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OF THE PEOPLE'S REPUBLIC OF CHINA

GB 28050-2011

National Standard on Food Safety

National label standards for pre-packaged food

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Table of contents

1	Scope	3
2	Terms and definitions	3
3	Basic requirements.....	4
4	Mandatory indication content.....	5
5	Optional indication content	6
6	Expression of nutrition ingredients	6
7	Pre-packaged food exempt from mandatory nutrition label	8
	Appendix A Food label nutrient reference value (NRV) and its use	10
	Appendix B Nutrition label format.....	12
	Appendix C Requirements, conditions, and synonyms of content claims and comparison claims of energy and nutrition ingredient.....	15
	Appendix D Energy and nutrition ingredients claim standard terms.....	19

National Standard on Food Safety

National label standards for pre-packaged food

1 Scope

This standard applies to the description and explanation of the nutrition information on pre-packaged food nutrition labels.

This standard does not apply to nutrition label for the health food and the pre-packaged special dietary food.

2 Terms and definitions

2.1 Nutrition label

It refers to the description on the pre-packaged food label to provide of the food nutrition information and characteristics to consumers, including the nutrition ingredient table, nutrition claims and nutrition function claims. The nutrition label is a part of the pre-packaged food label.

2.2 Nutrients

It refers to the substances contained in food which have specific physiological function AND are able to sustain the body growth, development, activity, breeding and normal metabolism, including protein, fat, carbohydrates, minerals, and vitamins.

2.3 Nutrition ingredients

It refers to the nutrients and the other food ingredients than the nutrients which have the nutritional and/or physiological functions. The definition of each nutrient can be found in GB/Z 21922 "Fundamental terminology and definition of nutritional component in foods".

2.4 Core nutrients

The core nutrients in nutrition labels include protein, fat, carbohydrates and sodium.

2.5 Nutrition ingredient table

It refers to the normative table indicated the food nutrition ingredient name, content, AND the percentage of the nutrient reference value (NRV).

2.6 Nutrient reference value (NRV)

It is dedicated to food nutrition labels, which is used to compare the reference values of the food nutrition ingredient content.

2.7 Nutrition claims

It refers to the description and statement of the food nutrition characteristics, such as energy levels and protein levels. Nutrition claims include content claims and comparison claims.

2.7.1 Content claim

It refers to the claim used to describe the energy or nutrient content in food. The terms of claim include “Yes”, “High”, “Low” or “None”, etc.

2.7.2 Comparison claim

It refers to the claim after comparing with the nutrition ingredient content or energy value of the similar foods as familiar by the consumer. The terms of claim include “increase” and “decrease”, etc.

2.8 Nutrition ingredient function claim

It refers to the claim that a certain nutrition ingredient can sustain the body's normal growth, development and normal physiological function.

2.9 Round-off interval

It refers to the minimum value unit of the round-off value.

2.10 Food part

It refers to the remaining part by deducting the non-edible part from the net content of the pre-packaged food.

3 Basic requirements

3.1 Any nutrition information as indicated on the nutrition label of the pre-packaged food shall be true and objective; it is not allowed to indicate false information, AND it shall not exaggerate the nutrition function or other function of the product.

5 Optional indication content

5.1 In addition to the aforementioned mandatory indication contents, in the nutrition ingredient table, it may also indicate the other ingredients in Table 1.

5.2 When the content of a certain nutrition ingredient is in accordance with the content requirements and the restrictive conditions in Table C.1, it may conduct the content claims against this ingredient, as shown in Table C.1. When the content of a certain nutrition ingredient is in accordance with the requirements and conditions of Table C.3, it may conduct the comparison claims against this ingredient, as shown in Table C.3. When the content of a certain nutrition ingredient complies with the requirements of both the content claim and the comparison claim, it may use the both claim methods at the same time OR otherwise use only the content claim. As for the synonyms of the content claim and comparison claim, SEE Table C.2 and Table C.4.

5.3 When the content of a certain nutrition ingredient is in accordance with the requirements and conditions of the nutrition claim or comparison claim, it may use the corresponding one or more nutrition ingredient function claim standard terms in the Appendix D. It shall not conduct deletion, addition, and merging of any forms against the function claim terms.

6 Expression of nutrition ingredients

6.1 The content of energy and nutrition ingredient in the pre-packaged food shall be expressed in terms of the specific values per 100 grams (g) and/or per 100 millimeters (mL) and/or per edible part of each food. When indicated in serving, it shall indicate the quantity of each serving of food. The size of serving may be specified in accordance with the food characteristics or the recommended amount.

6.2 The name and sequence, indication unit, round-off interval, and “0” limit value of the nutrition ingredient of either mandatory or optional nature in the nutrition ingredient table shall comply with the requirements of Table 1. When a certain nutrition ingredient is not indicated, MOVE up sequentially.

6.3 In case of indication of the other nutrition ingredients than those in Table 1 as allowed to be enhanced by GB 14880 and the announcement of the Ministry of Health, the order of the ingredients shall be after the nutrients as listed in Table 1.

Appendix A

Food label nutrient reference value (NRV) and its use

A.1 Food label nutrient reference value (NRV)

The specified energy and the reference values for the 32 nutrition ingredients are as shown in Table A.1.

Table A.1 Nutrient reference value (NRV)

Nutrition ingredient	NRV	Nutrition ingredient	NRV
Energy ^a	8400 kJ	Folic acid	400 µg DFE
Protein	60 g	Pantothenic acid	5 mg
Fat	≤ 60 g	Biotin	30 µg
Saturated fatty acids	≤ 20 g	Choline	450 mg
Cholesterol	≤ 300 mg	Calcium	800 mg
Carbohydrate	300 g	Phosphorus	700 mg
dietary fiber	25 g	Potassium	2000 mg
Vitamin A	800 µg RE	Sodium	2000 mg
Vitamin D	5 µg	Magnesium	300 mg
Vitamin E	14 mg α-TE	Iron	15 mg
Vitamin K	80 µg	Zinc	15 mg
Vitamin B ₁	1.4 mg	Iodine	150 µg
Vitamin B ₂	1.4 mg	Selenium	50 µg
Vitamin B ₆	1.4 mg	Copper	1.5 mg
Vitamin B ₁₂	2.4 µg	Fluorine	1 mg
Vitamin C	100 mg	Manganese	3 mg
Niacin	14 mg		

^a Energy equals to 2000 kcal; AND the percentage of the energy supply from the protein, fat and carbohydrates in the total energy are respectively 13%, 27%, and 60%.

A.2 Purpose and method of use

It is used to compare and describe the content of energy or nutrition ingredient; AND when it is indicated with the nutrition claim and 0 value, it is used as the standard reference value.

The method of use is the percentage of nutrition ingredient content in the nutrient reference value (NRV); AND the round-off interval of the designated NRV% is 1, such as 1%, 5%, and 16%, etc.

A.3 Calculations

The percentage of nutrition ingredient content in the nutrient reference value (NRV) is calculated using the equation (A.1):

Appendix B

Nutrition label format

B.1 This Appendix specifies the format of the pre-packaged food nutrition label.

B.2 It shall select one of the following 6 formats as the indication of the nutrition label.

B.2.1 Format only indicating energy and core nutrient

Nutrition labels that only indicate energy and core nutrients are as shown in Example 1.

Example 1:

Nutrition ingredient table

Item	Per 100 g OR 100 mL or per set	Nutrient reference value % OR NRV%
Energy	kJ	%
Protein	g	%
Fat	g	%
Carbohydrate	g	%
Sodium	mg	%

B.2.2 Indication of more nutrition ingredients

Nutrition labels indicated with more nutrition ingredients are as shown in Example 2.

Example 2:

Nutrition ingredient table

Item	Per 100 g OR 100 mL or serving	Nutrient reference value % OR NRV%
Energy	kJ	%
Protein	g	%
Fat	g	%
- Saturated fat	g	%
Cholesterol	mg	%
Carbohydrate	g	%
- Sugar	g	%
Dietary fiber	g	%
Sodium	mg	%
Vitamin A	Microgram retinol equivalent (μg RE)	%
Calcium	mg	%

Appendix C

Requirements, conditions, and synonyms of content claims and comparison claims of energy and nutrition ingredient

C.1 Table C.1 specifies the requirements and conditions for the content claims of the energy and nutrition ingredient of the pre-packaged food.

C.2 Table C.2 defines the synonyms of the content claims of the energy and nutrition ingredient of the pre-packaged food.

C.3 Table C.3 specifies the requirements and conditions for the comparison claims of the energy and nutrition ingredient of the pre-packaged food.

C.4 Table C.4 defines the synonyms of the comparison claims of the energy and nutrition ingredient of the pre-packaged food.

Table C.1 Requirements and conditions for content claims of energy and nutrition ingredient

Item	Content claim method	Content requirements ^a	Restrictive conditions
Energy	No energy	$\leq 17 \text{ kJ}/100 \text{ g}(\text{solid}) \text{ OR } 100 \text{ mL}(\text{liquid})$	Wherein the energy provided by fat is $\leq 50\%$ of the total energy
	Low energy	$\leq 170 \text{ kJ}/100 \text{ g}(\text{solid})$ $\leq 80 \text{ kJ}/100 \text{ mL}(\text{liquid})$	
Protein	Low protein	Energy from protein is $\leq 50\%$ of the total energy	Total energy refers to 100 g/mL or serving
	Protein source OR containing protein	Content per 100 g $\geq 10\%$ NRV Content per 100 mL $\geq 5\%$ NRV OR Content per 420 kJ $\geq 5\%$ NRV	
	High protein OR rich in protein	Content per 100 g $\geq 20\%$ NRV Content per 100 mL $\geq 10\%$ NRV OR Content per 420 kJ $\geq 10\%$ NRV	
Fat	None OR contain no fat	$\leq 0.5 \text{ g}/100 \text{ g}(\text{solid}) \text{ OR } 100 \text{ mL}(\text{liquid})$	
	Low fat	$\leq 3 \text{ g}/100 \text{ g solid}; \leq 1.5 \text{ g}/100 \text{ mL liquid}$	
	Lean	Fat content $\leq 10\%$	Only refers to animal and poultry meat
	Defat	Liquid milk and yogurt: fat content $\leq 0.5\%$; milk powder: fat content $\leq 1.5\%$	Only refers to dairy products
	None OR contain no saturated fat	$\leq 0.1 \text{ g}/100 \text{ g}(\text{solid}) \text{ OR } 100 \text{ mL}(\text{liquid})$	Refers to the sum of the saturated fat and the trans fat
	Low saturated fat	$\leq 1.5 \text{ g}/100 \text{ g}(\text{solid})$ $\leq 0.75 \text{ g}/100 \text{ mL}(\text{liquid})$	1. It refers to the sum of the saturated fat and the trans-fat; 2. The energy provided

Appendix D

Energy and nutrition ingredients claim standard terms

D.1 This Appendix specifies the functional claim standard terms used for energy and nutrition ingredient.

D.2 Energy

The body needs energy to sustain life activities.

The body's growth and development and all activities need energy.

Appropriate energy can maintain good health.

Energy intake too much and lack of exercise are related to overweight and obesity.

D.3 Protein

Proteins are the main constituent substances of the human body AND provide a variety of amino acids.

Proteins are essential substances in human life activities that contribute to the formation and growth of tissues.

Proteins help to form or repair human tissue.

Proteins contribute to tissue formation and growth.

Proteins are the main nutrients in tissue formation and growth.

D.4 Fat

Fat provides high energy.

The proportion of energy as provided from daily dietary fat shall not exceed 30% of the total energy.

Fat is an important component of the body.

Fat can help the absorption of fat-soluble vitamins.

Fat provides essential fatty acids as required by human body.

D.9 Vitamin A

Vitamin A helps maintain dark vision.

Vitamin A helps maintain skin and mucosal health.

D.10 Vitamin D

Vitamin D can promote calcium absorption.

Vitamin D contributes to the health of bones and teeth.

Vitamin D contributes to bone formation.

D.11 Vitamin E

Vitamin E has antioxidant effects.

D.12 Vitamin B₁

Vitamin B₁ is an indispensable component of energy metabolism.

Vitamin B₁ helps maintain the normal physiological function of the nervous system.

D.13 Vitamin B₂

Vitamin B₂ helps maintain skin and mucosal health.

Vitamin B₂ is an indispensable component of energy metabolism.

D.14 Vitamin B₆

Vitamin B₆ contributes to the metabolism and utilization of proteins.

D.15 Vitamin B₁₂

Vitamin B₁₂ contributes to erythrocyte formation.

D.16 Vitamin C

Vitamin C helps maintain skin and mucosal health.

Vitamin C helps to maintain the health of bones and gums.

Vitamin C can promote iron absorption.

Vitamin C has antioxidant effects.

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