

Recommendation  
for Nutrition  
Information and  
Front of Pack  
Labelling

Food and Drugs Act C:30

# Topics

- Nutrition Labelling
- Nutrient Reference values
- Nutritional Tolerances

# Nutrition Labelling

# Nutrition Labelling

- CAC/GL-2, 1985 - CODEX Guideline on Nutrition Labelling
- Formats originating from outside of the Caribbean Region in line with international standards may be used provided the source country/region is declared.

# Nutrient Reference values

# Nutrient Reference Values

- CAC/GL-2, 1985 - CODEX Guideline on Nutrition Labelling
  - Nutrient Reference Values - Requirements (NRV-Rs)
  - Nutrient Reference Values – Non communicable diseases (NRV-NCDs) US FDA Daily Values
- Other nutrient reference values originating from countries or regions outside of the Caribbean region may be used once the country or region of origin is declared.
- US RDA - Recommended Dietary Allowance (RDA)- Food and Nutrition Board, Institute of Medicine –
- US DV – Daily Values – A Food Labeling Guide, Guidance for the Industry (Jan 2013)
- UK – Guideline Daily Amounts (GDA) (EU Regulation 2011)
- UK - Reference Nutrient Intakes (RNI) (UK 2011)
- Other countries

# FRONT OF PACK LABELING

- Supports transparent Nutrition information to the consumer
- Provides useful and easy-to-understand on-pack nutrition information
- Front of pack GDA facilitates consumers to make informed choices
- GDA for children is recommended to support parents in making informed choices for their children
- Support in addressing the current increase in obesity among the population (children included)
- Front of Pack Labelling can be an optional requirement, not mandatory

# Monochrome GDA

## ADULT or FAMILY

Per portion  
115g



adult's GDA\*

Per portion 115g



adult's GDA\*

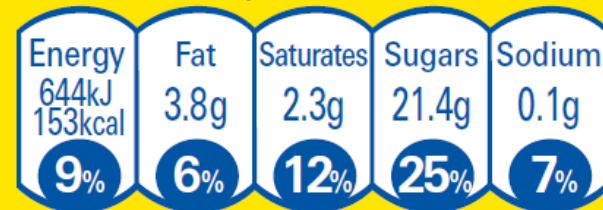
## CHILD

Per portion  
90g



child's GDA\*

Per portion 200ml



child's GDA\*



## ADULT or FAMILY

| Nutrition Information | Per 100g          | Per portion<br>115g | %GDA*<br>per portion |
|-----------------------|-------------------|---------------------|----------------------|
| Energy                | 1244kJ<br>296kcal | 1432kJ<br>341kcal   | 17%                  |
| Fat                   | 9.8g              | 11.3g               | 16%                  |
| of which saturates    | 2.6g              | 3.0g                | 15%                  |
| Carbohydrate          | 41.2g             | 47.4g               | 18%                  |
| of which sugars       | 5.3g              | 6.1g                | 7%                   |
| Fibre                 | 1.0g              | 1.2g                | 5%                   |
| Protein               | 10.2g             | 11.7g               | 23%                  |
| Sodium                | 0.4g              | 0.5g                | 21%                  |

\*Guideline Daily Amounts of  
an average adult (8400 kJ/2000 kcal)  
Pack contains 4 portions  
Portions should be adjusted for children  
of different ages

## CHILD

| Nutrition Information | Per 100g          | Per portion<br>90g | %GDA*<br>per portion |
|-----------------------|-------------------|--------------------|----------------------|
| Energy                | 1244kJ<br>236kcal | 1120kJ<br>266kcal  | 16%                  |
| Fat                   | 9.8g              | 8.8g               | 15%                  |
| of which saturates    | 2.6g              | 2.3g               | 12%                  |
| Carbohydrate          | 41.2g             | 37.1g              | 16%                  |
| of which sugars       | 5.3g              | 4.8g               | 6%                   |
| Fibre                 | 1.0g              | 0.9g               | 6%                   |
| Protein               | 10.2g             | 9.2g               | 42%                  |
| Sodium                | 0.4g              | 0.4g               | 29%                  |

\*Guideline Daily Amounts of an average  
8 year-old child (7140 kJ/1700 kcal)  
Pack contains 5 portions  
Portions should be adjusted for children  
of different ages

## Guideline Daily Amounts (GDA)

| Nutrient           | Adult GDA           | Child GDA           |
|--------------------|---------------------|---------------------|
| Energy             | 2000 kcal / 8400 kJ | 1700 kcal / 7140 kJ |
| Fat                | 70 g                | 60 g                |
| Of which Saturates | 20 g                | 20 g                |
| Carbohydrates      | 260 g               | 260 g               |
| Of which Sugars    | 90 g                | 85 g                |
| Fibre              | 25 g                | 15 g                |
| Protein            | 50 g                | 22 g                |
| Salt               | 6 g                 | 3.5 g               |
| Sodium             | 2.4 g               | 1.4 g               |

## CODEX NUTRIENT REFERENCE VALUES - REQUIREMENTS

|                   |  |
|-------------------|--|
| <b>Vitamins</b>   |  |
| Vitamin A (µg)    | 800*   |
| Vitamin D (µg)    | 5**  |
| Vitamin C (mg)    | 100  |
| Vitamin K (µg)    | 60   |
| Thiamin (mg)      | 1.2  |
| Riboflavin (mg)   | 1.2  |
| Niacin (mg NE)    | 15**   |
| Vitamin B6 (mg)   | 1.3  |
| Folate (µg DFE)   | 400  |
| Vitamin B12 (µg)  | 2.4  |
| Pantothenate (mg) | 5  |
| Biotin (µg)       | 30   |
| <b>Minerals</b>   |  |
| Calcium (mg)      | 1,000  |
| Magnesium (mg)    | 300  |
| Iron (mg)         | 14   |
| 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)<br>14 (22% dietary absorption; Cereal-based diets, with >50% energy intake from cereal grains or legumes and negligible intake of animal protein) |
| Iodine (µg)       | 150**  |
| Copper            | Value to be established  |
| Selenium (µg)     | 60   |
| Manganese (mg)    | 3  |
| Molybdenum ((µg)  | 45   |
| <b>Other</b>      |  |
| Protein (g)       | 50   |

\* For the declaration of β-carotene (provitamin A) the following conversion factor should be used: 1 µg retinol = 6 µg β-carotene

\*\* Competent national and/or regional authorities should determine an appropriate NRV-R that best represents the dietary absorption from relevant diets.

# CODEX NUTRIENT REFERENCE VALUES - REQUIREMENTS

## Conversion factors for niacin and folate equivalents

| Vitamin | Dietary equivalents                     |  |
|---------|---|--|
| Niacin  | 1 mg niacin equivalents (NE) =          | 1 mg niacin<br>60 mg tryptophan  |
| Folate  | 1 µg dietary folate equivalents (DFE) = | 1 µg food folate<br>0.6 µg folic acid added to food or as supplement consumed with food<br>0.5 µg folic acid as supplement taken on an empty stomach |

The conversion factors for vitamin equivalents in the Table provide supporting information for national authorities to enable national authorities to determine the application of NRVs at national level.

### 3.4.4.2 NRVs-NCD

#### Intake levels not to exceed

Saturated fatty acids 20 g<sup>8,9</sup>

Sodium 2 000 mg<sup>10</sup>

#### Intake levels to achieve

Potassium 3 500 mg<sup>10</sup>

**Dietary Reference Intakes (DRIs): Recommended Dietary Allowances and Adequate Intakes, Vitamins**  
 Food and Nutrition Board, Institute of Medicine, National Academies

| Life Stage Group | Vitamin A (µg/d) <sup>a</sup> | Vitamin C (mg/d) | Vitamin D (µg/d) <sup>b,c</sup> | Vitamin E (mg/d) <sup>d</sup> | Vitamin K (µg/d) | Thiamin (mg/d) | Riboflavin (mg/d) | Niacin (mg/d) <sup>e</sup> | Vitamin B <sub>6</sub> (mg/d) | Folate (µg/d) <sup>f</sup> | Vitamin B <sub>12</sub> (µg/d) | Pantothenic Acid (mg/d) | Biotin (µg/d) | Choline (mg/d) <sup>g</sup> |
|------------------|-------------------------------|------------------|---------------------------------|-------------------------------|------------------|----------------|-------------------|----------------------------|-------------------------------|----------------------------|--------------------------------|-------------------------|---------------|-----------------------------|
| <b>Infants</b>   |                               |                  |                                 |                               |                  |                |                   |                            |                               |                            |                                |                         |               |                             |
| 0 to 6 mo        | 400*                          | 40*              | 10                              | 4*                            | 2.0*             | 0.2*           | 0.3*              | 2*                         | 0.1*                          | 65*                        | 0.4*                           | 1.7*                    | 5*            | 125*                        |
| 6 to 12 mo       | 500*                          | 50*              | 10                              | 5*                            | 2.5*             | 0.3*           | 0.4*              | 4*                         | 0.3*                          | 80*                        | 0.5*                           | 1.8*                    | 6*            | 150*                        |
| <b>Children</b>  |                               |                  |                                 |                               |                  |                |                   |                            |                               |                            |                                |                         |               |                             |
| 1–3 y            | 300                           | 15               | 15                              | 6                             | 30*              | 0.5            | 0.5               | 6                          | 0.5                           | 150                        | 0.9                            | 2*                      | 8*            | 200*                        |
| 4–8 y            | 400                           | 25               | 15                              | 7                             | 55*              | 0.6            | 0.6               | 8                          | 0.6                           | 200                        | 1.2                            | 3*                      | 12*           | 250*                        |
| <b>Males</b>     |                               |                  |                                 |                               |                  |                |                   |                            |                               |                            |                                |                         |               |                             |
| 9–13 y           | 600                           | 45               | 15                              | 11                            | 60*              | 0.9            | 0.9               | 12                         | 1.0                           | 300                        | 1.8                            | 4*                      | 20*           | 375*                        |
| 14–18 y          | 900                           | 75               | 15                              | 15                            | 75*              | 1.2            | 1.3               | 16                         | 1.3                           | 400                        | 2.4                            | 5*                      | 25*           | 550*                        |
| 19–30 y          | 900                           | 90               | 15                              | 15                            | 120*             | 1.2            | 1.3               | 16                         | 1.3                           | 400                        | 2.4                            | 5*                      | 30*           | 550*                        |
| 31–50 y          | 900                           | 90               | 15                              | 15                            | 120*             | 1.2            | 1.3               | 16                         | 1.3                           | 400                        | 2.4                            | 5*                      | 30*           | 550*                        |
| 51–70 y          | 900                           | 90               | 15                              | 15                            | 120*             | 1.2            | 1.3               | 16                         | 1.7                           | 400                        | 2.4 <sup>h</sup>               | 5*                      | 30*           | 550*                        |
| > 70 y           | 900                           | 90               | 20                              | 15                            | 120*             | 1.2            | 1.3               | 16                         | 1.7                           | 400                        | 2.4 <sup>h</sup>               | 5*                      | 30*           | 550*                        |
| <b>Females</b>   |                               |                  |                                 |                               |                  |                |                   |                            |                               |                            |                                |                         |               |                             |
| 9–13 y           | 600                           | 45               | 15                              | 11                            | 60*              | 0.9            | 0.9               | 12                         | 1.0                           | 300                        | 1.8                            | 4*                      | 20*           | 375*                        |
| 14–18 y          | 700                           | 65               | 15                              | 15                            | 75*              | 1.0            | 1.0               | 14                         | 1.2                           | 400 <sup>i</sup>           | 2.4                            | 5*                      | 25*           | 400*                        |
| 19–30 y          | 700                           | 75               | 15                              | 15                            | 90*              | 1.1            | 1.1               | 14                         | 1.3                           | 400 <sup>i</sup>           | 2.4                            | 5*                      | 30*           | 425*                        |
| 31–50 y          | 700                           | 75               | 15                              | 15                            | 90*              | 1.1            | 1.1               | 14                         | 1.3                           | 400 <sup>i</sup>           | 2.4                            | 5*                      | 30*           | 425*                        |
| 51–70 y          | 700                           | 75               | 15                              | 15                            | 90*              | 1.1            | 1.1               | 14                         | 1.5                           | 400                        | 2.4 <sup>h</sup>               | 5*                      | 30*           | 425*                        |
| > 70 y           | 700                           | 75               | 20                              | 15                            | 90*              | 1.1            | 1.1               | 14                         | 1.5                           | 400                        | 2.4 <sup>h</sup>               | 5*                      | 30*           | 425*                        |
| <b>Pregnancy</b> |                               |                  |                                 |                               |                  |                |                   |                            |                               |                            |                                |                         |               |                             |
| 14–18 y          | 750                           | 80               | 15                              | 15                            | 75*              | 1.4            | 1.4               | 18                         | 1.9                           | 600 <sup>i</sup>           | 2.6                            | 6*                      | 30*           | 450*                        |
| 19–30 y          | 770                           | 85               | 15                              | 15                            | 90*              | 1.4            | 1.4               | 18                         | 1.9                           | 600 <sup>i</sup>           | 2.6                            | 6*                      | 30*           | 450*                        |
| 31–50 y          | 770                           | 85               | 15                              | 15                            | 90*              | 1.4            | 1.4               | 18                         | 1.9                           | 600 <sup>i</sup>           | 2.6                            | 6*                      | 30*           | 450*                        |
| <b>Lactation</b> |                               |                  |                                 |                               |                  |                |                   |                            |                               |                            |                                |                         |               |                             |
| 14–18 y          | 1,200                         | 115              | 15                              | 19                            | 75*              | 1.4            | 1.6               | 17                         | 2.0                           | 500                        | 2.8                            | 7*                      | 35*           | 550*                        |
| 19–30 y          | 1,300                         | 120              | 15                              | 19                            | 90*              | 1.4            | 1.6               | 17                         | 2.0                           | 500                        | 2.8                            | 7*                      | 35*           | 550*                        |
| 31–50 y          | 1,300                         | 120              | 15                              | 19                            | 90*              | 1.4            | 1.6               | 17                         | 2.0                           | 500                        | 2.8                            | 7*                      | 35*           | 550*                        |

NOTE: This table (taken from the DRI reports, see [www.nap.edu](http://www.nap.edu)) presents Recommended Dietary Allowances (RDAs) in bold type and Adequate Intakes (AIs) in ordinary type followed by an asterisk (\*). An RDA is the average daily dietary intake level; sufficient to meet the nutrient requirements of nearly all (97-98 percent) healthy individuals in a group. It is calculated from an Estimated Average Requirement (EAR). If sufficient scientific evidence is not available to establish an EAR, and thus calculate an RDA, an AI is usually developed. For healthy breastfed infants, an AI is the mean intake. The AI for other life stage and gender groups is believed to cover the needs of all healthy individuals in the groups, but lack of data or uncertainty in the data prevent being able to specify with confidence the percentage of individuals covered by this intake.

<sup>a</sup>As retinol activity equivalents (RAEs). 1 RAE = 1 µg retinol, 12 µg β-carotene, 24 µg α-carotene, or 24 µg β-cryptoxanthin. The RAE for dietary provitamin A carotenoids is two-fold greater than retinol equivalents (RE), whereas the RAE for preformed vitamin A is the same as RE.

<sup>b</sup>As cholecalciferol. 1 µg cholecalciferol = 40 IU vitamin D.

<sup>c</sup>Under the assumption of minimal sunlight.

<sup>d</sup>As α-tocopherol. α-Tocopherol includes RRR-α-tocopherol, the only form of α-tocopherol that occurs naturally in foods, and the 2R-stereoisomeric forms of α-tocopherol (RRR-, RSR-, RRS-, and RSS-α-tocopherol) that occur in fortified foods and supplements. It does not include the 2S-stereoisomeric forms of α-tocopherol (SRR-, SSR-, SRS-, and SSS-α-tocopherol), also found in fortified foods and supplements.

<sup>e</sup>As niacin equivalents (NE). 1 mg of niacin = 60 mg of tryptophan; 0–6 months = preformed niacin (not NE).

<sup>f</sup>As dietary folate equivalents (DFE). 1 DFE = 1 µg food folate = 0.6 µg of folic acid from fortified food or as a supplement consumed with food = 0.5 µg of a supplement taken on an empty stomach.

<sup>g</sup>Although AIs have been set for choline, there are few data to assess whether a dietary supply of choline is needed at all stages of the life cycle, and it may be that the choline requirement can be met by endogenous synthesis at some of these stages.

<sup>h</sup>Because 10 to 30 percent of older people may malabsorb food-bound B<sub>12</sub>, it is advisable for those older than 50 years to meet their RDA mainly by consuming foods fortified with B<sub>12</sub> or a supplement containing B<sub>12</sub>.

<sup>i</sup>In view of evidence linking folate intake with neural tube defects in the fetus, it is recommended that all women capable of becoming pregnant consume 400 µg from supplements or fortified foods in addition to intake of food folate from a varied diet.

**Dietary Reference Intakes (DRIs): Recommended Dietary Allowances and Adequate Intakes, Elements**  
 Food and Nutrition Board, Institute of Medicine, National Academies

| Life Stage Group | Calcium (mg/d) | Chromium (µg/d) | Copper (µg/d) | Fluoride (mg/d) | Iodine (µg/d) | Iron (mg/d) | Magnesium (mg/d) | Manganese (mg/d) | Molybdenum (µg/d) | Phosphorus (mg/d) | Selenium (µg/d) | Zinc (mg/d) | Potassium (g/d) | Sodium (g/d) | Chloride (g/d) |
|------------------|----------------|-----------------|---------------|-----------------|---------------|-------------|------------------|------------------|-------------------|-------------------|-----------------|-------------|-----------------|--------------|----------------|
| <b>Infants</b>   |                |                 |               |                 |               |             |                  |                  |                   |                   |                 |             |                 |              |                |
| 0 to 6 mo        | 200*           | 0.2*            | 200*          | 0.01*           | 110*          | 0.27*       | 30*              | 0.003*           | 2*                | 100*              | 15*             | 2*          | 0.4*            | 0.12*        | 0.18*          |
| 6 to 12 mo       | 260*           | 5.5*            | 220*          | 0.5*            | 130*          | 11          | 75*              | 0.6*             | 3*                | 275*              | 20*             | 3           | 0.7*            | 0.37*        | 0.57*          |
| <b>Children</b>  |                |                 |               |                 |               |             |                  |                  |                   |                   |                 |             |                 |              |                |
| 1-3 y            | 700            | 11*             | 340           | 0.7*            | 90            | 7           | 80               | 1.2*             | 17                | 460               | 20              | 3           | 3.0*            | 1.0*         | 1.5*           |
| 4-8 y            | 1,000          | 15*             | 440           | 1*              | 90            | 10          | 130              | 1.5*             | 22                | 500               | 30              | 5           | 3.8*            | 1.2*         | 1.9*           |
| <b>Males</b>     |                |                 |               |                 |               |             |                  |                  |                   |                   |                 |             |                 |              |                |
| 9-13 y           | 1,300          | 25*             | 700           | 2*              | 120           | 8           | 240              | 1.9*             | 34                | 1,250             | 40              | 8           | 4.5*            | 1.5*         | 2.3*           |
| 14-18 y          | 1,300          | 35*             | 890           | 3*              | 150           | 11          | 410              | 2.2*             | 43                | 1,250             | 55              | 11          | 4.7*            | 1.5*         | 2.3*           |
| 19-30 y          | 1,000          | 35*             | 900           | 4*              | 150           | 8           | 400              | 2.3*             | 45                | 700               | 55              | 11          | 4.7*            | 1.5*         | 2.3*           |
| 31-50 y          | 1,000          | 35*             | 900           | 4*              | 150           | 8           | 420              | 2.3*             | 45                | 700               | 55              | 11          | 4.7*            | 1.5*         | 2.3*           |
| 51-70 y          | 1,000          | 30*             | 900           | 4*              | 150           | 8           | 420              | 2.3*             | 45                | 700               | 55              | 11          | 4.7*            | 1.3*         | 2.0*           |
| > 70 y           | 1,200          | 30*             | 900           | 4*              | 150           | 8           | 420              | 2.3*             | 45                | 700               | 55              | 11          | 4.7*            | 1.2*         | 1.8*           |
| <b>Females</b>   |                |                 |               |                 |               |             |                  |                  |                   |                   |                 |             |                 |              |                |
| 9-13 y           | 1,300          | 21*             | 700           | 2*              | 120           | 8           | 240              | 1.6*             | 34                | 1,250             | 40              | 8           | 4.5*            | 1.5*         | 2.3*           |
| 14-18 y          | 1,300          | 24*             | 890           | 3*              | 150           | 15          | 360              | 1.6*             | 43                | 1,250             | 55              | 9           | 4.7*            | 1.5*         | 2.3*           |
| 19-30 y          | 1,000          | 25*             | 900           | 3*              | 150           | 18          | 310              | 1.8*             | 45                | 700               | 55              | 8           | 4.7*            | 1.5*         | 2.3*           |
| 31-50 y          | 1,000          | 25*             | 900           | 3*              | 150           | 18          | 320              | 1.8*             | 45                | 700               | 55              | 8           | 4.7*            | 1.5*         | 2.3*           |
| 51-70 y          | 1,200          | 20*             | 900           | 3*              | 150           | 8           | 320              | 1.8*             | 45                | 700               | 55              | 8           | 4.7*            | 1.3*         | 2.0*           |
| > 70 y           | 1,200          | 20*             | 900           | 3*              | 150           | 8           | 320              | 1.8*             | 45                | 700               | 55              | 8           | 4.7*            | 1.2*         | 1.8*           |
| <b>Pregnancy</b> |                |                 |               |                 |               |             |                  |                  |                   |                   |                 |             |                 |              |                |
| 14-18 y          | 1,300          | 29*             | 1,000         | 3*              | 220           | 27          | 400              | 2.0*             | 50                | 1,250             | 60              | 12          | 4.7*            | 1.5*         | 2.3*           |
| 19-30 y          | 1,000          | 30*             | 1,000         | 3*              | 220           | 27          | 350              | 2.0*             | 50                | 700               | 60              | 11          | 4.7*            | 1.5*         | 2.3*           |
| 31-50 y          | 1,000          | 30*             | 1,000         | 3*              | 220           | 27          | 360              | 2.0*             | 50                | 700               | 60              | 11          | 4.7*            | 1.5*         | 2.3*           |
| <b>Lactation</b> |                |                 |               |                 |               |             |                  |                  |                   |                   |                 |             |                 |              |                |
| 14-18 y          | 1,300          | 44*             | 1,300         | 3*              | 290           | 10          | 360              | 2.6*             | 50                | 1,250             | 70              | 13          | 5.1*            | 1.5*         | 2.3*           |
| 19-30 y          | 1,000          | 45*             | 1,300         | 3*              | 290           | 9           | 310              | 2.6*             | 50                | 700               | 70              | 12          | 5.1*            | 1.5*         | 2.3*           |
| 31-50 y          | 1,000          | 45*             | 1,300         | 3*              | 290           | 9           | 320              | 2.6*             | 50                | 700               | 70              | 12          | 5.1*            | 1.5*         | 2.3*           |

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SOURCES: *Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride* (1997); *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B<sub>6</sub>, Folate, Vitamin B<sub>12</sub>, Pantothenic Acid, Biotin, and Choline* (1998); *Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids* (2000); and *Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc* (2001); *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate* (2005); and *Dietary Reference Intakes for Calcium and Vitamin D* (2011). These reports may be accessed via [www.nap.edu](http://www.nap.edu).

# Nutritional Tolerances

Recommendation to be based on CODEX  
Guideline 2 – 1985 – Guidelines on Nutrition  
Labelling.