

National Food Safety Standard

General Rules for Nutrition Labeling of Prepackaged Foods

1. Scope

This Standard applies to the description and explanation of nutritional information in nutrition labels of prepackaged foods.

This Standard does not apply to nutrition labeling of health food and prepackaged foods for special dietary uses.

2. Terms and definitions

2.1 Nutrition labeling

Nutrition labeling is a description intended to educate consumers on the nutritional information and properties of a food, which includes, nutrition information, nutrition claims and nutrient function claims. Nutrition labeling is a component of the labeling of prepackaged foods.

2.2 Nutrients

Nutrients refers to substances in foods that can play specific physiological functions and are needed in growth, development activity, reproduction and the normal metabolism of the human body. Such substances include proteins, fats, carbohydrates, minerals and vitamins, etc.

2.3 Nutritional component

Nutrients and other substances that have nutritional and (or) physiological function(s) in food. Refer to “Basic Terms of Nutritional Components in Food” (GB/Z21922) for definitions of nutritional components

2.4 Core nutrients

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

GB 28050-2011

Potassium	mg	1	≤20mg
Magnesium	mg	1	≤6mg
Calcium	mg	1	≤8mg
Iron	mg	0.1	≤0.3mg
Zinc	mg	0.01	≤0.30mg
Iodine	μg	0.1	≤3.0μg
Selenium	μg	0.1	≤1.0μg
Copper	mg	0.01	≤0.03mg
Fluorine	mg	0.01	≤0.02mg
Manganese	mg	0.01	≤0.06mg
^a Labeled units can be in Chinese or English, or both. ^b Define it “0” when content of a certain nutritional component is less than or equals to the limit value of “0”. The regulations on the limit value of “0” (per 100g or per 100ml) shall also be met when “per serving” expression is adopted. ^c It can be directly indicated as “lactose” on a nutrition label of milk or milk product.			

6.4 Within the shelf life, error allowance for energy value and content of nutritional components shall be in compliance with provisions in Table 2.

Table 2 Allowed error range for energy value and content of nutritional components

Energy and nutritional components in foods	Allowed error range
Protein, poly-unsaturated fat (fatty acid), monounsaturated fat (fatty acid), carbohydrates, sugars (lactose only), total dietary fiber, soluble dietary fiber or insoluble dietary fiber and their monomer of fiber, vitamins (other than Vitamin D, Vitamin A), minerals (exclude sodium), other enhanced nutritional components	≥80% listed value
Energy, fat, saturated fat (fatty acid), trans fat (fatty acids), cholesterol, sodium, sugars (exclude lactose) in foods	≤120% listed value

D.13 Vitamin B2

Vitamin B2 helps maintain the health of skin and mucosa.

Vitamin B2 is an indispensable component for energy metabolism.

D.14 Vitamin B6

Vitamin B6 helps metabolism and use of protein.

D.15 Vitamin B12

Vitamin B12 helps formation of RBC.

D.16 Vitamin C

Vitamin C helps maintain the health of skin and mucosa.

Vitamin C helps maintain the health of bones and gum.

Vitamin C facilitates absorption of iron.

Vitamin C has anti-oxidation efficacy.

D.17 Nicotinic acid

Nicotinic acid helps maintain the health of skin and mucosa.

Nicotinic acid is an indispensable component for energy metabolism.

Nicotinic acid helps maintain the health of neural system.

D.18 Folic acid

Folic acid helps development of brain and neural system for embryo.

Folic acid helps the formation of RBC.

Folic acid helps the development of embryo.

D.19 Pantothenic acid

Pantothenic acid is essential for energy metabolism and tissue formation.

D.20 Calcium

Calcium is the major component for human bone and tooth; many physiological functions require the participation of calcium.

Calcium is the major component of bone and tooth, and it maintaining bone density.

Calcium helps development of bone and tooth.

Calcium makes the bone and tooth firmer.

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