

To: Interested Parties

30 October 2009

The Food Labelling (Nutrition Information) (England) Regulations 2009

Dear Interested Party,

I am writing to inform you on the entry into force of the above Regulations. These Regulations amend the Food Labelling Regulations 1996 (the FLRs) by updating the recommended daily allowances for vitamins and minerals by introducing a definition of fibre and by introducing new energy conversion factors for fibre and erythritol. The Regulation enters into force and applies from 30 October 2009. Trade in products that do not comply with the new rules will be prohibited from 31 October 2012.

The key changes within the Regulations are detailed below.

Fibre

The definition of 'fibre' that has been introduced states:

'fibre' means carbohydrate polymers with three or more monomeric units, which are neither digested nor absorbed in the human small intestine and belong to the following categories:

- edible carbohydrate polymers naturally occurring in the food as consumed;
- edible carbohydrate polymers which have been obtained from food raw material by physical, enzymatic or chemical means and which have a beneficial physiological effect demonstrated by generally accepted scientific evidence;
- edible synthetic carbohydrate polymers which have a beneficial physiological effect demonstrated by generally accepted scientific evidence.

At present, there are no legislative controls on the methods of analysis to be used in determining the fibre content of food products. The European Commission has indicated that it plans to introduce guidance on suitable methods of analysis in light of the new definition and has recently circulated a discussion paper to Member States. The FSA will engage in these discussions with the Commission and other Member States to ensure that appropriate European guidance is developed as soon as possible.

Once guidance on suitable methods of analysis for fibre has been developed by the commission and agreed by all Member States, we will update and issue the revised Nutrition Labelling Guidance.

Energy conversion factors

The Regulations introduce energy conversion factors for fibre (2 kcal/g (8 kJ/g) and erythritol (0 kcal/g (0 kJ/g)).

Vitamins and minerals and their recommended daily allowances

The Regulations amend the list of the vitamins and minerals that may be declared as part of nutrition labelling and specifies their recommended daily allowances (RDAs) as follows:

Vitamin/mineral	Recommended Daily Allowance
Vitamin A	800 µg
Vitamin D	5 µg
Vitamin E	12 mg
Vitamin K	75 µg
Vitamin C	80 mg
Thiamin	1.1 mg
Riboflavin	1.4 mg
Niacin	16 mg
Vitamin B6	1.4 mg
Folic acid	200 µg
Vitamin B12	2.5 µg
Biotin	50 µg
Pantothenic acid	6 mg
Potassium	2000 mg
Chloride	800 mg
Calcium	800 mg
Phosphorus	700 mg
Magnesium	375 mg

Iron	14 mg
Zinc	10 mg
Copper	1 mg
Manganese	2 mg
Fluoride	3.5 mg
Selenium	55 µg
Chromium	40 µg
Molybdenum	50 µg
Iodine	150 µg

Guidance

The FSA's current guidance notes on nutrition labelling can be found at the following web page; however, interested parties should take note that the guidance does not yet reflect the changes arising from this recent amendment.

www.food.gov.uk/foodindustry/guidancenotes/labelregsguidance/nutlabelguid

The Nutrition Labelling Guidance will be updated once suitable methods of analysis for fibre has been made available.

The Regulations are available on the OPSI website or can be obtained from the Stationary Office (Tel: +44 (0) 870 600 5522):

www.opsi.gov.uk/si/si2009/plain/uksi_20092538_en

The Explanatory Memorandum that accompanies the Regulations is available on the following link:

http://www.opsi.gov.uk/si/si2009/em/uksiem_20092538_en.pdf

Yours faithfully

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