GB 28050-2025

General Rules for Nutrition Labeling of Prepackaged Foods

Foreword

This standard replaces GB 28050-2011 National Food Safety Standard General Rules for Nutrition Labeling of Prepackaged Foods.

Compared with GB 28050-2011, main changes of this standard are as follows:

- Modified the applicable scope of this standard;
- Added nutrients and caution messages that require mandatory labeling;
- Modified terms and definitions of energy and some nutritional components;
- Modified the optional labeling contents, and added other supplementary information;
- Modified the permissible margin of error of some nutritional components;
- Modified the prepackaged foods that are exempted from mandatory nutritional labeling;
- Added Article 8;
- Modified some nutrients reference value (NRV);
- Modified the format of nutritional labeling;
- Modified the standard terms for some nutritional claims and the nutrient function claims;
- Added Appendix E “Recommendation for Serving Size Reference of Prepackaged Foods.”

National Food Safety Standard General

Rules for Nutrition Labeling of Prepackaged Foods

1. Scope

This standard provides the description and explanation of nutritional information and properties in the nutrition labeling of prepackaged foods.

This standard applies to the nutrition labeling of prepackaged foods directly offered to consumers. The nutritional labeling of prepackaged foods not directly offered to consumers and packages for food storage and transportation, if nutrition labels are marked, shall follow this standard.

2. Terms and Definitions

2.1 Nutrition Labeling

Nutrition labeling is the description and explanation in the prepackaged food labeling, which provide nutritional information and properties of foods to consumers. Such description and explanation include the Nutrition Information, Nutritional Claims, Functional Claims of Nutritional Components and other supplementary information.

The nutritional labeling is a part of the labeling of prepackaged foods.

2.2 Nutrition Information (Table)

The Nutrition Information Table is a standardized table that labels food energy, names of food nutritional components, their contents, and their percentages in nutrients reference value.

2.3 Energy

Calories produced during the body metabolism from protein, fat, carbohydrate, and other components in foods.

Energy in foods is calculated according to the sum of the content values of the following energy-supply components multiplying corresponding energy conversion coefficients.

Energy conversion coefficients (kJ/g) of energy-supply components are as follows: 17 for protein, 37 for fat, and 17 for carbohydrate.

When indicating the dietary fiber content, the energy is calculated using 8 kJ/g as the conversion coefficients.

2.4 Nutrients

Nutrients refer to substances in foods that can achieve specific physiological functions and are necessary to maintain the growth, development, activity, reproduction, and regular metabolism of the human body; such substances include proteins, fats, carbohydrates, minerals, and vitamins, etc.

2.5 Nutritional components

Nutritional components refer to nutrients and other food components that contribute to physiological functions.

Except for the following terms and definitions, please refer to GB/Z 21922[2] for terms and definitions of other nutritional components.

2.5.1 Protein

[2] GB/Z 21922 is the National Standard for Basic Terminology and Definition of Nutritional Components in Foods

Protein refers to organic compounds containing nitrogen in foods, with amino acids as the basic unit.

Protein content in foods can be determined by multiplying total nitrogen amount by protein conversion coefficient, or by sum of total content of amino acids in foods.

2.5.2 Fat and Fatty Acid

Fat, also known as triglyceride, is formed by the combination of fatty acids and glycerol.

Fatty acid is the general term of chain carboxylic acid in organic acid, can be categorized to saturated fatty acid and unsaturated fatty acids.

Saturated fatty acid is the total fatty acid not containing double bonds on the carbon chain.

Unsaturated fatty acid is the total fatty acid containing double bonds on the carbon chain, only contains the cis structure. The monounsaturated fatty acid contains one double-bond on the carbon chain; the polyunsaturated fatty acid contains two or more double-bonds on the carbon chain.

Trans-fatty acids refer to the total fatty acids which contains one or more unconjugated trans-double bonds produced in oil processing or naturally occurring.

2.5.3 Carbohydrate

General term of sugar, oligosaccharide, and polysaccharide.

The carbohydrate content in every 100 g or 100 mL of food can be obtained by using subtraction.

Subtraction: carbohydrate = 100 - water - ash - protein - fat; when indicating content of dietary fiber on nutrition labeling, its content should also be subtracted.

When the content of protein and fat in food reach the boundary value “0”, and the carbohydrate source is sugar and (or) starch, the addition method can also be used.

Addition: carbohydrate = sugar + starch.

2.5.4 Sugar

Sugar used specifically in the nutrition labeling refers to the sum of fructose, glucose, saccharose, maltose, and lactose in foods.

2.6 Nutrients Reference Value (NRV)

NRV is the reference value specifically in nutrition labeling for comparison of the energy and contents of nutrients in foods.

The NRV is formulated based on the “Dietary Reference Intakes of Chinese Residents”, and it applies to the nutritional labeling of prepackaged foods for the population of 36 months and older in terms of age.

The percentage of nutrients reference value (or NRV%) refers to the percentage of a certain nutrient in the NRV of the edible parts according to unit mass (every 100 grams, every 100 mL, or every serving of foods).

The NRVs of various nutrients are provided in the Appendix A.

2.7 Nutritional Claim

Nutritional claim refers to the description and explanation of the nutritional properties of food; it includes content claim and comparative claim.

2.7.1 Content Claim

Content claim is the description and explanation of energy or nutritional components in foods. The terms used in content claims include “contain”, “source”, “high”, “rich in”, “low”, “no”, “do not contain”, or “lean”, etc.

2.7.2 Comparative Claim

Comparative claim is the claim that describes and explains the change of energy or nutritional components in foods after comparison with the same type of foods. The terms used in comparative claims include “more” or “less”, etc.

2.8 Nutrient Function Claims

It is the description and explanation of the functions of a certain nutritional component in maintaining regular growth, development, and physiological functions of the human body.

2.9 Edible Parts

The edible parts of foods, which are the parts left after the removal of non-edible parts from the net weight of prepackaged foods.

2.10 Serving Size Reference

It is the recommended reference weight or volume of food per serving (in terms of edible parts) when the nutritional labeling is marked as “per serving” in the Nutrition Information (Table).

2.11 Rounding Interval

Rounding interval is the minimum numerical unit of the rounding value.

3. General Requirements

3.1 Prepackaged foods shall have nutrition labeling; the nutritional information and properties presented on the nutrition labels shall be truthful and objective; the labels shall not have deceptive information; it shall not exaggerate the nutritional function or other functions of the product.

3.2 The nutrition labeling of prepackaged foods shall use standard Chinese characters. If languages of minority ethnic groups and foreign languages are used at the same time, the content thereof shall be consistent with the meaning of the Chinese characters; the font height thereof shall not be larger than the corresponding Chinese characters.

3.3 Nutrition Information shall be clear, prominent, and indelible; it shall be presented in a framed table (except in special cases) perpendicular to the baseline of the package, and title of the table shall be "Nutrition Information".

3.4 The content of energy and nutritional components in the Nutrition Information shall be declared in specific values per 100 grams (g) and/or per 100 milliliter (mL) and/or per serving of edible parts; when it is declared in values per serving, the weight or volume of food per serving shall be declared on the same display page.

3.5 Formats of the nutrition labeling shall be standardized as specified in Appendix B. Food enterprises may select any of the formats according to nutritional properties of foods, size and shape of the packaging and other factors.

3.6 The nutrition label shall be labeled on the minimum sales unit sold to consumers.

3.7 The information indicated on the nutrition labels of imported prepackaged food shall comply with provisions of this Standard.

4. Mandatory Labeling Information

4.1 Mandatory labeling items that shall be marked on nutrition labels of prepackaged foods include contents of energy, protein, fat, saturated fat (or saturated fatty acid), carbohydrate, sugar, and sodium, and their percentages in NRV (NRV%).

4.2 When making the nutritional claims or nutrient function claims for nutritional components other than those mentioned in 4.1, the content of each nutritional component and its NRV% shall be declared in Nutrition Information (Table).

4.3 Where nutrition fortification substances are used in the prepackaged food, the content of fortified nutritional component and its NRV% shall be declared in the Nutrition Information (Table).

4.4 The content of trans-fatty acid shall be declared in the Nutrition Information (Table) when

hydrogenated and (or) partially hydrogenated oil is used during processing of food ingredients or foods.

4.5 Prepackaged food shall clearly indicate under Nutrition Information (Table) of the message: "Children and adolescents should avoid excessive intake of salt, oil, and sugar."

5. Optional Labeling Content

5.1 Nutrition component

In addition to the aforesaid mandatory labeling items, it is encouraged to declare Vitamin A, Vitamin B_1, Vitamin B_2, calcium, iron, zinc in the Nutrition Information (Table) as well as other ingredients listed in Table 1.

Table 1: Name, order, labeling unit, rounding interval, and boundary value of "0" for energy and nutritional components

Name and order of energy and nutritional components [a]	Label unit [b]	Rounding interval [c]	Boundary value of "0" (Per 100 g or 100 mL)
Energy	Kilojoules (kJ)	1	≤ 17 Kilojoules (kJ)
Protein	gram (g)	0.1	≤ 0.5 gram (g)
Fat	gram (g)	0.1	≤ 0.5 gram (g)
--Saturated fat (or saturated fatty acid)	gram (g)	0.1	≤ 0.1 gram (g)
--Trans-fatty acid	gram (g)	0.1	≤ 0.3 gram (g)
--Monounsaturated fat (or monounsaturated fatty acid)	gram (g)	0.1	≤ 0.1 gram (g)
--Polyunsaturated fat (or polyunsaturated fatty acid)	gram (g)	0.1	≤ 0.1 gram (g)
--(n-3) polyunsaturated fatty acid (or ω-3 polyunsaturated fatty acid)	milligrams (mg)	1	≤ 20 milligrams (mg)
--a-linolenic acid	milligrams (mg)	1	≤ 5 milligrams (mg)
--Eicosapentaenoic acid (EPA)	milligrams (mg)	1	≤ 5 milligrams (mg)
--Docosahexaenoic acid (DHA)	milligrams (mg)	1	≤ 5 milligrams (mg)
Cholesterol	milligrams (mg)	1	≤ 5 milligrams (mg)
Carbohydrate	gram (g)	0.1	≤ 0.5 gram (g)
--Sugar	gram (g)	0.1	≤ 0.5 gram (g)
--Lactose	gram (g)	0.1	≤ 0.5 gram (g)
Dietary fiber [or soluble dietary fiber, insoluble dietary fiber, dietary fiber (calculated as in monomers)]	gram (g)	0.1	≤ 0.5 gram (g)
Sodium	milligrams (mg)	1	≤ 5 milligrams (mg)
Vitamin A	Microgram retinol equivalent (μg RE)	1	≤ 10 microgram retinol equivalent (μg RE)
Vitamin D	microgram (μg)	0.1	≤ 0.1microgram (μg)

Vitamin E	milligrams α-tocopherol equivalent (mg a-TE)	0.01	≤ 0.20 milligrams α-tocopherol equivalent (mg a-TE)
Vitamin K	microgram (μg)	0.1	≤ 1.6 microgram (μg)
Vitamin B_1 (thiamine)	milligrams (mg)	0.01	≤ 0.03 milligrams (mg)
Vitamin B_2 (riboflavin)	milligrams (mg)	0.01	≤ 0.03 milligrams (mg)
Vitamin B_6	milligrams (mg)	0.01	≤ 0.03 milligrams (mg)
Vitamin B_{12}	microgram (μg)	0.01	≤ 0.10 microgram (μg)
Vitamin C (ascorbic acid)	milligrams (mg)	0.1	≤ 2.0 milligrams (mg)
Niacin (nicotinamide)	milligrams (mg)	0.1	≤ 0.3 milligrams (mg)
Folic acid	microgram or folic acid equivalent (μg or μg DFE)	1	≤ 8 microgram (μg)
Pantothenic acid	milligrams (mg)	0.01	≤ 0.10 milligrams (mg)
Biotin	microgram (μg)	0.1	≤ 0.6 microgram (μg)
Choline	milligrams (mg)	0.1	≤ 9.0 milligrams (mg)
Calcium	milligrams (mg)	1	≤ 8 milligrams (mg)
Phosphorus	milligrams (mg)	1	≤ 14 milligrams (mg)
Potassium	milligrams (mg)	1	≤ 20 milligrams (mg)
Magnesium	milligrams (mg)	1	≤ 3 milligrams (mg)
Iron	milligrams (mg)	0.1	≤ 0.3 milligrams (mg)
Zinc	milligrams (mg)	0.01	≤ 0.10 milligrams (mg)
Iodine	microgram (μg)	0.1	≤ 3.0 microgram (μg)
Selenium	microgram (μg)	0.1	≤ 1.0 microgram (μg)
Copper	milligrams (mg)	0.01	≤ 0.03 milligrams (mg)
Fluorine	milligrams (mg)	0.01	≤ 0.02 milligrams (mg)
Manganese	milligrams (mg)	0.01	≤ 0.06 milligrams (mg)
a. Nutrition component can be labeled with any name inside or outside the brackets. When there's an "or" word, only one of them may be selected. b. The units for expressing nutrition component can use the units either inside or outside the brackets, or both. c. The energy and nutrition component content values should be integer multiples of the rounding interval.			

5.2 Nutrition claim

When the value of energy or a certain nutrition component is in compliance with the content requirements and restrictive conditions in Table C.1, the content claims of the energy or the nutrition component can be declared; when meeting requirements and conditions in Table C.2, the comparative claim of the energy or the nutrition component can be made; if meeting with both requirements of content claims and comparative claims, either claim or both claims may be used.

5.3 Nutrition function claims

When the labeled value of energy or the content of a certain nutrition component meets the requirements and conditions for nutrition claims, one or more corresponding standardized terms for function claims in Appendix D may be used. No deletion, addition, or combination of the terms for nutrition function claims may be made in any form.

5.4 Serving labeling

When the content of energy and nutritional components in the prepackaged food is to be declared per serving, the weight or volume of food per serving may refer to Appendix E for the recommended reference value of food per serving by category.

5.5 Other supplementary information

It is allowed to use graphics, text, etc. as supplementary explanation to below information.

--Texts such as “cal, kcal, calorie”, etc are allowed to be used to describe energy.
--The text “salt” is allowed to be used to describe sodium content.
--The word “oil”, “fat”, etc are allowed to be used to describe fat content.
--The graphics of Pagoda shape and the core recommendations in the “Dietary Guidelines for Chinese” may be used.

6. Labeling and Expressing Method for Energy and Nutrition Components

6.1 The name, order, labeling unit, rounding interval, and boundary value of “0” of energy and nutrition components in Nutrition Information (Table) shall comply with requirements in Table 1. Other nutritional components shall be moved up in order when a nutritional component is not labeled.

6.2 When labeling nutritional components other than those mentioned in Article 4.1, the mandatory labeling information of Article 4.1 can be highlighted by increasing the font size, changing the font (for instance, using italics, bold, and blackening), or changing the color (of word or background color).

6.3 When labeling other nutritional components listed in GB 14880[3] and relevant public notices allowed for fortification, which are not included in Table 1, those nutritional components shall be labeled after the nutritional components listed in Table 1.

6.4 The determination of the declared content values of nutritional components can be measured by methods provided by existing national standards and can also be calculated by using the China Food Composition Tables and other data from reliable sources in accordance with the composition of raw materials. When determining the accuracy of the declared values of the

[3] National Food Safety Standard for Food Nutrition Fortification Substances (link in Chinese)

content of nutrition components, the method for determining the declared values shall be considered in a comprehensive manner.

6.5 When the content of the energy and the nutritional component per 100 g or 100 mL is not larger than the boundary value "0" in Table 1, the declared content value shall be "0". When "per serving" is used to label the content of the nutritional components, it shall also be determined according to the same method.

6.6 The font size of nutritional claims and nutrition function claims shall not be larger than the largest font size of the food name.

6.7 Within the shelf life, the permissible error between the actual measured values or calculated values and the labeled values of energy and nutritional components in foods shall comply with provisions in Table 2.

Table 2: Permissible margin of error for the content of energy and nutritional components

Energy and nutritional components	Permissible margin of error
Protein, polyunsaturated fat and monounsaturated fat (or polyunsaturated fatty acid or monounsaturated fatty acid), carbohydrate, dietary fiber [or soluble dietary fiber, insoluble dietary fiber, dietary fiber (calculated as in monomers)], vitamins, minerals (excluding sodium), and other fortified nutritional components	≥ 80% of the declared value
Energy, fat, saturated fat (saturated fatty acid), trans-fatty acid, cholesterol, sodium, and sugar	≤ 120% of the declared value

7. Prepackaged Foods Exempted from Mandatory Nutrition Labels

The prepackaged foods listed below are exempted from mandatory nutrition labels:

- Fresh food and grains, such as livestock and poultry meat, fish, shrimp, crab, and shellfish, fresh eggs, vegetables and fruits, fungi and algae, etc;
- Dry products of a single raw material that have undergone simple physical treatment and have not added other ingredients, such as grains and cereals;
- Packaged drinking water and tea;
- Alcoholic beverages with alcohol content of more than 0.5% vol;
- Prepackaged foods or single raw material condiments with daily intake amount ≤ 10 g (10 mL);
- Prepackaged food with maximum superficial area of the packages or packing containers ≤40

cm^2;

- Other prepackaged foods that may be exempted from nutritional labeling according to other laws, regulations or standards.

The above prepackaged foods exempted from mandatory nutritional labeling shall follow this standard if any nutritional information is labeled on the package.

8. Others

The scope and method of marking of nutrition labels of foods for special dietary uses shall be in accordance with GB13432[4].

[4] Nutrition labels for foods for special dietary uses shall follow GB13432 Labeling Requirements for Foods for Special Dietary Uses (link in Chinese).

Appendix A

Nutrients Reference Value (NRV) for Food Labeling and Method of Application

A.1 Nutrients reference value (NRV) for food labeling

NRVs for energy and 31 nutritional components are listed in Table A.1.

Table A.1 Nutrients Reference Value (NRV)

Energy and nutritional components	NRV	Energy and nutritional components	NRV
Energy [a]	8,400 kJ	Folic acid	400 μg (or μg DFE)
Protein	60 g	Pantothenic acid	5 mg
Fat	60 g	Biotin	40 μg
Saturated fat	20 g	Choline	500 mg
Carbohydrate	300 g	Calcium	800 mg
Dietary fiber [b]	25 g	Phosphorus	700 mg
Vitamin A	800 μg RE	Potassium	2,000 mg
Vitamin D	10 μg	Sodium [c]	2,000 mg
Vitamin E	14 mg α-TE	Magnesium	300 mg
Vitamin K	80 μg	Iron	15 mg
Vitamin B_1	1.4 mg	Zinc	11 mg
Vitamin B_2	1.4 mg	Iodine	120 μg
Vitamin B_6	1.4 mg	Selenium	60 μg
Vitamin B_{12}	2.4 μg	Copper	0.8 mg
Vitamin C	100 mg	Fluorine	1 mg
Niacin	14 mg	Manganese	3 mg

[a] Energy 8,400 kJ equals to 2,000 kcal.
[b] The NRV of dietary fiber is used when labeling the content of soluble dietary fiber, insoluble dietary fiber, and dietary fiber (calculated as monomeric components).
[c] When using the word "salt" to describe the sodium content, the conversion can be based on 2,000 mg of sodium being equivalent to 5 grams of salt.

A.2 Purpose and method of application

NRV is used for describing the reference value of content levels of energy or nutritional components in foods; when the nutritional claim is used, NRV may be used as a standard reference value.

It can be used for calculating the percentage of the energy or nutritional component in the nutrient reference value (NRV%), as "nutrient reference value %" or "NRV%."

A.3 Calculation of Nutrients Reference Value Percentage

A.3.1 Calculation

The following equation (A.1) is used to calculate NRV%:

$$NRV\% = \frac{x}{NRV} \times 100\% \quad \text{(A.l)}$$

Where:

NRV% is the percentage of the nutrient content per unit mass of food (based on the edible parts) to the nutrients reference value;
X is the declared value of content of a nutrient in foods (based on edible parts) per unit mass of food;
NRV represents the nutrient reference value.

A.3.2 Result expression

The rounding interval of NRV% is 1.
For nutrition component without specified nutrient reference value (NRV), NRV% calculation may not be performed.

Appendix B

Nutritional Labeling Formats

B.1 This appendix provides for the nutrition labeling formats of prepackaged foods.

B.2 One of the following formats shall be selected for designing and developing nutrition labels.

B.3 On the basis of ensuring compliance with the basic format requirements and ensuring that consumers are not misled, appropriate adjustments may be made in layout design, including but not limited to: adjustment in word formats (left alignment, centering, etc.), background and table colors, or appropriate adding/removing of inner frame lines, etc. for the purpose of meeting aesthetic requirements or for facilitating consumer's observation.

B.4 When "serving" is used for labeling, the weight per serving shall be declared on the same display page of the Nutrition Information (Table), such as "xx gram (g) per serving" or "xx mL per serving"; the minimum unit of the weight may be declared at the same time, such as "one serving of xx gram (g)/ x piece", or "one serving of xx grams (g)/ x scoop" and so on.

B.5 The content of energy and nutrition components is indicated with specific numerical values; its nutrient reference value % or NRV% can be indicated as "x" or "x %"; for nutrients without specified nutrient reference value (NRV), its nutrient reference value % or NRV% can be blank or expressed with horizontal or slash lines.

B.6 When the word “or” appears in the example, one or both of listed items can be selected to mark, such as “kilojoule kJ”, “kilojoule/kJ”, and “kilojoule (kJ)”.

B.7 Nutrients reference values of the energy and nutrients listed can also be put under the Nutrition Information (Table) for supplementary description.

Sample 1: Only mandatory information is labeled

Nutrition Information

Items	Per 100 grams (g) or 100 milliliters (mL) or per serving	Nutrients Reference Value % or NRV%
Energy	千焦 or kJ	
Protein	克 or g	
Fat	克 or g	
-Saturated fat	克 or g	
Carbohydrate	克 or g	
-Sugars	克 or g	
Sodium	毫克 or mg	
Children and adolescents should avoid excessive intake of salt, oil, and sugar.		

Notes: The caution message “Children and adolescents should avoid excessive intake of salt, oil, and sugar” can be indicated on the left, center, or right below the nutrition information table, with or without a frame.

Sample 2: Labeling with the per 100 g (or per 100 mL) and per serving at the same time

Items	Per 100 grams (g) or 100 milliliters (mL)	Nutrients Reference Value % or NRV%	Per serving [xx gram (g) per serving or xx milliliter (mL) per serving]	Nutrients Reference Value % or NRV%
Energy	千焦 or kJ		千焦 or kJ	
Protein	克 or g		克 or g	
Fat	克 or g		克 or g	
--Saturated fat	克 or g		克 or g	
Carbohydrate	克 or g		克 or g	
--Sugars	克 or g		克 or g	
Sodium	毫克 or mg		毫克 or mg	

Children and adolescents should avoid excessive intake of salt, oil, and sugar.

Notes: The weight or volume for per serving can be expressed on the same display page, inside or outside the table.

Sample 3: Labeling more nutritional components

Nutrition Information

Items	Per 100 grams (g) or per 100 milliliters (mL)	Nutrients Reference Value % or NRV%
Energy	千焦 or kJ	
Protein	克 or g	
Fat	克 or g	
--Saturated fat	克 or g	
Trans-fatty acid	克 or g	
Cholesterol	毫克 or mg	
Carbohydrate Sugar	克 or g	
--Sugars	克 or g	
--Lactose	克 or g	
Dietary fiber	克 or g	
Sodium	毫克 or mg	
Vitamin D	微克 or μg	
Vitamin B_2	毫克 or mg	
Vitamin B_6	毫克 or mg	
Iron	毫克 or mg	
Zinc	毫克 or mg	
Children and adolescents should avoid excessive intake of salt, oil, and sugar.		

Sample 4: Indicated with Chinese and foreign language

营养成分表 Nutrition Information

项目/Items	每 100 克（g）或 100 毫升（mL）或每份/ Per 100 g or per 100 mL or per serving	NRV%
能量/Energy	千焦 (kJ) or kJ	

蛋白质/Protein	克 (g) or g
脂肪/Fat	克 (g) or g
-饱和脂肪/Saturated fat	克 (g) or g
碳水化合物/ Carbohydrate	克 (g) or g
-糖/Sugars	克 (g) or g
钠/Sodium	毫克 (mg) or mg
Children and adolescents should avoid excessive intake of salt, oil, and sugar.	

Notes: There is no limit to the case of foreign characters except for the labeled units. If the languages of minority ethnic groups are to be labeled, they may be placed in the location of foreign languages in the sample.

Sample 5: Horizontal format

Nutrition Information

Items	Per 100 grams (g) or per 100 milliliters (mL) or per serving	Nutrient Reference Value % or NRV%	Items	Per 100 grams (g) or per 100 milliliters (mL) or per serving	Nutrients Reference Value % NRV%
Energy	千焦 or kJ		Carbohydrate	克 or g	
Protein	克 or g		--Sugars	克 or g	
Fat	克 or g		Sodium	毫克 or mg	
--Saturated fat	克 or g				
Children and adolescents should avoid excessive intake of salt, oil, and sugar.					

Notes: According to the characteristics of packaging, nutrition information (table) may be divided into two or more columns, and the order of labeling nutritional components may be arranged horizontally from left to right or vertically from top to bottom. There may be vertical frames lines or not between columns.

For Prepackaged food with maximum superficial area of the packages or packing containers ≤40 cm^2, when nutritional components are to be labeled, nutrition content marking can be expressed in texts instead of table formats, and it shall be exempted from declaration of NRV%. Based on the characteristics of the packaging, nutritional components may be arranged horizontally from left to right, or vertically from top to bottom, either framed or unframed.

Sample 6: Text Format

Nutritional component/100 grams (g) or 100 milliliters (mL) or per serving: energy xx kJ, protein xx g, fat xx g, saturated fat xx g, carbohydrate xx g, sugar xx g, and sodium xx mg. Children and adolescents should avoid excessive intake of salt, oil, and sugar.

Sample 7: Formats with nutritional claims and (or) nutrient function claims

Low fat xx

The proportion of energy provided by fat in the daily diet should not exceed 30% of the total energy.

Nutrition Information

Items	Per 100 grams (g) or per 100 milliliters (mL) or per serving	Nutrients Reference Value or NRV%
Energy	千焦 or kJ	
Protein	克 or g	
Fat	克 or g	
- Saturated fat	克 or g	
Carbohydrate	克 or g	
- Sugars	克 or g	
Sodium	毫克 or mg	
Children and adolescents should avoid excessive intake of salt, oil, and sugar.		

Notes: Depending on the packaging characteristics, nutrition claims and (or) nutrient function claims can be marked at any position on the food label.

When a sales unit contains multiple varieties or flavors of food, a unified nutrition label can be made; if each has independent packaging, the nutrition label can also be marked separately; or the nutrition labels of each food can be marked side by side on the same sales unit packaging (Example 8 is an example of marking the nutrition labels of each food side by side).

Sample 8: Nutrition labeling formats of several different kinds of foods contained in one package

Nutrition Information

Items	Name of food A		Name of food B		Name of food C	
	Per 100 grams (g) or per 100 milliliters (mL) or per serving	Nutrients Reference Value or NRV%	Per 100 grams (g) or per 100 milliliters (mL) or per serving	Nutrients Reference Value or NRV%	Per 100 grams (g) or per 100 milliliters (mL) or per serving	Nutrients Reference Value or NRV%
Energy	千焦 or kJ		千焦 or kJ		千焦 or kJ	
Protein	克 or g		克 or g		克 or g	
Fat	克 or g		克 or g		克 or g	

- Saturated fat	克 or g	克 or g	克 or g
Carbohydrate	克 or g	克 or g	克 or g
- Sugar	克 or g	克 or g	克 or g
Sodium	毫克 or mg	毫克 or mg	毫克 or mg
Children and adolescents should avoid excessive intake of salt, oil, and sugar.			

Notes: When the same package contains ingredients that can be added by consumers in their discretion (such as the seasoning bag), it can also be labeled by this method.

There may be vertical frame lines or not among foods.

Appendix C

Requirements, Conditions, and Synonyms for Content Claim and Comparative Claim of Energy and Nutritional Components

C.1 Table C.1 provides for requirements and restrictive conditions for the content claim of energy and nutritional components in the prepackaged food.

Table C.1: Requirements and restrictive conditions for content claim of energy and nutritional components

Items	**Method of content claim** [a]	**Content requirements** [b]	**Restrictive conditions**
Energy	No energy or No Cal, kilocalorie-free, or calorie free	≤ 17 kJ/100 g (solid) or 100 mL (liquid)	Energy supply ratio of fat ≤50%.
	Low energy or low Cal or low calorie	≤170 kJ/100 g (solid) ≤80 kJ/100 mL (liquid)	
Protein	Source of protein or containing protein	Content per 100 g ≥ 10% NRV (solid) Content per 100 mL ≥ 5% NRV (liquid) or Content per 420 kJ ≥ 5% NRV	
	High or rich in protein	Content per 100 g ≥ 20% NRV (solid) Content per 100 mL ≥ 10% NRV (liquid) or Content per 420 kJ ≥ 10% NRV	
	None or containing no fat	≤ 0.5 g/100 g (solid) or 100 mL (liquid)	
	Low fat	≤3 g/100 g (solid) ≤1.5 g/100 mL (liquid)	

Fat	Lean	Fat content ≤ 10g/100g	It refers to livestock and poultry only.
	Skim	≤ 0.5g/100g (liquid milk) ≤ 1.5g/100g (milk powder)	Other dairy products shall comply with the corresponding national food safety standard.
	None or containing no saturated fat	≤ 0.1 g/100 g (solid) or 100 mL (liquid)	
	Low saturated fat	≤1.5 g/100 g (solid) ≤0.75 g/100 mL (liquid)	Energy supply ratio of saturated fat ≤ 10%.
	None or containing no trans-fatty acids	≤ 0.3 g/100 g (solid) or 100 mL (liquid)	
	Source of n-3 polyunsaturated fatty acids or containing n-3 polyunsaturated fatty acids [c]	*a* -linolenic acid ≥ 0.3 g/100 g (solid) or 100 mL (liquid) or the sum of EPA and DHA ≥ 40 mg/100g (solid) or 100 mL (liquid)	
	High or rich in (n-3) polyunsaturated fatty acids	*a* -linolenic acid ≥ 0.6 g/100 g (solid) or 100 mL (liquid) or the sum of EPA and DHA ≥ 80 mg/100 g (liquid) or 100 mL (liquid)	
Cholesterol	None or containing no cholesterol	≤ 5 mg/100 g (solid) or 100 mL (liquid)	It shall comply with both the content requirements and restrictive conditions of low saturated fat.
	Low cholesterol	≤20 mg/100 g (solid) ≤10 mg/100 mL (liquid)	
Sugar	None or containing no sugar	≤ 0.5 g/100 g (solid) or 100 mL (liquid)	
	Low sugar	≤5 g/100 g (solid) or 100 mL (liquid)	
Lactose	No lactose	≤ 0.5 g/100 g (mL)	It refers to dairy products only.
	Low lactose	≤ 2 g/100 g (mL)	
Dietary fiber	Source of dietary fiber or containing dietary fiber	≥3 g/100 g (solid) ≥1.5 g/100 mL (liquid) or ≥1.5 g/420 kJ	Total content of dietary fiber shall comply with the content requirements; or content of soluble dietary fiber, insoluble dietary fiber, and monomers thereof comply with requirements.

	High or rich in dietary fiber	≥6 g/100 g (solid) ≥3 g/100 mL (liquid) or ≥3 g/420 kJ	
Sodium	None or containing no sodium	≤ 5 mg/100 g (solid) or 100 mL (liquid)	When the claim complies with the "sodium" claim, "sodium" can be replaced with "salt", such as "low salt."
	Extremely low or very little sodium	≤ 40 mg/100 g (solid) or 100 mL (liquid)	
	Low sodium	≤120 mg/100 g (solid) or 100 mL (liquid)	
Vitamin	Source of vitamin X or containing vitamin X	≥15% NRV per 100 g (solid) ≥7.5% NRV per 100 mL (liquid) or ≥5% NRV per 420 kJ	Containing "multivitamins" means that the content of three or more vitamins comply with the requirements of the claim "containing."
	High or rich in vitamin X	≥30% NRV per 100 g (solid) ≥15% NRV per 100 mL (liquid) or ≥10% NRV per 420 kJ	Rich in "multivitamins" means that the content of three or more vitamins comply with the requirements of the claim "rich in"
Mineral (excluding sodium)	Source of X or containing X	≥15% NRV for per 100 g (solid) ≥7.5% NRV for per 100 mL (liquid) or ≥5% NRV for per 420 kJ	Containing "multi-minerals" means that the content of three or more minerals comply with the requirements of the claim "containing."
	High or rich in X	≥30% NRV for per 100 g (solid) ≥15% NRV for per 100 mL (liquid) or ≥10% NRV for per 420 kJ	Rich in "multi-minerals" means that the content of three or more minerals comply with the requirements of the claim "rick in."
[a] The synonyms of "none" and "containing no" are "zero (0)" and "no"; The synonym of "low" is "little"; the synonyms of "source" and "contain" are "provide", "include" and "have"; the synonyms of "high" and "rich in" are "good source", "contain rich xx", "plenty (of) xx" and "abundant" , [b] When "per serving" is used as the food unit, the content claim is allowed only when the content requirements for per 100 g (mL) or 420 kJ are met; semi-solid or solid mixed food use 100g (mL) to declare the content, the measurement unit should be consistent with the net content. [c] n-3 polyunsaturated fatty acid may be also marked as ω-3 polyunsaturated fatty acid.			

C.2 Table C.2 provides for requirements and conditions for the comparative claim of energy and nutritional components in the prepackaged food.

Table C.2: Requirements and conditions for comparative claim of energy and nutritional components

Method of comparative claim [a]	Requirements	Conditions
Energy reduced	Energy is reduced by 25% or above compared with reference food (including 25%)	The data source of the reference food: 1. the nutritional components of the food with the same kind or category by the same enterprise. 2.the nutritional components of same category of foods in *China's Food Composition Table.*
Fat reduced	Fat is reduced by 25% or above compared with reference food (including 25%)	
Saturated fat reduced	Saturated fat is reduced by 25% or above compared with reference food (including 25%)	
Sugar reduced	Sugar is reduced by 25% or above compared with reference food (including 25%)	
Sodium (salt) reduced	Sodium is reduced by 25% or above compared with reference food (including 25%)	
Protein increased	Protein is increased by 25% or above compared with reference food (including 25%)	
Dietary fiber increased	Dietary fiber is increased by 25% or above compared with reference food (including 25%)	
Vitamin increased	Vitamin is increased by 25% or above compared with reference food (including 25%)	
Mineral increased (sodium excluded)	Minera is increased by 25% or above compared with reference food (including 25%)	

[a] The synonyms of "reduce" include "decrease", "reduced" or "reduced by x%", "reducing x%", "decreasing x%", "decreased by x%" and "lowering x%";
the synonyms of "increase" include "add", "increasing", "rise" or "adding x% (x times)", "increased by x% (x times)", "increasing x% (x times)", "x% (x times) higher", "added by x% (x times)", "x% (x times) more", "increase x times".

Appendix D

Standard Terms for Function Claim of Energy and Nutritional Components

This appendix provides for the standard languages that can be used for the function claims of energy and nutritional components.

D.1 Energy

The human body needs energy to maintain life activities.
Energy is essential to growth and development and all activities of the human body.
Proper energy can help to maintain a good health status.
Excessive energy intake and insufficient exercise are relevant to overweight and obesity.

D.2 Protein

As a main constitutive substance of the human body, protein provides multiple amino acids.
Protein is an important substance essential to the life activities of the human body, which contributes to the formation and growth of tissue.
Proteins are essential ingredients constituting human tissues.
Protein is conductive to building and repairing of human tissue.
Protein is a major nutrient for tissue formation and growth.
Protein contributes to muscle growth and maintenance.

D.3 Fat

Fat can provide high energy.
Energy from fat shall not exceed 30% of total energy in a daily diet.
Fat is an important component of the human body.
Fat can promote the absorption of fat-soluble vitamins.
Fat provides fatty acids necessary to the human body.
Long-term intake of excessive fat is not good for maintaining regular body weight and body fat level.

D.3.1 Saturated Fat

Saturated fat can promote absorption of cholesterol in food.
Long-term excessive intake of saturated fat may increase cholesterol in blood.
The intake of saturated fat shall be less than 10% of daily total energy.

D.3.2 Trans-fatty Acid

Daily intake of trans-fatty acids shall not exceed 2.2 g, excessive intake of trans-fatty acids is harmful to health.
Intake of trans-fatty acids shall be less than 1% of daily total energy.
Excessive intake of trans-fatty acids will increase the risk of cardiovascular diseases.

D.3.3 a-Linolenic Acid

a-Linolenic acid is an essential fatty acid for human body.

D.4 Sugar

Sugar is a basic substance providing energy.
Long-term intake of excessive sugar may increase the risk of occurrence of tooth decay and obesity.

D.5 Dietary Fiber

Dietary fiber is a substance with low energy.
Dietary fiber helps to maintain regular intestinal functions.

D.6 Sodium

Sodium can adjust the water in the body, thereby maintaining acid-base balance.
For an adult, the daily intake of salt shall not exceed 5 g.
Long-term excessive intake of salt may cause elevated blood pressure.

D.7 Vitamin A

Vitamin A helps to maintain scotopic vision.
Vitamin A helps to maintain healthy skin and mucous membranes.
Vitamin A helps to maintain regular eyesight.
Vitamin A helps to maintain regular physiological functions of the immune system.

D.8 Vitamin D

Vitamin D is good for health of bones and teeth.
Vitamin D helps formation of bones.
Vitamin D can facilitate the absorption and utilization of calcium and phosphorus.

D.9 Vitamin E

Vitamin E has an antioxidant function.

D.10 Vitamin K

Vitamin K is an indispensable component to maintain regular coagulation functions.

D.11 Vitamin B_1

Vitamin B_1 is an indispensable component in energy metabolism.
Vitamin B_1 helps to maintain the regular physiological function of the nervous system.

D.12 Vitamin B_2

Vitamin B_2 helps to maintain healthy skin and mucous membranes.
Vitamin B_2 is an indispensable component in energy metabolism.

D.13 Vitamin B_6

Vitamin B_6 is good for metabolism and utilization of protein.
Vitamin B_6 helps to maintain regular energy metabolism.
Vitamin B_6 helps to maintain the regular physiological function of the nervous system.

D.14 Vitamin B_{12}

Vitamin B_{12} helps to form red blood cells.

Vitamin B_{12} helps to maintain regular energy metabolism.
Vitamin B_{12} helps to maintain the regular physiological function of the nervous system.

D.15 Vitamin C

Vitamin C helps to maintain healthy skin and mucous membranes.
Vitamin C helps to maintain healthy bones and gingivae.
Vitamin C promotes the absorption of iron.
Vitamin C has an antioxidant effect.
Vitamin C helps to maintain the regular physiological functions of the immune system.

D.16 Niacin

Niacin helps to maintain healthy skin and mucous membranes.
Niacin is an indispensable component in energy metabolism.
Niacin helps to maintain the regular physiological function of the nervous system.

D.17 Folic Acid

Folic acid is good for the regular development of the fetal brain and nervous system.
Folic acid is good for formation of red blood cells.

D.18 Pantothenic Acid

Pantothenic acid is a substance that involves in energy metabolism.

D.19 Biotin

Biotin helps to maintain health of skin and hair.

D.20 Choline

Choline is an important component involved in lipid metabolism.

D.21 Calcium

Calcium is the main component of human bones and teeth.
Calcium is the main component of bones and teeth and can maintains bone mineral density.
Calcium contributes to the development of bones and teeth.
Calcium helps to strengthen bones and teeth.
Calcium is necessary for regular neurological and muscle functions.

D.22 Phosphorus

Phosphorus helps to maintain regular functions of cell membranes.
Phosphorus helps to maintain healthy bones and teeth.

D.23 Potassium

Potassium is an essential element to maintain the balance of water and electrolytes.
Potassium helps to maintain regular muscle functions.
Potassium promotes the excretion of sodium in urine.
Potassium is involved in the metabolism of sugar and protein.

D.24 Magnesium

Magnesium is an important component for energy metabolism, tissue formation, and bone development.
Magnesium helps to maintain regular muscle functions.

D.25 Iron

Iron is an important component for the formation of red blood cells.
Iron is an essential element for the formation of red blood cells.
Iron is necessary for the production of hemoglobin.

D.26 Zinc

Zinc is an essential element for the growth and development of children.
Zinc helps to improve the appetite.
Zinc is good for skin health.
Zinc helps to maintain regular physiological functions of the immune system.

D.27 Iodine

Iodine is an element that ensures regular functions of the thyroid.
Iodine is essential to the development of the nervous system.

D.28 Selenium

Selenium has an antioxidant effect.
Selenium helps to maintain regular physiological functions of the immune system.

Appendix E
(Informative)

Recommendation of Serving Size Reference of Prepackaged Foods

E.1 Serving size reference of prepackaged foods

The serving size reference refers to the recommended reference weight or volume of food per

serving (in terms of edible parts) when the nutritional information on the nutrition label is declared with “serving”.

Table E.1 illustrates the serving size reference of 18 categories of prepackaged foods.

Table E.1: Serving size reference of prepackaged foods (in terms of edible parts)

Food category	Serving size reference
Soy sauce, sauce, pickles, base	10 g or mL
Cooked dried meat products (dried meat floss, jerky, dried meat slice, etc.)	10 g
Dried fruit products	10 g
Nuts and seeds products	20 g
Western decoration cakes (pies, cakes)	30 g
Meat filling products (sausage, western ham, etc.), ham products, fermented ham products, and preserved meat products	30 g
Milk powder (whole-milk powder, skimmed milk powder, partially-skimmed milk powder, and formular milk powder)	30 g
Instant cereal flour, meal replacement powder	30 g
Biscuits, cereal bar	30 g
Puffed foods (chips, crust of cooked rice, and sliced dried Chinese bread)	30 g
Bread and fermented flour products (steamed bun and steamed bread roll)	50 g
Eggs (chicken eggs, preserved eggs, salted eggs, marinated eggs, eggs preserved in rice wine, etc.)	50 g
Ice cream	50 g or mL
Instant noodles (noodle cake)	100 g
Fermented milk	120 g or mL
Liquid milk (pasteurized milk, modified milk, and sterilized milk)	200 mL or g
Liquid beverage or solid beverage after mixing	200 mL
Soybean milk	200 mL

E.2 Application of serving size reference

Table E.1 provides reference for enterprises to determine the specification of each serving of foods according to the weight (or volume) of the minimum unit of prepackaged foods, and the food serving shall be expressed in gram or milliliter. The following cases can be applied for reference.

--When the weight (or volume) of the minimum unit of the food is within 50%-150% of the corresponding serving size reference, the weight (or volume) of food per serving can be directly declared with the weight (or volume) of the minimum unit of the food.

--When the weight (or volume) of the minimum unit of the food is less than 50% of the reference

value of the corresponding serving size reference, the weight (or volume) of food per serving can be declared according to the sum of the weight (or volume) of several minimum units closest to the serving size reference. For example, where the serving size reference of biscuits is 30 g, and each biscuit is 7 g, then 4 biscuits can be taken as one serving, which is labeled as “28 g/4 pieces per serving”; or take three pieces of 21g, five pieces of 35g, or six pieces of 42 g per serving.

--When the minimum unit weight (or volume) of the food is greater than 150% of the serving size reference, the serving size reference may be directly used as a serving; additionally, the food may be divided into slices, chunks, scoops, or packs to take the proper weight falling into the range of serving size reference of food as a serving. For example, when a bucket of potato chips with the weight of 102g, may be divided into 3 packs, and may be labeled as “34 g per serving” or “34g/serving x 3 pieces”; or a proper weight between 15g to 45g can be chosen as per serving.