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FOOD LABELLING GUIDE

2022



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INCREASING FOOD LITERACY COMPETENCIES OF ADULTS

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FOODTR



TAGEM
AGE & INNOVATION



TFTAK
TEKNOLOJİ FAKÜLTESİ

SZÉCHENYI
EGYETEM
UNIVERSITY OF GYŐR



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PREFACE

“Increasing Food Literacy Competencies of Adults” Project is supported funded by the Erasmus+ Program of the European Union in the field of Strategic Partnership for Adult Education and is carried out under the coordination of Bursa Center Research Institute of Food and Feed Control. Project stakeholders are the General Directorate of Agricultural Research and Policies (GDAR), Bursa Technical University (BTU), Bursa Metropolitan Municipality (TARIMAS) and Bursa Provincial Directorate of Agriculture and Forestry in Turkey. The foreign stakeholders of the project are the National Technology Center for Food and Canning Industry (CTC) from Spain, Széchenyi István University (SZE) from Hungary, and the Center of Food and Fermentation Technologies (TFTAK) from Estonia.

Food literacy is having the knowledge, skills and attitudes necessary to access to and evaluation of the information related to food and nutrition, to make appropriate choices for a healthy and balanced diet, to prevent food waste and to have positive consumption attitudes towards sustainable food systems. With the "Enhancing Food-Literacy Competencies of Adults" project, it is aimed to increase the food literacy skills of individuals, to ensure their access to healthy and reliable food, to understand the importance of food literacy within the society.

1. INTRODUCTION

In order to have a balanced diet, to protect health, and to improve the quality of life, it is necessary to consume the nutrients required by the body in sufficient quantities and at appropriate times reliably. In order to enable to sustain a healthy and active life, it is necessary to consume safe food by being conscious as well as adequate and balanced nutrition. Since food is a factor that directly effects human health, each individual should be in an effort to reach safe food by questioning and researching. For this purpose, in order to prevent nutrition-related health problems, healthy eating and increasing the literacy of food labels should also be prioritized.

This guide aims to increase competencies of consumers on food label literacy and enhance their understanding of information written on the food labels.

This handbook contains only information about the legislation in force at the time of publication. Legal changes after the publication of this handbook should be followed.

2. CONSCIOUS FOOD CONSUMPTION



Adequate and balanced nutrition is essential for a person to maintain a healthy life. To have a sufficient and balanced diet, people should properly manage their nutrition intake. Managing nutrition intake is possible by being food literate. The knowledge, skills, attitudes, behaviors, and values about food literacy to manage nutrition intake in accordance with the amount of nutrients and energy body needs can be ensured with a qualified education (1).

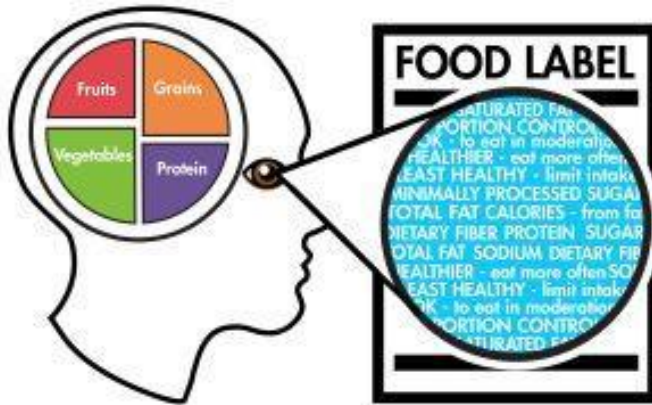
For the healthy and correct continuity of the life process, it is necessary to consume safe food by being conscious as well as adequate and balanced nutrition. Since food is a factor that directly concerns human health, each individual should be in an effort to reach safe food by questioning and researching. Know food safety and food literacy refers to our ability to reach healthy food. Nutrition and food habits are one of the most important factors affecting people's health (2). Food and nutrition literacy has an important place in the development of healthy eating behaviors (3) (4).

It is possible for a country to be economically and socially powerful and wealthy, with healthy individuals. The most important conditions for reaching such a social structure are healthy food consumption habits and nutritional consciousness (5).

A food label is also a tool that makes an important contribution to people's healthy diet. However, first of all, food labels must be read and understood correctly.

3. IMPORTANCE OF FOOD LABEL

The label is like the identity of the food. The food label is a very important guide for both the producer and the consumer. It is required both for the producer to transmit the information and for the consumers to be able to read this information (6) (7).



For the manufacturer,

The label is important in terms of producing, promoting, and presenting the product to the consumer safely and is a material that provides information flow between the manufacturer and the consumer.

For the consumer,

The label is the material that contains all the information that will be needed when purchasing a product, such as the product's introduction, ingredients, 'use by' date / the date of minimum durability, usage and storage conditions (8).

All prepackaged foods are presented to the market with the label, which includes detailed information about the product inside. Food labels are one of the most important factors that affect the conscious purchase and correct food choices in individuals, as well as providing information about the product to the consumers. Being able to read the label information is also the first step of a healthy diet.

Nutrition literacy is the combination of access to, analysis, and evaluation of the information related to food and nutrition, making and implementation of good decisions, maintaining a healthy eating, choosing and consuming a proper amount of healthy food, and the motivation, knowledge, skill, attitude, behavior and abilities required for the evaluation of the motivation needed to ensure food security and the working of the food system (9) (10) (11).

Miller and Cassady (2015) state that individuals with food literacy can choose healthier foods by getting help from food labels. They reveal that, especially as the level of food literacy increases with age, the information that individuals accumulate in their subconscious is effective in reading food labels and contributes to the decision-making process. (12).

In a study, the determination the factors affecting consumers' habit of reading food label was aimed. Within this study, data from the studies carried out in Turkey and different European countries was evaluated. The study shows that the reading frequency of the label information on the packaged food products can vary according to sociodemographic characteristics of the people, interest in healthy eating, level of nutritional knowledge and age of individuals. In addition, it has also been found that there is lack of knowledge concerning the selection of the appropriate food product for healthy nutrition. In this context, raising the awareness of consumers need to be considered to increase the rate of reading food labels of consumers (13) (14) (15).

It is very important to read labels in order to make nutrition enjoyable, to consume the right foods, and to recognize unhealthy nutrients. The more attention is paid to food labels, the easier it will be to achieve the goal of a healthy and balanced diet.

The recognition and dissemination food and nutrition literacy among the society will help the improvement of well-being, maintaining a healthy nutrition and choice of healthy food (9).

Be sure of what you buy, both for your own health and the health of your loved ones. Do not buy products that do not have labels on them. Raise awareness about this issue to your family.



READING THE LABEL IS NOT A WASTE OF TIME.

ON THE CONTRARY, IT ALLOWS YOU TO ADD TIME TO YOUR LIFE

4-LEGISLATION

Food legislation includes all laws, communiques, decrees, regulations, directives, circulars, directives and drafts covering all stages including the production, processing and sale of food.

For the reliability of food served to human consumption, food legislation must be applied as well as using good technology. For this purpose it is necessary to establish a working consciousness in accordance with the food legislation, at all stages.



4.1 Food Labelling Regulation in Turkey

Turkish Food Codex Regulation on Labeling and Provision of Food Information to Consumers” aims at achieving a high level of health protection for consumers and guaranteeing their right to information. This Regulation sets forth provisions on food labels, food information, consumer protection, new information requirements with flexibility, and the responsibilities of food business operators (16).

Turkish Food Codex Regulation on Labeling and Provision of Food Information to Consumers has been prepared in parallel with Regulation (Eu) No 1169/2011 of The European Parliament and of The Council of 25 October 2011 on the provision of food information to consumers (16).



4.2. Food Labelling Regulation in Spain

In Spain labelling of foods shall be in accordance with the provisions of Regulation (Eu) No 1169/2011 of The European Parliament and of The Council of 25 October 2011 on the Provision of Food Information to Consumers (17).

Royal Decree 1334/1999, of July 31, which approves the general regulation of labelling, presentation and advertising of food products incorporated different European Community Directives since 1979, having been modified on several occasions.

Directive 2000/13 / EC carried out a codification of all these Directives on the labeling, presentation and advertising of food products (18).

When Directive 2000/13 / EC was repealed, the Royal Decree was also tacitly repealed, with the exception of article 12 relating to the batch (regulated by Royal Decree 1808/1991, which transposed Council Directive 89/396 / EEC and that has not been repealed by Regulation (EU) No. 1169/2011) and article 18 referring to the language of the labeling, an article that was incorporated into national regulations, in accordance with the development capacity recognized to the EEMM by the European Commission (17).

4.3. Food Labelling Regulation in Estonia

Labelling of foods in Estonia shall be in accordance with the provisions of Regulation (Eu) No 1169/2011 of The European Parliament and of The Council of 25 October 2011 on the Provision of Food Information to Consumers (17).

4.4. Food Labelling Regulation in Hungary

Labelling of foods in Hungary shall be in accordance with the provisions of Regulation (Eu) No 1169/2011 of The European Parliament and of The Council of 25 October 2011 on the Provision of Food Information to Consumers (17).

4.5. Regulation (Eu) No 1169/2011 of The European Parliament and of The Council of 25 October 2011 on the provision of food information to consumers

Labelling shall be in accordance with the provisions of Regulation (Eu) No 1169/2011 of The European Parliament and of The Council of 25 October 2011 on the provision of food information to consumers in EU (17).



This Regulation provides the basis for the assurance of a high level of consumer protection in relation to food information, taking into account the differences in the perception of consumers and their information.

This Regulation establishes the general principles, requirements and responsibilities governing food information, and in particular food labelling.

It lays down the means to guarantee the right of consumers to information and procedures for the provision of food information, taking into account the need to provide sufficient flexibility to respond to future developments and new information requirements.

This Regulation shall apply to food business operators at all stages of the food chain, where their activities concern the provision of food information to consumers. It shall apply to all foods intended for the final consumer, including foods delivered by mass caterers, and foods intended for supply to mass caterers.



According to this regulation;

‘Label’ means any tag, brand, mark, pictorial or other descriptive matter, written, printed, stenciled, marked, embossed or impressed on, or attached to the packaging or container of food.

‘Labelling’ means any words, particulars, trade marks, brand name, pictorial matter or symbol relating to a food and placed on any packaging, document, notice, label, ring or collar accompanying or referring to such food (17).

5. LABEL INFORMATION

Food labels have mandatory and voluntary information.

Mandatory Food Information – this means information in label that must be included by law.

Voluntary Food Information – this is information that companies who manufacture or sell products want to transfer to consumers .



The essential information to be included on the label must be easily visible, clearly legible and indelible.

It shall not in any way be hidden, obscured, detracted from or interrupted by any other written or pictorial matter or any other intervening material.

Prints should contrast with the background. Light color letters on light color backgrounds or dark color letters on dark color backgrounds are unacceptable because they are not legible (19) (17).

5.1. Mandatory Label Information



Mandatory label information is available on prepackaged food directly on the packaging or on a label affixed to this packaging. (16) (17).

- a) The name under which the product is sold
- b) The list of ingredients
- c) Substances or products that cause allergies or intolerance.
- d) The quantity of certain ingredients
- e) The net quantity
- f) The date of minimum durability or the "use by" date; date of freezing
- g) Any special storage conditions and/or conditions of use
- h) The name or business name and address of the food business operator
- i) Establishment approval number / Business Confirmation Number*
- j) The country of origin or place of provenance
- k) Instructions for use when it would be impossible to make appropriate use of the foodstuff in the absence of such instructions

- l) Alcoholic strength
- m) Nutrition notification
- n) Additional mandatory information
- o) Lot mark or number of the food

*in Turkey

5.1.1. The Name of The Food

The name of the food shall be its **legal name**. In the absence of such a name, the name of the food shall be its **customary name**, or, if there is no customary name or the customary name is not used, a **descriptive name** of the food shall be provided (16) (17).

‘**Legal name**’ means the name prescribed for a food by specific legislation applying to it. Where a legal name exists, it must be used.



‘**Customary name**’ means a name which is accepted as the name of the food by consumers without that name needing further explanation.



‘Descriptive name’ means a name providing a description of the food, and if necessary of its use, which is sufficiently clear to enable consumers to know its true nature and distinguish it from other products with which it might be confused; Such as cocolin coated chestnut puree



5.1.2. List of Ingredients

The list of ingredients shall be headed or preceded by a suitable heading which consists of or includes the word ‘**ingredients**’. It shall include all the ingredients of the food, in descending order of weight, as recorded at the time of their use in the manufacture of the food (16) (17).



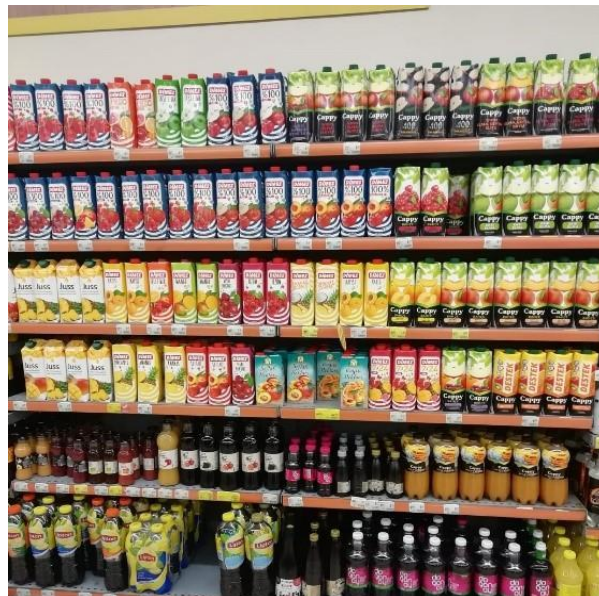
Omission of the list of ingredients

The following foods shall not be required to bear a list of ingredients (16) (17):

- Fresh fruit and vegetables, including potatoes, which have not been peeled, cut or similarly treated
- Carbonated waters, the description of which indicates that it has been carbonated,
- The fermentation vinegars obtained from only one basic product with the condition that no other ingredient is added,
- Cheese, butter, fermented milk and cream, to which no ingredient has been added other than lactic products, food enzymes and micro-organism cultures essential to manufacture, or in the case of cheese other than fresh cheese and processed cheese the salt needed for its manufacture
- Food consisting of a single ingredient, subject to any of the following conditions;
 - ✓ If the name of the food and the name of the component are the same,
 - ✓ If the name of the food clearly defines the nature of the component.

IS THE CONTENT OF SIMILAR PACKAGED FOODS THE SAME?

- What is the difference between fruit juice, fruit drink, fruit nectar, flavored drink?



In Turkey, all 4 products are produced in accordance with the Turkish Food Codex, however, the quantity of fruit determines the value of the product.

WHAT IS IT IN?	
Name of drink	The quantity of fruit
Fruit juice	% 100
Fruit nectar	% 99-25
Fruit drink	% 24-10
Flavored drink	% 9-0
Powder drink	0

● **What is the difference between cocolin and chocolate?**



Both chocolate and cocolin comply with the Turkish Food Codex. But the difference between chocolate and cocolin is cocoa butter.

Chocolate; It is the product obtained from cocoa products and sugars, containing at least 18% cocoa butter and at least 14% non-fat cocoa solids, with a total cocoa solids content of at least 35%. However, vegetable oil is used instead of cocoa butter in cocolin.

● **What is the difference between packaged milks?**

Dairy fat is important in the formation of taste, flavor, and quality in dairy and its products. Dairy fat contains the fat soluble vitamins A, D, E, and K. There are several types of milk

available in the dairy aisle of grocery stores ve they mainly differ in their fat content of these product.

Whole milk (full-fat) is more nutritious and a good source of calcium ve which helps your child build bones and keep teeth healthy. When consuming dairy products, consumers should pay attention to the quantity of fat in label.



5.1.3. Labelling Of Certain Substances Or Products Causing Allergies Or Intolerances

Food allergy is a hypersensitive reaction of the human immune system to consumed food. Today, the only way to prevent food allergy is to avoid consuming foods containing allergens. Declaration of allergens in food products is important in terms of ensuring food safety and protecting consumer health (20).



Food allergies occur when the body has a specific and reproducible immune response to food. People grow, develop, and become a healthy individual as a result of the nutrients being taken and used in the body. Age, gender, genetic characteristics, medical history, and demographic characteristics of people have an influence on nutrition. Today, considering especially the delicate balance in the healthcare field, businesses providing food and beverage services have to be organized more sensitively for people with food allergies or food intolerances (21)

Food labels also help consumers with food allergies avoid foods or ingredients that they are allergic to (22). According to the regulation, 14 allergens or substances or products that cause intolerance must be stated on the labels of foods (16) (17).

SUBSTANCES or PRODUCTS CAUSING ALLERGIES or INTOLERANCES

1. Cereals containing gluten
2. Crustaceans and products thereof
3. Eggs and products thereof
4. Fish and products thereof
5. Peanuts and products thereof
6. Soybeans and products thereof
7. Milk and products thereof (including lactose)
8. Nuts
9. Celery and products thereof
10. Mustard and products thereof
11. Sesame seeds and products thereof
12. Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre
in terms of the total SO₂
13. Lupin and products thereof
14. Molluscs and products thereof

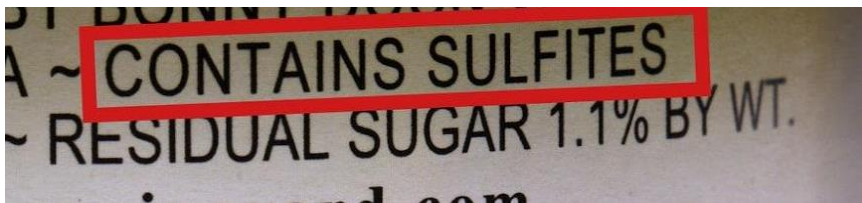


The name of the substance or product shall be emphasised through a typeset that clearly distinguishes it from the rest of the list of ingredients, for example by means of the ***font, style or background*** colour (16) (17).

Ingredients: **Wheat Flour**, Sugar, Fructose Syrup, Glucose Syrup, Vegetable Oils (Palm, Sunflower), **Hazelnut**, Powdered Cocoa (7%), **Milk Powder**, **Egg**, Riser (Sodium Hydrogen Carbonate), Emulsifier (Soya Lecithin), Salt, Aroma Transmitter (Ethyl Vanillin)



In the absence of a list of ingredients, the indication of allergens must include the word 'contains' followed by the name of the allergen.



Some manufacturers voluntarily include a separate advisory statement, such as “may contain” on their labels when there is a chance that a food allergen could be present. A manufacturer might use the same equipment to make different products. Even after cleaning this equipment, a small amount of an allergen (such as nuts) that was used to make one product (such as cookies) may become part of another product (such as crackers). In this case, the cracker label might state “may contain nuts.” (22)



5.1.4. The quantitative Indication Of Ingredients

The indication of the quantity of an ingredient or category of ingredients used in the manufacture or preparation of a food shall be required where the ingredient or category of ingredients concerned:

(a) appears in the name of the food or is usually associated with that name by the consumer;

(b) is emphasised on the labelling in words, pictures or graphics; or

(c) is essential to characterise a food and to distinguish it from products with which it might be confused because of its name or appearance (16) (17).



Chocolate with pistachio: Chocolate (cocoa mass, sugar, cocoa butter, *milk powder*, Emulsifier (E322), natural vanilla flavor, **pistachio (%20)**)

5.1.5. Net Quantity

The net quantity of a food shall be expressed using litres, centilitres, millilitres, kilograms or grams, as appropriate:

- in units of volume in the case of liquid products;
- in units of mass in the case of other products (16) (17).



**When purchasing food, check the net quantity.
The net quantity of similar products may differ.**

5.1.6. The Date Of Minimum Durability, The "Use By" Date, Date Of Freezing

There are two types of date displayed, the "minimum durability date" and the "use by date", which indicate the time period during which a food should be consumed. Which one to use depends on the type of product (16) (17).

According to the food loss and label reading research, it has been stated that 72% of the consumers in Turkey do not know the difference between the date of minimum durability and the "use by" date, and in this context, consumable food is thrown away. (Food Safety Association,2019)

In the case of foods which, from a microbiological point of view, are highly perishable and are therefore likely after a short period to constitute an immediate danger to human health, **'use by' date** is used. Foods such as meat and meat products, milk and dairy products, fish are risky products in terms of food safety.



The food that the use by date has expired is unsafe to eat and should not be consumed.



The use by date shall be indicated as follows:

a-It shall be preceded by the words ‘use by ...’;

b-the words in point (a) shall be accompanied by:

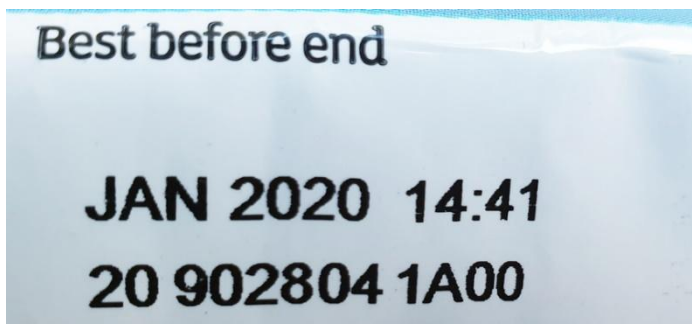
either the date itself, or, a reference to where the date is given on the labelling,

Those particulars shall be followed by a description of the storage conditions which must be observed;

c-The date shall consist of the day, the month and, possibly, the year, in that order and in uncoded form;

d-The ‘use by’ date shall be indicated on each individual prepacked portion

The Date of Minimum durability means the date until which the food retains its specific properties when properly stored. (16) (17).



In the case of foods such as sugar, paste, coffee, rice which from a microbiological point of view, aren't highly perishable, the date of minimum durability is used.





The date of minimum durability shall be indicated as follows:

a- the date shall be preceded by the words:

- ‘Best before ...’ when the date includes an indication of the day,
- ‘Best before end ...’ in other cases,

b-the words referred to in point (a) shall be accompanied by

- either the date itself, or,
- a reference to where the date is given on the labelling,

If need be, these particulars shall be followed by a description of the storage conditions which must be observed if the product is to keep for the specified period;

c- the date shall consist of the day, the month and possibly, the year, in that order and in uncoded form. However, in the case of foods:

- which will not keep for more than 3 months, an indication of the day and the month shall be sufficient,

08/07

- which will keep for more than 3 months but not more than 18 months, an indication of the month and year shall be sufficient,

10/2022

- which will keep for more than 18 months, an indication of the year shall be sufficient.

2023

The following foods are exempted from stating the date of minimum durability under these controls:

- fresh fruit and vegetables, including potatoes, which have not been peeled, cut or similarly treated; this derogation shall not apply to sprouting seeds and similar products such as legume sprouts,
- wines, liqueur wines, sparkling wines, aromatised wines, and similar products obtained from fruit other than grapes, and beverages falling within CN code 2206 00 obtained from grapes or grape musts,
- beverages containing 10 % or more by volume of alcohol,
- bakers' or pastry cooks' wares which, given the nature of their content, are normally consumed within 24 hours of their manufacture,
- vinegar,
- cooking salt,
- solid sugar,
- confectionery products consisting almost solely of flavoured and/or coloured sugars,
- chewing gums and similar chewing products,

In addition, **for frozen meat, frozen meat preparations and frozen unprocessed fishery products** there is a requirement to provide **the date of freezing** or **the date of first freezing** in cases where the product has been frozen more than once.



The **date of freezing** or the **date of first freezing** shall be indicated as follows:

- (a) it shall be preceded by the words ‘Frozen on ...’;
- (b) the words referred to in point (a) shall be accompanied by:
 - the date itself, or,
 - a reference to where the date is given on the labelling,
- (c) the date shall consist of the day, the month and the year, in that order and in uncoded form.



5.1.7. Storage Conditions or Conditions of Use

In cases where foods require special storage conditions and/or conditions of use, those conditions shall be indicated (16) (17).



Store in the
refrigerator / cold.

To enable appropriate storage or use of the food after opening the package, the storage conditions and/or time limit for consumption shall be indicated, where appropriate (16) (17).

After opening, store in the refrigerator and consume within 3 days

5.1.8. The Name or Business Name And Address Of The Food Business Operator

- The name or business name and address of the food business operator responsible for informing about food should be on the label.
- For imported products, the food business operator is indicated as the “importer” (16) (17).

Food Business Operator: E&A Food A.Ş.

Hürriyet Street 16170 No: 16 Osmangazi / Bursa

5.1.9. Establishment Approval Number

The traceability of food is an essential element in ensuring food safety. food business operators responsible for establishments that are subject to approval in accordance with regulation should ensure that all products of animal origin that they place on the market bear either a health mark or an identification mark (23).



The food business operator, whose business is subject to approval, cannot supply the animal food it produces to the market without applying the identification mark.

The mark may, depending on the presentation of different products of animal origin, be applied directly to the product, the wrapping or the packaging, or be printed on a label affixed to the product, the wrapping or the packaging. The mark may also be an irremovable tag made of a resistant material.

The mark must be legible and indelible, and the characters easily decipherable.

The mark must be oval in shape.

The mark must indicate the name of the country in which the establishment is located, which may be written out in full or shown as a two-letter code in accordance with the relevant ISO standard (23) (24).



In Turkey, The Establishment Registration number is used on the labels for products of herbal origin.

Establishment Registration Document and Number: The document issued by the authorized office for the covered food businesses that have completed the required information and documents; and, the number on this document consisting of letters and digits to be coded (25).

“Establishment Registration Number: TR-16-K-012345”

5.1.10. Country of Origin or Place of Provenance

Country of origin or place of provenance of the food is clearly indicated without abbreviation (16) (17).



Where the country of origin or the place of provenance of a food is given and where it is not the same as that of its primary ingredient:

-the country of origin or place of provenance of the primary ingredient in question shall also be given; or

-the country of origin or place of provenance of the primary ingredient shall be indicated as being different to that of the food.

“*Produced in Turkey using imported strawberries.*

· *Produced in Estonia using domestic and imported raw materials.*

· *Origin: Hungary*

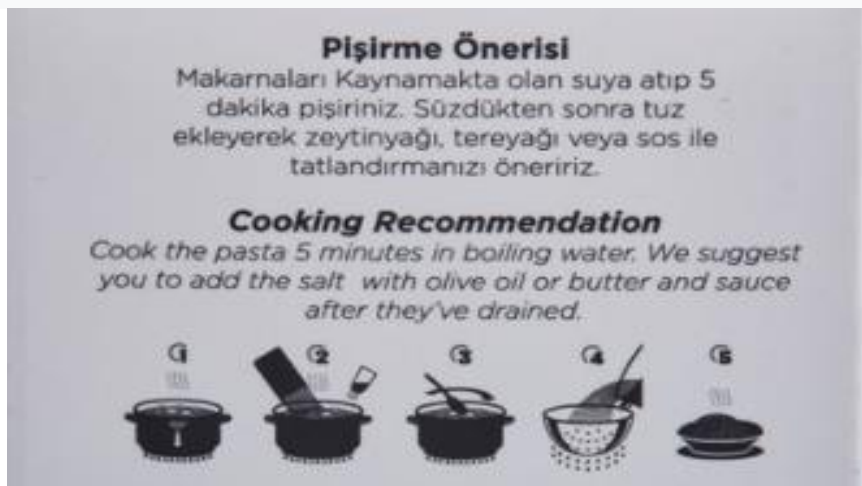
· *The main component is imported from Spain.*

· *The main component is imported.*”

5.1.11. Instructions For Use

The instructions for use of a food shall be indicated in such a way as to enable appropriate use to be made of the food (16) (17).

“*Usage information*”, “*preparation instruction*”, “*preparation information*”, “*consumption instruction*” and similar titles can be used.



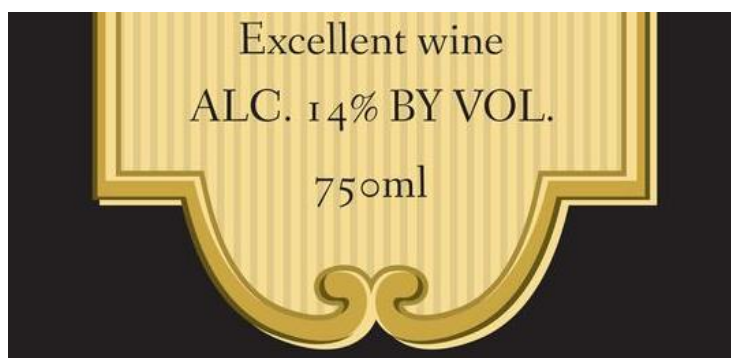
If the food requires special storage conditions and/or usage conditions, these conditions are indicated (16) (17).



“Shake before drinking”

5.1.12. Alcoholic Strength

With respect to beverages containing more than 1,2 % by volume of alcohol, the actual alcoholic strength by volume can be written on the label (16) (17).



5.1.13. Nutrition Declaration

Prepacked food must bear a label informing consumers about its energy and nutrient content. This is called 'nutrition declaration' and must appear directly on the package or on a label attached to it.

The mandatory nutrition declaration shall include the following (16) (17):

1. Energy Value
2. The Amounts of fat
3. Saturates
4. Carbohydrate
5. Sugars
6. Protein
7. Salt



Where appropriate, a statement indicating that the salt content is exclusively due to the presence of naturally occurring sodium may appear in close proximity to the nutrition declaration.

The content of the mandatory nutrition declaration may be supplemented with an indication of the amounts of one or more of the following (16) (17):

- mono-unsaturates;
- polyunsaturates;
- polyols;
- starch;
- fibre;
- vitamins and minerals (The vitamins and/or minerals have to be present in “significant amounts”)

The units of measurement to be used in the nutrition declaration for energy (kilojoules (kJ) and kilocalories (kcal)) and mass (grams (g), milligrams (mg) or micrograms (μg)). Nutrition declaration must be expressed per 100g or 100ml. In addition, they may be expressed per portion and/or per consumption unit (16) (17).

Nutrition declaration per 100g of product Enerji ve besin öğeleri 100g için	
Enerji / Energy	1.448 kJ / 341 kcal
Yağ / Fat	0 g
- Doymuş Yağ / Of which saturated	0 g
Karbonhidrat / Carbohydrate	81 g
- Şekerler / Of which sugars	73 g
Protein / Protein	4,2 g
Tuz / Salt	0,03 g

Nutrient reference values (NRVs) are amounts of vitamins and minerals that it is recommended should be consumed on a daily basis in order to maintain a healthy diet (16) (17).

Part A- Daily Reference Intakes For Vitamins And Minerals (Adults)

1. Vitamins and minerals which may be declared and their nutrient reference values (NRVs)

Vitamin A (μg)	800
Vitamin D (μg)	5
Vitamin E (mg)	12
Vitamin K (μg)	75
Vitamin C (mg)	80
Thiamin (mg)	1,1
Riboflavin (mg)	1,4

Niacin (mg)	16
Vitamin B6 (mg)	1,4
Folic acid (µg)	200
Vitamin B12 (µg)	2,5
Biotin (µg)	50
Pantothenic acid (mg)	6
Potassium (mg)	2 000
Chloride (mg)	800
Calcium (mg)	800
Phosphorus (mg)	700
Magnesium (mg)	375
Iron (mg)	14
Zinc (mg)	10
Copper (mg)	1
Manganese (mg)	2
Fluoride (mg)	3,5
Selenium(µg)	55
Chromium (µg)	40
Molybdenum (µg)	50
Iodine (µg)	150

As a rule, the following values should be taken into consideration in deciding what constitutes a significant amount:

- 15 % of the nutrient reference values specified in point 1 supplied by 100 g or 100 ml in the case of products other than beverages,
- 7,5 % of the nutrient reference values specified in point 1 supplied by 100 ml in the case of beverages, or,
- 15 % of the nutrient reference values specified in point 1 per portion if the package contains only a single portion,

Reference intakes (RIs) are amounts of energy and selected nutrients that can be consumed on a daily basis in order to maintain a healthy diet (16) (17).

Part B — Reference Intakes For Energy And Selected Nutrients Other Than Vitamins And Minerals (Adults)

Reference intakes for energy and selected nutrients other than vitamins and minerals (adults) can voluntarily be included in the label of foods.

Energy or nutrient	Reference intake
Energy	8 400 kJ / 2 000 kcal
Total fat	70 g
Saturates	20 g
Carbohydrate	260 g
Sugars	90 g
Protein	50 g
Salt	6 g
Lif*	25 g

*in Turkey

When percentages of the reference intakes are expressed per 100 g or per 100 ml, the nutrition declaration must include the following statement: *'Reference intake of an average adult (8 400kJ/2 000 kcal)*

Nutrition Information	Per 100 g	per 10 g*	%RI†
Energy	1674 kJ/400 kcal	167 kJ/40 kcal	2%
Fat	5 g	0.5 g	1%
of which saturates	5 g	0.5 g	3%
Carbohydrate	80 g	8 g	3%
of which sugars	50 g	5 g	6%
Fibre	10 g	1 g	
Protein	0 g	0 g	0%
Salt	0.25 g	0.03 g	0%
*Serving size: 10 g = 1 scoop. Approximately 20 servings per container.			
†Reference intake of an average adult (8 400 kJ/2 000 kcal). RIs calculated per serving.			

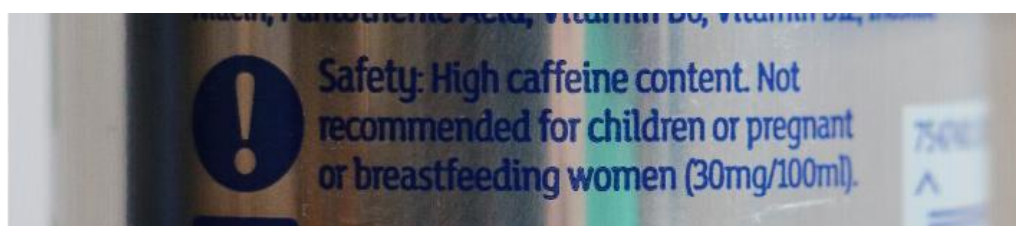
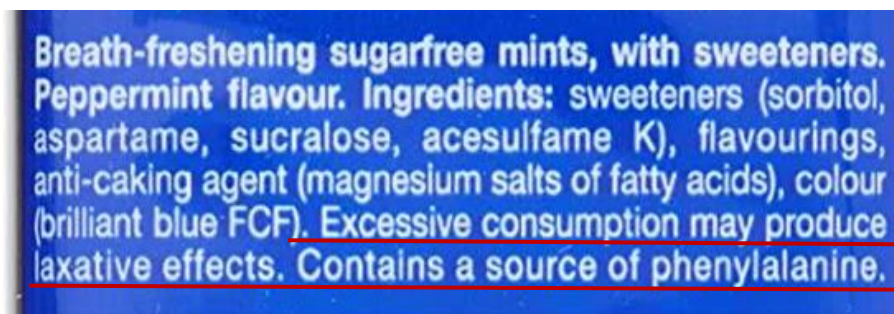
Foods Which Are Exempted From The Requirement Of The Mandatory Nutrition Declaration

1. Unprocessed products that comprise a single ingredient or category of ingredients;
2. Processed products which the only processing they have been subjected to is maturing and that comprise a single ingredient or category of ingredients;
3. Waters intended for human consumption, including those where the only added ingredients are carbon dioxide and/or flavourings;
4. A herb, a spice or mixtures thereof;
5. Salt and salt substitutes;
6. Table top sweeteners;
7. Products covered by directive relating to coffee extracts and chicory extracts, whole or milled coffee beans and whole or milled decaffeinated coffee beans;

8. Herbal and fruit infusions, tea, decaffeinated tea, instant or soluble tea or tea extract, decaffeinated instant or soluble tea or tea extract, which do not contain other added ingredients than flavourings which do not modify the nutritional value of the tea;
9. Fermented vinegars and substitutes for vinegar, including those where the only added ingredients are flavourings;
10. Flavourings;
11. Food additives;
12. Processing aids;
13. Food enzymes;
14. Gelatine;
15. Jam setting compounds;
16. Yeast;
17. Chewing-gums;
18. Food in packaging or containers the largest surface of which has an area of less than 25 cm²;
19. Food, including handcrafted food, directly supplied by the manufacturer of small quantities of products to the final consumer or to local retail establishments directly supplying the final consumer (16) (17).

5.1.14. Additional Mandatory Information

In addition to the mandatory information, additional mandatory particulars for specific types or categories of foods are laid down (16) (17).



Examples of commonly used food and additional mandatory information are given:

Foods For Which The Labelling Must Include One Or More Additional Particulars	Additional mandatory information
<i>Foods containing sweeteners</i>	
Foods containing a sweetener or sweeteners authorised pursuant to Regulation on Food Additives.	‘with sweetener(s)’ this statement shall accompany the name of the food.
Foods containing both an added sugar or sugars and a sweetener or sweeteners authorised pursuant to Regulation on Food Additives.	‘with sugar(s) and sweetener(s)’ this statement shall accompany the name of the food.

<p>Foods containing more than 10 % added polyols authorised pursuant to Regulation on Food Additives.</p>	<p>‘excessive consumption may produce laxative effects’.</p>
<p><i>Beverages with high caffeine content or foods with added caffeine</i></p>	
<p>Beverages, with the exception of those based on coffee, tea or coffee or tea extract where the name of the food includes the term ‘coffee’ or ‘tea’, which:</p> <ul style="list-style-type: none"> — are intended for consumption without modification and contain caffeine, from whatever source, in a proportion in excess of 150 mg/l, or, — are in concentrated or dried form and after reconstitution contain caffeine, from whatever source, in a proportion in excess of 150 mg/l, 	<p>‘High caffeine content. Not recommended for children or pregnant or breast-feeding women’</p>
<p>Foods other than beverages, where caffeine is added with a physiological purpose.</p>	<p>‘Contains caffeine. Not recommended for children or pregnant women’</p>

Label of foods containing one or more of the following **food colours** should have an following additional information (26) (27).

“name or E number of the colour(s) may have an adverse effect on activity and attention in children .”

Colorants
Sunset yellow (E 110)
Quinoline Yellow (E 104)
Carmosine (E 122)
Allura red (E 129)
Tartrazine (E 102)
Ponzo 4R (E 124)



We should pay attention to these information in the nutrition of children!

5.1.15. Lot Mark or Number of The Food

The lot mark or number that enables the identification of the lot to which the food belongs is also indicated in accordance with the legislation.

Lot number: Numbers given to a group of sales units of a food produced, manufactured or packaged under the same conditions



5.1.16. Food Additives

Food additive shall mean any substance not normally consumed as a food in itself and not normally used as a characteristic ingredient of food, whether or not it has nutritive value, the intentional addition of which to food for a technological purpose in the manufacture, processing, preparation, treatment, packaging, transport or storage of such food results, or may be reasonably expected to result, in it or its by-products becoming directly or indirectly a component of such foods (26) (27).



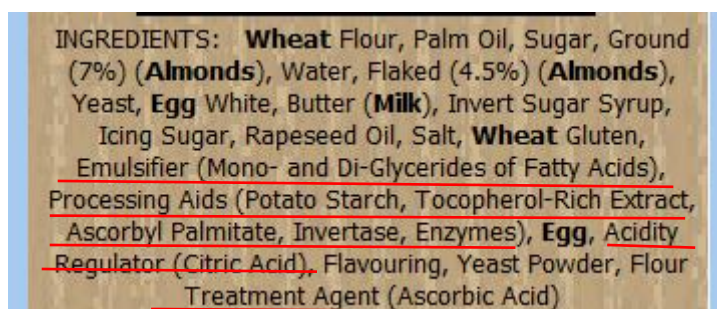
Food additives must be designated by the name of category, followed by their specific name or E number.

Food additives category

- Acid
- Acidity regulator
- Anti-caking agent
- Anti-foaming agent
- Antioxidant
- Bulking agent
- Colour
- Emulsifier
- Emulsifying salts
- Firming agent
- Flavour enhancer
- Flour treatment agent
- Foaming agent
- Gelling agent
- Glazing agent
- Humectant
- Modified starch

- Preservative
- Propellant gas
- Raising agent
- Sequestrant
- Stabiliser
- Sweetener
- Thickener

Such as, Citric acid, popularly known as lemon salt, is indicated on the label as “acidity regulator (citric acid)” or “acidity regulator (E 330).”



5.2. VOLUNTARY LABEL INFORMATION

Food information provided on a voluntary basis shall meet the following requirement:

- it shall not mislead the consumer,
- it shall not be ambiguous or confusing for the consumer,
- it shall, where appropriate, be based on the relevant scientific data (16) (17)

5.2.1. Vegan And Vegetarian

Vegetarianism is simply that diet does not include any animal meat (red meat, chicken, fish and other marine animals) and contains limited amount or optionally as for secondary animal products (egg, milk and milk products). On the other hand, Veganism is a life-style and a nutrition form in which any animal products (leather, wool and silk) including secondary animal ones cannot be used and consumed (28).

The number of vegans, vegetarians and people turning to more plant-based lifestyles is steadily increasing. The labelling of food products as “suitable for vegans” and/or “suitable for vegetarians” facilitates decision-making by consumers. At neither the national nor European levels do legal definitions for the food sector exist (29), (30), (31) (32).



5.2.2. Halal

In various belief systems, some rules have been determined that people with this belief must obey. The religion that people believe in has a great effect on the formation of these rules. These rules can be effective in many points of life. There are some rules about eating and drinking that must be followed in many beliefs. Foods that are considered suitable for consumption according to the religion of Islam are generally called halal food. In order for a product to be suitable for halalness, it is necessary to comply with the rules of halal in all stages (such as processing, preparation, packaging, storage, transportation) from the production of that product to the final consumer consumed. There are many rules to be followed for the halalness of foods, and if all of these rules are followed, halal certificates are given to manufacturers by certain organizations. The halal logo may change according to the institution and country where the certificate is issued (33) (34) (35) (36).

There are many rules to be followed for the halalness of foods, and if all of these rules are followed, halal certificates are given to manufacturers by certain organizations. The halal logo may change according to the institution and country where the certificate is issued (36).



5.2.3. Gluten-free and Very Low Gluten

Gluten, a protein fraction from wheat, rye, barley, oats or their crossbred varieties and derivatives thereof, to which some persons are intolerant and which is insoluble in water and 0,5 M sodium chloride solution (16) (17).

Gluten is associated with celiac disease. Celiac disease is a condition that damages the lining of the small intestine and prevents it from absorbing parts of food that are necessary to stay healthy (37).

Where statements are used to provide information to consumers on the absence or reduced presence of gluten in food, such information shall be given only through the statements and in accordance with following this conditions (16) (17).



Statements on the absence or reduced presence of gluten in food that are allowed to be made and conditions thereof

General requirements

- **Gluten-Free**

The statement 'gluten-free' may only be made where the food as sold to the final consumer contains no more than 20 mg/kg of gluten.

- **Very Low Gluten**

The statement 'very low gluten' may only be made where the food, consisting of or containing one or more ingredients made from wheat, rye, barley, oats or their crossbred varieties which have been specially processed to reduce the gluten content, contains no more than 100 mg/kg of gluten in the food as sold to the final consumer.

- **Additional requirements for food containing oats**

Oats contained in a food presented as gluten-free or very low gluten must have been specially produced, prepared and/or processed in a way to avoid contamination by wheat, rye, barley, or their crossbred varieties and the gluten content of such oats cannot exceed 20 mg/kg.

'specifically formulated for people intolerant to gluten' or *'specifically formulated for coeliacs'* may also be used on the label.

6. FOOD LABELLING ACCORDING TO PRODUCTION

According to the method and place of production, some information and logos can be written on the food label.



6.1. Geographical Indications Labelling

Countries have geographical position for reasons of climate structure and cultural heritage traditional foods has an important place (38).

Geographical indication is a quality mark that shows and guarantees the source of the product, its characteristics and the connection between the said characteristic features of the product and the geographical area for consumers (39).

The products that the geographical structure completely gave shape to are practices done in order to support the rural development and protect the local values (40), (41), (42).

Geographical indications in European Union Countries (Estonia, Hungary)

Registration of geographical indications covering food and agricultural products is regulated within the framework of the Regulation No. 1151/2012 quality regulations regarding agricultural products and food materials (43).




The aims of the Regulation (EU) No 1151/2012 are to realize agricultural and rural development, to protect intellectual property, to protect internal market's integrity and to provide right information on products linked to geographical origin (44).

Geographical indications labelling in Turkey;

Geographical indications is regulated by Turkish Industrial Property Law No. 6769 in Turkey. Turkish Industrial Property Law was entered into force on January 10, 2017. Trademark, patent, utility model, design, geographical indication and traditional product name were regulated under this law (45) (46) .

Geographical indications labelling in Spain;

In Spain; Law no. 6/2015, of May 12, on Denominations of Origin and Indications and Protected Geographical Areas of Supra-Autonomous Territorial scope is based on EU Regulation 1151/2012 (46).

In European Union Countries (Estonia, Hungary)

In Turkey

In Spain


Requirements for designations of origin, geographical indications, traditional

- **'designation of origin' is a name which identifies a product** (44) (45):
 - (a) originating in a specific place, region or a country;
 - (b) whose quality or characteristics are essentially or exclusively due to a particular geographical environment with its inherent natural and human factors; and
 - (c) the production steps of which all take place in the defined geographical area.



- **'geographical indication' is a name which identifies a product** (44) (45):
 - (a) originating in a specific place, region or country;
 - (b) whose given quality, reputation or other characteristic is essentially attributable to its geographical origin; and
 - (c) at least one of the production steps of which take place in the defined geographical area



'Traditional' is defined as proven usage on the domestic market for a period of at least 30 years. Additionally, It is defined as the traditional product name that is not covered by the geographical indication or the designation of origin and meets the following condition:

- a) Originating from a traditional production, processing or composition; or
- b) producing from raw materials or ingredients that are those traditionally used. (44)
(45):



6.2. Organic Food Labelling

Organic agriculture is a holistic production management system which promotes and enhances agro-ecosystem health, including biodiversity, biological cycles, and soil biological activity (47).



Products defined as “100% Natural, Hormone Free, Village product, Pure” are not organic products. It does not give any guarantee to the consumer about the product.



Organic Food Labelling in Turkey:

All organic products sold on the Turkish market have to be certified according to Law no: 5262 Organic Farming Law. The objective of the present law is to lay down principles and procedures for relevant measures to be taken in relation to the production of organic products and inputs so as to provide high quality and safe organic products to consumers (48).

All kinds of inspection and certification works relating to organic farming activities are performed either by Ministry of Agriculture and Forestry or bodies authorized by the Ministry (48) (49).

Labels and logos designed for organic products and inputs can be used only for such products and inputs. These labels and logos as well as advertising and promotion of products cannot have any statement, illustration or figure that may mislead consumers or create false impressions as to the composition, content, quality, origin, effects and production techniques (48).



The organic production logo shall comply with the models below:



The label contains the name, logo, code number of the Authorized organization and the operator or product certificate number.

Organic Food Labelling in EU countries :

Organic food shall be in accordance with the provisions of Council Regulation (EC) 834/2007 of 28 June 2007 on organic production and labelling of organic products. (50) (51).

But Regulation (EC) 834/2007 is repealed with effect from 1 January 2022 and replaced by Regulation 2018/848 of the European Parliament and of the Council. Regulation (EU) 2018/848 of 30 May 2018 on organic production and labelling of organic products was published on 14 June 2018 (52).

EU organic production logo;

The organic production logo can only be used on products that have been certified as organic by an authorised control agency or body.

The organic production logo of the European Union shall comply with the model below



The organic production logo of the European Union may also be used in black and white as shown, only where it is not practicable to apply it in colour:



Next to the EU organic logo, a code number of the control body or agency must be displayed as well as the place where the agricultural raw materials composing the product have been farmed.



7. FAIR INFORMATION PRACTICES

1. Food information shall not be misleading, particularly (16) (17).

- (a) as to the characteristics of the food and, in particular, as to its nature, identity, properties, composition, quantity, durability, country of origin or place of provenance, method of manufacture or production;
- (b) by attributing to the food effects or properties which it does not possess;

- (c) by suggesting that the food possesses special characteristics when in fact all similar foods possess such characteristics, in particular by specifically emphasising the presence or absence of certain ingredients and/or nutrients;
- (d) by suggesting, by means of the appearance, the description or pictorial representations, the presence of a particular food or an ingredient, while in reality a component naturally present or an ingredient normally used in that food has been substituted with a different component or a different ingredient.

2. Food information shall be accurate, clear and easy to understand for the consumer.

3. Subject to derogations provided for by Union law applicable to natural mineral waters and foods for particular nutritional uses, food information shall not attribute to any food the property of preventing, treating or curing a human disease, nor refer to such properties.



8. PRESENTATION OF MANDATORY PARTICULARS

1. Mandatory food information shall be marked in a conspicuous place in such a way as to be easily visible, clearly legible and, where appropriate, indelible. It shall not in any way be hidden, obscured, detracted from or interrupted by any other written or pictorial matter or any other intervening material.

2. Without prejudice to specific Union provisions applicable to particular foods, when appearing on the package or on the label attached thereto, the mandatory particulars shall be

printed on the package or on the label in such a way as to ensure clear legibility, in characters using a font size where the x-height, is equal to or greater than 1,2 mm.

DEFINITION OF x-HEIGHT



Legend

1	Ascender line
2	Cap line
3	Mean line
4	Baseline
5	Descender line
6	x-height
7	Font size

3. In case of packaging or containers the largest surface of which has an area of less than 80 cm², the x-height of the font size referred to in paragraph 2 shall be equal to or greater than 0,9 mm.

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