Outline of presentation ....

- Introduction to Codex Alimentarius
  - International harmonisation
- Codex guidelines on nutrition labelling and claims
  - Nutrition labeling - 1985
  - Nutrition and health claims – 1997
  - General guideline on claims - 1979
- Recent development in CCFL and CCNFSDU
  - Front-of-Pack Labeling (FOPL)
  - Nutrient Reference Values - NRV-R, NRV-NCD, NRV for older infants and young children
  - Claim for “free” of trans fatty acids
- Concluding thoughts
  - Harmonisation of national regulations with Codex

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In 1963, the 16th World Health Assembly officially approved the establishment of the Joint FAO/WHO Programme on Food Standards and the Codex Alimentarius Commission (CAC)

- CAC is an intergovernmental organisation that coordinates food standards at the international level
  - 188 members: 187 member countries and 1 member organisation (EU)
  - 219 observers: 56 IGOs, 147 NGOs, 16 UN agencies

The main task of the Codex Alimentarius Commission (CAC) is to develop the Codex Alimentarius – the food code

- Formulated international standards for a wide range of food products and general standards
  - to provide guidance to governments for their respective national food control systems

Main objectives:
- Protect health of consumers
- Ensure fair practices in food trade
- Aim to achieve international harmonisation in food quality and safety requirements

Presentation focuses on 3 Codex Guidelines:
- Guidelines on Nutrition Labelling and
- Guidelines on Nutrition and Health Claims
- General Guideline on Claims

Total number of standards, guidelines and codes of practice in Codex Alimentarius at 2018

Scope of the Codex Alimentarius

The Codex Alimentarius includes standards for all the principle foods, whether processed, semi-processed or raw, for distribution to the consumer. Materials for further processing into foods should be included to the extent necessary to achieve the purposes of the Codex Alimentarius as defined. The Codex Alimentarius includes provisions in respect of food hygiene, food additives, residues of pesticides and veterinary drugs, contaminants, labelling and presentation, methods of analysis and sampling, and import and export inspection and certification.

Nature of Codex Standards

Codex standards and related texts are not a substitute for, or alternative to national legislation. Every country’s laws and administrative procedures contain provisions with which it is essential to comply.

Codex standards and related texts contain requirements for food aimed at ensuring for the consumer a safe, wholesome food product free from adulteration, correctly labelled and presented. A Codex standard for any food or foods should be drawn up in accordance with the Format for Codex Commodity Standards and contain, as appropriate, the sections listed therein.

Maximum Levels (MLs)
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- From a public health point of view, nutrition information on a food label provide vital information
  - assist consumer in choice of food
  - encourage use of nutrition principles when making food choices, preparing meals
- Two main types of nutrition information on labels
  - nutrition labelling
  - nutrition and health claims
- Such information also beneficial to food industry
  - Enables manufacturers to highlight nutritional quality of their products
  - Highlight the functions or health benefits of certain nutrients or “functional” components in food
Nutrition labelling is a description intended to inform the consumer of nutritional properties of a food.

Often taken to mean Nutrient Declaration:

- which is a standardised statement or listing of the nutrient content of a food (energy, protein, carbohydrate, fat, vitamins, minerals, etc)
- Often known as Nutrition Information Panel (NIP)

Nutrient Declaration is mandatory for all prepackaged foods:

- except when national authorities decide otherwise
- mandatory when nutrition & health claims are made

Nutrients that must be declared = seven (7):

- energy (in kcal or kJ or both)
- protein, available carbohydrate (i.e., excl dietary fibre), fat and saturated fat (g)
- sodium (mg)
- total sugars (all monosaccharides and disaccharides, in g)

Any other nutrient for which a nutrition or health claim is made

Any other nutrient(s) considered relevant by national authority

Declaration must be as:

- per 100 g (or per 100 ml) OR per serving of the food/beverage

Labelling of optional nutrients ...

- Only vitamins and minerals for which recommended intakes have been established can be declared on a label.

- must be present in at least 5% of the Nutrient Reference Value (NRV) per 100 g or 100 ml or per serving

- should be expressed in metric units and/or as a percentage of the NRV per 100 g or per 100 ml or per serving

- Information on protein and additional nutrients may also be expressed as percentages of the NRV where an NRV has been established

- Two types of NRV are recommended by Codex

- NRVs – requirements; NRVs NCD
Labelling of fatty acids and cholesterol…

- Where the amount and/or type of fatty acids or the amount of cholesterol is declared, this declaration should be as follows
- expressed in per 100 g (or per 100 ml) OR per serving of the food/beverage

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>...</th>
<th>g</th>
</tr>
</thead>
<tbody>
<tr>
<td>of which</td>
<td></td>
<td></td>
</tr>
<tr>
<td>saturated fatty acids</td>
<td>...</td>
<td>g</td>
</tr>
<tr>
<td>trans fatty acids</td>
<td>...</td>
<td>g</td>
</tr>
<tr>
<td>monounsaturated fatty acids</td>
<td>...</td>
<td>g</td>
</tr>
<tr>
<td>polyunsaturated fatty acids</td>
<td>...</td>
<td>g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>...</td>
<td>mg</td>
</tr>
</tbody>
</table>

Two types of Nutrient Reference Values (NRVs):
1. Nutrient Reference Values-Requirements (NRVs-R)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A (µg RAE or RE)</td>
<td>800</td>
</tr>
<tr>
<td>Vitamin D (µg)</td>
<td>5 - 15'</td>
</tr>
<tr>
<td>Vitamin C (mg)</td>
<td>100</td>
</tr>
<tr>
<td>Vitamin K (µg)</td>
<td>60</td>
</tr>
<tr>
<td>Vitamin E (mg)</td>
<td>9</td>
</tr>
<tr>
<td>Thiamin (mg)</td>
<td>1.2</td>
</tr>
<tr>
<td>Riboflavin (mg)</td>
<td>1.2</td>
</tr>
<tr>
<td>Niacin (mg NE)</td>
<td>15</td>
</tr>
<tr>
<td>Vitamin B6 (mg)</td>
<td>1.3</td>
</tr>
<tr>
<td>Folate (µg DFE)</td>
<td>400</td>
</tr>
<tr>
<td>Vitamin B12 (µg)</td>
<td>2.4</td>
</tr>
<tr>
<td>Pantothenate (mg)</td>
<td>5</td>
</tr>
<tr>
<td>Biotin (µg)</td>
<td>30</td>
</tr>
</tbody>
</table>

**Minerals**
- Calcium (mg) | 1 000 |
- Magnesium (mg) | 310 |

Two types of Nutrient Reference Values (NRVs) (contd)
1. Nutrient Reference Values-Requirements (NRVs-R) (contd)

**Iron (mg)**
- 14 (15% dietary absorption; Diversified diets, rich in meat, fish, poultry, and rich in fruit and vegetables)
- 22 (10% dietary absorption; Diets rich in cereals, roots or tubers, with some meat, fish, poultry and/or containing some fruit and vegetables)

**Zinc (mg)**
- 11 (30% dietary absorption; Mixed diets, and lacto-ovo vegetarian diets that are not based on unrefined cereal grains or high extraction rate (>90%) flours)
- 14 (22% dietary absorption; Cereal-based diets, with >50% energy intake from cereal grains or legumes and negligible intake of animal protein)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iodine (µg)</td>
<td>150</td>
</tr>
<tr>
<td>Copper (µg)</td>
<td>900</td>
</tr>
<tr>
<td>Selenium (µg)</td>
<td>60</td>
</tr>
<tr>
<td>Manganese (mg)</td>
<td>3</td>
</tr>
<tr>
<td>Molybdenum (µg)</td>
<td>45</td>
</tr>
<tr>
<td>Phosphorus (mg)</td>
<td>700</td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
<tr>
<td>Protein (g)</td>
<td>50</td>
</tr>
</tbody>
</table>

Two types of Nutrient Reference Values (NRVs):
2. Nutrient Reference Values- Non communicable diseases (NCD)

**Intake levels not to exceed**
- Saturated fatty acids | 20 g
- Sodium | 2 000 mg

**Intake levels to achieve**
- Potassium | 3 500 mg
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Nutrition claims …..

- Nutrition claim means any representation which states, suggests or implies that a food has particular nutritional properties
  - Including but not limited to energy value, protein, fat, carbohydrates, vitamins and minerals
- Nutrition claims include
  - Nutrient content claim
  - Comparative claim
  - Non-addition claim

Nutrition claims …..

- **Nutrient content claim** describes the level of a nutrient contained in a food
  - eg “source of calcium”; “high in fibre”; “low in fat”
- **Nutrient comparative claim** compares the nutrient levels and/or energy value of two or more foods
  - eg “reduced”; “less than”; “fewer”; “increased”; “more than”
- **Non-addition claim** means any claim that an ingredient has not been added to a food, either directly or indirectly
  - The ingredient is one whose presence or addition is permitted in the food and which consumers would normally expect to find in the food
Nutrition claims ......

- There are various conditions that must be met to make the nutrition claims eg
  - nutrition claims permitted only for energy, protein, carbohydrate, and fat and components thereof, fibre, sodium and vitamins and minerals for which Nutrient Reference Values (NRVs) have been laid down
  - meet the stipulated levels required for “low” or “free”
  - meet the stipulated levels for “source” or “high” claims, in relation to the NRV for that nutrient
  - comparative claims must meet the stipulated differences in nutrient levels
  - specific conditions laid down for non-addition claims for sugar and salt

Health claims .....

- Health claims means any representation that states, suggests or implies that a relationship exists between a food or a constituent of that food and health, includes
  - nutrient function claims
  - other function claims and
  - reduction of disease risk claims

Nutrient function claim is a nutrition claim that describes the physiological role of the nutrient in growth, development and normal functions of the body eg
- Calcium aids in the development of strong bones and teeth
- Iron is a factor in red blood cell formation

Other function claim describes specific beneficial effects of the consumption of foods or their constituents on normal functions or biological activities of the body
- to a positive contribution to health or to the improvement of a function or to modifying or preserving health
- to improving or modifying a physiological function or biological activity associated with health

Example:
- Plant sterols helps in lowering blood cholesterol
Health claims …..

- **Reduction of disease risk claim** relates the consumption of a food or food constituent to the reduced risk of developing a disease or health related condition
  - Risk reduction means significantly altering a major risk factor(s) for a disease or health-related condition
  - Diseases have multiple risk factors and altering one of these risk factors may or may not have a beneficial effect
  - The presentation of risk reduction claims must ensure that consumers do not interpret them as prevention claims
- **Example:**
  - A healthful diet rich in soy protein reduces risk to heart disease

Function claim vs disease risk reduction

- **Nutrient function claim:** “Iron is a factor in red blood cell formation”
- **Disease risk reduction claim:** “Iron can help reduce the risk of anaemia”
- **Nutrient function claim:** “Calcium is important for bone and teeth formation”
- **Disease risk reduction claim:** “Calcium reduces risk to osteoporosis”

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Claims ......

- A claim is any representation which states, suggests or implies that a food has particular characteristics relating to its origin, nutritional properties, nature, production, processing, composition or any other quality
  - Prohibited claims
  - Potentially misleading claims
  - Conditional claims

- Several of these claims adopted into national regulations

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Front-of-pack (FOP) nutrition labelling ..... 

- Increasing interest and activity in a number of countries in the use of FOPL
- Currently no global guidance on best practice with regard to this form of labelling
  - Risk that a proliferation of systems may result in confusion and barriers to trade
- CCFL to start new work to provide clear and transparent scientific guidance
  - To governments, industry or other agencies wishing to implement the system
- Committee collected information on all FOPL systems in 37 member countries and 4 observer organisations
- Two main types
  - Interpretive (criteria based)
  - Non-interpretive ("fact"-based)
Proposal to develop nutritional profile ...

- A member proposed to develop nutritional profile in CCNFSDU 39
  - complement the work on front of pack nutrition labelling (FOPL) in CCFL
- While recognizing the importance of this work, delegations expressed their views that:
  - it is premature to discuss this
  - direction of FOPL is not yet decided – interpretive or non-interpretive
- More time for consideration would be needed
- Await CCFL decision on whether nutrient profiles were necessary

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Nutrient Reference Values – NRVs

- CCNFSDU concluded discussions on additional or revised NRVs-R for several minerals and vitamins
  - NRV-R for Cu, Fe, Mg, P, Vitamin E and
  - and NRV-R for Vitamin D and the dietary equivalents and conversion factor for Vitamin E
  - incorporated into the Codex Guide CAC/GL 2-1985
- Discussed establishing NRV-NCD for EPA and DHA long chain omega-3 fatty acids
  - assessment of the most current scientific evidence as presented in the NUGAG systematic reviews
- CCNFSDU agreed to proceed to initiate new work on NRV-R for older infants and young children
  - establish purpose and the specific age groups to which these NRV-R may apply

Recent development in CCFL and CCNFSDU

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Nutrient content claim - TFAs

- CCNFSDU continued to discuss the proposal for conditions for claim for “free” of trans fatty acid
  - A value of 1 g of TFA per 100 g of fat was proposed
  - and must meet the conditions set for “low” in saturated fats
- Food Regulations Malaysia has a permitted nutrient content claim for “free” of TFA
  - Not more than 0.1 g per 100 g or per 100 ml; not linked to saturated fatty acid content

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International harmonisation ....

- Codex Alimentarius has developed the relevant guidelines in relation to nutrition labelling and claims
  - These standards are used to provide guidance to governments when developing their respective national food regulations
- Aim to achieve international harmonisation in food quality and safety requirements
  - Thereby promoting international trade
- Guide on nutrition labelling published over 30 years ago
  - and that for claims for 2 decades
- Important for national legislations to consider adopting as much as relevant these international guides
ASEAN harmonisation ....

- Harmonised nutrition labelling regulations in the region will benefit trade, especially for the ASEAN region
- This Seminar and workshop provides a platform to discuss, explore approaches to harmonization of nutrition labelling regulations in the region
- Possibly through ASEAN framework
- Discussion through Product Working Group on Prepared Foodstuff (PFPWG)?

- Challenges in harmonising
  - lack of national infrastructure
  - countries have set views and approaches
  - unclear/unconvinced about benefits/need for harmonised regulations
  - national authorities have different priorities

Continuing role of ILSI ....

- Continue to provide platform for sharing of developments in regulations in Codex and countries in the region
  - facilitate discussions on basis of standards, approaches
  - mindful of the mandatory policies of ILSI of advocacy
- Facilitate capacity building in countries that are in need
  - assist in development of infrastructure
  - organise workshops and seminars on specific topics
  - to shorten the learning curve