NUTRITION LABELING AND CLAIMS IN THE PHILIPPINES-AN UPDATE
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Mandatory Nutrition Labeling

AO 2014-0030-Revised Rules and Regulations Governing the Labeling of Prepackaged Food Products Further Amending Certain Provisions of AO No. 88-B s. 1984 or the Rules and Regulations Governing the Labeling of Prepackaged Food Products Distributed in the Philippines and for Other Purposes

Nutrition Labeling

- Nutrition facts shall be presented in tabular form.

- All nutrient quantities shall be declared in relation to the average or usual serving in terms of slices, pieces or a specified weight or volume.

- Declaration of nutrients can be expressed in unit per serving or % Recommended Energy and Nutrient (RENI) Intake or both.

- Locally manufactured food products intended for local consumption shall also indicate the corresponding RENI values in actual percentage expressed in whole numbers.

- Nutrients present in amounts less than 2% of the RENI shall be indicated by the statement "contains less (or symbol "<") 2% or by an asterisk referring to this statement."
**FORMAT OF NUTRITION FACTS**

**Nutrition Labeling**

- For purposes of computing the nutrient content expressed in terms of % RENI, the computation shall be based on RENI for male adults (19-29 yrs old). In cases of food products intended for a specific group, RENI values shall be based on that age group and such fact shall be indicated on the label.
- Actual nutrient values or content must be consistent with the nutrient label declarations.
- The values used in nutrient declaration should be weighted average values derived from analyses of a product being labelled.

**Tolerance Limit**

The following tolerance limits shall be applied in nutrient label declarations provided that no related nutrition and health claims are made:

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Analytical tolerance*</th>
</tr>
</thead>
<tbody>
<tr>
<td>For energy, fat and carbohydrates</td>
<td>Min. 80% of the declared nutrient value on label and max. 120% of the declared nutrient value on label.</td>
</tr>
<tr>
<td>For other nutrients: protein, fiber, vitamins and minerals</td>
<td>Min. 80% of the declared nutrient value on the label</td>
</tr>
</tbody>
</table>

*% refers to the ratio between the nutrient level from actual analytical result and the declared level multiplied by 100

**Nutrition Labeling Exemptions**

- Foods for Special Dietary Uses and Foods for Special Medical Purposes covered by a separated guideline or Codex Standard
- Bottled drinking water
- Prepackaged foods in multi units retail packages such as candies with surface area of less than 10cm² when sold together with the primary packaging.
- Foods served or sold in restaurants which are not labeled or prepackaged; available to the consumer for immediate consumption.
- Foods that contain insignificant amounts of all nutrients to be listed in nutrition labeling (e.g. Coffee and most spices, flavor extract, food color, etc.) as determined by FDA
Nutrition Labeling Exemptions

- Foods sold from bulk containers except products covered by mandatory fortification provided that nutrition information is provided at point of sale.
- Foods for infants and young children such as infant formula, follow up formula which should follow their own labeling standard
- Alcoholic beverages
- Other products that maybe identified by the FDA through appropriate issuance.

Front of Pack Labeling

Front of Pack for Energy Value is being implemented on a voluntary basis. The total amount of energy and the corresponding % RENI are declared in the front panel of the label.

Each serving contains
60 kcal
10% RENI

FDA Advisory

- FDA Advisory was issued to serve as consumer tips on the use of front of pack label for making healthy dietary choices.

Nutrition and Health Claims

- The rules on any use of nutrition claims or health claims in food shall be covered by the rules of B.C. 2007-002 (Guidelines on the Use of Health and Nutrition Claims in Food) based on the Codex Guidelines.
NUTRITION CLAIMS

- The only nutrition claims allowed are those relating to the energy, protein, carbohydrate, fat and its components, fiber, sodium, vitamins and minerals with Nutrient Reference Value (NRV)

- The NRV is based on the latest Recommended Energy and Nutrient Intakes (RENI)

NUTRIENT CONTENT CLAIMS

- Nutrient content claims should conform to the Table of Conditions for nutrient content.

Example:

<table>
<thead>
<tr>
<th>Claim</th>
<th>Conditions (not &gt; than)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Fat</td>
<td>3 g per 100 g (solids)</td>
</tr>
<tr>
<td></td>
<td>1.5 g per 100 ml (liquids)</td>
</tr>
<tr>
<td>Fat Free</td>
<td>0.5 g per 100 g (solids)</td>
</tr>
<tr>
<td></td>
<td>or  per 100 ml (liquids)</td>
</tr>
</tbody>
</table>

COMPARATIVE CLAIMS

CONDITIONS FOR COMPARATIVE CLAIMS:

- State the amount of difference in the energy value or nutrient content. Indicate the following:
  a) The amount of difference related to the same quantity (%s, fraction or amount). Full details should be given. (ex. 30% less sodium than the regular variant)
  b) The identity of the food to which the food is being compared

HEALTH CLAIMS

CONDITIONS FOR HEALTH CLAIMS:

- Must be based on current relevant and scientific facts and the level of proof is sufficient to support the claimed effect and the relationship to health.
- Must be acceptable to the competent authority where the food is sold.
- The claimed benefit should arise from the consumption of a reasonable quantity of the food or food constituent.
Other Conditions for Health Claims

- If the claimed benefit is attributed to a nutrient with established reference value, the food should be:
  1. Source of or high in the nutrient/constituent
  2. Low in or reduced in or free of the nutrient/food constituent
- Only those essential nutrients for which Nutrient Reference Values (RENI) have been established should be the subject of a nutrient function claim

Health claims

- Should have a clear regulatory framework for qualifying and/or disqualifying conditions for eligibility to use. Claims that increase the risk of disease or adverse health-related conditions are prohibited.
- Must have a validated method to quantify the food constituent that forms the basis of the claim.