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# FOOD LABELING IMPORTANCE IN FOOD SAFETY

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What is a Nutrition label

Why a Nutrition label

Local policies on labeling and packaging

Difference between local and international policies

Local examples

Call for mandating a Nutritional Label

# What is a Nutrition Fact Label

Calories

Total Fat / Cholesterol /  
Sodium /

Serving Size

Daily Value

Vitamin A , Vitamin C

Iron , Calcium

## **Nutrition Facts**

Serving Size 1 ounce    Servings in bag 4

### **Amount Per Serving**

**Calories** 155      **Calories from Fat** 93

**% Daily Value\***

**Total Fat** 11g      16%

**Saturated Fat** 3g      15%

**Trans Fat**

**Cholesterol** 0mg      0%

**Sodium** 148mg      6%

**Total Carbohydrate** 14g      5%

**Dietary Fiber** 1g      5%

**Sugars** 1g

**Protein** 2g

**Vitamin A** 0%    • **Vitamin C** 9%

**Calcium** 1%    • **Iron** 3%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

# Why a Nutrition Fact Label ?

Hazy health claims

Diabetes

Skimpy serving sizes

Gluten-free diets

Weight management

Quantity.  
Name and address of the manufacturer or distributor.  
Laboratory standards of purity.  
Labeling of imitation foods.  
Misleading information is prohibited.  
Prohibition of any false or misleading claims.  
Nutrient and food additive quantities shall be declared in relation to a standard serving.

Information presented on a U.S. label is required to appear in

- Quantity of certain ingredients
- The net quantity (prepackaged food)
- The 'use by' date.
- Nutrition information
- Nutrition and health claims.
- Any special storage conditions or conditions of use
- Name or business name and address of the manufacturer or packager, or of a seller established within the Community.
- Particulars of the place of origin
- Instructions for use when it would be impossible to make appropriate use of the foodstuff in the absence of such instructions.
- The labeling and methods used must not be such as could mislead the purchaser.

- Additives using their "E" number (group names accepted)
- The origin of all animal products (should be of Halal origin)
- Net content in metric units
- Production and expiry date
- Country of origin
- Manufacturer's/exporter's name and address
- Special storage and preparation instructions, if any.
- List any ingredients that are known to cause allergic reactions.
- **English-only labels and does not enforce the Arabic-label requirement on food products. Arabic labeling information may be written on an additional sticker.**



**xamples of UAE food products**



















**Call to mandate**

**Unified color coded -  
Nutritional Fact Labels**

**Unified health claims**