

سورۃ طہ

آیت نمبر 25-28

قرآنی دعائیں

سورۃ طہ

رَبِّ اشْرَحْ لِي صَدْرِي ۝ وَيَسِّرْ لِي أَمْرِي ۝
وَاحْلُلْ عُقْدَةً مِّنْ لِّسَانِي ۝ يَفْقَهُوا قَوْلِي ۝

پروردگار، میرا سینہ کھول دے، اور میرے کام کو میرے لیے
آسان کر دے اور میری زبان کی گرہ سلجھا دے تاکہ لوگ میری
بات سمجھ سکیں

رَبِّ زِدْنِي عِلْمًا

MY LORD! INCREASE ME IN KNOWLEDGE.

FOOD SAFETY AND QUALITY MANAGEMENT

DHND

YEAR-V

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FOOD LABELS

WHAT IS A FOOD LABEL?

- It provides information from the food manufacturer to the consumer
- It helps tell consumers what they are buying



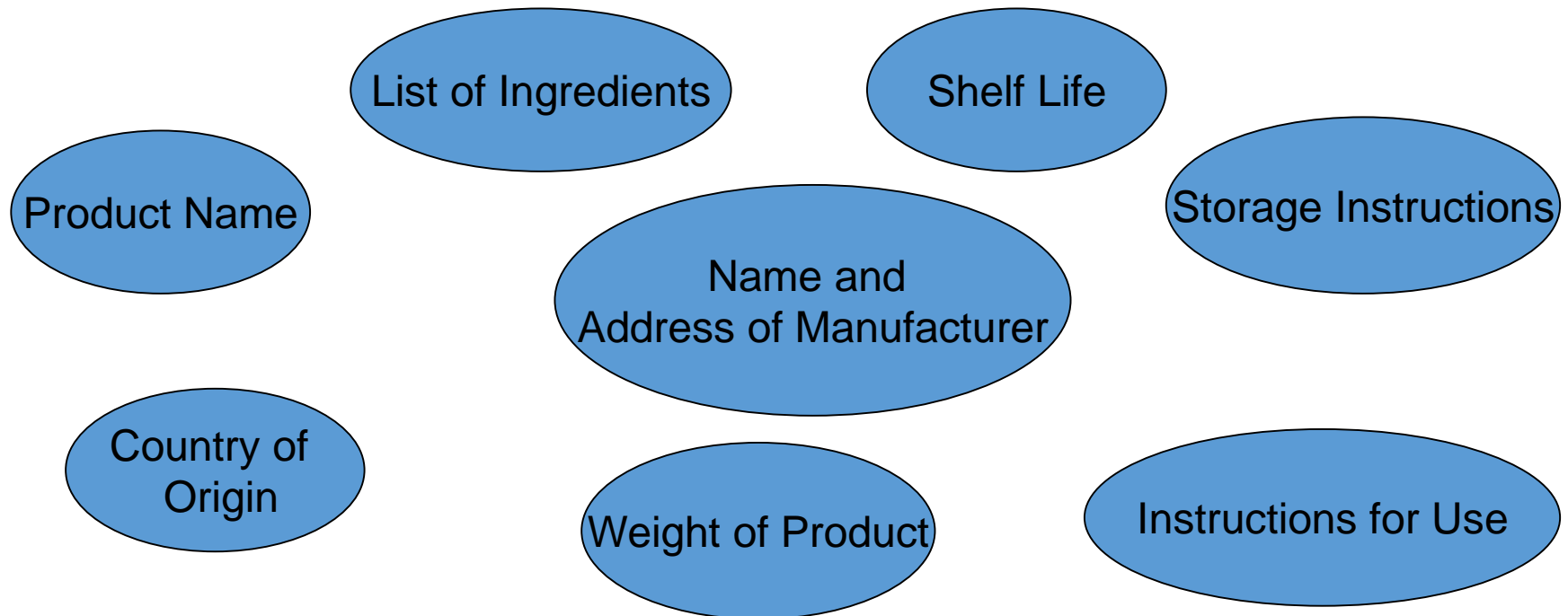
WHAT SHOULD FOOD LABELS TELL YOU?

Some information on Food Labels is:

- **Mandatory** - the manufacturer/packer has to include it by law
- **Voluntary** – the manufacturer/packer may or may not include it

LABELLING REQUIREMENTS

- By E.U. Law all food products must show the following basic information:



Mandatory food labelling requirements

- Name
- List of ingredients
- Quantity of certain ingredients (e.g. pork (10%))
- Net quantity (weights & measures)
- Date of minimum durability ('best before' or 'use by')
- The name and address of manufacturer/ packer/ seller
- Place of origin (if failure to do so might mislead)

Voluntary* information sometimes provided

- Nutrition information (if no claims made)
- **Nutrition signposting**
- Guideline Daily Amounts
- Claims such as 'no artificial additives'
- Graphical and pictorial information
- Vegetarian/ vegan labelling
- May contain (e.g. nuts)

| Mandatory food labelling requirements | Voluntary* information sometimes provided |
|--|--|
| <ul style="list-style-type: none"> • Instructions for use (if failure to do so might mislead) | <ul style="list-style-type: none"> • Assurance schemes |
| <ul style="list-style-type: none"> • Allergen information (in the ingredient list) | <ul style="list-style-type: none"> • Method of slaughter • (e.g. Halal) |
| <ul style="list-style-type: none"> • Alcoholic strength by volume (drinks over 1.2% only) | <ul style="list-style-type: none"> • Free range • (e.g. eggs) |
| <ul style="list-style-type: none"> • Quinine labelling (energy drinks) | <ul style="list-style-type: none"> • Marketing terms • (e.g. fresh, pure, natural) |
| <ul style="list-style-type: none"> • High caffeine content warning (drinks containing over 150 mg/L of caffeine) | <ul style="list-style-type: none"> • Number of servings • |

Mandatory food labelling requirements

- Sweeteners labelling
- **Polyol** (sugar replacers) warning ('excessive consumption may produce a laxative effect')
- **PKU (Phenylketonurics-refers to the people that have "phenylketonuria)** warning ('contains a source of phenylalanine')
- Packaging gases ('packaged in a protective atmosphere')

Voluntary* information sometimes provided

- Environmental impact
- (e.g. dolphin friendly)
- Country of origin (where not required)
- Customary or descriptive names
- Quality type claims
- (e.g. '100 % chicken breast')

| Mandatory food labelling requirements | Voluntary* information sometimes provided |
|---|---|
| <ul style="list-style-type: none"> • Raw milk labelling | <ul style="list-style-type: none"> • Special offer competitions |
| <ul style="list-style-type: none"> • GMO labelling | <ul style="list-style-type: none"> • Production methods (e.g. organic) |
| <ul style="list-style-type: none"> • Irradiated food labelling ('irradiated' or 'treated with ionising radiation') | <ul style="list-style-type: none"> • Logos |
| <ul style="list-style-type: none"> • Nutritional Panel (where a nutritional claim is made: e.g. low in fat) | <ul style="list-style-type: none"> • Brand information |

NAME OF THE FOOD

The name should be:

- Established by law;
- Customary in the area where the product is sold;
- A description of the product

The name must:

- Show if the food has gone through any sort of process:
e.g. smoked mackerel, dried apple slices

INGREDIENTS

The ingredients list:

- Tells the consumers the ingredients that have been used in manufacturing the food
- Is written in descending order by weight - So the first ingredient on the list is the ingredient of which there is most in the product, the second ingredient the second most etc.
- Also lists permitted additives

NUTRITION INFORMATION

- Information is sometimes given on the nutrient content of the food
- Information is generally given on the **gram** content of the macronutrients – proteins, carbohydrates ('of which sugars' is sometimes also included), fats ('of which saturates' is sometimes also included)
- The label may also list **grams of Fibre**
- The label may also list **milligram or microgram** content of micronutrients, e.g. **Salt (g) / Sodium (mg)**, vitamins etc.
- It will always give the energy value
- Nutrients are listed as amount:
 - **per 100 g or**
 - **per serving or**
 - **both**
- **Energy** is listed in **kilocalories or kilojoules**

NUTRITION FACTS

Energy- Energy is another word for calorie (Kcal) or kilojoule(KJ) Every extra Kcal/KJ eaten will be stored as fat if not needed by the body. A product low in fat or sugar may still be high in energy. Always check the label.

Fat - Watch the total fat content – fat can contribute a lot of extra energy Too much saturated fat can raise blood cholesterol levels and increase the risk of heart disease

Carbohydrate - This is broken down to glucose (sugar) and must be balanced with exercise and/or medication in people with diabetes. It is important to eat some carbohydrate but not too much at each meal.

Sugars - Sugars are part of the total carbohydrate in a food. A small amount is acceptable. Check out the other names for sugar.

Fibre - Having a high fibre diet is good for many aspects of health.

Salt or sodium - Choose foods with lower salt/sodium content, especially if you have high blood pressure.

| Golden Munchies Your favourite breakfast cereal | | |
|--|--|---------------------------------|
| Nutrition Information | | |
| Servings per package: 15 | | |
| Serving size: 30g | | |
| | Per serve | Per 100g |
| Energy | 500KJ 119kcal | 1670KJ 379kcal |
| Protein | 2.2g | 7.4g |
| Fat | 0.6g | 1.8g |
| - Saturated | 0.3g | 0.9g |
| Carbohydrate | 26g | 87g |
| - Sugars | 4.2g | 14g |
| Dietary Fibre | 2.1g | 7g |
| Sodium | 117mg | 390mg |
| Iron | 3mg | 10mg |
| Folate | 50g | 167g |
| Ingredients | Wheatmeal, Rice Flour, Maize Flour, Sugar, Sultanas, Skim Milk Powder, Salt, Sodium Bicarbonate, Iron, Folate, Turmeric | |

G.D.As - Guideline Daily Amounts

- **G.D.As** tell how much (%) of the amount of a nutrient that is recommended to consume daily is provided by a **portion** of the product
- **G.D.As** found on the food label are based on the recommendations for an average adult or child of healthy weight and average activity level

Each portion contains:

Calories

139

7%

Sugars

6.0g

7%

Fat

3.6g

5%

Saturates

1.0g

5%

Salt

0.2g

3%

of an adult's guideline daily amount

SPECIFIC G.D.As

| Consumer | Calories (K. cal) | Sugars (g) | Fat (g) | Saturates (g) | Salt (g) |
|----------------------------|------------------------------|-----------------------|--------------------|--------------------------|---------------------|
| Women | 2000 | 90 | 70 | 20 | 6 |
| Men | 2500 | 120 | 95 | 30 | 6 |
| Children 5-10 Y | 1800 | 85 | 70 | 20 | 4 |

saturates (saturated fat)

LABEL WITH G.D.As

Spinach & ricotta pizza

| Nutrition information | | | | Guideline daily amounts | | |
|--|---------------------|----------------------------|-----------------------------|-------------------------|-----------|--------------------------|
| Typical values (cooked as per instructions) | Per 100g | Per ½ pizza | % based on GDA for women | Women | Men | Children (5-10 years) |
| Energy | 1001 kJ 238 kcal | 1977 kJ 470 kcal | 23.5% | 2000 kcal | 2500 kcal | 1800 kcal |
| Protein | 9.3g | 18.4g | 40.9% | 45g | 55g | 24g |
| Carbohydrate | 28.7g | 56.7g | 24.7% | 230g | 300g | 220g |
| of which sugars | 2.7g | 5.3g | 5.9% | 90g | 120g | 85g |
| of which starch | 25.9g | 51.2g | - | - | - | - |
| Fat | 9.6g | 19.0g | 27.1% | 70g | 95g | 70g |
| of which saturates | 3.7g | 7.3g | 36.5% | 20g | 30g | 20g |
| mono-unsaturates | 4.0g | 7.9g | - | - | - | - |
| polyunsaturates | 1.6g | 3.2g | - | - | - | - |
| Fibre | 2.3g | 4.5g | 18.8% | 24g | 24g | 15g |
| Salt | 1.0g | 2.0g | 33.3% | 6g | 6g | 4g |
| of which sodium | 0.40g | 0.79g | 32.9% | 2.4g | 2.4g | 1.4g |

You may want to keep an eye on your **salt** intake as too much may increase your blood pressure.

It's important to watch your **calorie** intake, as without regular exercise too many may lead to weight gain.

A diet low in **fat**, particularly **saturated fat**, could help to maintain a healthy weight and a healthy heart.

To maintain a healthy lifestyle, we recommend aiming for at least 30 minutes of moderate exercise each day, such as brisk walking.

VEGETARIAN SYMBOL

- A symbol indicating that a food is suitable for vegetarians

NOTE: The ingredients may not necessarily be suitable for vegans who do not consume any animal foods



ALLERGEN INFORMATION

- Any foods that has been specially manufactured to meet the allergy-related requirements of a particular group must indicate this clearly on the label!



GLUTEN-FREE SYMBOL

- A gluten-free label can make life much easier for those with coeliac disease or gluten intolerance as it is difficult to find foods without gluten



ORGANIC LABELLING

The simplest way to tell if a product is organic is to look for the:

- Official 'Organic Farming' Label
- European Certifying Authority code number
- What must be present by law are the words 'organic certification' followed by a code



LITTER MAN SYMBOL

- Encourages people to dispose of litter properly
- Helps in safeguarding our environment



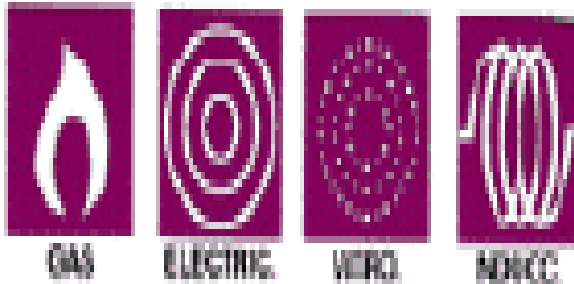
FREEZING INSTRUCTIONS

- Given if the product can be frozen
- A symbol is shown on the label with instructions



COOKING INSTRUCTIONS


- Given for food products that need to be cooked on the hob or in an oven








How to store and cook

Use by: see front of pack.

For best results cook from chilled

 **Keep refrigerated**
Do not exceed the use by date.

 **Freezable**
If freezing, freeze on the day of purchase and consume within 1 month.
Once thawed do not re-freeze.

| | | | | |
|---|-------------------------------|----------|-------|---|
|  | Oven cook from chilled | Electric | 220°C |  |
| | | Gas | 7 | |
|  | Oven cook from frozen | Electric | 190°C |  |
| | | Gas | 5 | |

- Preheat oven to the required temperature as shown.
- Remove all packaging.
- Place pizza directly onto the top shelf of the oven, placing a baking sheet on the shelf below and cook for the required time.
- Remove pizza carefully from the oven with the aid of a slice.

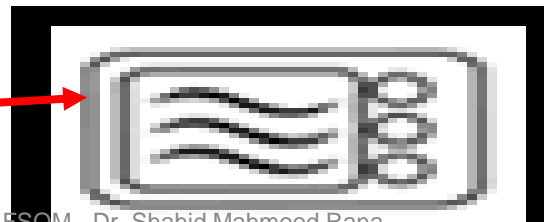
These are guidelines only as cooking appliances vary in performance.

Always check that the product is piping hot before serving.

MICROWAVE INSTRUCTIONS

- A microwave symbol is often included on packs when the food is 'microwavable'
- Typically there are also details of how long and at what power the food should be heated in the microwave oven
- Some food is already packed in microwavable containers so that it is ready to cook / reheat

Symbol often put near microwave instructions



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DIFFERENT TYPES OF DATE CODE

Use By

Best Before

Best Before End

Display Until

USE BY

- Used for foods that are microbiologically highly perishable and might harm humans if consumed beyond a certain date
- Often used for chilled foods: e.g. sandwiches, fresh juices and fresh meat products



Use By date

BEST BEFORE

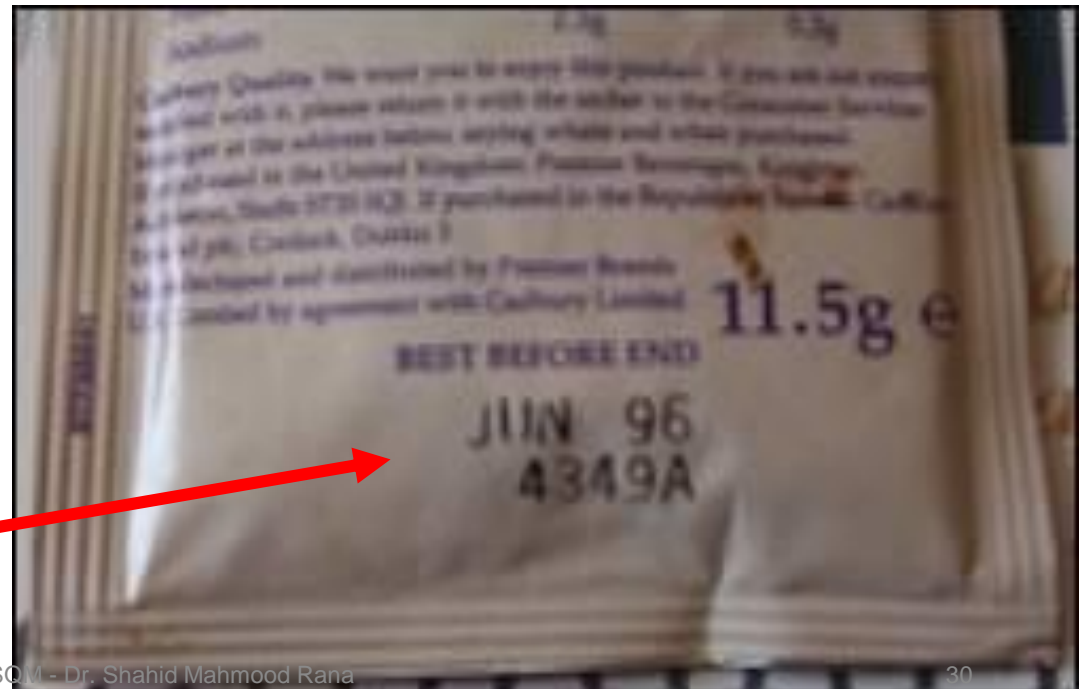
- Written in the form of Day, Month, Year
- Used for products that have a shelf-life of three months or less
e.g. bread, biscuits, crisps and sweets



BEST BEFORE END

- Alternative to 'Best Before' date
- Used for products that have a shelf-life of three months or less
- May be expressed in a month or year only format

Best Before End



DISPLAY UNTIL

- Not required by regulations
- Used by the store to tell them to remove the product from the shelves by a certain date

Display Until



BAR CODE

- This registers the sale of the product once the packet or tin is passed over the scanner at the supermarket
- It is useful for the shop owner for stocktaking purposes
- It is useful for the consumer as the food products bought are itemised in the receipt



BEHIND THE BAR CODE

EAN STANDARD 13-DIGIT ARTICLE NUMBER AND BARCODE

