

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

رَبِّ اشْرَحْ لِي صَدْرِي 0 وَيَسِّرْ لِي أَمْرِي 0
وَاحْلُلْ عُقْدَةً مِّنْ لِّسَانِي 0 يَفْقَهُوا قَوْلِي 0

اے میرے رب! میرا سینہ کھول دے اور میرے لیے میرا کام آسان کر دے اور
میری زبان کی گرہ کھول دے تاکہ لوگ میری بات سمجھ سکیں

رَبِّ زِدْنِي عِلْمًا

MY LORD! INCREASE ME IN KNOWLEDGE.

2/2/2021

FST- 407. VII (SS+PPP) - Dr. Shahid Mahmood Rana



FST-407. L # 38-42

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**



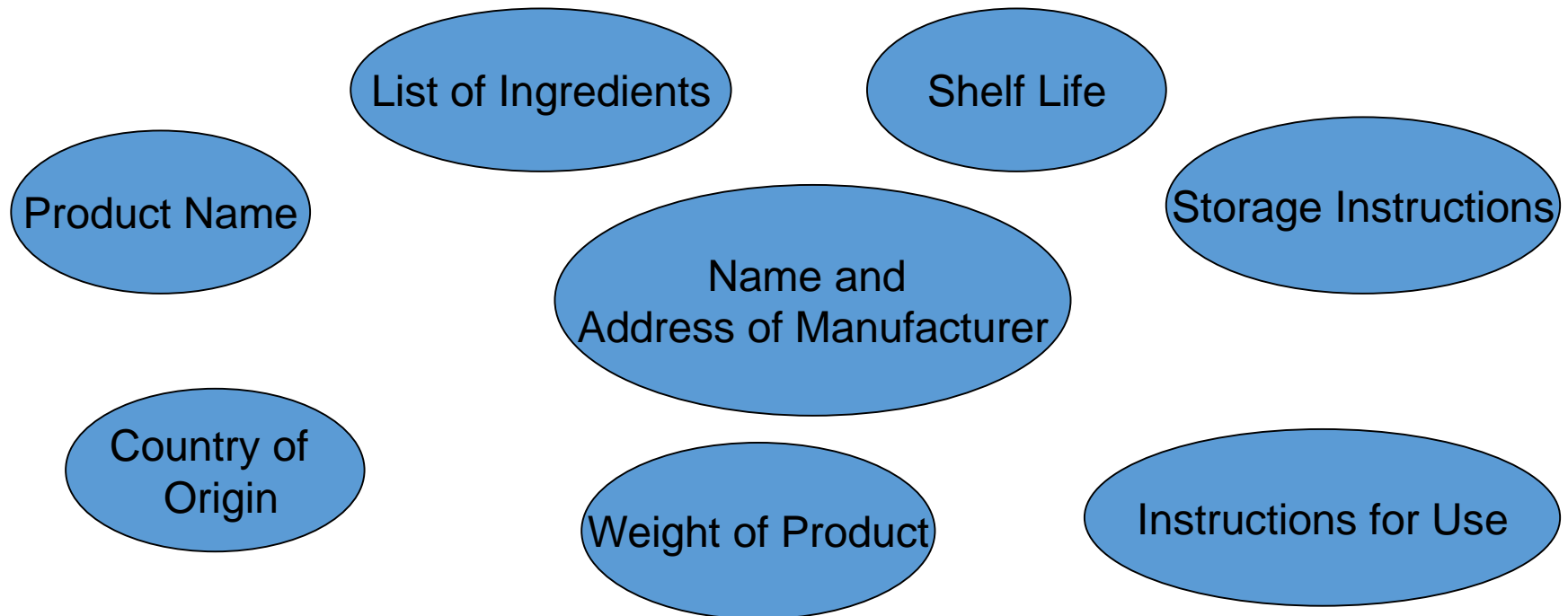
WHAT SHOULD FOOD LABELS TELL YOU?

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. Ca (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

or

Reference Daily Intakes (RDIs) and Daily Values (% DV)

- **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

G.D.As - Guideline Daily Amounts

or

Reference Daily Intakes (RDIs) and Daily Values (% DV)

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)

GUIDELINE DAILY AMOUNT VALUES

Nutrients	Women (adult)	Men (adult)	Children (5-10 Y)
Calories (K. cal)	2,000	2,500	1,800
Protein (g)	45	55	24
Carbohydrate (g)	230	300	220
Sugars (g)	90	120	85
Fat (g)	70	95	70
Saturates (g)	20	30	20
Fiber (g)	24	24	15
Salt (g)	6	6	4

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



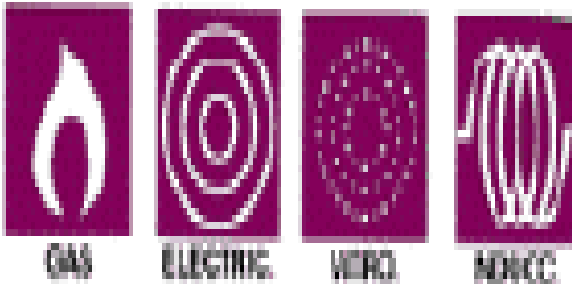
FREEZING INSTRUCTIONS

- 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	

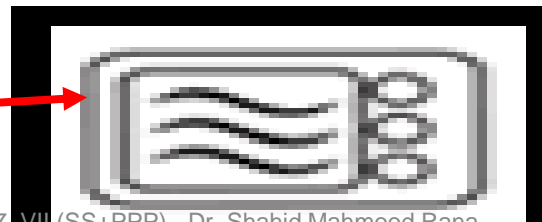
- Preheat oven to the required temperature as shown.
- Remove all packaging.
- Place pizza directly onto the top shelf of the oven, placing a baking sheet on the shelf below and cook for the required time.
- Remove pizza carefully from the oven with the aid of a slice.

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



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



BEST BEFORE

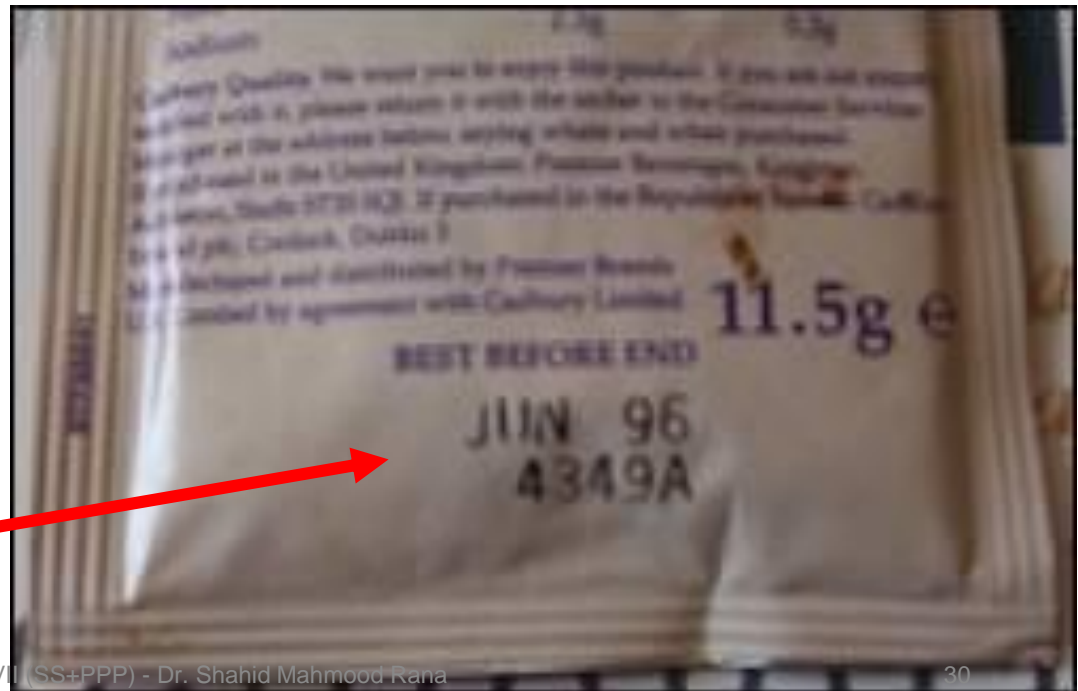
- Written in the form of Day, Month, Year
- Used for products that have a shelf-life of three months or less
e.g. bread, biscuits, crisps and sweets



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

