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**National Food Safety Standard
Standard for nutrition labelling of
prepackaged foods**

(Draft for comment)

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Standard for nutrition labelling of prepackaged foods

1 Scope

This standard prescribes the general principle and requirements of the labelling and declaration of nutrition components on the label of a prepackaged food, which is for direct-to-consumer use.

This standard applies to the description and presentation of nutrition information on nutrition labelling of a prepackaged food.

2 Terms and definitions

The following terminologies and definitions shall apply to this standard.

2.1 Nutrition labelling

Nutrition labelling is a description intended to inform the consumer of the nutritional components and the nutritional properties of a food, which includes, nutrition information, nutrition claims and nutrient function claims. Nutrition labelling is a part of food labelling.

2.2 Core Nutrients

Core nutrients in nutrition label include protein, fat, carbohydrate and sodium.

2.3 Nutritional component

Nutritional component refers to nutrient or beneficial component in food, such as nutrients, water, dietary fiber, etc.

2.4 Nutrition information

Nutrition information is a normative form with the name of nutrient, the content of nutrient and % NRV (Nutrient reference value).

2.5 Nutrient reference value (NRV)

Nutrient Reference Value (NRV) is a reference standard of nutrition which is specially for food labelling purpose, and to compare the content levels of nutrients. NRV provides a reference scale to consumer when choosing food.

2.6 Nutrition claim

Nutrition claim refers to a description, declaration or implication of the nutritional properties of a food, such as declaration of energy value, content claim of protein, etc. Nutrition claim includes nutrient content claim and nutrient comparative claim.

2.6.1 Nutrient content claim

Nutrient content claim means a nutrition claim that describes the energy value or the content level of a nutrient contained in a food. The diction for nutrient content claim includes "contains", "high", "low" or "no", etc.

2.6.2 Nutrient comparative claim

Nutrient comparative claim means a nutrition claim that compares the energy value or

the content level of a nutrient in a food with other known foods of same type. The diction for nutrient comparative claim includes "add", "reduce", etc.

2.7 Nutrient function claim

Nutrient function claim means a nutrition claim that describes the physiological role of a nutrient in growth, development and normal function of the body.

2.8 Rounding off for numerical values

Rounding off is a process to get a numerical value which is the closest to the original value, during which the last several digits of a numerical value are omitted, and then the last digit retained is rounded.

2.9 Rounding interval

Rounding interval is the minimum unit value of a rounded numerical value.

2.10 Edible parts

Edible parts of a food refer to the remaining parts that can be consumed after the removal of those non-edible parts of food in a pack following consumers' cooking and eating habits.

Calculate the weight of edible parts of a packed food using equation below:

Weight of edible parts = Total weight of food in a package - the weight of non-edible parts

Check the edible parts of a food in "China Food Composition Table".

The weight of edible parts of a food may also be determined by using practical methods.

3 General requirements

- 3.1 Any nutrition information presented on a nutrition label of a food should be truthful, subjective and not be in any deceptive, not to exaggerate the functions.
- 3.2 Nutrition label should be written in Chinese. If a foreign language is also adopted, its content should be in correspondence with which in Chinese. The foreign letters shall not larger than the corresponding Chinese characters.
- 3.3 Nutrition claims and nutrient function claims should be in accordance with the requirements and conditions specified in Appendix D. The character size of nutrition claims shall not larger than that of product name.
- 3.4 The nutrient contents of a food should be indicated with specific values. The content value of a nutrition component may be obtained by calculation using that of raw materials or by product detection.
- 3.5 A Nutrition label can be directly printed/pasted on the minimum package unit of a direct-to-consumer prepackaged food.

4 Contents of a nutrition label

4.1 Mandatory labelling items

Energy and core nutrients (protein, fat, carbohydrate, sodium) are mandatory labelling items on a nutrition label. When there are other nutritional components to be claimed, appropriate measures shall be taken to highlight the claims of energy and core nutrients.

4.2 Name and order of nutritional components

Nutrition information involves the name of nutritional components, the content of nutritional components and the NRV%. The name and the order of nutritional components are as following, shift the order if lack of certain nutrient.

Energy

Protein

Fat

- Saturated fat (fatty acid)
- Monounsaturated fat (fatty acid)
- Polyunsaturated fat (fatty acid)
- Trans fat (fatty acid)
- Cholesterol

Carbohydrate

- Sugar (Lactose ^a)
- Dietary fibers (or individual component of fiber ^b)
- Soluble dietary fiber
- Insoluble dietary fiber

Sodium

Vitamin A, Vitamin D, Vitamin E, Vitamin K, Vitamin B₁ (thiamine), Vitamin B₂ (riboflavin), Vitamin B₆, Vitamin B₁₂, Vitamin C (ascorbic acid), niacin (nicotinamide), folic acid, pantothenic acid, biotin and choline;
Calcium, Phosphorus, Potassium, Magnesium, Iron, Zinc, Iodine, Selenium, Copper, Fluorine, Chromium, Manganese and Molybdenum.

^a It can be directly indicated "lactose" on a nutrition label of milk or milk product.

^b Dietary fiber and individual component of fiber may be indicated on a nutrition label in a form of "Dietary fiber (as XX) ... g" if the test result of individual component of fiber is obtained using generally accepted methods.

4.3 Nutrition claims

- 4.3.1 In this standard, nutrition claims only involve those nutritional components listed in clause 4.2.
- 4.3.2 Any nutritional component listed in clause 4.2 may be claimed provided that the declared value of a nutritive substance in the food is in compliance with the requirements and restrictive conditions listed in Table D.1 (Appendix D).
- 4.3.3 When a nutritional component meets both the requirements of content claim and that of comparative claim, it may be claimed by using both types or using the content claim only.

4.3.4 Refer to Table D.2 and D.3 (Appendix D) for synonyms for nutrient content claims and comparative claims.

4.4 Nutrient function claims

4.4.1 A nutrient function claim can be made only for those nutrients specified in Table D.1 (Appendix D).

4.4.2 A standard function claim listed in Appendix E can NOT be used unless the declared value of the content of a nutrient is in compliance with the claim conditions specified in Table D.1 (Appendix D).

4.4.3 One or more standard function claims can be adopted but without any deletion, addition and combination of the words.

5 Nutrients expression

5.1 Expression units for the content of a nutritional component

The content level of a nutrient shall be expressed in “amount per 100g” or “amount per 100mL” or “amount per serving”. One or more types of expression can be chose based on actual needs.

The quantity of per serving should be indicated if “Per serving” expression is adopted and the size of per serving can be defined in according to the features of the food.

The expression units used in nutrition information shall be in consistency with that of NRV, as shown in Table 1.

5.2 Amount expression

Rounding interval, definition of “0” should be in compliance with the provisions listed in Table 1. Define it “0” when the detection result of a certain nutrient is less than or equal to the definition of “0”.

Table 1 Expression units for nutritional components, Rounding interval and Definition of “0”.

Energy/Nutrient	Expression unit ^a	Rounding interval	Definition of “0” (Per 100 g or Per 100ml) ^b
Energy	kJ	1	≤17 kJ
Protein	g	0.1	≤ 0.5 g
Fat	g	0.1	≤ 0.5 g
Saturated (Polyunsaturated, Monounsaturated) fat (fatty acid)	g	0.1	≤ 0.1 g
Trans fat (fatty acid)	g	0.1	≤ 0.3 g
Cholesterol	mg	1	≤ 5 mg
Carbohydrate	g	0.1	≤ 0.5 g
Sugar (or Lactose)	g	0.1	≤ 0.5 g
Dietary Fibre	g	0.1	≤ 0.5 g
Vitamin A	μgRE	1	≤ 1% NRV
Vitamin D	μg	0.1	≤ 2% NRV
Vitamin E	mg α-TE	0.01	≤ 2% NRV
Vitamin K	μg	0.1	≤ 2% NRV
Vitamin B1	mg	0.01	≤ 2% NRV
Vitamin B2	mg	0.01	≤ 2% NRV
Vitamin B6	mg	0.01	≤ 2% NRV

Vitamin B12	µg	0.1	≤ 2% NRV
Vitamin C	mg	0.1	≤ 2% NRV
Niacin	mg	0.01	≤ 2% NRV
Folacin/Folic acid	µg or µgDFE	1	≤ 2% NRV
Pantothenic acid	mg	0.01	≤ 2% NRV
Biotin	µg	0.1	≤ 2% NRV
Choline	mg	0.1	≤ 2% NRV
Calcium,	mg	1	≤ 1% NRV
Phosphorus,	mg	1	≤ 2% NRV
Potassium,	mg	1	≤ 1% NRV
Sodium	mg	1	≤ 5 mg
Magnesium	mg	1	≤ 2% NRV
Iron	mg	0.1	≤ 2% NRV
Zinc	mg	0.01	≤ 2% NRV
Iodine	µg	0.1	≤ 2% NRV
Selenium	µg	0.1	≤ 2% NRV
Copper	mg	0.01	≤ 2% NRV
Fluorine	mg	0.01	≤ 2% NRV
Chromium	µg	0.1	≤ 2% NRV
Manganese	mg	0.01	≤ 2% NRV
Molybdenum	µg	0.1	≤ 2% NRV
^a Expression units can be in Chinese or English , or both.			
^b The content level of nutritional components shall meet the regulations on the definition of “0” (Per 100g or Per 100ml) though “Per serving” expression type is adopted.			

5.3 Error allowance for content of nutritional components

In the whole shelf life, the error range for content of nutritional components shall be judged in according to the provisions listed in Table 2.

Table 2 Allowed error range for content of nutritional components

Nutrients in foods	Allowed error range
Protein, Polyunsaturated fat (fatty acid), Monounsaturated fat (fatty acid), Carbohydrates, Sugars, Total dietary fiber (soluble fibre, insoluble fibre), individual component of fibre, Vitamins(other than Vitamin D, Vitamin A), Minerals(exclude Sodium)	≥80% declared value
Energy, Fat, Saturated fat (fatty acid), Trans fat (fatty acids), Cholesterol, Sodium, Sugars	≤120% declared value
Vitamin D, Vitamin A	80% ~ 180% declared value

6 Nutrition Information Format

6.1 Nutrition information

Nutrition information must be presented in a tabular format. The tab could be of any size, and should be in vertical align with the package baseline. The heading should be “Nutrition Information”.

Nutrition information includes the name of nutritional components, the content value of nutritional components and the % of NRV (Nutrient reference value).

- 6.1.1** Except for energy and core nutrients, if there are other nutritional components listed in the form, appropriate measures shall be taken to highlight energy and core nutrients, e.g. to blacken the characters or to separate energy, core nutrients with other components using horizontal lines.
- 6.1.2** Appendix C lists six types of recommended nutrition information formats. Food enterprises may choose any of them in accordance with the nutritional properties of foods, the size of packaging surface area and the package shape used.
- 6.2** Nutrition claims and nutrient function claims can be presented anywhere on the label.

7 Exemption

Prepackaged foods of following types are exempt from rules on nutrition labelling:

- 7.1** Fresh food, such as packed raw meat, raw fish, raw vegetables and fruits, fresh eggs, etc;
- 7.2** Alcohol beverages with less than 0.5% of alcohol content;
- 7.3** Packaged food with total surface area of no more than 100 cm² or the largest surfaces area of the package is no more than 20 cm²;
- 7.4** Non-pre-packed food sold on the site which is usually bought for immediate consumption;
- 7.5** Bottled drinking water;
- 7.6** A prepackaged food with a statement on the label that the daily intake amount shall be no more than 10g or 10ml.
- 7.7** Those prepackaged foods which falling with the criteria of exemptions of food labels.

The exemption will be removed if a nutrition claim is made on prepackaged food listed above. And the nutrition labelling of this product should meet the requirements specified in this standard.

8 Others

- 8.1** This standard does not apply to foods for specific group of people use, such as health food, infant formula and follow-up formula, formulas for special medical purposes, maternal formula, etc.
- 8.2** If there is any conflict related to nutrition labelling between this standard and other standards, follow the requirements specified in this standard.
- 8.3** A food which is mandated to carry a food label should have a nutrition label following the nutrition labelling requirements indicated in relevant standards.
- 8.4** In this standard, Appendix A, D and E are normative appendixes, Appendix B and C are informative appendixes.

Appendix A
(Normative appendix)
Chinese Nutrient Reference Value (NRV)

This normative appendix provides the specific values of NRVs for nutrition labelling of prepackaged food and the using method of NRV.

A.1 Nutrient reference value (NRV)

NRVs for 32 types of specified nutrients are listed in Table A .1.

Table A.1 Nutrient Reference Value (NRV)

Energy/Nutrient	NRV	Nutrient	NRV
Energy ^a	8400 kJ	Pantothenic acid	5 mg
Protein	60 g	Biotin	30 µg
Fat	≤60 g	Choline	450 mg
Saturated fatty acids	≤20 g	Calcium	800 mg
Cholesterol	≤300 mg	Phosphorus	700 mg
Carbohydrate	300 g	Potassium	2000 mg
Dietary fibre	25 g	Sodium	2000 mg
Vitamin A	800 µgRE	Magnesium	300 mg
Vitamin D	5 µg	Iron	15 mg
Vitamin E	14mg α-TE	Zinc	15 mg
Vitamin K	80 µg	Iodine	150 µg
Vitamin B1	1. 4 mg	Selenium	50 µg
Vitamin B2	1.4 mg	Copper	1.5 mg
Vitamin B6	1.4 mg	Fluorine	1 mg
Vitamin B12	2.4 µg	Chromium	50 µg
Vitamin C	100 mg	Manganese	3 mg
Niacin	14 mg	Molybdenum	40 µg
Folacin/Folic acid	400 µgDFE		
^a 8400kJ of energy is equivalent to 2000kcal of energy. The energy value contribution of the protein, fat and carbohydrate respectively is 13%, 27% and 60% of total energy.			

A.2 Using method

NRV is used to compare and describe energy level or the content level of nutrients. When nutrition claims and the definition of “0” are adopted for expression, NRV may be used as a standard reference value.

Express nutrient information in percentage of nutrient reference value (% NRV). The appointed rounding interval for % NRV is 1, such as 1%, 5%, 16% , etc.

A.3 Labelling and calculation

Calculate NRV% for a nutrient using equation below:

$$\text{NRV\%} = X / \text{NRV} \times 100\%$$

Where: X -- the content of a nutrient in food

NRV -- Nutrition reference value for this item

Appendix-B (Informative appendix)

Definition and transformation coefficient of nutrition

This appendix presents the definition, transformation coefficient and calculation of some of the nutritional composition on the nutrition label.

B.1 Energy

Energy is generated from nutriment metabolism (food protein, fat and carbohydrates, etc) in the body.

The conversion coefficients of energy-generating nutriment in foods are as table B.1:

Table B.1 the conversion coefficients of energy-generating nutriment in foods

Composition	kJ / g	Composition	kJ / g
Protein	17	Organic acid	13
Fat	37	Dietary fiber (or monomer composition)	8
Carbohydrate	17	Ethanol (alcohol)	29

B.2 Protein

Protein is a kind of nitrogenous organic compound with amino acid as the basic unit.

The protein content in food can be determined through “total nitrogen content” multiplied by the “nitrogen conversion coefficient”, or sum of various amino acids. After determining the “total nitrogen content”, the protein content calculation formula is as below:

Protein (g/100g) =total nitrogen content (g/100g) × nitrogen conversion coefficient

The nitrogen conversion coefficients for different foods are as table B.2, for formula foods or foods produced from various materials, the coefficient should be 6.25.

Table B.2 nitrogen conversion coefficients for different foods

Food	Conversion coefficient	Food	Conversion coefficient
Wheat		Egg	
Whole wheat flour	5.83	Whole egg	6.25
Wheat bran	6.31	Yolk	6.12
Wheat embryo	5.80	Albumen	6.32
Wheat embryo Flour	5.70	Meat and fish	6.25

Oat	5.83	Animal gluten	5.55
Barley, rye powder	5.83	Dairy and dairy products	6.38
Millet	6.31	Casein	6.40
Corn	6.25	Human milk	6.37
Rice and rice flour	5.95	Legume	
Nuts、 seeds category		Soy	5.71
Brazil fruit	5.46	Other legume	6.25
Peanut	5.46	Soy protein	6.25
Almond	5.18		
Others (e.g. walnut、 filbert)	5.30	Other foods	6.25
^a 《Chinese foods composition list》 , volume 1			

B.3 Fat and fatty acid

There are crude fat and total fat because of different detection method. Both can be labeled as “fat” on nutrition label.

When determining with the Soxhlet extraction method for crude fat content, the total fat (fatty acid) content in foods can be calculated by the following formula and the fatty acid conversion coefficient.

Total fat (fatty acid) content (g/100g) = crude fat content (g/100g) × fatty acid conversion coefficient

The fatty acid conversion coefficients for different foods are as table B.3.

Table B.3 fatty acid conversion coefficients for different foods

Food	Conversion coefficient	Food	Conversion coefficient
Wheat, barley and rye		Beef (lean)	0.916
Whole wheat	0.720	Beef (fat)	0.953
Flour	0.670	Mutton (lean)	0.916
Wheat bran	0.820	Mutton (fat)	0.953
Oat	0.940	Pork (lean)	0.910
Rice	0.850	Pork (fat)	0.953
Legume		Poultry	0.945
Soy and soy Products	0.930	Brain	0.561
Other legume	0.775	Heart	0.789
Vegetable and fruits	0.800	Kidney	0.747
Avocado	0.956	Liver	0.741
Nut	0.956	Dairy and dairy products	0.945
Peanut	0.951	Egg	0.830
Lotus	0.930	Fish	
Oil and lipids		Fish	0.900

		(oiliness)	
Oil and Lipids (except for coconut oil)	0.956	Fish	0.700
Coconut oil	0.942		
^a 《Chinese foods composition list》, volume 1.			

B.4 Carbohydrate

Total carbohydrate is general name of sugar, oligosaccharides, polysaccharides in foods.

Carbohydrate calculation: the carbohydrate value on food nutrition label can be obtained by subtraction or addition.

Subtraction: subtracting protein, fat, moisture, ash and/or dietary fiber from the total mass of food, which leaves carbohydrate.

Addition: sum of starch and sugar.

B.4.1 Sugar

Refer to all the oligosaccharides and disaccharides, such as glucose, fructose, sucrose, and maltose, etc.

B.4.2 Oligosaccharides

Also called low polymerized sugar, refers to carbohydrate with degree of polymerization (DP) ranges from 3 to 9.

B.4.3 Polysaccharides

Refer to carbohydrate with DP ≥ 10 , including starch and non-starch amylose.

B.5 Dietary Fiber

Dietary fiber refers to carbohydrate polymer with $DP \geq 10$, also the edible food component can not be digested and absorbed in small intestine. Dietary fiber usually has one or more of the following nature:

- Edible carbohydrate polymer existing naturally in foods.
- Can be obtained by physical, enzymatic or chemical method, as well as acceptable scientific evidence demonstrating the physiological healthy effect.
- Synchronized compounds must have acceptable evidence demonstrating the physiological healthy effect.
- Indigestible polysaccharide is part of dietary fiber.

B.6 Vitamin A

Vitamin A in food ($\mu\text{g RE}$) = vitamin A ($\mu\text{g RE}$) + β -carotene (μg) /6

Formula of carotene converting to vitamin A is: vitamin A ($\mu\text{g RE}$) = β -carotene (μg) /6

B.7 Vitamin E

Vitamin E in food refer to sum of analytical testing data of α -tocopherol, β -tocopherol, γ -tocopherol, Tocotrienols and δ -tocopherol.

Vitamin E can be calculated by the following formula:

Vitamin E (mg α -TE) = α -tocopherol (mg) + 0.5 \times β -tocopherol (mg) + 0.1 \times γ -tocopherol (mg) + 0.3 \times Tocotrienols (mg) + 0.01 δ -tocopherol (mg)

B.8 Folacin

Folacin equivalent in natural foods (μg DEF):

1 μg DEF = 1 μg folacin

Folacin equivalent in folacin fortified foods:

1 μg DEF = 1.7 \times 1 μg folacin

Appendix C
(Informative appendix)

Recommended format of nutrition label

This appendix presents the recommended format of nutrition label.

C.1 Nutrition Information

C.1.1 Only labeling energy and core nutriment

Nutrition information

Item	Per 100g/100ml or per serving	NRV%
Energy	kJ	%
Protein	g	%
Fat	g	%
Carbohydrate	g	%
Sodium	mg	%

C.1.2 More nutrition composition

Nutrition Information

Item	Per 100g/100ml or per serving	NRV%
Energy	kJ	%
Protein	g	%
Fat	g	%
--Saturated fat	g	%
Cholesterol	mg	%
Carbohydrate	g	%
--Sugar	g	%
Dietary fiber	g	%
Sodium	mg	%
Vitamin A	µg RE (retinol equivalent)	%
Calcium	mg	%

Note: the core nutriment should label in appropriate format to make it striking.

C.1.3 Format with foreign language

营养成分表 Nutrition Information

项目/Items	每 100 克 (g) 或 100 毫升 (ml) 或每 份 per 100g/100ml or per serving	营养素参考值% / NRV%
能量/Energy	千焦 (kJ)	%
蛋白质/Protein	克 (g)	%
脂肪/Fat	克 (g)	%
碳水化合物 /Carbohydrate	克 (g)	%
钠/Sodium	毫克 (mg)	%

C.1.4 Horizontal format

Nutrition Information

Item	per 100g/100ml or per serving	NRV%	Item	per 100g/100ml or per serving	NRV%
Energy	kJ	%	Protein	g	%
Carbohydrate	g	%	Fat	mg	%
Sodium	mg	%	Others		%

^a According to the packing characteristics, nutrients can be arranged horizontally from left to right, dividing into two rows or more.

C.1.5 Characters format

For foods whose total area of package less than 100cm², when labeling the nutrition information, the NRV can be omitted. Nutrients can be arranged horizontally from left to right, or vertically up to down according to the packing characteristics. For example:

Nutrition Information /100g: Energy XX kJ, Protein XX g, Fat XX g, Carbohydrate XX g, Sodium XX mg.

C.2 Format with nutrition claim and/or nutrition function claim

Nutrition claim and/or nutrition function claim can be labeled on anywhere of the label. For example:

Nutrition Information

Item	per 100g/100ml or per serving	NRV%
Energy	kJ	%
Protein	g	%
Fat	g	%
Carbohydrate	g	%
Sodium	mg	%

Nutrition Claim. Such as: Low fat XX

Nutrition Function Claim. Such as: Energy from fat should not exceed 30% of total energy for daily diet.

Appendix D

(Normative appendix)

Demand and qualification for nutrition content claim
and comparison claimTable D.1 Demand and qualification for nutrition content claim and comparison
claim

Item	Claim Mode	Content demand ^a	Restriction
Energy	No energy	≤17 kJ/100g (solid) or 100ml (Liquid)	
	Low energy	≤170 kJ/100g solid ≤80 kJ/100ml liquid	
	Energy reduced	Reduced by 25% or more compared to normal food	Normal food should be similar foods consumer familiar with.
Protein	Low protein	Energy from protein ≤ 5% of total energy	Total energy refers to per 100g/ml or per serving
	Origin of protein, or include protein	Content /100 g ≥10% NRV Content /100 ml ≥5% NRV or Content /420 kJ ≥5% NRV	
	High, or rich in protein	Double of “origin” or more	
	Protein enhanced	Increased by 25% or more compared to normal food	
Fat	No fat or not including fat	≤0.5 g/100g (solid) or 100ml (liquid)	
	Low fat	≤3 g/100g solid; ≤1.5 g/100ml liquid	
	Fat reduced	Reduced by 25% or more compared to normal food	Definition of normal food is the same as above
	Lean	Fat content ≤10%	Refer to livestock and poultry only
	Skim	Liquid milk and yoghurt: fat ≤0.5%, Milk powder: fat ≤1.5%.	Refer to dairy products only.
	No or not including saturated fat	≤0.1 g/ 100g(solid) or 100ml (liquid)	Refer to sum of saturated fat and trans fat
	Low saturated fat	≤1.5 g/100g solid ≤0.75 g /100mL liquid	1. Refer to sum of saturated fat and trans fat 2. energy from saturated fat no more than 10% of total
	No or not including trans fat	≤0.3 g/100g (solid) or 100ml (liquid)	
cholesterol	No or not including cholesterol	≤5 mg/100g (solid) or 100ml (liquid)	Should comply with both demand and restriction for low saturated fat claim
	Low cholesterol	≤20m g /100g solid; ≤10m g /100ml liquid.	

Item	Claim Mode	Content demand ^a	Restriction
	Cholesterol reduced	Reduced by 25% or more compared to normal food	Definition of normal food is the same as above
Carbohydrate	Enhanced or reduced	Enhanced or reduced by 25% or more compared to normal food	Definition of normal food is the same as above
Sugar	Sugar free or sugar excluded	≤ 0.5 g /100g (solid) or 100ml (liquid)	
	Low sugar	≤ 5 g /100g (solid) or 100ml (liquid)	
	Sugar reduced	Reduced by 25% or more compared to normal food	Definition of normal food is the same as above
	No lactose	Lactose ≤ 0.5 g/100g (ml)	Refer to dairy products only
	Low lactose	Lactose ≤ 2 g/100g (ml)	
	Lactose reduced	Reduced by 25% or more compared to normal food	
Dietary	Origin of dietary fiber or including dietary fiber	≥3 g/ 100g, ≥1.5 g/ 100ml	Total content of dietary fiber should comply with the demand; or at least one of soluble dietary fiber, insoluble dietary fiber and monomer comply with the demand
	High or rich in dietary fiber or good origin	Double of "origin" or more	
	Enhanced or reduced	Enhanced or reduced by 25% or more compared to normal food	
Sodium	No sodium or not including sodium	≤5 mg /100g or 100ml	The "sodium" can be replaced by "salt", such as "low salt", "salt reduced", etc. The salt content should comply with corresponding demand of "sodium".
	Very low sodium	≤40 mg /100g or 100ml	
	Low sodium	≤120 mg /100g or 100ml	
	Sodium reduced	Reduced by 25% or more compared to normal food	
Vitamin	Origin of vitamin X or including vitamin X	/100 g ≥15% NRV /100 ml ≥7.5% NRV or /420 kJ ≥5% NRV	Including "multivitamins" refer to 3 or more vitamins, complying with the "including" demand
	High or rich in vitamin X	Double of "origin" or more	Rich in "multivitamins" refer to 3 or more vitamins, complying with the "rich in" demand
	Enhanced or reduced vitamin X	Enhanced or reduced by 25% or more compared to normal food	Definition of normal food is the same as above
Mineral	Origin of X or including X	/100 g ≥15% NRV /100 ml ≥7.5% NRV or /420 kJ ≥5% NRV	Including "multi-minerals" refer to 3 or more minerals, complying with the "including" demand

Item	Claim Mode	Content demand ^a	Restriction
	High or rich in X	Double of “origin” or more	Rich in “multi-minerals” refer to 3 or more minerals, complying with the “rich in” demand
	Enhanced or reduced	Enhanced or reduced by 25% or more compared to normal food	Definition of normal food is the same as above

^a When use per serving as the measuring unit, it also should comply with per 100g(ml) demand.

Table D.2 Synonymous name of content claim

Level	Negative claim		Positive claim	
	standard	synonymous	standard	synonymous
Class 0	Not including, or no	0, no, 100 % not including (no, without) , 0 %	—	—
Class 1	Very low	—	Including, origin	Provide, include, have
Class 2	Low	lean ^a , skim ^b , less oil ^c	Rich in, high	Good origin, enhanced xx, rich in xx, provide high xx (content)

^a “lean” refers to livestock and poultry only; ^b “skim” refers to dairy and dairy products only; ^c “less oil” refers to low fat claim only.

Table D.3 Synonymous name of Comparison claim

Negative or low claim		Positive or high claim	
Standard	Synonymous	Standard	Synonymous
Reduced	X % less than	Enhanced	X % more than
	Reduced, reduced by X %		Enhanced, enhanced by X % (X times)
	reducing、reducing X %		adding、adding X % (X times)
	Decrease, decrease by X %		increase, increase by X % (X times)
	X % lower		X % (X times) higher
	Decreased by X % (X times), etc.		Increased by X %, increased by X times, etc.

Appendix E
(Documentary appendix)

Standard item of nutrition function claim

E.1 Energy

The human body needs energy to maintain life activities.

The body growth and all activities need energy.

Appropriate energy could maintain good health.

Over intake of energy and insufficient exercise are related with overweight and obesity.

E.2 Protein

Protein is the main component of body and could provide various kinds of amino acids.

Protein is essential to human life activities, as well as contributing to tissue formation and growth.

Proteins help constituting or repairing of human tissue.

Proteins contribute to tissue formation and growth.

Protein is an essential nutriment for tissue formation and growth.

E.3 Fat

Fat could provide high energy.

Energy from fat should not exceed 30% of total energy for daily diet.

Fat is an essential component for human body.

Fat could help the absorption of fat-soluble vitamins.

Fat could provide the essential fatty acid for human body.

Saturated fat

Saturated fat could facilitate the absorption of cholesterol in foods.

Intake of saturated fat should not exceed 1/3 of total fat everyday. Excessive intake will do harm to health.

Excessive intake of saturated fat will cause increase of cholesterol, so the intake should be less than 10% of total energy everyday.

E.4 Cholesterol

For adults, the intake of cholesterol should not exceed 300mg for daily diet.

E.5 Carbohydrate

Carbohydrate is a basic compound for human life, also the main source of energy.

Carbohydrate is the main source of energy for human.

Carbohydrate is the main source for blood sugar formation.

Carbohydrate should take about 60% of total energy in diet.

E.6 Dietary fiber

Dietary fiber can help maintain natural function of intestines.

Dietary fiber is low energy.

E.7 Sodium

Sodium could adjust the water balance of body, hence the acid-base balance.

The daily intake of salt should not exceed 6g for adults.

Excessive intake of sodium will do harm to health.

E.8 Vitamin A

Vitamin A helps maintain the scotopia.

Vitamin A helps maintain the health of skin and mucosa.

E.9 Vitamin D

Vitamin D facilitates the absorption of calcium.

Vitamin D helps maintain the health of bone and tooth.

Vitamin D helps the formation of bone.

E.10 Vitamin E

Vitamin E has anti-oxidation effects.

E.11 Vitamin B₁

Vitamin B₁ is an essential component for energy metabolism.

Vitamin B₁ helps maintain the natural physiological function of neural system.

E.12 Vitamin B₂

Vitamin B₂ helps maintain the health of skin and mucosa.

Vitamin B₂ is an essential component for energy metabolism.

E.13 Vitamin B₆

Vitamin B₆ helps the metabolism and use of protein.

E.14 Vitamin B₁₂

Vitamin B₁₂ helps the formation of RBC.

E.15 Vitamin C

Vitamin C helps maintain the health of skin and mucosa.

Vitamin C helps maintain the health of bone and tooth.

Vitamin C could facilitate the absorption of iron.

Vitamin C has anti-oxidation effects.

E.16 Niacin

Niacin helps maintain the health of skin and mucosa.

Niacin is an essential component for energy metabolism.

Niacin helps maintain the health of neural system.

E.17 Folic acid

Folic acid helps the growth of brain and neural system for embryo.

Folic acid helps the formation of RBC.

Folic acid helps the growth of embryo.

E.18 Pantothenic acid

Pantothenic acid is essential for energy metabolism and tissue formation.

E.19 Calcium

Calcium is the main component for human bone and tooth, also participating many of the physiological function.

Calcium is the main component for bone and tooth, as well as maintaining bone density.

Calcium helps the growth of bone and tooth.

Calcium makes the bone and tooth more firm.

E.20 Magnesium

Magnesium is essential for energy metabolism, tissue formation and bone growth.

E.21 Iron

Iron is factor for RBC formation.

Iron is essential for RBC formation.

Iron is essential for production of hemoglobin.

E.22 Zinc

Zinc is essential element for children growth.

Zinc helps improve of appetite.

Zinc helps maintain the health of skin.

E.23 Iodine

Iodine is essential for natural function of hypothyroid.