

KNOW ABOUT FOOD LABELLING



Food labelling is not only a legal requirement for food traders, but can be used to keep food safe, reduce food waste and know the ingredients and allergens in the food for making informed choices.

Name of Food

It should be legibly marked and should not be false, misleading or deceptive as to the nature of the food.

Name and address of manufacturer or packer

Durability

"Use by" or "Best before" date

Count, weight or volume



List of ingredients

Ingredients should be listed in descending order of weight or volume determined as at the time of their use when the food was packaged

Food allergens stated in the law must be specified if they are present in the food.

Functional class of an additive and its specific name or international identification number (with or without the prefix "E" or "e") should be specified if it is used.

Statement of special conditions for storage or instruction for use



Shelf Life

The date on the label makes it clear how long the food can be kept before it starts to spoil or can no longer be eaten. The "Use By" date is about food safety, and the "Best before" date is about food quality, not safety.



"Use By"

It is about food safety. The food can be eaten until the 'use by' date but not after. 'Use by' dates are seen on foods that go off quickly, such as meat products or ready-to-eat salads.



"Best Before"

It is about food quality but not safety. The food will be safe to eat after this date but may not be at its best. Its flavour and texture might not be as good as before. 'Best before' dates appear on a wide range of foods including frozen, dried and canned foods.

- Public should not consume food to determine if it is safe or not, since the flavour or smell of the food does not always go bad even when bacteria that can cause food poisoning are at harmful levels.
- Once the packaging of the food is opened, the date mark may become irrelevant. Follow the manufacturer's instructions for storage time and conditions after opening, e.g. 'refrigerate after opening at or below 4°C and finish within 7 days'.



Nutrition label

Nutrition labels are part of food labels. The "1+7" on the nutrition label refers to the energy value and the content of seven specified nutrients, namely protein, carbohydrates, total fat, saturated fat, trans fat, sodium and sugar.

Energy	Nutrition Information	Total Fat																				
<ul style="list-style-type: none"> Supports activities of human body. If energy intake is more than energy spent, body weight will increase. Energy requirement varies with individuals. 	<table border="1"> <thead> <tr> <th colspan="2">Per 100g</th> </tr> </thead> <tbody> <tr> <td>Energy</td> <td>59kcal (250kJ)</td> </tr> <tr> <td>Protein</td> <td>1.5g</td> </tr> <tr> <td>Total fat</td> <td>0.8g</td> </tr> <tr> <td>- Saturated fat</td> <td>0.2g</td> </tr> <tr> <td>- Trans fat</td> <td>0g</td> </tr> <tr> <td>Cholesterol</td> <td>0mg</td> </tr> <tr> <td>Carbohydrates</td> <td>11.3g</td> </tr> <tr> <td>- Sugars</td> <td>4.7g</td> </tr> <tr> <td>Sodium</td> <td>150mg</td> </tr> </tbody> </table>	Per 100g		Energy	59kcal (250kJ)	Protein	1.5g	Total fat	0.8g	- Saturated fat	0.2g	- Trans fat	0g	Cholesterol	0mg	Carbohydrates	11.3g	- Sugars	4.7g	Sodium	150mg	<ul style="list-style-type: none"> As energy reserve and maintain normal body functions. Excessive intake: higher risk of overweight or obesity. Daily intake upper limit: 60g <p>Based on a 2000-kcal diet</p>
Per 100g																						
Energy	59kcal (250kJ)																					
Protein	1.5g																					
Total fat	0.8g																					
- Saturated fat	0.2g																					
- Trans fat	0g																					
Cholesterol	0mg																					
Carbohydrates	11.3g																					
- Sugars	4.7g																					
Sodium	150mg																					
<ul style="list-style-type: none"> Essential for growth and maintenance of body, muscle, bones and teeth. Daily intake goal: 60g <p>Based on a 2000-kcal diet</p>	<table border="1"> <thead> <tr> <th colspan="2">Sodium (or Salt)</th> </tr> </thead> <tbody> <tr> <td colspan="2"> <ul style="list-style-type: none"> Maintain normal nerve transmission and muscle contraction. Excessive intake: higher risk of high blood pressure and stomach cancer. Daily intake upper limit: 2000g </td> </tr> <tr> <td colspan="2">Not related to energy requirement</td> </tr> </tbody> </table>	Sodium (or Salt)		<ul style="list-style-type: none"> Maintain normal nerve transmission and muscle contraction. Excessive intake: higher risk of high blood pressure and stomach cancer. Daily intake upper limit: 2000g 		Not related to energy requirement		<ul style="list-style-type: none"> May raise the "bad" cholesterol in blood and increase the risk of heart disease. Daily intake upper limit: 20g <p>Based on a 2000-kcal diet</p>														
Sodium (or Salt)																						
<ul style="list-style-type: none"> Maintain normal nerve transmission and muscle contraction. Excessive intake: higher risk of high blood pressure and stomach cancer. Daily intake upper limit: 2000g 																						
Not related to energy requirement																						
<ul style="list-style-type: none"> Major source of energy. Daily intake goal: 300g <p>Based on a 2000-kcal diet</p>		<ul style="list-style-type: none"> May raise the "bad" cholesterol and also lower the "good" cholesterol in blood and increase the risk of heart disease. Daily intake upper limit: 2.2g <p>Based on a 2000-kcal diet</p>																				
<ul style="list-style-type: none"> Immediate source of energy for brain and muscles. Excessive intake: higher risk of overweight/obesity and dental caries. Daily intake upper limit: 50g <p>Based on a 2000-kcal diet</p>																						

To reduce the risk of non-communicable diseases, we should pay special attention to the amount of fat, sugar and sodium in our food choices.

