

**NiceLabel**<sup>®</sup>



# Brief Guide to The EU Nutrition Labels

Comply with the EU Food Labeling  
Regulation in 4 easy steps

# A Brief Guide To The EU Nutrition Labels

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# Introduction




A better communication with customers.

The European Food Information to Consumer Regulation 1169/2011 sounds more confusing than it is and we understand that you wouldn't want to invest much of your time or budget to review and study the long set of complicated actions to comply with the rules. Your business is running and you prefer to **concentrate on your sales, not procedures.**

## We feel your pain.

This is why we took a step and studied the regulation for you so we could simplify what you should expect and how you can smoothly make the transition.

### In this e-book, you will find:

-  What this regulation means for you,
-  What you will have to do to comply, and
-  How you can create a good opportunity out of this situation for your business!

# European Directive Simplified

a.k.a. European Food Information To  
Consumers Regulation (FIC)



## Initial notes to get familiar with the FIC:

- Came into effect in 2011, went into application in 2014 and will become mandatory as of **13 December 2016**.
- The regulation suggests a **mandatory list of information** that needs to be labeled on the product and available to provide in electronic format when needed.
- This information covers ingredients, allergens and nutritional values.
- You can read more details [here](#).

## Who will be affected?

All food manufacturers producing or selling within the territories of the European Union member states.

## What is the aim?

- Provide clear information to the public on what they are consuming,
- Help them make better dietary selections,
- Standardize food labeling.

## What will you have to do?

- Food products need to go through a nutrition analysis,
- Nutrition information should be set out and designed in the specified format,
- Correctly print nutrition information on the packaging.

# 12 Key Changes

Ensuring product information is consistent throughout the supply chain



# 1 Font Size

A minimum font size for mandatory information is set to ensure an improved **visibility of information**:

- For the majority of food packaging labels, a minimum font size of 1.2 mm should be used (**Times New Roman, 8 font**).
- For smaller packages where largest surface area is below 80cm<sup>2</sup>, a minimum font size of 0.9 mm should be used (**Times New Roman, 6 font**).
- Voluntary information (slogan, motto, etc.) should be presented in a way that does not impinge on the presentation of the mandatory information.

## Nutrition Information

	Per 100g	%Reference Intake RI
Energy	485 kJ/117 kcal	6% RI
Fat	8 g	11% RI
Of which Saturates	3,7 g	19% RI
Carbohydrates	9 g	3% RI
Of which Sugars	8 g	9% RI
Protein	1,4 g	3% RI
Salt	0,02 g	0% RI
Vitamin C	14,81 mg	19% RI

Salt content is exclusively due to the presence of naturally occurring sodium  
Reference intake of an average adult (8 400 kJ / 2 000 kcal)

**INGREDIENTS:** Mandarin Oranges (37.9%), Light Whipping Cream (**Milk**), Pears (12.4%), Peaches (7.7%), Thompson Seedless Grapes (7.6%), Apple (7.5%), Banana (5.9%), English Walnuts (**Tree Nuts**)

## 2 Allergens

Foods that have been established as being responsible for allergic reactions and any food containing these ingredients need to be clearly displayed and highlighted (such as putting in **bold**, *italic* or highlighted print).

The list of allergens remains the same as that in the current rules.

**Presentation of allergens** such as soy, nuts, gluten and lactose was mandatory for pre-packed foods even prior to 2014, however now they will have to be presented with a certain **emphasis on font, style and background color** in the list of ingredients.

As of December 2016, **allergen information will be mandatory for the menus of restaurants and cafes as well.**

# Aloo pie

INGREDIENTS

**wheat** flour, rye flour, water, salt, veg fat, improver, yeast, sultanas, sugar, **hazelnuts**.

Allergy Advice  
For allergens, see **highlighted** ingredients

PRICE 1,19

BEST BEFORE 12.10.2016

NET WEIGHT 250 g




9 770000 000010



## 3

# Nutrition Information

Certain information for majority of pre-packed processed foods is mandatory and must be consistent and presented in a table format. Main ingredients are shown right.

The energy value must be given both in **kJ** (kilojoules) and in **kcal** (kilocalories)

The value in kilojoules must be given first, followed by the value in kilocalories.

The abbreviation **kJ/kcal** can be used.

If space permits, the declaration shall be **presented in the form of a table**, with numbers aligned. A linear format may be used if space does not allow for a table.

The order of presentation shall be

Energy value

Fat

Saturates

Carbohydrates

Sugars

Protein

Salt

## 3

## Nutrition Information

Where applicable and voluntarily, the information on the following may be provided and in the order they are written:

**Monounsaturates, polyunsaturates, polyols, starch, fibre, vitamins or minerals.**

Labeling on the **front of the pack** remains voluntary, but in the case of presentation of nutrition information, **only energy or energy along with fat, saturates, sugar and salt** can be provided.

For non-prepacked foods, the content of the nutrition declaration can be limited to the energy value or the energy value together with the amounts of fat, saturates, sugars, and salt.

Take note that this repeated information may be provided as **per 100g/ml only, per 100g/ml and per portion, or on a per portion basis only**, and must always be indicated per 100g/ml as a minimum.

In cases where the **energy value or the amount of nutrient(s) in a product is negligible**, the information on those elements may be replaced by a statement such as '*Contains negligible amounts of ...*' to be indicated in close proximity to the nutrition declaration.

The minimum font sizes mentioned in Key Change #2 applies for the mandatory information.

4-12

## Other Key Changes

- 4** For products available for online sale or any other **distance-selling** method, same labeling requirements apply. Mandatory information on the label needs to be available to the consumer before purchase.
- 5** **Country of origin** information for fresh meat from pigs, sheep, goats and poultry is mandatory.
- 6** Presentation of the list of **engineered nano-materials** in the ingredients.
- 7** Indication of substitute ingredient for **'Imitation' foods**.
- 8** **"Formed meat/fish"** need to be clearly indicated.
- 9** Information on the **vegetable origin of refined oils and fats** must be presented (palm oil, coconut oil, etc.)
- 10** For meat and fishery products, presence of **added proteins** and their origins (if they are different from the animal origin or the product) need to be indicated.
- 11** **Defrosted products** need to be clearly indicated. Date of or first freezing needs to be visible.
- 12** For meat products, **added water** over 5% must be declared in the name of the food, which have the appearance of a cut, joint, slice, portion or carcass of meat. Same applies for fish.

# 4 Steps To A Better Transition

Preparing your business for the FIC does not have to be difficult.



# 1 Do a nutrition analysis

First thing's first. Before beginning to make any changes on your food labels, the first action you need to take is to **run a complete nutritional analysis** for all food products your business produces.

**Detailed nutrient data received from a laboratory or a database analysis** from a trusted source will be the primary step to guaranteeing compliance with the standards.



A quick and simple solution would be to check out online tools where you enter your recipes and receive nutrition data.

## 2 Have the right database tool

Storing your data is a highly important step and your solution to this could vary from a basic method of saving your data in an Excel file, to using dedicated software to store data in an organized manner.



Best practices show that organization of data is highly important!



If you already have an advanced IT system in place, you will be able to store the data in a database or in the manufacturing execution system.



If you don't have one yet, there are some very user friendly programs that require basic computer skills, and are packed with productivity benefits.

**You can download a simple Excel sheet to store data from here.**

## 3 Select a label design method

Designing your labels might sound scary and in fact it might go all wrong if you don't have a user-friendly and easy tool at your hand.

**NiceLabel Designer delivers the familiar Microsoft Word-like user experience.**  
**[Check out the interface here.](#)**

### Here are 2 simple options:

✔ You could design labels on MS Word as a basic method, however it isn't particularly flexible for designing and is highly prone to errors each time your production staff needs to print.

✔ A better option is using professional labeling software that enables you to easily design labels by providing a simple printing interface that doesn't require IT skills, is basic and can be used efficiently, without risk of errors.

## 4 Ensure reliable printing

Labels are not designed every day but they are printed every day! Making sure the printing process is streamlined and accurate is critical.



NiceLabel provides printing applications that increase efficiency and reduce the risk of errors.

### Here are the priorities to have for labeling:

- ✓ Minimize or eliminate manual data-entry at print time,
- ✓ Prevention of accidental label template changes,
- ✓ Simple user experience that employees with no computer skills or training are able to use without errors.



# How Can NiceLabel Help You?

We assumed you wouldn't want to get lost in the details of label design and printing while you work on becoming compliant with the new [EU food labeling regulation](#).

**This is why we created a complete solution for managing your labels in compliance with the EU regulation.**

This solution includes:

- A **predesigned label template** that you can easily modify to suit your needs,
- A **predesigned label printing form** so production staff can quickly print accurate labels,
- A **database** which you can use to manage your product and nutrition data,
- An **easy-to-use** form that allows your authorized staff to manage the data.



**You can start  
your 30-day free  
trial today!**

**Download NiceLabel  
and the predesigned  
solution pack now.**

[www.dsprojektai.lt/nicelabel.html](http://www.dsprojektai.lt/nicelabel.html)