

FDA CIRCULAR

No. _____

SUBJECT: Guidelines on the Adoption of 2015 Philippine Dietary Reference Intakes (PDRI) for Declaration of Nutrition Information on the Labels Repealing Bureau Circular No. 16 s. 2005 entitled “Adopting the 2002 Recommended Energy and Nutrient Intakes as the New Dietary Standard”

I. RATIONALE

It is a policy of the State as embodied in Article II, Section 15 of the 1987 Constitution to protect and promote the right to health of the people and instill health consciousness among them and in Section 12, Article XIII of the 1987 Constitution to establish and maintain an effective food and drug regulatory system and undertake appropriate health manpower development and research, responsive to the country’s health needs and problems.

It is further declared as a policy of the State under Republic Act No. 7394 or the Consumer Act of the Philippines to enforce compulsory labelling, and fair packaging to enable the consumer to obtain accurate information as to the nature, quality and quantity of the contents of consumer products and to facilitate comparison of the value of such products.

As the 2002 Recommended Energy and Nutrient Intake (RENI) needs updating, the Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI) has formulated and developed set of dietary standards based on the recent and updated available information for the following: 1) Estimated Average Requirement (EAR); 2) Recommended Energy Intake/Recommended Nutrient Intake (REI/RNI); 3) Adequate Intake (AI); 4) Tolerable Upper Intake/Upper Limit (UL); and 5) Acceptable Macronutrient Distribution Range (AMDR), which are now prescribed in the 2015 Philippine Dietary Reference Intakes (PDRI).

In line with these changes, the Food and Drug Administration (FDA) shall use the new REI/RNI prescribed in the 2015 PDRI as the reference standard in nutrition labelling of processed food products, planning food fortification program, nutrition advocacy, and formulating laws, among others. The REI/RNI shall be used in place of the 2002 RENI for Filipinos. Thus, updating the Bureau Circular No.16 s.2005. The guidelines on the use of REI/RNI for nutrition information on the label of processed foods are promulgated under this Circular.

II. OBJECTIVES

This Circular aims to update the reference of dietary standard used in processed food products.

III. SCOPE

This Circular shall cover all nutrition labeling of processed food products, planning food fortification program, nutrition advocacy, and formulating laws, among others.

IV. GUIDELINES ON THE USE OF RECOMMENDED ENERGY/NUTRIENT INTAKE FOR LABEL DECLARATION OF NUTRITION INFORMATION

1. % REI/RNI shall be used in the nutrition information table (Table 1) following the Recommended Energy/Nutrient Intake levels prescribed by FNRI. Tables 2-4 (See Annex A) summarize the reference values for computing energy and nutrient levels in nutrition information.

Table 1. Sample Format for Nutrition Facts Declaration

Nutrition Facts	
Serving Size: ____	
No. of servings per container/pack: ____	
Amount per Serving: ____	
	% RE/NI*
Calories (kcal) ____ Calories from Fat ____	%
Total Fat (g)	%
Saturated Fat** (g)	%
Trans Fat (g)	%
Cholesterol (mg)	%
Sodium (mg)	%
Total Carbohydrates (g)	%
Dietary Fiber (g)	%
Sugar (g)	%
Total Protein (g)	%
<small>*Percent RE/NI are based on a 2,490 calorie diet for 19-29 y/o Male (Based on PDRI 2015). Your RE/NI may be higher or lower depending on your calorie needs.</small>	
<small>**For coconut products, Medium Chain Triglycerides (MCTs) is predominant.</small>	

2. The statement “Based on PDRI 2015” shall be declared below the Nutrition Facts/ Nutrition Information/ Nutritive Value table.
3. For purposes of computing the nutrient content expressed in terms of % REI/RNI the computation shall be based on the PDRI 2015 for male adults

ages nineteen (19) to twenty-nine (29). In cases of food products intended for a specific group, REI/RNI values for the said group shall be made as the basis of REI/RNI declaration and such fact shall be indicated on the label.

4. When the product is intended for 2 or more age groups, age group with the highest values for energy and nutrients shall be used, i.e. products intended for 13-18 years old (13-15 and 16-18 y/o), recommended values for male, 16-18 years old shall be used.
5. Computation of iron level for general population shall be based on iron values for male, unless the product is intended for female, the iron values for female shall be used.
6. For the purpose of computation on the levels of fiber, the mid-value 23 g based on the recommended range 20-25 g for adult and the mean value 13 g based on the recommended range 11-14 g for children 6-9 y/o shall be used.
7. Average amount of the actual values based on analysis shall be used to declare levels of energy and nutrients. However, other recognized nutrient database maybe used as basis for the computation as applicable. The amounts of energy and nutrients shall be declared in whole numbers. However, for B-vitamins, cholesterol, saturated fat and *trans*- fat, average values shall be declared without increment or rounding off, and on the nearest tenths place or hundredths place. Example, if the average amount is 0.32 mg cholesterol, declaration shall be 0.3 mg; if the average amount is 0.0088 mg, declaration shall be 0.01 mg.
8. %REI/RNI values shall be declared in whole numbers. Nutrients present in amounts less than 2 percent of the RNI shall be indicated by the statement “contains less than (or symbol „<”) 2% RNI” or by an asterisk referring to this statement.
9. Certain food products that contain insignificant amounts of nutrients to be declared on the label can be exempted from specific nutrient analysis based on its innate composition (e.g. dried mango with no saturated fat, cholesterol, *trans*- fat; coconut oil which does not have fiber, sodium, protein, ash/minerals; plant based single component product (zero [0] cholesterol), single component animal based product (zero [0] dietary fiber), coffee and most spices, flavor extracts, food color, as determined by FDA. The product that contains insignificant amount of specific nutrient, this particular nutrient shall be listed in the nutrition information and the amount shall be declared as “0”.
10. The Tolerable Upper Intake Levels or Upper Limits (UL) (see Annex B) is the highest average daily nutrient intake level likely to pose no adverse health effects to almost all individuals in the general population. The nutrients may be obtained from different dietary sources such as food and supplements. Hence, UL shall not be used as basis for the maximum limit

of vitamins and minerals for Food Supplement.

11. Products such as Food for Special Medical Purposes, Food for Special Dietary Uses, Infant Formula, Milk Supplement, bottled water among others shall follow its own prescribed guidelines/standards in nutrition labelling.

V. TRANSITORY PROVISION

After 12 months from effectivity of this issuance, non-compliant products shall thereafter be deemed misbranded and appropriate sanctions against the violating establishment shall be imposed.

VI. REPEALING CLAUSE

The Bureau Circular No. 16 s. 2005 “Adopting the 2002 Recommended Energy and Nutrient Intakes as the New Dietary Standard”, and other FDA issuances inconsistent with this Circular are hereby repealed accordingly.

VII. SEPARABILITY CLAUSE

If any provision of this Circular be declared as invalid or unenforceable, the validity and enforceability of the remaining portions or provisions shall remain in full force and effect.

VIII. EFFECTIVITY

This Circular shall take effect fifteen (15) days after its publication in the Official Gazette or in any newspaper of general circulation and upon filing with the University of the Philippines Law Center Office of the National Administrative Register.

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Director General

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ANNEX A
REFERENCE VALUES

Table 2

Philippine Dietary Reference Intakes 2015: Summary Tables

Recommended Nutrient Intakes per day (Macronutrients)

Life stage/ age group	Weight (kg)		Energy (kcal)		Protein (g)		Essential Fatty Acids		Dietary Fiber (g)	Water (mL)	
	M	F	M	F	M	F	α-Linolenic Acid (%E)	Linoleic Acid (%E)		M	F
Infants, mo											
0–5	6.5	6.0	620	560	9	8	<i>0.5</i>	<i>4.5</i>	-	<i>680</i>	<i>680</i>
6–11	9.0	8.0	720	630	17	15	<i>0.5</i>	<i>4.5</i>	-	<i>890</i>	<i>890</i>
Children, y											
1–2	12.0	11.5	1,000	920	18	17	<i>0.5</i>	<i>3.0</i>	<i>6–7</i>	<i>1,000</i>	<i>920</i>
3–5	17.5	17.0	1,350	1,260	22	21	<i>0.5</i>	<i>2.0</i>	<i>8–10</i>	<i>1,350</i>	<i>1,260</i>
6–9	23.0	22.5	1,600	1,470	30	29	<i>0.5</i>	<i>2.0</i>	<i>11–14</i>	<i>1,600</i>	<i>1,470</i>
10–12	33.0	36.0	2,060	1,980	43	46	<i>0.5</i>	<i>2.0</i>	<i>15–17</i>	<i>2,060</i>	<i>1,980</i>
13–15	48.5	46.0	2,700	2,170	62	57	<i>0.5</i>	<i>2.0</i>	<i>18–20</i>	<i>2,700</i>	<i>2,170</i>
16–18	59.0	51.5	3,010	2,280	72	61	<i>0.5</i>	<i>2.0</i>	<i>21–23</i>	<i>3,010</i>	<i>2,280</i>
Adults, y											
19–29	60.5	52.5	2,530	1,930	71	62	<i>0.5</i>	<i>2.0</i>	<i>20–25</i>	<i>2,530</i>	<i>1,930</i>
30–49	60.5	52.5	2,420	1,870	71	62	<i>0.5</i>	<i>2.0</i>	<i>20–25</i>	<i>2,420</i>	<i>1,870</i>
50–59	60.5	52.5	2,420	1,870	71	62	<i>0.5</i>	<i>2.0</i>	<i>20–25</i>	<i>2,420</i>	<i>1,870</i>
60–69	60.5	52.5	2,140	1,610	71	62	<i>0.5</i>	<i>2.0</i>	<i>20–25</i>	<i>2,140</i>	<i>1,610</i>
≥ 70	60.5	52.5	1,960	1,540	71	62	<i>0.5</i>	<i>2.0</i>	<i>20–25</i>	<i>1,960</i>	<i>1,540</i>
Pregnant				+300*		+27					+300
Lactating				+500		+27					+700

NOTE: Recommended Nutrient Intakes (RNI) are in **bold font**, while Adequate Intakes (AI) are in *italics*.

*For 2nd and 3rd trimesters only

Table 3

Philippine Dietary Reference Intakes 2015: Summary Tables

Recommended Nutrient Intakes per day (Vitamins)

Life stage/ age group	Weight (kg)		Vitamin A ^a (µgRE)		Vitamin D ^b (µg)		Vitamin E ^c (mg α-TE)		Vitamin K (µg)		Thiamin (mg)		Riboflavin (mg)		Niacin ^d (mgNE)		Vitamin B ₆ (mg)		Vitamin B ₁₂ (µg)		Folate ^e (µgDFE)		Vitamin C (mg)	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
Infants, mo																								
0–5	6.5	6.0	380	380	5	5	3	3	7	6	0.2	0.2	0.3	0.3	1	1	0.1	0.1	0.3	0.3	65	65	30	30
6–11	9.0	8.0	400	400	5	5	4	4	9	8	0.4	0.3	0.4	0.3	5	5	0.2	0.3	0.4	0.4	80	70	40	40
Children, y																								
1–2	12.0	11.5	400	400	5	5	4	4	12	12	0.5	0.4	0.5	0.4	6	6	0.5	0.5	0.9	1.0	150	150	45	45
3–5	17.5	17.0	400	400	5	5	5	5	18	17	0.5	0.5	0.6	0.5	7	7	0.6	0.7	1.1	1.2	200	200	45	45
6–9	23.0	22.5	400	400	5	5	6	6	23	23	0.7	0.7	0.7	0.7	9	9	0.7	0.8	1.3	1.5	300	300	45	45
10–12	33.0	36.0	500	500	5	5	7	9	33	36	0.9	0.9	1.0	0.9	11	12	1.0	1.1	1.8	2.1	300	300	45	45
13–15	48.5	46.0	700	500	5	5	10	9	49	46	1.2	1.0	1.3	1.0	15	13	1.3	1.2	2.3	2.2	400	400	60	55
16–18	59.0	51.5	800	600	5	5	11	10	59	52	1.4	1.1	1.5	1.1	18	14	1.5	1.3	2.7	2.4	400	400	70	60
Adults, y																								
19–29	60.5	52.5	700	600	5	5	10	10	61	53	1.2	1.1	1.3	1.1	16	14	1.3	1.3	2.4	2.4	400	400	70	60
30–49	60.5	52.5	700	600	5	5	10	10	61	53	1.2	1.1	1.3	1.1	16	14	1.3	1.3	2.4	2.4	400	400	70	60
50–59	60.5	52.5	700	600	10	10	10	10	61	53	1.2	1.1	1.3	1.1	16	14	1.7	1.6	2.4	2.4	400	400	70	60
60–69	60.5	52.5	700	600	15	15	10	10	61	53	1.2	1.1	1.3	1.1	16	14	1.7	1.6	2.4	2.4	400	400	70	60
≥ 70	60.5	52.5	700	600	15	15	10	10	61	53	1.2	1.1	1.3	1.1	16	14	1.7	1.6	2.4	2.4	400	400	70	60
Pregnant				+300		+0		+0		+0		+0.3		+0.7		+4		+0.6		+0.2		+200		+10
Lactating				+400		+0		+4		+0		+0.2		+0.6		+3		+0.7		+0.5		+150		+35

NOTE: Recommended Nutrient Intakes (RNI) are in **bold font**, while Adequate Intakes (AI) are in *italics*.

^a 1 retinol equivalent (RE) = 1 µg retinol = 12 µg β-carotene or 24 µg other provitamin A carotenoids; 1 µg RE = 3.33 IU vitamin A

^b In the absence of adequate exposure to sunlight, as calciferol; 1 µg calciferol = 40 IU vitamin D

^c 1 mg alpha-tocopherol equivalent (α-TE) = 1.49 IU natural form or 2.22 IU synthetic form

^d As niacin equivalent (NE)

^e 1 dietary folate equivalent (DFE) = 1 µg food folate = 0.6 µg folic acid from fortified foods or as supplement = 0.5 µg taken on an empty stomach

Table 4

Philippine Dietary Reference Intakes 2015: Summary Tables

Recommended Nutrient Intakes per day (Minerals)

Life stage/ age group	Weight (kg)		Iron (mg)		Zinc (mg)		Selenium (µg)		Iodine (µg)		Calcium (mg)		Magnesium (mg)		Phosphorus (mg)		Fluoride (mg)		Electrolytes		
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	Sodium (mg)	Chloride (mg)	Potassium (mg)
Infants, mo																					
0–5	6.5	6.0	<i>0.4</i>	<i>0.4</i>	<i>2.0</i>	<i>2.0</i>	7	6	90	90	<i>200</i>	<i>200</i>	<i>26</i>	<i>26</i>	<i>90</i>	<i>90</i>	<i>0.01</i>	<i>0.01</i>	<i>120</i>	<i>180</i>	<i>500</i>
6–11	9.0	8.0	10	9	4.2	3.7	10	9	90	90	400	400	<i>50</i>	<i>50</i>	<i>275</i>	<i>275</i>	<i>0.5</i>	<i>0.4</i>	<i>200</i>	<i>300</i>	<i>700</i>
Children, y																					
1–2	12.0	11.5	8	8	4.1	4.0	17	16	90	90	500	500	60	60	460	460	<i>0.6</i>	<i>0.6</i>	<i>225</i>	<i>350</i>	<i>1,000</i>
3–5	17.5	17.0	9	9	5.0	4.8	20	20	90	90	550	550	70	70	500	500	<i>0.9</i>	<i>0.9</i>	<i>300</i>	<i>500</i>	<i>1,400</i>
6–9	23.0	22.5	10	9	5.1	5.0	20	19	120	120	700	700	90	90	500	500	<i>1.2</i>	<i>1.1</i>	<i>400</i>	<i>600</i>	<i>1,600</i>
10–12	33.0	36.0	12	20	6.6	6.1	21	23	120	120	1,000	1,000	150	160	1,250	1,250	<i>1.7</i>	<i>1.8</i>	<i>500</i>	<i>750</i>	<i>2,000</i>
13–15	48.5	46.0	19	(28)	9.2	7.4	30	29	150	150	1,000	1,000	220	210	1,250	1,250	<i>2.4</i>	<i>2.3</i>	<i>500</i>	<i>750</i>	<i>2,000</i>
16–18	59.0	51.5	14	(28)	9.0	7.2	37	32	150	150	1,000	1,000	265	230	1,250	1,250	<i>3.0</i>	<i>2.6</i>	<i>500</i>	<i>750</i>	<i>2,000</i>
Adults, y																					
19–29	60.5	52.5	12	(28)	6.5	4.6	38	33	150	150	750	750	240	210	700	700	<i>3.0</i>	<i>2.6</i>	<i>500</i>	<i>750</i>	<i>2,000</i>
30–49	60.5	52.5	12	(28)	6.5	4.6	38	33	150	150	750	750	240	210	700	700	<i>3.0</i>	<i>2.6</i>	<i>500</i>	<i>750</i>	<i>2,000</i>
50–59	60.5	52.5	12	10	6.5	4.6	38	33	150	150	750	800	240	210	700	700	<i>3.0</i>	<i>2.6</i>	<i>500</i>	<i>750</i>	<i>2,000</i>
60–69	60.5	52.5	12	10	6.5	4.6	38	33	150	150	800	800	240	210	700	700	<i>3.0</i>	<i>2.6</i>	<i>500</i>	<i>750</i>	<i>2,000</i>
≥ 70	60.5	52.5	12	10	6.5	4.6	38	33	150	150	800	800	240	210	700	700	<i>3.0</i>	<i>2.6</i>	<i>500</i>	<i>750</i>	<i>2,000</i>
Pregnant				(+10)	+5.1		+4		+100		+50*		+0		+0		+0		-	-	-
Lactating				+2	+7.0		+9		+100		+0		+50		+0		+0		-	-	-

NOTE: Recommended Nutrient Intakes (RNI) are in **bold font**, while Adequate Intakes (AI) are in *italics*.

() Requirements cannot be met by usual diet alone. Intake of iron-rich and iron-fortified foods and the use of supplements are recommended, if necessary.

*The calcium recommendation for pregnant women is for 3rd trimester only.

ANNEX B

Philippine Dietary Reference Intakes 2015: Summary Tables

6

Tolerable Upper Intake Levels or Upper Limits per day

Life stage/ age group	Vitamin A ^a (µgRE)	Vitamin D (µg)	Vitamin E ^b (mg α-TE)	Niacin ^b (mgNE)	Vitamin B ₆ (mg)	Folate ^b (µgDFE)	Vitamin C (mg)	Iron (mg)	Zinc (mg)	Selenium (µg)	Iodine (µg)	Calcium ^b (mg)	Magnesium ^b (mg)	Phosphorus (mg)	Fluoride (mg)
Infants, mo															
0-5	600	25	c	c	c	c	c	40	4	45	c	1,000	c	c	0.7
6-11	600	25	c	c	c	c	c	40	5	60	c	1,500	c	c	0.9
Children, y															
1-2	600	50	200	10	30	300	400	40	7	90	200	2,500	65	3,000	1.3
3	600	50	200	10	30	300	400	40	7	90	200	2,500	65	3,000	1.3
4-5	900	50	300	15	40	400	650	40	12	150	300	2,500	110	3,000	2.2
6-8	900	50	300	15	40	400	650	40	12	150	300	2,500	110	3,000	2.2
9	1,700	50	600	20	60	600	1200	40	23	280	600	3,000	350	4,000	10.0
10-12	1,700	50	600	20	60	600	1200	40	23	280	600	3,000	350	4,000	10.0
13	1,700	50	600	20	60	600	1200	40	23	280	600	3,000	350	4,000	10.0
14-15	2,800	50	800	30	80	800	1800	45	34	400	900	3,000	350	4,000	10.0
16-18	2,800	50	800	30	80	800	1800	45	34	400	900	3,000	350	4,000	10.0
Adults, y															
19-29	3,000	50	1,000 ^d	35	100	1,000	1000	45	45	400	1,100	3,000	350	4,000	10.0
30-49	3,000	50	1,000 ^d	35	100	1,000	1000	45	45	400	1,100	3,000	350	4,000	10.0
50-59	3,000	50	1,000 ^d	35	100	1,000	1000	45	45	400	1,100	3,000	350	4,000	10.0
60-70	3,000	50	1,000 ^d	35	100	1,000	1000	45	45	400	1,100	3,000	350	4,000	10.0
>70	3,000	50	1,000 ^d	35	100	1,000	1000	45	45	400	1,100	2,000	350	3,000	10.0
Pregnant/Lactating, y															
14-18	2,800	50	800	35	80	800	1800	45	34	400	900	3,000	350	e	10.0
≥ 19	3,000	50	1,000 ^d	35	100	1,000	2000	45	40	400	1,100	2,500	350	e	10.0

NOTE: Adapted from WHO/FAO *Guidelines on Food Fortification with Micronutrients* (WHO/FAO, 2006); however, WHO/FAO have only recommended ULs for vitamins A, niacin, B₆, C, D and E, calcium, selenium and zinc for adults. The remaining values are those recommended by IOM-FNB.

^a As preformed vitamin A only; 1 µg RE = 3.33 IU vitamin A

^b The ULs for vitamin E, niacin, folate and calcium apply to synthetic forms obtained from supplements and/or fortified foods; for magnesium, the UL applies to pharmacologic agent and does not include intake from food and water.

^c Not possible to establish due to lack of data of adverse effects in this age group; source of intake should be from food only to prevent high levels of intake.

^d More recent evidences suggested lower ULs: <1000 mg/d α-TE (Horwitt, 2001); 300 mg/d α-TE (NHMRC, 2005; EFSA, 2006).

^e UL for phosphorus for pregnant and lactating women 14-50 years were 3,500 and 4,000 mg, respectively.

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