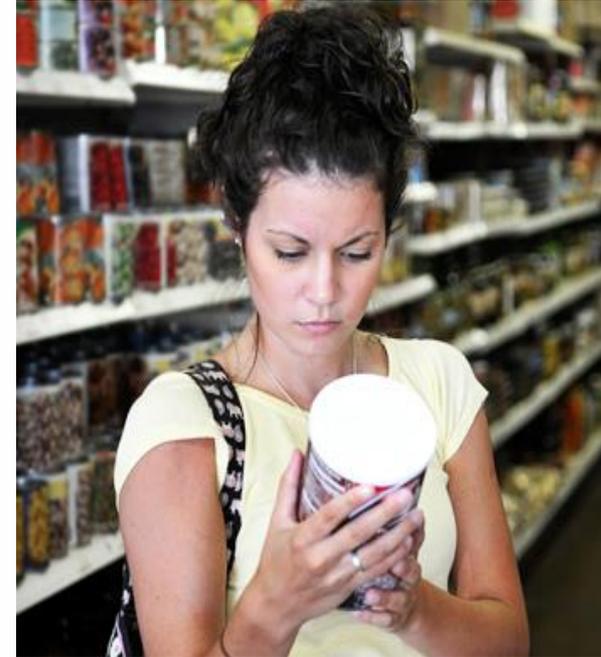


# Labelling provisions under FSS (Packaging and Labelling) Regulations, 2011



# Food labelling & Its Importance

- ❑ Labelling includes any written, printed or graphics present on the label, accompanies the food, or is displayed near the food.
- ❑ Food Labelling serves as a primary link of communication between the food manufacturer and consumer.
- ❑ Food labels provide information to help us make healthier and safer food choices.
- ❑ The goal of food labelling is to provide consumers with information that is factual and relevant.



## General Labelling Requirements

- Every pre-packaged food shall carry a label.
- The information on the label shall be in English or Hindi in Devnagri script. Any other language in addition may be used.
- The information shall not be false, misleading or deceptive.
- Where the container is covered by a wrapper, the wrapper shall carry the necessary information.
- The Regulation prescribes the minimum area of the container to be covered by the Principal Display Panel.
- The Regulation prescribes minimum height and width of the letters and numerals to be displayed on the label.

## Information for consumers

### Labelling information includes:

- ✓ The Name of food
- ✓ List of Ingredients
- ✓ Nutritional Information
- ✓ Declaration regarding Veg & Non-Veg
- ✓ Declaration regarding food additives
- ✓ Name and address of the manufacturer
- ✓ Net Quantity
- ✓ Lot/Code/Batch Identification
- ✓ Date of manufacturing or packing
- ✓ Best Before and Use by Date
- ✓ Country of origin
- ✓ Instructions for use
- ✓ Warning and advisory statements

## **Name of food**

The name of the food shall include trade name or description of food contained in the package that describes the true nature of the food.

It is important that the name of the food must be clearly stated and not be ambiguous or misleading.

If the food has been processed in some way, the process must be included in the title e.g. dried apricots, salted peanuts.

# Ingredients

- The name of Ingredients used in the product shall be listed in descending order of their composition by weight or volume, as the case may be, at the time of its manufacture.
  
- Specific name shall be used for ingredients in the list.
  
- Food additives and water must also be included in the list if they have been added.

## Nutritional Information (1/2)

Nutritional Information or nutritional facts per 100 gm or 100ml or per serving of the product shall be given on the label containing the following:—

- energy value in kcal;
- the amounts of protein, carbohydrate (specify quantity of sugar) and fat in gram (g);
- the amount of any other nutrient for which a nutrition or health claim is made
- where the nutrition declaration is made per serving, the amount in gram (g) or milliliter (ml) in a serving shall be given.

The nutritional information may not be necessary, in case of foods such as:

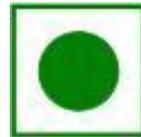
- raw agricultural commodities like, wheat, rice;
- non-nutritive products, like tea, coffee, packaged drinking water
- alcoholic beverages
- fruit and vegetables
- products that comprise of single ingredient; or
- foods served for immediate consumption such as served in hospitals, hotels or food shipped in bulk which is not for sale in that form to consumers.

# Nutritional Information

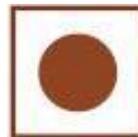
<b>Nutrition Information</b>	
Amount per serving or 100g of product	
Energy	# kcal
Protein	# g
Carbohydrates	# g
Sugars	# g
Fat	# g
Saturated fatty acids*	# g
Trans fatty acids*	# g
Cholesterol*	# mg
* When claim is made	

## Declaration regarding Veg and Non-Veg

Regulation provides that every package of “Vegetarian” food shall bear a green colour filled circle inside a square with green outline:



Every package of “Non-Vegetarian” food shall bear a brown colour filled circle inside a square with brown outline:



# Declaration regarding Food Additives



- Food additives shall be listed in the ingredients list by their functional name together with specific name or recognised International numerical identifications (INS or E number) e.g.
  - i. Raising agent (ammonium hydrogen carbonate) or
  - ii. Raising agent (503 (ii))

- Extraneous addition of colouring matter to be mentioned on the label as:

CONTAINS PERMITTED NATURAL COLOUR(S)

OR

CONTAINS PERMITTED SYNTHETIC FOOD COLOUR(S)

OR

CONTAINS PERMITTED NATURAL AND SYNTHETIC FOOD  
COLOUR(S)

- Extraneous addition of flavouring agents to be mentioned on the label as:

CONTAINS ADDED FLAVOUR

## **Name and complete address of the manufacturer**

- The name and complete address of the manufacturer and the manufacturing unit if these are located at different places.
  
- In case the manufacturer is not the packer or bottler, the name and complete address of the packing or bottling unit as the case may be.
  
- Package of food shall carry the name and complete address of the importer in India when imported.

# FSSAI Logo and License No.



The FSSAI logo and license number shall be displayed on the label in contrast color to the background



*Lic. No. XXXXXXXXXXXXXXXX*

## **Additional provision:**

In case the food is fortified as per Food Safety and Standards (Fortification of Foods) Regulations, 2017, then the +F logo shall be displayed on the label of the food package as indicated:



**FORTIFIED**  
SAMPOORNA POSHAN  
SWASTH JEEVAN

## **Net Quantity**

- ❑ Net quantity by weight or volume or number, as the case may be, shall be declared on every package of food; and
- ❑ In addition, a food packed in a liquid medium shall carry a declaration of the drained weight of the food.

## **Lot/Code/Batch identification**

A batch number or code number or lot number shall be declared on the label.

## Date of manufacturing or packing

- a) In case best before date of the products is **more than 3 months**, month and year of manufacture or packing shall be declared.
- b) In case of shorter shelf life of **less than 3 months** the date, month and year of manufacture or packing shall be declared.
- c) In case of shelf life **not more than seven days** date of manufacture may not be required but **'Use by date'** shall be mentioned.

# Best Before and Use by Date (1/2)



- i. The month and year in capital letters up to which the product is best for consumption, in the following manner:

“BEST BEFORE ..... MONTHS AND YEAR”

OR

“BEST BEFORE ..... MONTHS FROM PACKAGING”

OR

“BEST BEFORE .....MONTHS FROM MANUFACTURE”

- ii. In case of package or bottle containing Sterilised or Ultra High Temperature treated milk, soya milk, flavoured milk, any package containing bread, dhokla, bhelpuri, pizza, doughnuts, khoa, paneer, or any uncanned package of fruits, vegetable, meat, fish or any other like commodity, the declaration be made as follows:—

“BEST BEFORE .....DATE/MONTH/YEAR”

OR

“BEST BEFORE.....DAYS FROM PACKAGING”

OR

“BEST BEFORE ..... DAYS FROM MANUFACTURE”

## **Best Before and Use by Date (2/2)**

(iii) On packages of Aspartame, instead of Best Before date, Use by date/recommended last consumption date/expiry date shall be given, which shall not be more than three years from the date of packing;

(iv) In case of infant milk substitute and infant foods instead of Best Before date, Use by date/ recommended last consumption date/expiry date shall be given.

Declaration of best before date for consumption shall not be applicable to :

- (i) wines and liquors,
- (ii) alcoholic beverages containing 10 percent or more by volume of alcohol.

## Country of Origin

- (i) The country of origin of the food shall be declared on the label of food imported into India.
  
- (ii) When a food undergoes processing in a second country which changes its nature, the country in which the processing is performed shall be considered to be the country of origin for the purposes of labelling.

## Instructions for Use

Instructions for use, including reconstitution, where applicable, shall be included on the label, to ensure correct utilization of the food.



# Labeling of Organic Foods

- Labelling on the package of organic food shall convey full and accurate information on the organic status of the product.
- It shall carry Food Safety and Standard Authority of India's organic logo.



Jaivik Bharat

- Such product may carry a certification or quality assurance mark of one of the systems
- All organic foods shall comply with the packaging and labelling requirements specified under the Food Safety and Standards (Packaging and Labelling) Regulations, 2011
- All organic foods shall comply with the labelling requirements of NPOP or PGS-India

**THANKS**

