



Leatherhead Food International

Labelling issues relating to fats and oils – a global perspective



Kath Veal
Business Manager
Regulatory and Technical Consultancy Services
Leatherhead Food International

Why is Labelling Information Important?



- Legislation
 - Specific or general
- Increased label awareness
 - Everyone is advising consumers on how to read a label.
 - Health drivers.
- Marketing



BAN TRANS FATS

THE CAMPAIGN TO BAN PARTIALLY HYDROGENATED OILS

- ▶ Home
- ▶ About Trans Fat
- ▶ Project Tiburon
- ▶ British Page
- ▶ What Not to Eat
- ▶ New Labeling
- ▶ Product News
- ▶ Eateries News
- ▶ Trans Fat News
- ▶ Diabetes
- ▶ Trans vs. Sat
- ▶ Fats in Oils
- ▶ Alternatives
- ▶ The Oreo Case
- ▶ McDonald's
- ▶ Did You Know?
- ▶ FDA Petition
- ▶ FDA Comments
- ▶ Survey Results

T-SHIRTS AND STICKERS



European Union



- Directive 90/496/EEC on Nutrition Labelling of Foodstuffs
- Nutrition labelling only mandatory when a claim is made and must be given in prescribed format.
- Trans fat can only be declared in the nutrition panel where a nutrition claim has been made in relation to trans fat.

BERTOLLI SPREAD	
Energy	2203kJ/536kcal
Protein	0.2 g
Carbohydrate	1 g
of which Sugars	1 g
Fat	59 g
of which Saturates	14 g
Monounsaturates	30 g
Polyunsaturates	14.5 g
Trans	0.5 g
Fibre	Trace
Sodium	0.32g

“virtually free from
trans fat”

EC Nutrition Labelling

- Directive 90/496/EEC

Group 1 format:

- Energy
- Carbohydrate
- Protein
- Fat

<i>Nutritional Information:</i>		
<i>Average Values</i>	<i>Per 100g</i>	<i>Per 1/6 Tart</i>
Energy	1755	892
	kcal	418
		212
Protein	3.8g	1.9g
Carbohydrate	59.2g	30.1g
Fat	18.5g	9.4g


Group 2 format:

- Group 1
- Saturated fat
- Sugar
- Fibre
- Sodium

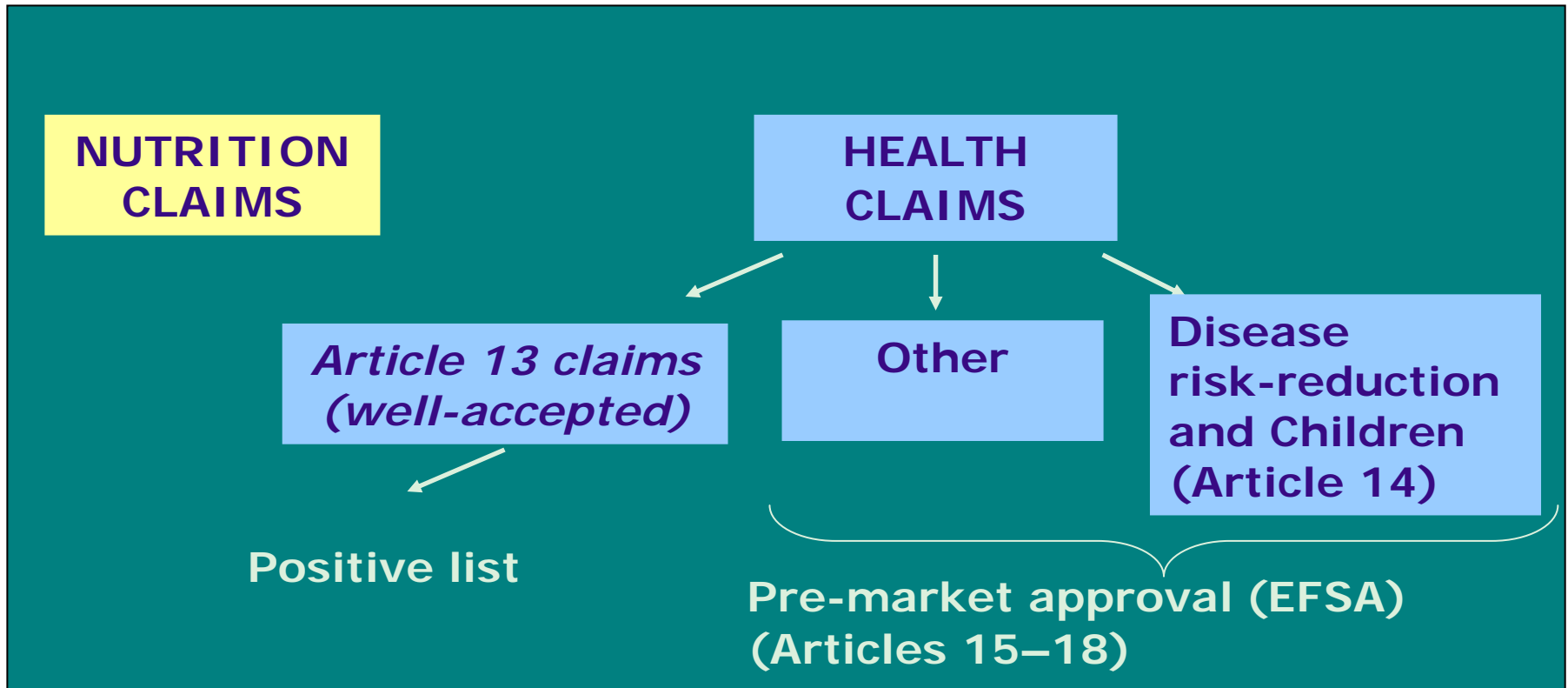
NUTRITION		
TYPICAL COMPOSITION	A half pack serving provides	100 g (3 1/2 oz) provide
Energy	689 kJ/164 kcal	459 kJ/109 kcal
Protein	8.1 g	5.4 g
Carbohydrate	17.7 g	11.8 g
of which sugars	4.8 g	3.2 g
Fat	6.8 g	4.5 g
of which saturates	2.5 g	1.7 g
Fibre	2.4 g	1.6 g
Sodium	0.1 g	0.1 g

INFORMATION

Optional Indications

- Polyols (g)
 - Starch (g)
 - Mono-unsaturates (g)
 - Polyunsaturates (g)
 - Cholesterol (mg)
 - Specified vitamins and minerals
- 

EC proposal on Nutrition and Health Claims



EC Nutrition Claims

Regulation (EC) No. 1924/2006

FAT

<u>Claim</u>	<u>Condition</u>
Low fat*	Max 3g/100g or 1.5g/100ml
Fat-free	Max 0.5g/100g or 100ml
Low saturated fat**	Max 1.5g/100g solids or 0.75g/100ml
Saturated fat-free	Max 0.1g/100g or 100ml

* 1.8g of fat per 100ml for semi-skimmed milk

** Also must not provide more than 10% of energy



Excluded Nutrition Claims

Omega-3 claims

Omega-3 fatty acid source

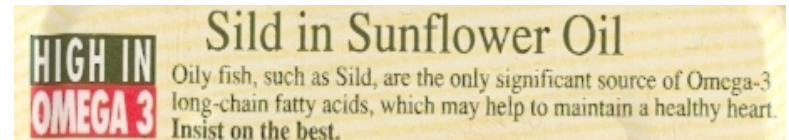
High in omega-3 fatty acids

High unsaturated fat

High monounsaturated fat

High polyunsaturated fat

- Commission requested EFSA Opinion – issued 6 July 2005
- Expected to make early proposal to amend Annex





USA – Labelling Requirements

Required to appear on Nutrition Facts Panel in a separate line under saturated fat.

There is no Daily Value (DV) given for trans fat

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 260	Calories from Fat 120		
<hr/>			
			% Daily Value*
Total Fat 13g			20%
Saturated Fat 5g			25%
<i>Trans Fat</i> 2g			
Cholesterol 30mg			10%
Sodium 660mg			28%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
<hr/>			
Vitamin A 4%	•	Vitamin C 2%	
Calcium 15%	•	Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

USA – Labelling Exemptions



- No required to be listed if the **total fat** in the food is less than 0.5g per serving *and* no claims are made about fat, fatty acids or cholesterol content
 - In this case, a footnote is required:
“this food is not a significant source of *trans* fat”
- Trans fats may be listed as zero (0) where the actual level is below 0.5g per serving

Canada

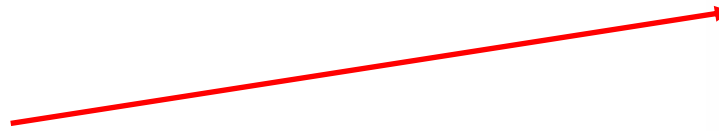


- *New Regulations on Nutrition Labelling and Claims came into force on the 1st January 2006*
- *Published in Canada Gazette Part II, January 1, 2003*
- Must indicate amount of trans on the label even when zero (below 0.2g per serving)
- Statement “Not a significant source of trans fat” may be used, where applicable, on simplified labelling format

Canada



Trans Fats



Nutrition Facts	
Per 125 mL (87 g)	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

Canada



- Permitted Health Claim:

“A healthy diet low in saturated and trans fats may reduce the risk of heart disease. (Food) is free from / low in saturated and trans fats”



Canada



- In June 2006 the Trans Fat Task Force submitted a report to the Minister of Health on developing strategies to eliminate or reduce trans fats in Canadian foods to the lowest possible levels.
- Recommends establishing regulatory limits for trans fats in products sold to consumers or for use as an ingredient:
 - Vegetable oils and soft spreadable margarines – trans fat content should not exceed 2% of the total fat content
 - For all other foods – total trans fat content should not exceed 5% of the total fat content
- Recommends draft regulations be published in the gazette by June 2007 and finalised by June 2008

Australia



- Currently the Food Code does not require manufacturers to label the trans fatty acid content of foods unless they make a nutrition claim about cholesterol, saturated, unsaturated or trans fatty acids.
- Voluntary labelling is permitted
- Proposing to allow a claim that a food “low in trans fatty acids and saturated fat can reduce the risk of heart disease” under new health claims legislation that is to be introduced in 2007

Mercosur

Argentina, Brazil, Paraguay, Uruguay



- Nutrition labelling mandatory since 1st August 2006.
- Trans fat defined as “the triglycerides which contain fatty acids with one or more double bonds in trans configuration, expressed as free fatty acids”.
- Must declare trans fat but do not need to express as a %DV as no established DV

Denmark



- Establishes limits on trans fatty acids in oils and fats
 - Excludes trans fats which occur naturally
 - Does not apply to products for export
- Limit set at 2g/100g oil or fat from 1st June 2003
- 'Free from' claims must be below 1g/100g

France



- In April 2005 AFSSA (Agence Francaise de Securite Sanitaire) issued a report on trans fat labelling and upper limits for foods.
- Report suggests:
 - Trans fats should not exceed 1g/100g of the product as consumed
 - For table oil, trans fats should represent under 0.5% of total fatty acids
 - For margarines and shortenings trans fats should be a maximum of 1% of total fatty acids
 - Measures be adopted requiring mandatory labelling of trans fatty acids



Codex Alimentarius

- Codex Commission adopted at step 5 of the Accelerated Procedure a proposed draft definition of trans fatty acids
 - *“for the purpose of the Codex Guidelines on Nutrition Labelling and other related Codex Standards and Guidelines, trans fatty acids are defined as 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”*
- 29th Session of Codex Alimentarius Commission, 3-7 July 2006

NOVEL FOODS



Novel Food Ingredients

- Novel Foods and Novel Food Ingredients Regulation (EC) No. 258/97
 - ‘Food and food ingredients which have not hitherto been used for human consumption to a significant degree within the Community...’
- EU-wide approval procedure
- Does not apply to foods already on the market before 15 May 1997





Novel Food Ingredients

Categories of novel foods and ingredients:

- with a new or intentionally modified primary molecular structure
- consisting of or isolated from micro organisms, fungi or algae
- consisting of plant or isolated from plants or animals, *except* for food and food ingredients obtained by traditional propagating or breeding practices and having a history of safe food use
- novel process resulting in significant changes




Approval how?

- Via competent authority in Member State in which the product is going to be marketed first, with copy to Commission
- Guidelines drawn up – Commission recommendation 97/618/EC
- Simplified notification procedure for products deemed to be substantially equivalent
- Approval via Decision

Approved Novel Foods

published October 2006

Product	Company	Commission Decision
Diacylglycerol oil of plant origin for use in cooking oils, fat spreads, salad dressings, mayonnaise, meal replacement drinks, bakery products and yoghurt type products.	ADM	2006/720/EC
Lycopene from Blakeslea trispora in a range of specified foods with set maximum levels	Vitatene Antibiotics SAU	2006/721/EC
Rapeseed oil high in unsaponifiable matter for use in food supplements (max 1.5g per daily portion)	Laboratories Expanscience	2006/722/EC
Maize-germ oil high in unsaponifiable matter for use in food supplements (max 2g per daily portion)	Laboratories Expanscience	2006/723/EC



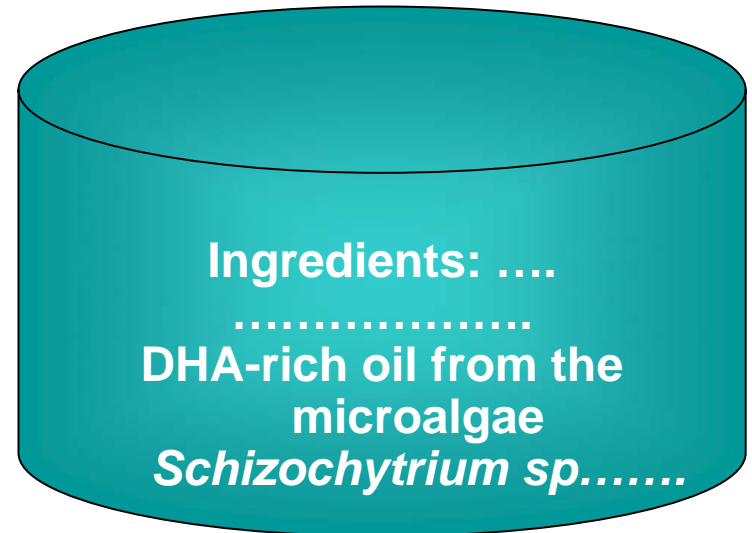
Decision 2003/427/EC

DHA-rich oil from microalgae

addressed to Martek Biosciences Corporation

Uses with maximum limits specified:

- Dairy products other than milk-based drinks
- Dairy analogues (not drinks)
- Spreadable fats and dressings
- Breakfast cereals
- Food supplements





Decision 2006/720/EC

Diacylglycerol oil of plant origin

(Enova oil from ADM)

- Uses specified
- Labelling requirement – diacylglycerol oil of plant origin (at least 80% diacylglyceride)
- Compositional criteria specified including max 1% trans.

GM




EC GM Controls


- Regulation (EC) No **1829/2003** of the European Parliament and of the Council of 22 September 2003 on genetically modified food and feed
- Regulation (EC) No **1830/2003** of the European Parliament and of the Council of 22 September 2003 concerning the traceability and labelling of genetically modified organisms and the traceability of food and feed products produced from genetically modified organisms and amending Directive 2001/18/EC



Labelling requirements

- Labelling extended to all products produced from GM sources
 - No threshold for products from unknown/mixed sources
 - IP sourced ingredients can take advantage of:
 - 0.9% threshold for EU approved varieties (applies at ingredient level)
 - 0.5% for unapproved varieties
- 

GM Labelling

- “produced from genetically modified ..” in the ingredients list, immediately after the indication of the ingredient, additive or flavouring. Use of a footnote is permitted
 - “contains X produced from genetically modified Y” for generic terms
 - For products with no ingredients list, the indication must appear clearly on the label
 - “genetically modified” if it is or contains GMO. Use of a footnote is permitted
 - Footnotes must be at least in same size font
- 

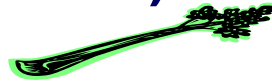
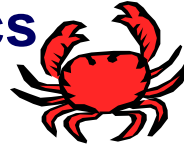
ALLERGENS



EC List of Allergenic Ingredients



- Cereals containing gluten (specified) and lupin
- Crustaceans and molluscs
- Eggs
- Fish
- Peanuts
- Soybeans
- Milk (including lactose)
- Nuts (specified)
- Celery
- Mustard
- Sesame seeds
- Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/l expressed as SO₂
- ... and products thereof



Specific Allergens

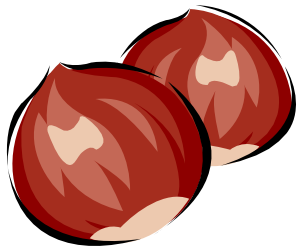
CEREALS CONTAINING GLUTEN

Wheat, rye,
barley, oats,
spelt, kamut or
their hybrids



NUTS

almond, hazelnut,
walnut, cashew,
pecan, brazil,
pistachio,
macadamia,
Queensland nuts



List of provisionally exempt derivatives

Allergenic Ingredients	'Products thereof' provisionally excluded
Soybean	<ul style="list-style-type: none">- Fully refined soybean oil and fat (+ products of)- Natural mixed tocopherols (E 306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, natural D-alpha tocopherol succinate from soybean sources- Phytosterols and phytosterol esters derived from vegetable oils obtained from soybean sources- Plant stanol ester produced from vegetable oil sterols from soybean sources
Mustard	<ul style="list-style-type: none">- Mustard oil- Mustard seed oil- Mustard seed oleoresin
Fish	<ul style="list-style-type: none">- Fish gelatine as carrier for vitamin or carotenoid preparations & flavours- Fish gelatine or isinglass as fining agent in beer, cider & wine
Nuts	<ul style="list-style-type: none">- Nuts used in distillates for spirits- Almonds and walnuts used as flavour in spirits

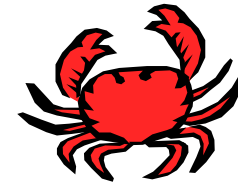


US Allergen Labelling



The term 'major food allergen' refers to:

- milk,
- eggs,
- fish
- Crustacean shellfish,
- tree nuts,
- peanuts
- wheat and
- soybeans
- ingredients that *contain protein* derived from these specified foods and food groups



US Allergen Labelling

- Exempted ingredients are:
 - Highly refined oil derived from the specified foods, and
 - food groups and any ingredient derived from such highly refined oils



Canada



- Canadian Food Inspection Agency (CFIA) advise inclusion of the following foods or their derivatives in the ingredients list, when present as ingredients or components:
- peanuts
- tree nuts (almond, Brazil nuts, cashews, hazelnuts (filberts), macadamia nuts, pecans, pinenuts, pistachios, walnuts)
- sesame seeds
- milk
- eggs
- fish crustaceans (e.g. crab, crayfish, lobster, shrimp) and shellfish (e.g. clams, mussels, oysters, scallops)
- soy
- wheat
- sulphites

Source of the common name of ingredients should be given,



Japan

Law concerning Standardization and Proper Quality Labeling of Agricultural and Forestry Products

Mandatory:

- Eggs, milk, wheat, buckwheat and peanut

- The 5 items subject to mandatory labeling shall be so labelled even in case of carry-over or processing aids.
- * The 19 items for which labelling is recommended, labelling is recommended as much as possible.

Recommended by Notice:

- Abalone, squid, salmon roe, shrimp/prawn, oranges, crab, kiwifruit, beef, tree nuts, salmon, mackerel, soybeans, chicken (poultry), pork, mushrooms, peaches, yams, apples and gelatine



Australia and New Zealand



- Allergens:
- Cereals containing gluten and their products, namely, wheat, rye, barley, oats and spelt and their hybridised strains other than where these substances are present in beer and spirits
- Crustacea and their products
- Egg and egg products
- Fish and fish products
- Milk and milk products
- Peanuts and soybeans, and their products
- Added Sulphites in concentrations of 10 mg/kg or more
- Tree nuts and sesame seeds and their products



Codex Alimentarius

- 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.

Summary

- Opportunities and challenges
- Legal maze to negotiate
- Global labelling differences
- Europe becoming more harmonised
- Role of Codex

