then such storage conditions shall also be declared.

5.1.6.3 A warning shall be included on the label, if the food for special dietary uses is not capable of being stored after opening or is not capable of being stored in the container after opening.

5.1.7 Instruction for use and target population group

5.1.7.1 The instruction for use and the intake amount per day or per serving of the food for special dietary uses shall be included on the label. If necessary, the preparation method or the reconstitution method shall also be included.

5.1.7.2 The target population group of the food for special dietary uses shall be declared.

5.1.8 Code of the product standard

The code of the product standard shall be declared in accordance with Section 5.1.7 of GB 7718—2004.

5.1.9 Quality grades

The quality grades shall be declared in accordance with Section 5.1.8 of GB 7718—2004.

5.1.10 Other mandatory labeling information

Other mandatory labeling shall be declared in accordance with Section 5.1.9 of GB 7718—2004.

5.2 Exemptions from mandatory labeling requirements

Exemptions from the mandatory labeling requirements shall be in accordance with Section 5.2 of GB 7718—2004.

5.3 Non- mandatory labeling information

The batch identification of the product shall be declared, if necessary.

5.4 Permitted labeling information

5.4.1 Claim on energy level and nutrient content

Any prepackaged food for special dietary uses which meets with the conditions in Table 1 may make claims on their energy value and nutrient content, for example, “low in energy”, “low in fat”, “low in cholesterol”, “sugar-free” and “low in sodium”.

Table 1

Component	Claim	Conditions(not more than)	
Energy	Low	Solid foods: 170 kJ/100 g	
		Liquid foods: 80 kJ/100 mL	
	Free	Liquid foods: 17 kJ/100 mL	
Fat	Low	Solid foods: 3 g/100 g Liquid foods: 1.5g/100 mL	
	Free	Solid or liquid foods: 0.5 g/100 g (100 mL)	
Saturated fat	Low	Solid foods: 1.5 g/100 g and less than 10% of energy	
		Liquid foods: 0.75 g/100 mL and less than 10% of energy	
	Free	Solid or liquid foods: 0.1 g/100g (100mL)	
Cholesterol	Low	Cholesterol	Solid foods: 20mg /100 g
			Liquid foods: 10mg/100mL
		Saturated Fat	Solid foods: 1.5g/100g; Less than 10% of energy
			Liquid foods: 0.75g/100mL; Less than 10% of energy
	Free	Cholesterol	Solid or liquid foods: 5 mg/100g (100mL)
		Saturated Fat	Solid foods: 1.5g/100g; Less than 10% of energy
		Liquid foods: 0.75g/100mL; Less than 10% of energy	
Sugar (including all monosaccharide and disaccharide)	Free	Solid or liquid foods:0.5g/100g(100ml)	
Sodium	Low	Solid foods: 120mg/100g	
	Very low	Solid foods: 40mg/100g	
	Free	Solid foods: 5mg/100g	

Note: Saturated fat means the fatty acids in the fat are saturated, but the calculation is based on fat.

5.4.2 Comparative claim on energy value and nutrient content

Comparative claim on energy value and nutrient content, for example, “reduced”, “increased”, “less than”(lower than), “more than”(greater than, higher than) etc. should be permitted for pre-packaged foods for special dietary uses, provided the provisions of Sections 5.4.2.1 to 5.4.2.3 are fulfilled.

5.4.2.1 The foods being compared should be different versions of the same food or similar foods.

and the foods being compared should be readily identified by consumers.

5.4.2.2 The difference in energy value or nutrient content between the foods being compared should be expressed as a percentage or an absolute amount.

5.4.2.3 The comparison should be based on a relative difference of at least 25% in the energy value or nutrient content between the compared foods.

5.4.3 Nutrient function claim

Claims on certain nutrients having the physiological function of maintaining the normal growth and development of the body should be permitted for prepackaged foods for special dietary uses, provided the provisions of Sections 5.4.3.1 to 5.4.3.3 are fulfilled.

Examples:

“Calcium aids in the development of strong bones and teeth and can maintain bone density”;

“Protein helps build and repair body tissue”;

“Iron is a factor in red blood cell formation”;

“Vitamin E protects the fat in body tissues from oxidation”;

“Folic acid contributes to the normal growth of the fetus”.

The claim should not imply or include any statement to the effect that the nutrient would provide a cure or treatment for, or protection from disease; nor can a claim be made that the product itself possesses the functions of certain nutrients.

5.4.3.1 The nutrient claimed in the particular product and that in the corresponding ordinary food should have a relative difference of at least 25%.

5.4.3.2 The nutrient of which the claim is made should be of significant content in the product claimed.

5.4.3.3 The nutrient function claimed should be based on the scientific consensus which is supported by competent authority.

5.5 Recommended labeling information

5.5.1 In addition to the declaration of nutrient content, the amount of nutrient per serving or per 100 g(100 mL) of food can be expressed as a percentage of Recommended Nutrient Intake (RNI) established in the *Chinese Dietary Reference Intake*, based on the target population group, e.g. X%.

5.5.2 In case there is no specific Recommended Nutrient Intake (RNI) established in the *Chinese Dietary Referenced Intakes*, the amount of nutrient per serving or per 100 g(100 mL) of food can be expressed as a percentage of Adequate Intake (AI) established in the *Chinese Dietary Reference Intakes*, based on the target population group, e.g. X%.

Appendix A (normative)

Format of declaration, method of expression and tolerance limit of values declared for energy and nutrient content of foods

A.1 Format of declaration for energy and nutrient content

A.1.1 Energy

A.1.1.1 The energy value per 100 g (100 mL) or per serving (per portion) of the food for special dietary uses should be declared.

A.1.1.2 Information on energy value should be expressed in kilojoule (kJ) or joule (J).

Examples: 1966 kJ/100g, or 1966 kJ/100mL.

Note: The energy of food refers to the energy that can offer the burning energy (heated energy).

A.1.1.3 The amount of energy to be declared should be calculated by using the following conversion factors:

Carbohydrates	17 kJ/g
Protein	17 kJ/g
Fat	37 kJ/g
Alcohol	29 kJ/g
Organic acid	13 kJ/g

A.1.2 Protein, fat, dietary fiber and carbohydrate (refers to available carbohydrate)

The contents (g) of protein, fat, dietary fiber and carbohydrate (refers to available carbohydrate) per 100g (or 100 mL) or per serving (portion) of the food should be declared.

Where the type of carbohydrate is declared, the following format should be used:

Each 100g or 100 mL contains × × g carbohydrate, of which × × sugar (such as glucose or cane sugar) × × g.

A.1.3 Vitamins

The vitamin content per 100g (100mL) or per serving (portion) of the food should be declared [in mg, μg or International Unit (IU)].

Vitamin B₁, Vitamin B₂ and Vitamin C should be expressed in mg or μg;

Vitamin A, Vitamin D and Vitamin E should be expressed in International Unit (IU), mg or μg .

A.1.4 Minerals and trace elements

The mineral and trace element content per 100g (100mL) or per serving (portion) of the food should be declared [in mg or μg].

A.2 Format of expression and allowed tolerance of values declared

Any one method, or a combination of any two or three methods under Sections A.2.1 to A.2.3 may be used. But the method under Section A.2.1 is more easily understood by consumers.

A.2.1 Declare a range: for example, “the protein content per 100 mL of pasteurized pure milk is in the range 3.0% to 3.5%”, “the iron content per 100g of milk powder is in the range 6 mg to 11 mg.”

By using this method of expression, the actual nutrient content shall not exceed the range of the values declared.

A.2.2 Declare an average value: for example, “the average protein content per 100 mL of pure pasteurized milk is 3.0g”, “the average iron content per 100g milk powder is 8 mg”. Alternatively, the “average nutrient content per 100g (100mL)” may be indicated in the appropriate place of the nutrient content table.

When using this method of expression, the actual content of the fortified or naturally existing nutrient shall not be less than 80% of the value declared. Where claims are made on “low calories”, “low sugar”, “low fat”, “low saturated fat”, “low cholesterol” or “low sodium”, the actual content of these substances shall not be more than 20% of the value declared.

A.2.3 Declare the lowest or highest value: for example, “the protein content per 100 mL of pasteurized pure milk shall not be less than 3.0g” (or “the protein content is not less than 3.0g/100mL”); “the fat content per 100g of skimmed milk powder shall not be more than 1.5g” (or “the fat content shall not be more than 1.5g/100g”).

When using this method of expression, the actual content of the nutrient shall not be higher or lower than the corresponding values declared.
