



Leatherhead Food International

Labelling issues relating to fats and oils – Middle-East and global perspective



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Topics

- Oils & fats general labelling requirements
- Health & nutrition claims
- Nutrition labelling
- Allergens
- Trans-fatty acids Updates

Consider:

- **Codex Alimentarius**
- **Turkey**
- **Saudi Arabia** (Gulf Cooperation Council)
- **Egypt**
- **Iran**





Oils & Fats



General Labelling Requirements

Codex Alimentarius (CODEX STAN 1-1985 [last amended 2005])

- Name of the fat/oil ingredient class must be specified as;
 - **Refined oils** other than olive; named as "oil" with the term "vegetable" or "animal", qualified by the term "hydrogenated" or "partially hydrogenated"
 - **Refined fats**; named as "fat" together with the term "vegetable" or "animal"



Codex Compositional Standards for Fats & oils :

Codex Standard No	Codex Standard Name	Special labelling requirements
210 last amended 2005	Named vegetable oils	“Vegetable name - oil”
211/1999	Named animal fats	“Animal name - fat”
33/1981 (rev. 2-2003)	Olive oils & olive pomace oils	“Olive oil” / “Olive pomace oil”
19/1981 (rev.2-1999)	Edible fats & oils	"virgin fat" / "virgin oil" and “Cold pressed fat” / “Cold pressed oil”

Continue.....



Codex Compositional Standards for Fats & oils :

86/1981 (Rev. 1/2002)	Cocoa butter	“Cocoa butter”, “Pressed cocoa butter”
A-1-1971 (Rev. 1-1999)	Butter	≥95% fat “Butter”
A-2-1973 last amended 2006	Milk fat products	“Anhydrous milk-fat”, “Milk fat”, “Anhydrous butter oil”, “Butter oil” and “Ghee”
253/2006	Dairy fat spreads	“Dairy fat spread”
256/2007	Fat spreads & blended spreads	<80% fat “Margarine” 39-41% “Minarine” / “Halvarine”





Oils & Fats

General Labelling Requirements

Turkey (Turkish Food Codex, communication No; 2002/58)

- Name of the ingredient class must be specified as;
- **Refined oils** (other than olive oil, pig fat, cattle fat);
 - “**Oil**” together with the phrase “**vegetable**” or “**animal**” as appropriate
 - With specific “**vegetable**” or “**animal**” origin
 - The adjective “**hydrogenated**” must be declared for hydrogenated oil



Oils & Fats

General Labelling Requirements

Saudi Arabia (GCC) (SASO 1/1995 = GCC 9/1995)

- ❖ Labelling relates to composition;
- **Animal** fats, and their product; the “**animal name**” must be legally permitted (e.g. pork fat is prohibited) and declared in the label
- **Vegetable** fats/oils; “**vegetable name**” must be declared





Oils & Fats

General Labelling Requirements

Egypt (ES 1546/1984 as amended on 1989)

- In cases where the imported food product contains fatty substances;

➤ The “**type of fat**” must be declared





Oils & Fats

General Labelling Requirements

Iran (IS 2135/1994 [based on Codex])

- Generic name should contain:
 - Animal fats / oils
 - Vegetable fats / oils



Health & Nutrition Claims

Codex Alimentarius (CAC/GL 23-1997, Rev. 1-2004)

- **Nutrient content claims**



Component	Claim	Condition 'maximum levels'
Fat	Low	3g per 100g (solids) 1.5g per 100ml (liquid)
	Free	0.5g per 100g/100ml
Saturated fat	Low*	1.5g per 100g (solids) 0.75g per 100ml (liquids) and 10% of energy
	Free	0.1g per 100g/ml
Cholesterol	Low*	0.02g per 100g (solids) 0.01g per 100ml (liquids)
	Free*	0.005g per 100g/ml <u>and, for both claims, less than:</u> 1.5g saturated fat per 100g (solids) 0.75g saturated fat per 100ml (liquids) and 10% of energy of saturated fat

* In the case of the claim “**low in saturated fat**”, trans-fatty acids should be taken into account where applicable. This provision consequentially applies to foods claimed to be “**low in cholesterol**” and “**cholesterol free**”

Health & Nutrition Claims

Codex Alimentarius



- **Nutrient comparative claims** - “reduced”, “less than”, “fewer”, “increased”, “more than”
- Health claims –
 - **Nutrient function claims** (e.g. Food X is a source of / high in nutrient A)
 - **Other function claims** (e.g. Food Y contains x grams of substance A) and
 - **Reduction of disease risk claims** (e.g. Food X is low / high in nutrient or substance A)

Health & Nutrition Claims



Turkey (Turkish Food Codex, communication No; 2002/58)

Nutrition claims

Component	Claim	Condition
Fat	Low	<3g per 100g (solids) <1.5g per 100ml (liquid)
	Free	<0.5g per 100g/100ml
Saturated fat	Low ¹	Not <1.5g per 100g (solids) Not <0.75g per 100ml (liquids) and <10% of energy
	Free	0.1g per 100g/ 100ml
Cholesterol	Low ¹	<0.02g per 100g (solids) <0.01g per 100ml (liquids)
	Free	<0.005g per 100g/ml <u>Both claims</u> , must meet the condition for low saturated fat

¹ Trans fatty acids must also be taken into account

Health & Nutrition Claims

Turkey



Health claims

Health claim	Nutrient essential to health claim
<p>-Low cholesterol, Low fat, Low saturated fatty acid will help to reduce coronary and heart diseases</p> <p>-This foodstuffs contains Low cholesterol, Low fat, Low saturated fatty acid</p>	<p>-Low cholesterol</p> <p>-Low fat</p> <p>-Low saturated fatty acid</p>



Health & Nutrition Claims

Saudi Arabia (GCC), Egypt and Iran

- As far as we are aware, there are no national standards concerning health & nutrition claims
- Codex Alimentarius requirements may apply



Nutrition Labelling

Codex Alimentarius [CAC/GL 2/1985 (amended 2006)]

- Nutrient declaration is:
 - ❖ Mandatory if nutrition claims are made
 - ❖ Voluntary for all other foods
 - Where the claim relates to the amount and /or type of **fatty acids** or **cholesterol**, the following should be declared:
 - Saturated fatty acids (in gram)
 - Mono-unsaturated fatty acids (in gram)
 - Poly-unsaturated fatty acids (in gram)
 - Cholesterol (in milligram)
 - Trans-fatty acid (in gram)
 - Energy value, protein, carbohydrates, fibre, total fat (g) and nutrient for which a nutrition or health claim is made
- 

Nutrition Labelling

Turkey (Turkish Food Codex, communication No; 2002/58)

- Nutrient declaration is:
 - ❖ Voluntary in general
 - ❖ Mandatory for **special dietary foods** and in case of foods declared to be subject to **changes in their composition**.

Nutrient labelling can be according to:

Group – 1

- Energy value
- Protein
- Carbohydrate
- Fat

or Group – 2

- Energy value
- Protein
- Carbohydrate & Sugar
- Fat & Saturated fats
- Fibre
- Sodium

May also include:

- Starch & Polyols
 - Mono-unsaturated fats
 - Poly-unsaturated fats
 - Cholesterol
 - Minerals & vitamins
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Nutrition Labelling



Saudi Arabia (GCC) (SASO 1/1995 or GCC 9/1995)

Nutritional labelling:

- Is generally preferred
- Is mandatory in case of foods for special dietary uses. The following information should be declared:
 - Carbohydrates
 - Fats
 - Protein
 - Dietary fibre
 - Energy



Nutrition Labelling



Saudi Arabia (GCC) (SASO 1/1995 or GCC 9/1995)

- When fortifying with vitamins, mineral salts or any other dietary elements:
 - ❖ Value of each dietary element shall be separately declared in the label in metric units:
 - g, mg, μ g or IU
 - Energy shall be declared in Kilocalories





Nutrition Labelling

Egypt (ES 1546/1984 as amended on 1989)

- It is permissible to give nutrition declarations for any food product
 - In case of fats, the following should be declared:
 - ❖ Total fat content
 - ❖ Amount of cholesterol in mg/100g of the product if animal fats are contained



Nutrition Labelling

Iran

- There is no Iranian food standard concerning nutrition labelling
- Codex Alimentarius requirements may apply



Allergens

Codex Alimentarius

Known causing **hypersensitivity** foods & ingredients:

- Cereals containing **gluten**; i.e., wheat, rye, barley, oats, spelt or their hybridized strains and products of these;
- **Crustacea** & products; 
- **Eggs** & products; 
- **Fish** & products; 
- **Peanuts, soybeans** & products;  
- **Milk** & products (lactose included); 
- Tree **nuts** & products; 
- **Sulphite** in concentrations of 10 mg/kg or more

----Must **always** be declared----



Allergens

Turkey



Allergenic ingredients must be clearly declared	Excluded products
- Soy beans and products thereof	- Refined soy bean oil - Soy bean origin tocopherols - Soy bean vegetable oils - Plant stanol ester produced from vegetable oil sterols from soy bean sources
- Celery and product thereof	- Celery leaf and celery seed oil - Celery seed oleoresin
- Mustard and products thereof	- Mustard oil - Mustard seed oil - Mustard seed oleoresin
- Sesame seeds and products thereof - Sulphur dioxide and sulphites (>10mg per kg/L)	

Allergens

Saudi Arabia (GCC), Egypt and Iran



- As far as we are aware, there are no national food standards concerning allergens
- Codex Alimentarius requirements may apply



Trans-fatty acids

Trans-fatty acids are found in fried foods, commercial baked goods, processed foods and margarine



Trans-fatty acids updates

Codex Alimentarius

CODEX ALIMENTARIUS COMMISSION

Thirtieth Session

Rome, Italy, 2 - 7 July 2007 (ALINORM 07/30/26-Rev.)

- The Committee considered whether to develop condition for claims for trans fatty acids and include **restrictions** on both saturated and trans fatty acids in the conditions for comparative claims for these nutrients
 - The Committee concluded that there was no support from members to initiate work in this area
 - The maximum level “3%” of trans fatty acids was retained without square brackets and some editorial amendments were made for clarification purposes
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CODEX ALIMENTARIUS COMMISSION

Thirty first Session

Geneva, Switzerland, 30 June - 5 July 2008 (ALINORM 08/31/26)

- Strategic Plan **2008-2013** of the CAC
- Food standards should promote and not impede the development of foods that are consistent with the Global Strategy
- Food standards can address some recommendations for diet in the Global Strategy:
 - ❖ Limit energy intake from total fats
 - ❖ Shift fat consumption away from;
 - Saturated fats to unsaturated fats and
 - Towards elimination of trans-fatty acids etc.





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