

## **Revised Draft of Regulations on Nutrition Claim for Prepackaged Food Products**

1. This regulation is established under the provisions of Paragraph 3 of Article 22 of the Act Governing Food Safety and Sanitation.
2. This regulation is applicable to the use of nutrition claims in prepackaged food products labelling; the nutritional claims of "Special Dietary Food" shall be applicable to this regulation, unless otherwise specified regulations.
3. For purposes of this regulation, the following terms shall have the meaning set forth below:
  - (1) Nutrient claim:

Nutrition claims: any representation which states, suggests or implies that a food product has or not particular calorie or nutrition properties
  - (2) The nutrient for moderate intake:

Excessive intake of calories, fat, saturated fat, trans fat, cholesterol, sodium, sugar, and lactose will have an adverse effect on national health.
  - (3) The nutrient for supplementary intake:

Inadequate intake of the dietary fiber, vitamin A, vitamin B<sub>1</sub>, vitamin B<sub>2</sub>, vitamin C, vitamin E, calcium, and iron will affect national health, that can be supplemented by additional method.
4. Nutrition claims shall be in accordance with the following regulations:
  - (1) The claims value of the calorie or nutrient content of the prepackaged foods, shall be describe the nutrient content in unit weight, volume or quantity of the food.
  - (2) The nutrient for moderate intake:
    - A. Where the nutrient in the first column of Solid (Semi-solid) Food Labeling Table 1 is claimed "free", "without", "zero" or other phrases the amount

of such nutrient per 100 g of food shall not be more than the amount specified in the second column of Table 1.

- B. Where the nutrient in the first column of Liquid Food Labeling Table 1 is claimed "free", "without", "zero" or other phrases the amount of such nutrient per 100 ml of food shall not be more than the amount specified in the third column of the Table 1.
- C. Where the nutrient in the first column of Solid (Semi-solid) Food Labeling Table 2 is claimed "low", "little", "weak", "light", "slightly contained" or other phrases the amount of such nutrient per 100 g of food shall not be more than the amount specified in the second column of Table 2.
- D. Where the nutrient in the first column of Liquid Food Labeling Table 2 is claimed "low", "little", "weak", "light", "slightly contained" or other phrases the amount of such nutrient per 100 ml of food shall not be more than the amount specified in the third column of Table 2.
- E. Food products are listed as "low Sodium", "little Sodium", "weak Sodium" or "slightly contained Sodium", the amount of Sodium shall respectively not be more than those described in the 2<sup>nd</sup> or 3<sup>rd</sup> column of Table 2, and the content of Potassium shall be stated clearly in the nutrition labeling format.

(3) The nutrient for supplementary intake:

- A. Where the nutrient in the first column of Solid (Semi-solid) Food Labeling Table 3 is claimed "high", "rich in", "strengthened", "excellent source of" or other phrases the amount of such nutrients per 100 g of food shall not be less than the amount specified in the second column of Table 3.

Notwithstanding, the foods listed in Table 5 shall be based on the amount of nutrient per 30 g (actual weight) of such food. The amount of

the above nutrient contained in such foods shall not be less than the amount specified in the second column of Table 3. The food listed in Table 6 shall be based on the amount of the nutrient per 1 g (dry food) of such foods. The amount of the above nutrients (except dietary fiber) contained in such foods must reach or exceed the amount specified in the second column of Table 3.

B. Where the nutrient in the first column of Liquid Food Labeling Table 3 is claimed as "high", "rich in", "strengthened", "excellent source of" or other phrases the amount of such nutrient per 100 ml of such foods shall not be less than the amount specified in the third column of Table 3, or per 100 kilocalories of such food shall not be less than the amount specified in the fourth column of Table 3.

C. Where the nutrient in the first column of Capsules or Tablets form Labeling Table 3 is claimed as "high", "rich in", "strengthened", "excellent source of" or other phrases the amount of such nutrient in minimum daily intake of such foods shall not be less than the amount specified in the second column of Table 3

(4) Nutrients listed in the first column of Table 4 are labeling the descriptive wording of the physiological functions shall meet "Regulations Governing of Criteria for the Label, Promotion and Advertisement of Foods and Food Products Identified as False, Exaggerated, Misleading or Having Medical Efficacy" and nutrient content shall be in accordance with the following:

A. The nutrient in the first column of Solid (Semi-solid) Food, the amount of such nutrient per 100 g of such foods shall not be less than the amount specified in the second column of Table 4.

Notwithstanding, the foods listed in Table 5 shall be based on the amount of nutrient per 30 g (actual weight) of such food. The amount of

the above nutrient contained in such foods shall not be less than the amount specified in the second column of Table 4. The foods listed in Table 6 shall be based on the amount of nutrient per 1 g (dry food) of such foods. The amount of the above nutrient (except protein and dietary fiber) contained in such foods shall not be less than the amount specified in the second column of Table 4.

- B. The nutrient in the first column of Liquid Food, the amount of such nutrient per 100 ml of food shall not be less than the amount specified in the third column of the same table, or per 100 kcal of food shall not be less than the amount specified in the fourth column of Table 4.
- C. Food in capsule or tablet form, the amount of such nutrient in minimum daily intake of such foods shall not be less than the amount specified in the second column of Table 4.

(5) The comparison claims of nutrient content:

- A. Where the nutrient in the first column of Food Labeling Table 2 is claimed "reduced than..." or "less than..."(except for the less/reduced sodium salts), and any claim likely to have the same meaning for the consumer, the difference between the amount of such nutrient in such solid (semi-solid) or liquid food and that in similar reference food must respectively reach or exceed the amount in the second or third column of the same table; the similar reference food being compared to shall be identified, and the amount or percentage reduced shall be specified.
- B. Where the nutrient in the first column of Food Labeling Table 3 is claimed "higher than..." , "increased than..." or "...times higher", and any claim likely to have the same meaning for the consumer, the difference between the amount of such nutrients in such solid (semi-solid) or liquid food and that in similar reference food must respectively reach or exceed the amount in the second, third or fourth column of Table 4; the similar

reference food being compared to shall be identified, and the amount or percentage higher shall be specified

- (6) The foods listed in Table 7 shall not have nutrition claim such as "high, rich in, strengthened, excellent source of source, provide, contain, etc." in its declaration of nutrition facts and any claim likely to have the same meaning for the consumer, as well as nutrient content claim and the descriptive wording of the physiological functions of nutrients.
5. For foods that require reconstitution with water for consumption or concentrated products (e.g., milk powder, juice powder, coffee and concentrated juice), it is acceptable to apply nutrition claims in "moderate intake" or "supplementary intake" of nutrients based on the amount of nutrient per 100 g solid food or per 100 ml liquid food as prepared in accordance to the recommendation on the product, and their nutritional labeling shall be consistent with the nutritional claims.

For brewed food products (e.g., tea bags... etc) the nutrition claims in "moderate intake" or "supplementary intake" of nutrients shall base on the per 100 ml reconstituted liquid obtained using the recommended reconstitution method, and their nutritional labeling shall be consistent with the nutritional claims.

6. Where a product has two or more nutrients that meets the conditions for nutrition claims, such claims may be made for such product accordingly. For instance, "this product is a low-fat, high-fiber product" or "this product is a low-fat, high-fiber, zero cholesterol" provided that the same product is measured on the same basis **【solid (semi-solid) or liquid】** . When choosing liquid as nutrition claims, and shall indicated that measurement standard is 100ml or 100 kcal on food products packaging.

7. Nutrients are not regulated as "moderate intake" or "supplementary intake" that shall not be declared as the nutrition claims in Subparagraphs 2 or 3 of Article 4, and the comparison of nutrient content in Subparagraphs 5.

Table 1.

The 1 <sup>st</sup> Column	The 2 <sup>nd</sup> Column	The 3 <sup>rd</sup> Column
Nutrient	Solid (Semi-solid) 100 g	Liquid 100 mL
Calories	4 Kcal	4 Kcal
Fats	0.5 g	0.5 g
Saturated fats	0.1 g	0.1 g
Trans Fats	0.3 g (The total saturated fats and trans fats shall not be more than 1.5 g, the amount of calories of saturated and trans fats shall not be more than 10% of total calories of the food.)	0.3 g (The total saturated fats and trans fats shall not be more than 0.75 g, the amount of calories of saturated and trans fats shall not be more than 10% of total calories of the food.)
Cholesterol	5 mg (The saturated fats shall not be more than 1.5 g, and the amount of calories of that shall not be more than 10% of total calories of the food.)	5 mg (The saturated fats shall not be more than 0.75 g, and the amount of calories of that shall not be more than 10% of total calories of the food.)
Sodium	5 mg	5 mg
Sugars	0.5 g	0.5 g
Lactose	0.5 g	0.5 g

Annotation 1: The Sugars is the total amount of monosaccharaides and disaccharides.

Annotation 2: For those products that are complied with the regulations in table 1, "0" may be labeled for cholesterol and lactose content of the nutrition labeling. And other nutrients content not only meet the requirements of table 1, but also meet the criteria in Appendix 2 of "Regulations on Nutrition Labeling for Prepackaged Food Products", they may be labeled as "0".

Table 2.

The 1 <sup>st</sup> Column	The 2 <sup>nd</sup> Column	The 3 <sup>rd</sup> Column
Nutrient	Solid (semi-solid) 100 g	Liquid 100 mL
Calories	40 kcal	20 kcal
Fats	3 g	1.5 g
Saturated fats	1.5 g (The amount of calories for saturated fats shall not be more than 10% of total calories of the food.)	0.75 g (The amount of calories for saturated fats shall not be more than 10% of total calories of the food.)
Cholesterol	20 mg (The saturated fats shall not be more than 1.5 g, and the amount of calories of that shall not be more than 10% of total calories of the food.)	10 mg (The saturated fats shall not be more than 1.5 g, and the amount of calories of that shall not be more than 10% of total calories of the food.)
Sodium	120 mg	120 mg
Sugars	5 g	2.5 g
Lactose (Dairy products only)	2 g	2 g

Annotation 1: The Sugars is the total amount of monosaccharaides and disaccharides.

Annotation 2: Dairy products are defined as “milk products and food produced from the milk of mammals”.



Table 3.

(1) Non-specific population

The 1 <sup>st</sup> column	The 2 <sup>nd</sup> column	The 3 <sup>rd</sup> column	The 4 <sup>th</sup> column
Nutrient	Solid (semi-solid) 100 g	Liquid 100 mL	Liquid 100 Kcal
Dietary fiber	6 g	3 g	3 g
Vitamin A	210 µg RE <sup>(1)</sup>	105 µg RE <sup>(1)</sup>	70 µg RE <sup>(1)</sup>
Vitamin B <sub>1</sub>	0.42 mg	0.21 mg	0.14 mg
Vitamin B <sub>2</sub>	0.48 mg	0.24 mg	0.16 mg
Vitamin C	30 mg	15 mg	10 mg
Vitamin E	3.9 mg α-TE <sup>(2)</sup>	1.95 mg α-TE <sup>(2)</sup>	1.3 mg α-TE <sup>(2)</sup>
Calcium	360 mg	180 mg	120 mg
Iron	4.5 mg	2.25 mg	1.5 mg

(2) Between 1 and 3 years old

The 1 <sup>st</sup> column	The 2 <sup>nd</sup> column	The 3 <sup>rd</sup> column	The 4 <sup>th</sup> column
Nutrient	Solid (semisolid) 100 g	Liquid 100 mL	Liquid 100 Kcal
Dietary fiber	6 g	3 g	3 g
Vitamin A	120 µg RE <sup>(1)</sup>	60 µg RE <sup>(1)</sup>	40 µg RE <sup>(1)</sup>
Vitamin B <sub>1</sub>	0.18 mg	0.09 mg	0.06 mg
Vitamin B <sub>2</sub>	0.21 mg	0.11 mg	0.07 mg
Vitamin C	12 mg	6 mg	4 mg
Vitamin E	1.5 mg α-TE <sup>(2)</sup>	0.75 mg α-TE <sup>(2)</sup>	0.5 mg α-TE <sup>(2)</sup>
Calcium	150 mg	75 mg	50 mg
Iron	3 mg	1.5 mg	1 mg

(3) Pregnant or nursing mothers

The 1 <sup>st</sup> column	The 2 <sup>nd</sup> column	The 3 <sup>rd</sup> column	The 4 <sup>th</sup> column
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Nutrient	Solid (semi-solid) 100 g	Liquid 100 mL	Liquid 100 Kcal
Dietary fiber	6 g	3 g	3 g
Vitamin A	180 $\mu\text{g RE}^{(1)}$	90 $\mu\text{g RE}^{(1)}$	60 $\mu\text{g RE}^{(1)}$
Vitamin B <sub>1</sub>	0.33 mg	0.17 mg	0.11 mg
Vitamin B <sub>2</sub>	0.36 mg	0.18 mg	0.12 mg
Vitamin C	33 mg	16.5 mg	11 mg
Vitamin E	4.2 mg $\alpha\text{-TE}^{(2)}$	2.1 mg $\alpha\text{-TE}^{(2)}$	1.4 mg $\alpha\text{-TE}^{(2)}$
Calcium	300 mg	150 mg	100 mg
Iron	13.5 mg	6.75 mg	4.5 mg

Annotation 1: RE is Retinol Equivalent.

1  $\mu\text{g RE}$  = 1  $\mu\text{g Retinol}$  = 6  $\mu\text{g } \beta\text{-Carotene}$

Annotation 2:  $\alpha\text{-TE}$  is  $\alpha\text{-Tocopherol}$  Equivalent.

1 mg  $\alpha\text{-TE}$  = 1 mg  $\alpha\text{-Tocopherol}$

Table 4.

## (1) Non-specific population

The 1 <sup>st</sup> column	The 2 <sup>nd</sup> column	The 3 <sup>rd</sup> column	The 4 <sup>th</sup> column
Nutrient	Solid (semi-solid)	Liquid	Liquid
	100 g	100 mL	100 Kcal
Protein	6 g	3 g	3 g
Dietary fiber	3 g	1.5 g	1.5 g
Vitamin A	105 µg RE <sup>(1)</sup>	52.5 µg RE <sup>(1)</sup>	35 µg RE <sup>(1)</sup>
Vitamin B <sub>1</sub>	0.21 mg	0.11 mg	0.07 mg
Vitamin B <sub>2</sub>	0.24 mg	0.12 mg	0.08 mg
Vitamin B <sub>6</sub>	0.24 mg	0.12 mg	0.08 mg
Vitamin B <sub>12</sub>	0.36 µg	0.18 µg	0.12 µg
Vitamin C	15 mg	7.5 mg	5 mg
Vitamin D	1.5 µg	0.75 µg	0.5 µg
Vitamin E	1.95 mg α-TE <sup>(2)</sup>	0.98 mg α-TE <sup>(2)</sup>	0.65 mg α-TE <sup>(2)</sup>
Vitamin K	18 µg	9 µg	6 µg
Niacin	2.7 mg NE <sup>(3)</sup>	1.35 mg NE <sup>(3)</sup>	0.9 mg NE <sup>(3)</sup>
Folate	60 µg	30 µg	20 µg
Pantothenic acid	0.75 mg	0.38 mg	0.25 mg
Biotin	4.5 µg	2.25 µg	1.5 µg
Calcium	180 mg	90 mg	60 mg
Iron	2.25 mg	1.13 mg	0.75 mg
Iodine	21 µg	10.5 µg	7 µg
Magnesium	58.5 mg	29.25 mg	19.5 mg
Zinc	2.25 mg	1.13 mg	0.75 mg

## (2) Between 1 and 3 years old

The 1 <sup>st</sup> column	The 2 <sup>nd</sup> column	The 3 <sup>rd</sup> column	The 4 <sup>th</sup> column
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Nutrient	Solid (semi-solid) 100 g	Liquid 100 mL	Liquid 100 kcal
Protein	2 g	1 g	1 g
Dietary fiber	3 g	1.5 g	1.5 g
Vitamin A	60 µg RE <sup>(1)</sup>	30 µg RE <sup>(1)</sup>	20 µg RE <sup>(1)</sup>
Vitamin B <sub>1</sub>	0.09 mg	0.05 mg	0.03 mg
Vitamin B <sub>2</sub>	0.11 mg	0.05 mg	0.04 mg
Vitamin B <sub>6</sub>	0.08 mg	0.04 mg	0.03 mg
Vitamin B <sub>12</sub>	0.14 µg	0.07 µg	0.05 µg
Vitamin C	6 mg	3 mg	2 mg
Vitamin D	0.75 µg	0.38 µg	0.25 µg
Vitamin E	0.75 mg α-TE <sup>(2)</sup>	0.38 mg α-TE <sup>(2)</sup>	0.25 mg α-TE <sup>(2)</sup>
Vitamin K	4.5 µg	2.25 µg	1.5 µg
Niacin	1.35 mg NE <sup>(3)</sup>	0.68 mg NE <sup>(3)</sup>	0.45 mg NE <sup>(3)</sup>
Folate	25.5 µg	12.75 µg	8.5 µg
Pantothenic acid	0.3 mg	0.15 mg	0.1 mg
Biotin	1.35 µg	0.68 µg	0.45 µg
Calcium	75 mg	37.5 mg	25 mg
Iron	1.5 mg	0.75 mg	0.5 mg
Iodine	9.75 µg	4.88 µg	3.25 µg
Magnesium	12 mg	6 mg	4 mg
Zinc	0.75 mg	0.38 mg	0.25 mg

(3) Pregnant or nursing mothers

The 1 <sup>st</sup> column	The 2 <sup>nd</sup> column	The 3 <sup>rd</sup> column	The 4 <sup>th</sup> column
Nutrient	Solid (semi-solid) 100 g	Liquid 100 mL	Liquid 100 kcal
Protein	6.5 g	3.25 g	3.25 g

Dietary fiber	3 g	1.5 g	1.5 g
Vitamin A	90 µg RE <sup>(1)</sup>	45 µg RE <sup>(1)</sup>	30 µg RE <sup>(1)</sup>
Vitamin B <sub>1</sub>	0.17 mg	0.08 mg	0.06 mg
Vitamin B <sub>2</sub>	0.18 mg	0.09 mg	0.06 mg
Vitamin B <sub>6</sub>	0.29 mg	0.14 mg	0.1 mg
Vitamin B <sub>12</sub>	0.39 µg	0.2 µg	0.13 µg
Vitamin C	16.5 mg	8.25 mg	5.5 mg
Vitamin D	1.5 µg	0.75 µg	0.5 µg
Vitamin E	2.1 mg α-TE <sup>(2)</sup>	1.05 mg α-TE <sup>(2)</sup>	0.7 mg α-TE <sup>(2)</sup>
Vitamin K	13.5 µg	6.75 µg	4.5 µg
Niacin	2.4 mg NE <sup>(3)</sup>	1.2 mg NE <sup>(3)</sup>	0.8 mg NE <sup>(3)</sup>
Folate	90 µg	45 µg	30 µg
Pantothenic acid	0.9 mg	0.45 mg	0.3 mg
Biotin	4.5 µg	2.25 µg	1.5 µg
Calcium	150 mg	75 mg	50 mg
Iron	6.75 mg	3.38 mg	2.25 mg
Iodine	30 µg	15 µg	10 µg
Magnesium	53.25 mg	26.63 mg	17.75 mg
Zinc	2.25 mg	01.13 mg	0.75 mg

Annotation 1: RE is Retinol Equivalent.

1 µg RE=1 µg Retinol=6 µg β-Carotene

Annotation 2: α-TE is α-Tocopherol Equivalent.

1 mg α-TE =1 mg α-Tocopherol

Annotation 3: NE is Niacin Equivalent.

Niacin, including nicotinic acid and nicotinamide and tryptophan, is expressed in Niacin Equivalent.

1 mg NE= 60 mg tryptophan

Table 5.

- cheese, cheese powder, cream, and cream powder
- Fried pork fiber, fried pork paste, ground meat sauce, pork fiber, fried, sliced dried meat, dried and cured meat
- Fried fish fiber, fish paste, pickled seafood and nori paste
- Bean curd cheese, vegetarian fried pork fiber, vegetarian fried pork paste and Chinese spaghetti sauce
- Fruit jam, peanut butter, sesame paste, peanut powder
- Western-style bakery products (including cookies, but excluding cakes, breads, and pizzas)
- Chinese pastries (including cookies)

Table 6.

- Small dried shrimp skin, small dried shrimp, seaweed, dried mackerel fish, dried seaweed, Nori, dried laver, agar-agar, dried jelly fish

Table 7.

-The snack foods
Rice crackers, swelling and pressing products
Preserve and dried vegetables, fruits
Seed products
Drupaceous fruit products
Bean products
Seafood snacks
-Soda water and cola which the amount of calories of sugars shall not be more than 10% of total calories of the drink
-The candies (excluding chewing gum, bubble gum that be subjected to provisions relevant to the amount of sugar as specified in Table 1 of these Regulations)
Hard candy
Soft sweets products
Preserved wax-gourd, preserved papaya candy, preserved sweet potato
Chocolate
Fresh cavity candy
The other candies
-Seasoning products
Dried powder products
Miso and black bean
Dressing oil products
Dressing products (used in large quantities)
Dipping sauces (used in small quantities)
Agaric sauce and black pepper sauce
Spaghetti sauce
Sugar products
Solid products

Liquid products

MSG, flavor enhancers

Fried garlic and fried shallot

Star anise and powdered spices

Osmanthus sauce

The other seasonings

-Salted and preserved vegetables