

5 REASONS WHY FOOD LABELLING IS IMPORTANT FOR YOUR FOOD PRODUCTS

1 INGREDIENT LIST

THE INGREDIENT LIST MUST LIST ALL THE INGREDIENTS IN FOOD BY WEIGHT, I.E. STARTS WITH THE INGREDIENT THAT WEIGHS THE MOST AND ENDS WITH THE INGREDIENT THAT WEIGHS THE LEAST.

2 NUTRIENT CLAIMS

DESCRIBE HOW MUCH OF A PARTICULAR NUTRIENT IS IN A FOOD, I.E. HIGH SOURCE OF FIBER

3 HEALTH CLAIMS

DESCRIBE THE EFFECT OF FOOD ON HEALTH AND MUST BE BASED ON SCIENTIFIC EVIDENCE, I.E. VITAMIN A AIDS IN THE DEVELOPMENT AND MAINTENANCE OF NIGHT VISION

4 FOOD ALLERGEN

ALLERGEN INFORMATION IS MANDATORY TO BE INCLUDED ON FOOD LABELS AS PART OF THE INGREDIENT LIST OR ON A 'CONTAINS' OR 'MAY CONTAIN' LIST.

5 DATE LABELLING

PREPACKAGED PRODUCTS WITH A DURABLE SHELF LIFE OF 90 DAYS OR LESS ARE TO BE LABELLED WITH DATE MARKINGS AND EVEN STORAGE INSTRUCTIONS.



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