"Guideline On Labelling Requirement Under Food Act 1983 and Regulations Thereunder"

FOOD SAFETY AND QUALITY PROGRAM
MINISTRY OF HEALTH MALAYSIA

KEMENTERIAN KESIHATAN
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GUIDELINE ON LABELLING REQUIREMENT UNDER FOOD ACT 1983 AND REGULATIONS THEREUNDER

These guidelines are a compilation of guidelines published separately earlier by PKKM and is intended to facilitate the industry and consumers to make reference regards to food labelling requirements. This edition brings together all relevant labelling guideline under the labelling provisions of the Regulation of Food Regulations 1985 and Food Irradiation Regulations 2011 under the Food Act 1983. It is hoped that this guideline will help food industry, enforcement, professional bodies involved and consumers in understanding and applying the rules.

Note:
This guidance is not legally binding and should therefore be read together with the relevant national legislation. For the legal interpretation of the proposed regulations, the reader should always rely on the gazette to be published and on the advice of their legal advisors.

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1. Guidelines on General Food Labelling

Contents

1. INTRODUCTION

Food labels serve to provide clear and concise information about a food product. It shall comply with all provisions of food labelling as stipulated in the Food Regulations 1985.

This guideline is prepared to provide guidance to the food industry and consumers on food labelling requirements under the Food Regulations 1985.

2. LANGUAGES TO BE USED

2.1 All required information on the label shall be in either Bahasa Malaysia or English in accordance with the following requirements.

2.1.1. In the case of food produced, prepared or packaged in Malaysia, the label shall be in Bahasa Malaysia and may include any translation thereof in any other language.

2.1.2. In the case of imported food, the label shall be in either Bahasa Malaysia or English, and in either case may include any translation thereof in any other language.

2.1.3. In the case of special purpose food and milk product under the Regulation 84, 90, 91, 94, 95, 97, 98 and 99, whether imported or produced, prepared or packaged in Malaysia, the label shall be in Bahasa Malaysia and may include any translation thereof in any other language.

2.2 The translation in any other language must convey the same meaning as the original languange.

3. APPROPRIATE DESIGNATION /DESCRIPTION OF THE FOOD PRODUCT / NAME

HOW TO NAME A PRODUCT?

The appropriate designation of the food shall contain the common name of its principal ingredients. The product name must illustrate the true nature of the product.

3.1 Product name with specific labelling requirement

- The product name of a food is the name specified in regulation for a product that meets the specifications.

Example 1:

Regulation 246 - Jam

If a food product is categorised under the above standard and contain more than one type of fruit, then the appropriate designation of the food product shall be labelled with the words **"Mixed Fruit Jam"**.

Example 2:

Regulation 356 – Botanical Beverage Mix

If a food product is categorised under the above standard, then the appropriate designation of the food product shall begin with the words **"botanical beverage mix" or "herbal beverage mix" followed by the name of the botanical or herbal source.**

"Botanical Beverage Mix Pomegranate with Passion"

"Botanical Beverage Avocado with Cassia Seed Extract"

3.2 Product with common name

- When there is no prescribed name, the **common name** of the food can be used on the label. The common name is that name which is generally used, refer to or describe the product.

Example:

Regulation	Standard	Example
395	Food not else where standardized	Kuah Rojak, Laksa
135	Flour Confection	Banana cake, Cookies
145	Meat product	Sausages, Nuggets

3.3 Product name without specific labeling requirement and common name

- A descriptive name shall be used to describe about the food and it consist **common name** of the main ingredients and or if there is no common name of its principal ingredients, an appropriate **descriptive term** of the food which is not misleading.

- In the **case of mixed or blended food,** the label shall bear the following:
  "mixed (appropriate designation of the food)"; or **"blended** (appropriate designation of the food)":
  Provided that the word **"mixed"** or **"blended"** shall not be conjoined with the appropriate designation of any mixed or blended food which does not comply with the standard prescribed by these regulations.

Example: Regulation 395

- Mixed Soy Protein with Spirulina
- Blended Malt with Cocoa
- Bacon wrapped stuffed chicken breast
- Mixed Chocolate and Honey Drink
- Premix Whey Protein
- Tuna with scramble egg sandwich

3.4 Product name with additional words regarding the true nature and physical condition of the food.

- Must be labelled either in conjunction with or in closed proximity to the product name.
- **True nature** and **physical condition** of the food refer to but not limited to the type of packing medium, style and the condition or type of treatment it has undergone.

Example:

Corned Beef

Smoked Fish

Salted Fish

Concentrated Juice

Chocolate Nugget

Chocolate Chip

WHAT ARE REQUIREMENTS IN LABELLING A PRODUCT NAME?

- The product name of the food shall be **prominent in height, visual emphasis and position** so as to be conspicuous by comparison with any other matter appearing on the label.

Example: Mixed Fruits Drink

Appropriate designation for Picture A “Mixed Fruits Drink” is prominent while appropriate designation for Picture B and Picture C “Mixed Fruits Drink” is not prominent.

PICTURE A

Product name is **prominent** in height, visual and position on the label

PICTURE B

Product name is **NOT prominent** in height and visual on the label

PICTURE C

Product name is **NOT prominent** in height and visual on the label

4. QUANTITATIVE INGREDIENTS DECLARATION (QUID)

List of Content

For the food sold as a mixture or combination, a statement on the percentage of the weight or volume of such appropriate ingredient shall be stated adjacent to each ingredient.

- **WHEN IS QUID APPLICABLE?**

4.8 Where the appropriate ingredients used in the manufacture of that food is emphasized on the label through words, pictures or graphics.

4.8.1 Ingredient emphasized on the label through words

"Words" referring but not limited to product name or by using different size, colour and/or style of lettering to refer to ingredients.

Example 1:

Botanical Beverages

The ingredients (pomegranate and collagen) were emphasized in the name of the food; therefore, the percentage of pomegranate and collagen must be labelled as follows:

Option A **Option B**

Example 2:

Frozen Mix Vegetable

The ingredients (vegetables) are emphasized in the name of the food and pictorial, therefore the percentage of each vegetable must be labelled as follows:

4.8.2 Ingredient emphasized on the label through pictorial and graphic

Pictorial and graphic that are referring to ingredient being emphasize selectively (one or a few ingredient) other than in the name of the food.

Example 1: Strawberry Jam

The ingredient (strawberry) is emphasized in the name of the food and pictorial, therefore the percentage of strawberry must be labelled. Labelling options are as follows:

Example 2: Premix Coffee

The pictures of coffee, tongkat ali and garcinia cambogia have been displayed at main display panel, therefore the percentage of coffee, tongkat ali and garcinia cambogia must be labelled as follows:

4.8.3 When an ingredient is emphasized on the label other than in the name of the food **by using different size, colour and/or style of lettering to refer to ingredient.**

Example : Macaroni

The statement “with extra cheese” was emphasized other than in the name of the food, therefore the percentage of cheese must be labelled as follows:

Option A

Option B

4.9 Where the appropriate ingredient used in the manufacture of that food is not within the name of the food but is essential to characterize the food.

Essential character is referring to the quality specification as stated in commodity standard.

Example 1: Mayonnaise

- As stipulated under Regulation 345(1), Mayonnaise shall contain not less than 65% of edible vegetable oil. These criteria represent the essential character for mayonnaise.
- Therefore, the percentage of edible vegetable oil has to be labelled.

Example 2: Chili Sauce

- As stipulated under Regulation 342(1), Chili Sauce shall contain not less than or equivalents of 5 per cent w/w of chilies. This criteria represent the essential character for Chili Sauce.
- Therefore, the percentage of Chili has to be labelled.

Example 3: Ice Cream

Regulation 116(1) mention as below:

Ice cream shall be made from milk or milk product with milk fat, vegetable fat, cream, butter or a combination of these and sugar, and may contain other wholesome food.

This means ice cream is a milk product made from either one or a combination of ingredients listed above.

Regulation 116(2) mention as below:

Ice cream shall:

(a) contain not less than **10 per cent of milk fat or vegetable fat or a combination of these;**

The Regulation 116(2)(a) mentions the criteria that represent the essential character for a product to be an ice cream. These standard criteria are in terms of ingredients. When the standard or essential criteria being stated in the commodity standard of a food includes the ingredient of the food, then, the percentage of the ingredient needs to be declared on the label.

Example 4: Jam

Regulation 246(1) mention as below:

> Jam shall be the product prepared by boiling one or more types of sound fruits, whether raw, processed or semi-processed, with permitted sweetening substance, with or without added pectin.

This means jam is a product made from fruits.

Regulation 246(2) mention as below:

> Jam shall contain not less than:
> (a) **35% of fruit** except that passion fruit jam and ginger jam may contain not less than 6% and 5% of fruit respectively; pectin.

The Regulation 246(2)(a) mentions the criteria that represent the essential character for a jam product. The standard criteria in terms of ingredient is percentage of fruit in the jam. When the standard or essential criteria being stated in the commodity standard of a food includes the ingredient of the food, then, the percentage of the ingredient needs to be declared on the label.

Example 5: Full Cream Milk Powder

Regulation 90(1) mention as below:

> Full cream milk powder or dried full cream milk shall be milk or recombined milk from which the water has been removed.

This means full cream milk powder is a product made from milk.

Regulation 90(2) mention as below:

> Full cream milk powder or dried full cream milk:
> (a) Shall not contain more than 5 per cent of water; and
> (b) Shall contain not less than 26 per cent of milk fat pectin.

The Regulation 90(2) mentions the standard commodity for full cream milk powder and does not represent the essential character for this product. The standard commodity which is water and milk fat is not an ingredient. It is a standard parameter to verify the safety and quality of the product. Hence, the percentage of these parameter is not required to be declared in the ingredient list.

4.3 Declaration both condition in 4.1 and 4.2

Where the appropriate ingredients used in the manufacture of that food are emphasized on the label through combination one of this condition as stated in 4.1 and 4.2:

- Words
- Pictures
- Graphics
- Essential character referring to the quality specification as stated in commodity standard

Example 1: Chocolate / Nuts

The ingredients being emphasized are:

Chocolate:

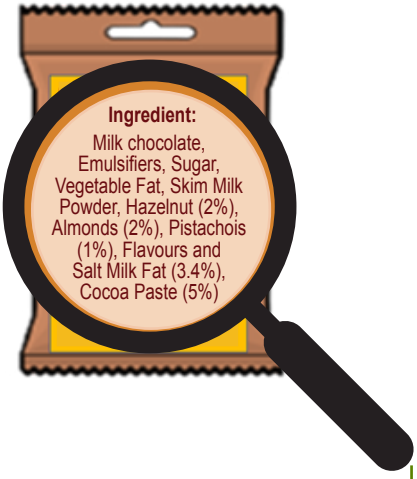
- Name of the food through words
- Pictorial
- The essential characteristic to adhere the name of "chocolate" in this product is to comply with commodity standard Regulation 281(2)(c).

Nuts:

- Name of the food through words
- Pictorial

This Regulation stated the minimum percent of cocoa paste on water-free and fat free basis is 3%.

Therefore, the percentage of ingredients for this product must be labelled as follows:



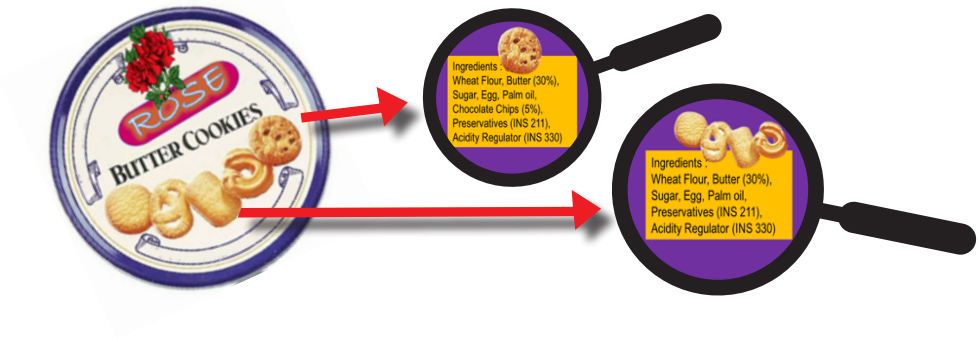
Example 2: Butter Cookies

The ingredients being emphasized are:

Butter:
- Name of the food through words

Chips:
- Pictorial

Therefore, the percentage of ingredients for this product must be labelled as follows:



WHEN IS QUID NOT APPLICABLE?

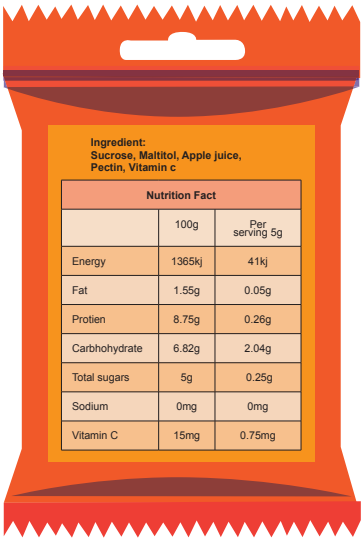
4.4 Quantity of the ingredient is already required to be labelled

4.4.1 The ingredient that has specific labelling requirement **under commodity standard**.

4.4.2 Where a **nutrition claim is made**, it is mandatory to include a nutrition labelling and the amount of any other nutrient for which a nutrition claim is made in respect of the food.

Example : Gummies with Vitamin C

The Vitamin C is being emphasised in the product name. In this situation, the percentage of Vitamin C does not need to be labelled in the list of ingredients because Vitamin C needs to be declared in the nutritional information and meet the criteria for source of Vitamin C (9mg/100g).



4.5 Drained weight of the ingredient is already required to be labelled by Regulations

Under Regulation 11(1)(ia) food packed in liquid, has to be labelled with the statement of the minimum drained weight.

Example: Lychee in Syrup

The weight of the lychee fruit and the weight of the syrup must be labelled as follows:

4.6 Ingredient is used in small quantities as flavour

The percentage of flavouring substances does not need to be labelled as it is used in small quantities for flavouring purposes irregardless the flavour substance is presented through words, pictures or graphics.

Example 1 : Strawberry Flavoured Milk

The percentage of strawberry does not need to be declared as it is used in small quantities as flavour.

Example 2 : Instant Noodle

The percentage of curry powder does not need to be declared as it is used in small quantities as flavour.

4.7 Ingredient not present in food

The proportion of ingredient that is represented in a logo, words, pictorial or graphics that is generally understood not to be present in the food. This include pictures of recipe or serving suggestion of a product.

The use of logo, words, pictorial or graphics shall have referred to its intended used. Therefore, the percentage of ingredient is not required to be labelled.

Example 1 : Chicken Curry Powder

The percentage of chicken in the chicken curry powder is not required to be labelled as there is no chicken in the ingredient. The chicken is only referred as intended use of this product.

Example 2 : *"Pes Ikan Bakar"*

The percentage of fish in **"Pes Ikan Bakar"** was not required to be labelled as there is no fish in the ingredient. The fish is only referred as intended used of this product.

HOW IS QUID CALCULATED?

When the food has lost its moisture due to any treatment:

QUID is calculated on the basis of the recipe at the point of the ingredients added at the mixing stage. The weight of the ingredient to be declared is divided by the total weight of all the ingredients and multiplied by 100 to give the percentage of QUID value. However, where food has lost its moisture following treatment such as cooking, or gained its weight due to frying, the QUID declaration should correspond to the quantity of the ingredient in the finished product.

Example 1: Butter Cookies

Butter is emphasized in the appropriate designation. During the baking process, there is loss of moisture, therefore the percentage of butter must be based on the amount of the ingoing ingredient over the weight of the finished product. The list of ingredients and weight of the butter cookies are as follows:

INGREDIENTS	WEIGHT (G)
Flour	100
Butter	50
Sugar	35
Chicken egg	10

Calculation:

Calculation:

Weight of butter = 50g

Total weight of ingredient in mixing bowl = 195g

Total weight of butter cookies after baking = 169g

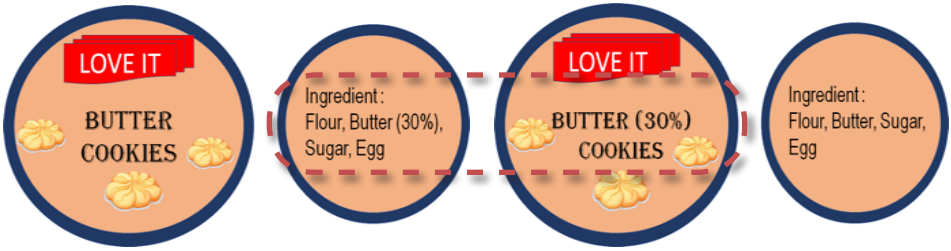
Hence, Percentage of butter $= \frac{\text{Weight of Butter x 100\%}}{\text{Total Weight } \textbf{AFTER Baking}}$

$= \frac{50\text{g} \quad \text{x } 100\%}{169\text{g}}$

$= \underline{\underline{\textbf{30\%}}}$

Therefore, the percentage of butter must be labelled as follows:

OPTION A **OPTION B**



What if the Percentage Quid Value Exceeds 100%?

In certain cases, the quantity of an ingredient can exceed 100% of the finished product due to a **large loss of water during processing.** As this could be confusing for the consumer, the declaration should be replaced by the weight of the ingredient used to prepare 100g of the finished product.

Example 2: Chicken in Brine

To calculate the percentage of Chicken in Brine:

Weight of chicken = 1000g

Final weight of chicken after brining (Before cooking) = 1500g

Final weight of cooked chicken in brine (After cooking) = 900g

Calculation:

$$\text{Percentage of chicken in brine} = \frac{\text{weight of the chicken (g)} \times 100\ \%}{\text{weight after cooking (g)}}$$

Where;

$$= \frac{1000\text{g} \times 100\%}{900\text{g}}$$

$$= \underline{\underline{111\%}}$$

The percentage of chicken is more than 100% (111%) is due to a **large loss of water** during cooking (600g moisture loss).

Loss of water (g) = weight before cooking - weight after cooking

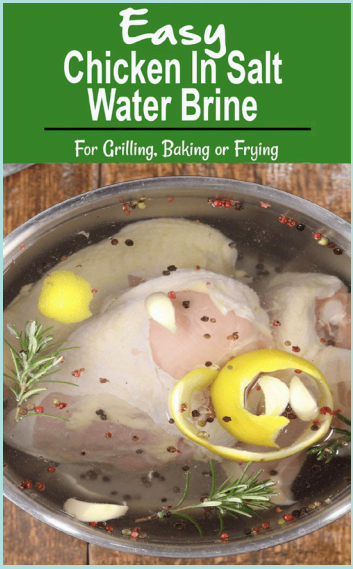
= 1500g - 900g

= **600g**

Therefore, the percentage 111% of weight must be declared as **"Chicken (Product prepared using 111g chicken per 100g in brine)"** to avoid confusing to the consumer.

This is taking into account where 100% is equal to 100g. Hence, 111% is equal to 111g.

Thus the example is as follows:



HOW TO CHOOSE THE RIGHT PERCENTAGE FOR DECLARATION ON THE LABEL?

The percentage expressed as actual percentage or may be minimum percentage, obtained by complying 6. with the recipe and good manufacturing practice, allowing for the producer's normal manufacturing variations.

Decimal places

- Decimal places for any declaration of ingredients can be rounded up or at least 1 decimal point.

Example: The percentage of 1.67% shall be rounded up to 2% or 1.7%.

- If the amount to be declared is "0" after rounding up or using 1 decimal point, then the amount must be declared by using more than 1 decimal point.

Example 1: The percentage of 0.0097% shall be round up to 0.01%

Example 2: The percentage of 0.0037% shall be round up to 0.004%

5. ADDITIONAL STATEMENT BELOW THE APPROPRIATE DESIGNATION OF THE FOOD

5.1 Where the food contains beef or pork, or its derivatives, or lard, the following statement shall be included:

"CONTAINS (state whether beef or pork, or its derivatives, or lard, as the case may be)"

or any other words to this effect.

5.2 Where the food contains added alcohol, the following statement shall be included:

"CONTAINS ALCOHOL" or any other words to this effect.

The words **"CONTAINS ALCOHOL"** shall be written in **capital bold-faced lettering** of a non-serif character not smaller than 6 point.

Both these statements shall be appear below the appropriat designation of the food.

6. LIST OF INGREDIENTS

6.1 Where the food contains two or more ingredients, other than water, food additives and nutrient, shall be listed in descending order of proportion by weight.

6.2 Appropriate ingredient used is essential to characterize the food

The ingredients shall be listed using the appropriate designation of each ingredient.

Example: A food product contains the following ingredients:

INGREDIENTS	%
Non-Dairy Creamer	43.25
Inulin	6.25
Young Barley Leaves	1.00
Instant Coffee Powder	12.50
Sugar	37.00
TOTAL	**100.00**

The list of ingredients shall be written on the label in the following order:

Ingredients:
Non-dairy creamer (milk protein), sugar, instant coffee powder, inulin (6.25g/100) and young barley leaves

6.3 Where the food contains edible fat or edible oil or both, the following shall be included:

(i) A statement as to the presence in that food of such edible fat or edible oil, or both; and

Example 1: Vegetable oil (Palm oil) or Palm oil

(ii) The common name of the animal or vegetable from which such fat or oil is derived.

Example 2: Edible Fat (Randered Beef) of Edible fat (Lard)

6.4 Where the food contain ingredient or the food additives that are derived from animal, the common name of such animal shall be stated on the label as follows:

Example 3: Collagen (Fish) or Collagen (Cow) or Colour (Cochineal)

7. LABELLING OF FOODS KNOWN TO CAUSE HYPERSENSITIVITY

> ***'Hypersensitivity' refers to any discomfort (example: irritation, swelling, vomiting, asthma, chest pain, painting) which may at times lead to death due to reaction of the body's immunity system.***

7.1 Foods or ingredients known to cause hypersensitivity are as follows:

a) Cereals containing gluten including wheat, rye, barley and oats;
b) Nuts and nut products including peanut and soybean;
c) Fish and fish products;
d) Milk and milk products (including lactose); and
e) Egg and egg products.

7.2 Fish and fish products include marine, brackish water or fresh water fish, crustaceans, molluscs and other aquatic life that is edible by human beings and include fish roe.

7.3 Ingredients That May Cause Hypersensitivity

7.3.1 Principal Food Ingredients

- As a supplementary requirement of sub-regulation 11(1) (e), all ingredients known to cause hypersensitivity must be shown in the list of food ingredients using terminology depicting the source as shown below:

Examples of generic names of ingredients that may help identify ingredients causing hypersensitivity. Alternative generic names may also be used.

INGREDIENTS	PROPOSED NAME ON LABEL
Flour	State type of Flour
Starch	State Type of Starch
Casein, caseinate, caseinate salt	Milk Protein
Whey protein	Milk Protein
Whey/ whey powder/ whey sugar/ whey syrup	Whey/ Whey Powder/ Whey Sugar/ Whey Syrup (Milk)
Albumen	Chicken Egg Albumen
Glaze	Glaze (Chicken Egg), Glaze (Milk)
Hydrolysed vegetable protein	State Source Such As - Hydrolysed Soy Protein
Nuts (treenuts and tree nuts product)	Groundnuts, Almond, Cashew Nut, Brazil Nut, Pistachio, Etc.
Stock	State Source Such As- Fish, Crab, Shrimp, Prawn
Satay sauce	Satay Sauce (Peanuts)
Tempeh	*Soy tempeh*
Tofu	Soybean Curd
Omega 3 fatty acid	Omega 3 Fatty Acid (Fish Oil)
Couscous	Couscous (Wheat)
Semolina	Semolina (Wheat)

- Labelling methods as follows:

Example 1: Chocolate Malt Drink

Ingredients:

***Malt extract** (barley), sugar, skimmed milk powder, cocoa, maltodextrin, palm oil, minerals and vitamins. Flavouring substance

Example 2: Canned Mushroom Soup

Ingredients: Mushroom, ***butter** (with milk), dried vegetables, spices, chicken stock, sugar and salt. Flavour enhancer (Monosodium glutamate)

Example 3: Confectioner's Sugar

Ingredients: Sugar, ***milk**, cocoa.

Note:
***Bold lettering** is to indicate ingredients that meet the requirements of paragraph 7.3.1. Bold lettering is not required on the actual label of packaging.*

7.3.2 Compound Ingredients

- All ingredients known to cause hypersensitivity included in the compound ingredients must be listed or it must be stated that ingredients known to cause hypersensitivity are included in the formula.
- Labelling methods as follows:

Example 1: Rojak Sauce

Ingredients: Soya sauce, groundnuts, red onions, chilli, ***belacan** (with shrimps), palm oil, chicken stock and salt. Flavouring substance.

Example 2: Pre-mixed Coffee

Ingredients: Salt, creamer [with ***natrium caseinate** (milk protein) and instant coffee.

Example 3: Ice-Cream

Ingredients: Milk, groundnut oil, ***butter** (with milk), sugar

Example 4: Tuna Sandwich Spread

Ingredients: Mashed tuna fish, ***mayonnaise** (with chicken egg), chilli, sugar and salt. Flavour enhancer (Monosodium glutamate)

Note:
***Bold lettering** is to indicate ingredients that meet the requirements of paragraph 7.3.2. Bold lettering is not required on the actual label of packaging.*

7.3.3 Food Additives and Added Nutrients

- The source of the food additives and added nutrients known to cause hypersensitivity must be stated. This also applies to carried over food additives and added nutrients.

- Labelling methods as follows:

Example 1: Rojak Sauce

Ingredients: Groundnuts, red onions, sugar, palm oil, chicken stock, belacan (with shrimps), and salt. **flavouring substance** (contain prawn)

Example 2: Biscuit

Ingredients: Wheat flour, sugar, margarine, chicken eggs, milk protein, calcium carbonate and ***Omega 3 fatty acids** (fish oil). **Colouring substance (INS 129)** (contain chicken egg).

Note:
***Bold lettering** is to indicate ingredients that meet the requirements of paragraph 7.3.3. Bold lettering is not required on the actual label of packaging.*

7.3.4 Contamination by Other Food Particles

- A statement to the effect that there is a likelihood of contamination by other food particles (example: instances where the same machinery is used for processing different foods) known to cause hypersensitivity.

- Labelling methods as follows:

Example 1: Rojak Sauce

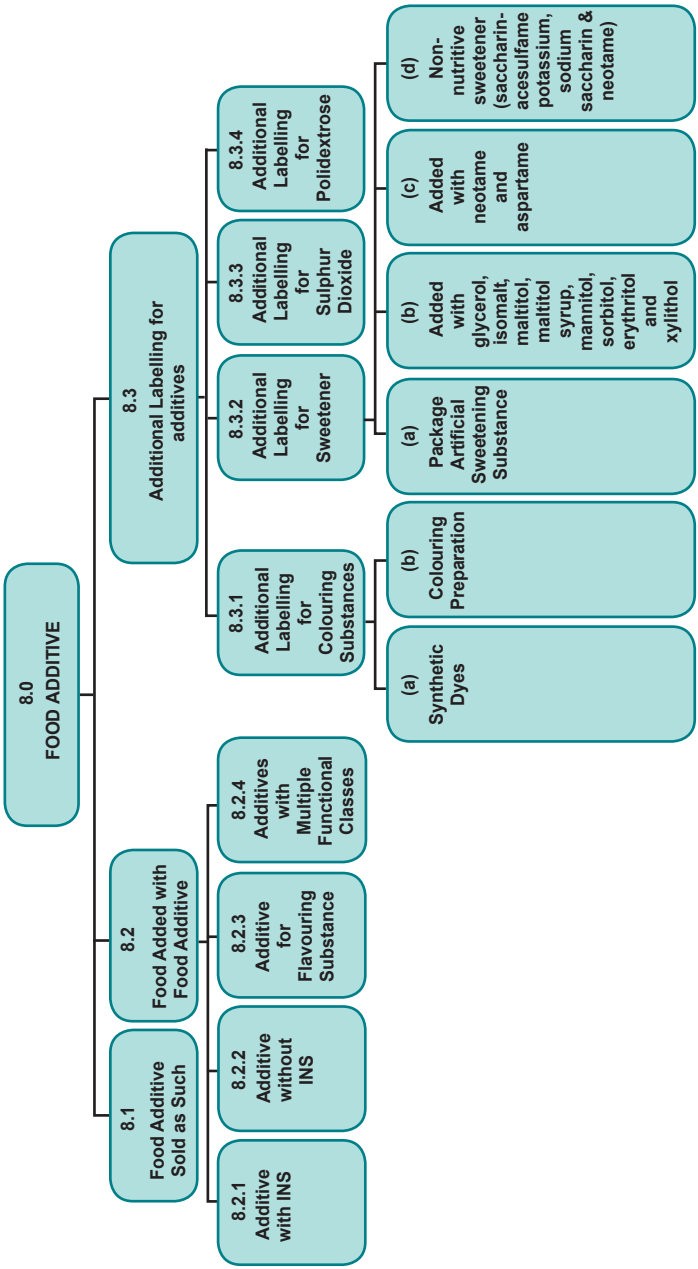
Ingredients: Groundnuts, red onions, sugar, palm oil, chicken stock, belacan (with shrimps), and salt. Flavouring. ***May contain traces of milk**.

Example 2: Instant Chicken Porridge

Ingredients: Rice, carrot, spring onions, chicken. Flavour enhancer (yeast extract). ***May contain traces of fish.**

Note:
***Bold lettering** is to indicate ingredients that meet the requirements of paragraph 7.3.4. Bold lettering is not required on the actual label of packaging.*

8. STATEMENT ON ADDITIVES



8.1 Food Additive sold as such:

Where the food additive is sold as such, the following statement must be labelled :

8.1.1 (chemical name of the food additive or the International Numbering System) as permitted (state the type of food additive)

8.1.2 Word **"For Food Use"** or any other words of the same significance in close proximity with the information in food additive is sold as such.

8.1.3 A statement giving direction for its use as follows:

Example:
Sodium benzoate as permitted preservative
For Food Use
Add 1 drop in 1-liter water

or

INS 211 as permitted preservative
For Food Use
Add 1 drop in 1 liter water

8.1.4 Additional Labelling for Colouring Substances

a) In the case of **synthetic dye** or colouring preparation containing synthetic dye, the following statement must be labelled :

- The colour index number specified in relation to the colouring substance in column 3 of Table I to the Seventh Schedule

Example:

Allura Red AC
16035

b) In the case of **colouring preparation:**

- The common name of colouring
- The total percentage proportion, of the colouring substance present in the preparation

Example:

Ingredients:

Glycerol, Tartrazine 19140 (45%), Water, Maltose syrup, Sodium Ascorbate

8.2 Food Added with Food Additive

For food products that have been added with food additive, the following statement must be labelled:

8.2.1 Additive with the International Numbering System (INS)

> ***A statement on functional class of food additive followed by the name of the food additive or INS number in brackets***

Example:

Option 1:

Ingredients: Wheat flour, water, sugar, salt, butter, palm oil, preservatives (INS 282)

Option 2:

Ingredients: Wheat flour, water, sugar, salt, butter, palm oil, preservatives (Calcium propionate))

8.2.2 Additive without the International Numbering System (INS)

> ***Only functional class of food additive followed by the name of the food additive***

Example:

Option 1:

Ingredients: Wheat flour, water, yeast, sugar, salt, butter, palm oil, flavour enhancer (yeast extract)

8.2.3 Additives for Flavouring Substance:

> ***Only the functional class must be stated***

Example:

Ingredients: Wheat flour, water, yeast, sugar, salt, butter, palm oil, flavoring substance

8.2.4 Additives with Multiple Functional Classes

For food products containing food additives with more than one functional class.

Example:

Food Additive: Silicon dioxide
Functional classes: i) Anti-caking agent
ii) Anti-foaming agent

The industry can select one of the functional classes above with reference to the purpose for which the food additive is added to the food.

There are several options in order to declare the statement of additives with multiples functional classes as below:

Option 1:

Ingredients: Wheat flour, water, sugar, salt, butter, palm oil, Anti-caking agent (INS 551)

Option 2:

Ingredients: Wheat flour, water, sugar, salt, butter, palm oil, Anti-foaming agent (INS 551)

Option 3 :

Ingredients: Wheat flour, water, sugar, salt, butter, palm oil, Anti-caking agent (Silicon dioxide)

Option 4:

Ingredients: Wheat flour, water, sugar, salt, butter, palm oil, Anti-foaming agent (Silicon dioxide)

8.3 Additional Labelling for Additives

8.3.1 Additional Labelling for for Sweetener

a) For **Packages of Artificial Sweetening Substance** preparation, the following statement must be labelled :

- "**ARTIFICIAL SWEETENING SUBSTANCE"** followed by the names of the artificial sweetening substances in no less than 10 point lettering.

Example:

ARTIFICIAL SWEETENING SUBSTANCE XYLITOL

- **"NOT RECOMMENDED FOR CHILDREN EXCEPT ON MEDICAL ADVICE"**, except where the artificial sweetening substance preparation contains aspartame only.

- In Respect of Concentration:

Form	Labelling Requirement
Tablets	mg per tablet
Liquid	% weight in volume
Granules Or Powder	mg per serving contained in a sachet or similar package

- **"NOT RECOMMENDED FOR PHENYLKETONURICS" Or "UNSUITABLE FOR PHENYLKETONURICS",** where the artificial sweetening substance preparation contains aspartame.

- The equivalence of the artificial sweetening substance both in sweetness and energy, as follows:

Artificial Sweetening Substance	Example Of Equivalence
Aspartame	Low calorie and contains sweetness of more than 200 times sugar
Saccharin	No calorie and contains sweetness of 200-700 times sugar
Acesulfame Potassium	No calorie and contains sweetness of more than 200 times sugar
Neotame	No calorie and contains sweetness of more than 8000 times sugar

b) For food products have been added with sweetening substances such as **glycerol, isomalt, maltitol, maltitol syrup, mannitol, sorbitol, erythritol and xylitol,** the following statement must be labelled :

"EXCESSIVE USE CAN HAVE LAXATIVE EFFECT"

c) For food products have been added with sweetening substances such as **neotame and aspartame,** in not less than 10-point lettering, the following statement must be labelled :

"UNSUITABLE FOR PHENYLKETONURICS"

8.3.2 Additional Labelling For Sulfur Dioxide

For food products have been added with sulphur dioxide more than 10mg/kg, the following statement must be labelled :

"Contain Sulfur Dioxide"

8.3.3 Additional Labelling For Polydextrose

For food products have been added with **polydextrose** 25g/100g or more, the following statement must be labelled :

"Sensitive individuals may experience a laxative effect from the excessive consumption of food containing polydextrose"

9. MINIMUM NET WEIGHT / VOLUME / NUMBER OF PACKAGE CONTENT

9.1 All food labels shall include a statement on the minimum net weight or volume or number of the content of the package.

9.2 The height of the lettering in the statement shall be uniform.

Example:

Net weight: 450g
Minimum volume: 250ml
Net Weight: 375g (25g x15 sachets)

Example:

Weight: **1 kg**
Minimum volume: 500 ml
(**15** sachets)
Net Weight : **500G**

10. MANUFACTURER / IMPORTER / COUNTRY OF ORIGIN

All food labels shall contain the name and address of the manufacturer/ importer/ country of origin:

10.1 For food products produced, prepared or packed in Malaysia, the food label shall indicate one of the following:

(i) Name and address of the manufacturer or packer; or
(ii) Name and address of the owner of the rights of manufacture or packing; or;
(iii) Name and address of the agent in (i) and (ii).

10.2 For imported foods, the food label shall indicate:

(i) Name and address of the manufacturer overseas; or
(ii) Name and address of the owner of the rights of manufacture or packing; or
(iii) Name and address of the agent in (i) and (ii); and
(iv) Name and business address of the importer in Malaysia; and
(v) Country of origin of the food. Labelling of origins shall use "country of origin", "made in", "product of" and "manufactured in".

Example: 1

Local Product	**Imported Product**	**Imported Product**
Manufactured by: ABC Sdn Bhd Jalan 1, Taman Buaya, 12345 Batu Berendam, Melaka **OR** Distributed by: CDE Sdn Bhd SS2, Kawasan Perindustrian Baru, 45678 Petaling Jaya Selangor	Manufactured by: XYZ International 10 Mahunga Drive, Mangere Bridge 1 Auckland 2021, New Zealand Imported by: XYZ Sdn Bhd Lot 16, Jalan 19/11 46300 Petaling Jaya Selangor Product of New Zealand	Owner of the rights of manufacture / Imported by: XYZ Sdn Bhd Lot 16, Jalan 19/11 46300 Petaling Jaya, Selangor Product of New Zealand **OR** Distributed by / Imported by: XYZ Sdn Bhd Lot 16, Jalan 19/11 46300 Petaling Jaya, Selangor Product of New Zealand

Example:2

Local Product	Imported Product	Imported Product
Manufactured for: ABC Sdn Bhd Jalan 1, Taman Buaya, 12345 Batu Berendam, Melaka **OR** Distributed for: CDE Sdn Bhd SS2, Kawasan Perindustrian Baru, 45678 Petaling Jaya, Selangor 	Manufactured by: ABC CO LTD 10, Gapyeong-Gun, Gyeonggi-Do 12899 Korea Exporter by: ABC Sdn Bhd Jalan 1, Taman Buaya, 12345 Batu Berendam, Melaka Product of Korea 	Owner of the rights of manufacture / Imported by: 5F, The Skynet, 800 Wing Hong Street, Cheung Sha Wan, Kowloon, Hong Kong Made in Malaysia **OR**  Distributed by / Imported by: XYZ Sdn Bhd Lot 16, Jalan 19/11 46300 Petaling Jaya Selangor Made in Malaysia

Definition of Country of Origin

> *"means the country in which the manufactured food last underwent a treatment or process resulting in a substantial change in its nature."*

Case 1

Manufactured in China

Repack in Singapore

Exported to Malaysia

Product from China, exported to Singapore for repack only without further any treatment and the nature of the product is still retained. The imported packed product from Singapore should be labelled as:

Example 1:

Manufactured by:
Name and full address factory in China

Imported by:
Name and full address company in Malaysia

Product of China

Example 2:

Packed by:
Name and full address factory in Singapore

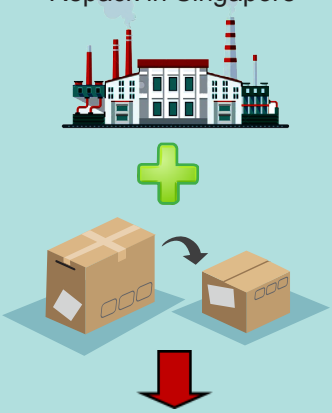
Imported by:
Name and full address company in Malaysia

Product of China

Case
2

Manufactured in China

Further Treatment and Repack in Singapore



Exported to Malaysia

Product from China, exported to Singapore for repack with further treatment (add in other ingredient) and involved changes in the nature of the product should be labelled as:

Example :

Manufactured by:
Name and full address
factory in Singapore

Imported by:
Name and full address
company in Malaysia

Product of Singapore

Case 3

Manufactured in Singapore

A

Manufactured in Indonesia

B

Exported to Malaysia

A + B

Repack in Malaysia

Butter Cookies (Product A) is product from Singapore, while Strawberry Butter Cookies (Product B) is product from Indonesia. Both product is exported to Malaysia. The imported products then are open and being repack in Malaysia. **The country of origin for this product is made in Malaysia**. The product should be labelled as:

Example 1:

Packed by:
Name and full address
company in Malaysia

Example 2:

Owner of the rights of manufacture by:
Name and full address
company in Malaysia

Case 4

Manufactured in Singapore

A

Manufactured in Indonesia

B

Exported to Malaysia

A + B

Pack in Malaysia

Butter Cookies (Product A) is product from Singapore, while Strawberry Butter Cookies (Product B) is product from Indonesia. Both product is exported to Malaysia. The imported products then are pack together in a package in Malaysia and should be labelled as:

Example

Butter Cookies

Manufactured by:
Name and full address factory in Singapore
Product of Singapore

Strawberry Butter Cookies

Manufactured by:
Name and full address factory in Indonesia
Made in Indonesia

Imported by:
Name and full address company in Malaysia

11. DATE MARKING

11.1 The list of foods for which date marking is mandatory is as shown below:

a) Biscuits, bread.
b) Canned foods for infants and young children.
c) Cereal-based foods for infants and young children.
d) Chocolate, white chocolate and milk chocolate.
e) Coconut cream, coconut milk, coconut paste, coconut cream powder and grated coconut.
f) Edible fat and edible oil other than margarine in an airtight container.
g) Food additives with a shelf life of less than 18 months.
h) Infant formula.
i) Liquid egg, liquid egg yolk, liquid egg white, dried eggs, egg yolks and dried egg white
j) Low-energy food for any food that requires marking the date.
k) Meat product in not airtight containers.
l) Milk and milk products excluding ice cream that is less than 200 ml in volume and hard cheeses.
m) Pasteurized non-carbonated soft drinks and U.H.T non-carbonated soft drinks
n) Added nutrient or preparation of added nutrient sold as food
o) Pasteurized fruit juice.
p) Pasteurized vegetable juice.
q) Peanut butter.
r) Sauce
s) Special purpose food.
t) Serikaya.

11.2 The date marking on food labels shall be shown in one of the following formats:

Example:

i **"EXPIRY DATE or EXP DATE** (insert the date, expressed in day, month and year or in month and year)";

or

ii **"USE BY** (insert the date, expressed in day, month and year or in month and year)";

or

iii **"CONSUME BY or CONS BY** (insert the date, expressed in day, month and year or in month and year)";

or

iv **"BEST BEFOR**E or **BEST BEF** (insert the date, expressed in day, month and year or in month and year)".

11.3 The date marking shall be in capital bold-faced lettering of non-serif character not smaller than 6 point.

11.4 Foods that are not listed in Para 10.1, may also bear a date marking. However, the format shall be as prescribed by the food labelling regulations.

12. PICTORIAL ILLUSTRATION

Only the images of the ingredients may be shown on the label.

Example:

13. STATEMENT ON SERVING SUGGESTION

The words “SERVING SUGGESTION” or “RECIPE” in capital letters not less than 6 point shall be **set close to the image.**

Example:

14. USE OF LOGO

14.1 The use of logo shall be supported by a valid certificate issued by a competent authority.

14.2 If the certificate has not been issued or has expired, the use of the logo shall not be permitted and must be removed.

14.3 Logo for Vegan or Vegetarian

Logo for vegan or vegetarian is not accepted to be placed on the label. Only statement **"Suitable for Vegetarian"** is allowed to be declared on food label.

14.4 Logo for Organic Product

Criteria	Logo and Labeling Claim	Example
Products that contain 100% organic ingredients	Labeling: • Organic certified logo • 'Organic' statement • Statement "100% organic"	

Criteria	Logo and Labeling Claim	Example
Products that contain at least 95% organic ingredients	Labeling: • Organic certified logo • 'Organic' statement • Declaration of organic ingredient in label	

Criteria	Logo and Labeling Claim	Example
Products that contain less than 95% but over 70% organic ingredients.	Labeling: • Organic food certification logo • Can put the statement 'produced with (specify name of organic ingredient)'. **Example:** "produced with oats and corn"	

15. PROHIBITED STATEMENT / CLAIM

15.1 Regulation 18(1A)

Words to indicate grading, quality or superiority or any other words of similar meaning **shall not appear on the label** of any package of food unless such description of grading, quality or superiority conform to those established by the relevant authorities responsible for such grading.

Example of claim:

- Selected Ingredients
- Quality
- Satisfaction guaranteed
- Quality guaranteed
- Made from quality
- Getting approval from the Ministry of Health
- Using a reference letter of clasification (..) MOH/163/S/25 No JLD
- Premium
- Authenthic
- Using a reference letter of label screening or advisory services provide by MOH : KKM-600-7/2/1 Jld....( )

Example of label 1: Not permitted claim on label

Example of label 2: Permitted grading in label

Grading of chicken eggs by KPDNHEP

CRITERIA FOR MARKET QUALITY

MALAYSIAN AGRICULTURAL GRADE PRODUCE

GRADE	SPECIFICATION	EXAMPLE
Premium	Some variety Fresh and clean Uniform in maturity and sizes Free from damages and defects	
1	Some variety Fresh and clean Uniform in maturity and sizes Quite Free from damages and defects	
2	Some variety Fresh and clean Uniform in maturity and sizes Quite free from damages and defects	

Note: **Premium Grade - Fruits or vegetables that are free from damages and defect. **Grade 1 and Grade 2** - Fruits or vegetables that are relatively free from damage and defects. the difference between grade 1 and grade 2 fruits or vegetables is **maximum flexibility.***

15.2 Regulation 18(2)

The word “pure” or any other words of similar meaning shall not appear on the label unless the food given strength, purity or quality prescribed by regulation.

Example 1:

Example 2:

15.3 Regulation 18(3)

The **word "compounded", "medicated", "tonic" or "health"** or any other words of similar meaning

Example of claim:

- Food Supplement
- Healthy Food
- Medicated Honey

Example of claim:

15.4 Regulation 18(4)

Claims on the absence of:

a. Beef or pork or its derivatives, or lard or added alcohol if the food does not contain such ingredients; or

b. Any additives or nutrient whereby the addition of which is prohibited by the regulations.

Example of claim:

- No pork / no lard
- No alcohol
- Does not contain boric acid

Example of label:

15.5 Regulation 18(5)

The following claims are prohibited:

a. Claims stating that any particular food will provide an adequate source of all essential nutrients.
b. Claims implying that a balanced diet or a combination of a variety of foods cannot supply adequate amounts of all nutrients.
c. Claims that cannot be substantiated.
d. Claims suggesting that a food can prevent, alleviate, treat or cure a disease, disorder or other physiological function.
e. Claims that cause the consumer to doubt the safety of similar food.
f. Claims that arouse or exploit fear in the consumer.

Example:

15.6 Regulation 18(6)

The word "**organic**", "**biological**", "**ecological**", "**biodynamic**" or words of similar meaning or descriptive matter of the same significance unless the food conforms to the requirements established or recognized by the Food Safety and Quality Program.

15.7 Regulation 18(7)

The word “nutritious” or words of similar meaning unless the food meets the requirements below:

a. The food contains a range of nutrients including carbohydrate, fat, protein, vitamin and mineral;

b. The food contains a substantial amount of energy of more than 40kcal per 100g or 20kcal per 100ml;

c. The food contains source of protein not less than 5g per 100g or 2.5g per 100ml;

d. The food contains at least four vitamins of an amount that meets the criteria for claim as source and two minerals (excluding sodium) of an amount that meets the criteria for claim as source; and

e. The amount of the nutrients mentioned in paragraphs (a) and (d) is declared.

16. STATEMENT ON PROBIOTIC CULTURE

16.1 There shall be written in the label on a package of food to which probiotic cultures have been added, the following item:

a) The words "CONTAINS (state quantity) OF PROBIOTIC CULTURES";

(Note: The probiotic cultures added shall remain viable and the viable probiotic count shall not be less than 10^6 cfu/ml or cfu/g during the shelf life of such food.)

b) The specification of genus, species and strain of the probiotic cultures

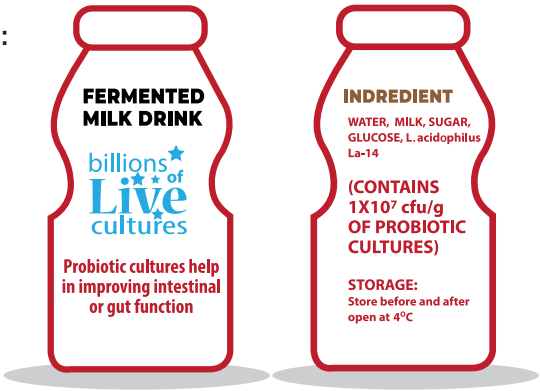
(Note : **Only the probiotic cultures specified in the Twelfth A Schedule, Food regulation 1985 can be added to food**)

c) The direction for storage before and after package is opened.

16.2 Where the media used for propagation and maintenance of the probiotic cultures are derived from animal, the common name of such animal shall be stated on the label of that food by using the words "MEDIA USED FOR PROPAGATION OF PROBIOTIC CULTURES DERIVED FROM (the common name of such animal)".

16.3 There may be written in the label on a package of food to which probiotic cultures have been added, the words "Probiotic cultures help in improving intestinal or gut function" or any other words of similar meaning.

Example:



17. COMPLIANCE AND PENALTIES

The penalty for failure to comply with the food labelling requirements is compoundable and fine of not exceeding ten thousand ringgit or imprisonment for a term not exceeding two years.

2. GUIDE TO NUTRITION LABELLING AND CLAIMS

Contents

1. INTRODUCTION

Local food manufacturers and distributors abide by the Malaysian Food Act 1983 and Food Regulations 1985, which protect the public against health hazards and fraud in the preparation, sale and use of food.

Previously, the Food Regulations does not require mandatory nutrition labelling for food products, except for special purpose foods (eg. infant formula and cereal-based foods) and foods that have been enriched or fortified.

There were also no existing laws for health and nutrition claims, except for one regulation that requires the presence of any vitamin, mineral, essential amino acids or essential fatty acids to be supported by a statement that sets out the quantity of these nutrients.

Despite the fact that nutrition labelling was not previously compulsory for all products, many food manufacturers have taken the initiative to place nutrition labels on their products. Nevertheless, in the absence of specific nutrition labelling guidelines from the authorities, there is no standard format for food labels. As a result, each manufacturer follows their own format of listing nutrients.

Furthermore, when it comes to nutrition claims, the food industry is often not aware of the types and scope of claims that are permitted. Because there are no specific provisions for nutrition claims, many have interpreted the regulation in their own way and adopted their own format.

All this has resulted in confusion among the consumers. Due to the inconsistency of nutrition labels and the wide variety of claims, consumers are unable to fully utilise the information provided when purchasing a food product. Therefore, the food industry is unable to highlight the contents of the product to create a competitive advantage in the market.

To help the industries overcome these problems and to benefit the consumers, the Ministry of Health Malaysia has amended the Food Regulations to make nutrition labelling compulsory for certain foods, as well as regulate health and nutrition claims.

As Malaysia is keen to promote international trade of our food products, the Ministry has ensured that the amendments follow the Codex Alimentarius standards closely. However, some clauses have been adapted so that they are appropriate for local needs.

These amendments were prepared by the Expert Committee on Nutrition, Health Claims and Advertisement set up by the Ministry of Health. The Committee comprises nutritionists, dieticians, medical doctors and food scientists from various agencies and the academia. The latest proposed amendments were gazetted in 2020. (Gazette No. P.U.(A) 209 Food (Amendment) (No. 4) Regulation 2020 dated 20 July 2020).

However, this regulation is not static and can be amended from time to time. Application may be made to Ministry of Health Malaysia for amendment of any part of the nutrition labelling and claims regulations.

1.1 APPLYING TO AMEND THE NUTRITION LABELLING AND CLAIMS REGULATIONS

Application may be made to the Ministry of Health Malaysia for the amendment of any part of the nutrition labelling and claims regulations. All applications must be made in the forms prescribed by the Ministry of Health, accompanied by all supporting documents. Three types of forms are available for use, namely:

Application forms can be obtained by contacting the Food Safety and Quality Program or from the Program website: http://fsq.moh.gov.my. All applications will be reviewed by Expert Committee on Nutrition, Health Claims and Advertisement.

1.2 BENEFITS AND IMPLICATIONS FOR THE FOOD INDUSTRY

1.2.1 How The Regulation Of Nutrition Labelling And Claims Will Benefit The Industry

With the amendments to the Regulations, the industry will find that implementing proper nutrition labelling and claims brings benefits to their trade activities and increase their competitiveness in the market.

- **Provide effective communications tool**

Nutrition labelling is the handiest point- of-sale method for food manufacturers to provide information about their product. With the new easy-to-read, standardize format, consumers are able to clearly understand the contents, and assess the quality of each product before making a purchase.

- **Enhance product profile**

Nutrition labelling is the handiest point- of-sale method for food manufacturers to provide information about their product. With the new easy-to-read, standardize format, consumers are able to clearly understand the contents, and assess the quality of each product before making a purchase.Through nutrition labels, manufacturers can highlight the nutritional qualities of their products and help consumers differentiate their products from competitors. Furthermore, as consumers become increasingly educated about nutrition and healthy eating, they want reassurance that they are buying products for the right nutritional attributes

- **Provide springboard for sales and marketing promotion campaigns**

When manufacturers know what kind of nutrition claims are permitted, they can make feasible and responsible claims for their products. These claims provide a springboard to amount promotional activities, such as nutrition and health campaigns. Such programme strike a chord among consumers because they are becoming more concerned with their health and diet.

- **Increase international trade opportunities**

More countries are adopting regulations for nutrition labelling of food products. With the introduction of mandatory nutrition labelling for a wide variety of products in Malaysia, these products will have increased trade opportunities and greater acceptability globally.

- **Produce more nutritious products**

The Ministry of Health has been mounting a series of health campaigns to educate the public about diet-related chronic diseases, such as obesity, diabetes, heart diseases and certain cancers. As a result, consumers level of health awareness is increasing, just are their demands for nutritious products in the market. Nutrition labelling is a powerful way for the food industry to contribute actively to the promotion of a healthy lifestyle among consumers, while ensuring that their products fit into the lifestyle of the emerging 'breed' of consumers who are well-informed and health-conscious.

1.2.2 What The Industry Needs To Do

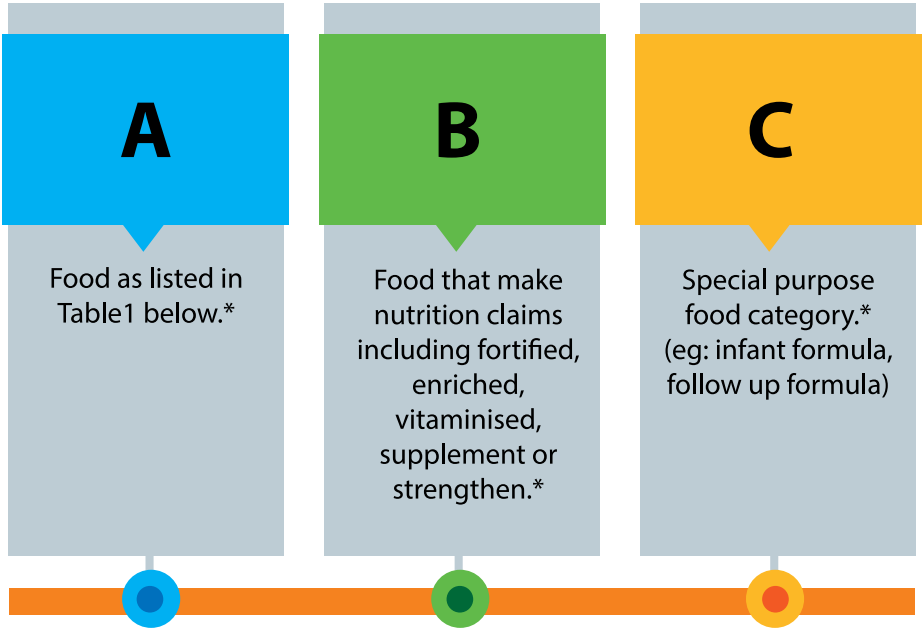
In order to comply with these regulations, the food industry is required to take certain actions.

2. NUTRITION LABELLING

2.1 WHAT IS NUTRITION LABELLING?

A nutrition label is a listing of the level of nutrient(s) as displayed on the food label. It is meant to provide factual information about the nutritional content of the product.

2.2 FOODS REQUIRING MANDATORY NUTRITION LABELLING



If there is a specific labelling requirement for these foods, they must comply with the individual standard.

TABLE 1: CATEGORIES OF FOODS THAT REQUIRE MANDATORY NUTRITION LABELLING

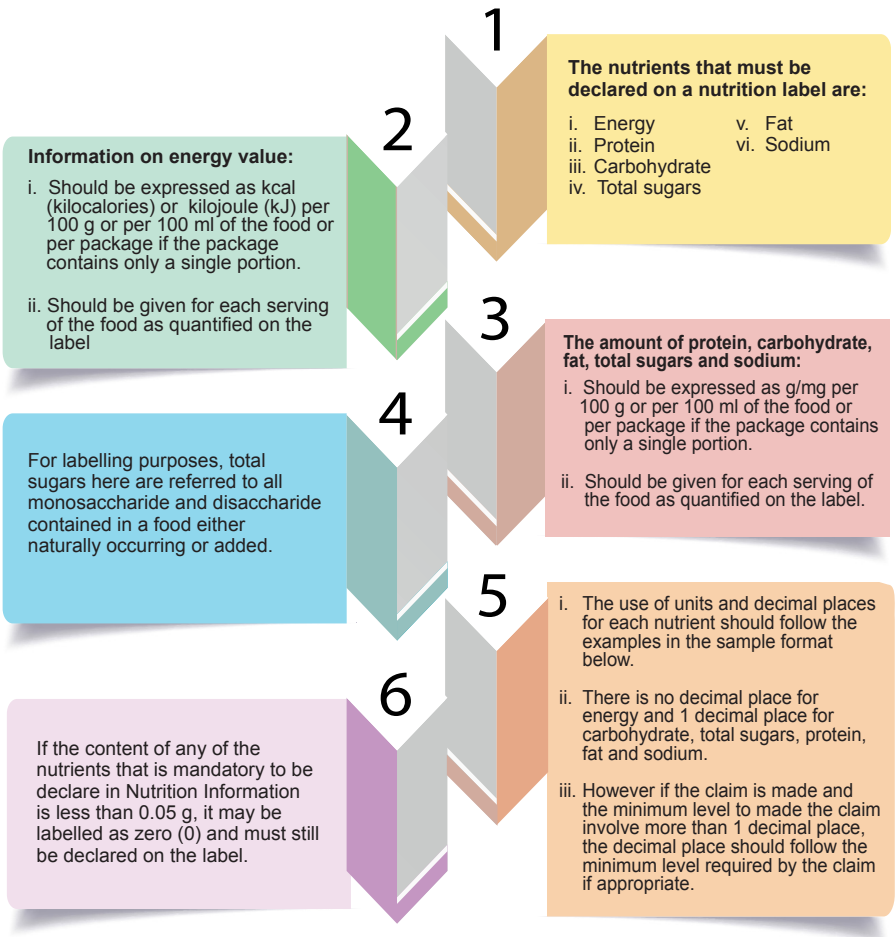
Reg No	Food Category	Types of food (as extracted from Food Regulations 1985)
63 - 75	Cereal, cereal product, starch and bread	Pasta (including noodles, beehoon, laksa, macaroni, spaghetti), Prepared cereal food (including breakfast cereals), bread, white bread, fruit bread, milk bread, meal bread, rye bread, wheat-germ bread, wholemeal bread, enriched bread
84 - 87, 89 - 116	Milk and Milk product	Skimmed milk/skim milk/non-fat milk/separated milk, pasteurized milk, sterilized milk, ultra high temperature milk/ U.H.T. milk, flavoured milk, full cream milk powder/ dried full cream milk, skimmed milk powder/skim milk powder/dried non-fat milk solids/separated milk powder, malted milk powder, formulated milk powder for children, recombined milk, reconstituted milk, evaporated
134B	Sweetening substance	Sweetened creamer
135	Confection	Flour confection (any pastry, cake, biscuit/other product prepared from a mixture of flour/meal and other food).
146 – 152,	Meat and meat product	Meat paste, manufactured meat, smoked meat, canned meat, canned meat with other food, meat extract/meat essence.
157 – 170,	Fish and fish product	Fish product, cured, pickled or salted fish, smoked fish, prepared fish, canned fish, fish paste, belacan, fish sauce, cincalok, oyster sauce, oyster flavoured sauce, fish ball/ fish cake, fish keropok, otak udang/petis/heko, pekasam.
177	Egg and egg product	Preserved egg
185 -207	Edible fat and edible oil	Margarine, fat spread, Vanaspati, general standard for edible fat, cooking oil, refined coconut oil, unrefined coconut oil, corn oil, cottonseed oil, groundnut oil/peanut oil/arachis oil, mustardseed oil, refined/bleached/deodorized palm oil, neutralized/bleached/deodorized palm oil, refined/ bleached/deodorized palm olein, neutralized/bleached/ deodorized palm olein, refined/ bleached/deodorized palm kernel oil, olive oil, rice bran oil, rapeseed oil/toria oil, safflowerseed oil, sesameseed oil/gingelly oil, soy bean oil, sunflower seed oil.

Reg No	Food Category	Types of food (as extracted from Food Regulations 1985)
214 – 221	Vegetable and vegetable product	Salted vegetable, dried salted vegetable, tomato paste, tomato pulp, tomato puree, vegetable juice, canned vegetable, fermented soy bean product.
223 - 224	Soup and soup stock	Soup, soup stock
226 - 242	Fruit and fruit product	Dried fruit, mixed dried fruit, fruit product, candied fruit/ crystallized fruit, salted fruit, dried salted fruit, candied peel, canned fruit, canned fruit cocktail, fruit juice, apple juice, grapefruit juice, lemon juice, lime juice, orange juice, passion fruit juice pineapple juice
246 - 249	Jam, fruit jelly, marmalade and seri kaya	Jam, fruit jelly, marmalade, seri kaya
252 - 259	Nut and nut product	Nut, coconut milk, coconut cream, coconut cream concentrate, coconut cream powder, dessicated coconut, coconut paste, peanut butter
269A	Tea, Coffee, Chicory and related product	Premix coffee
279 - 281	Cocoa and cocoa product	Chocolate, white chocolate, milk chocolate
282	Milk shake	Milk shake
339 - 347	Vinegar, sauce, chutney and pickle	Sauce, soy sauce/soya bean sauce/kicap, hydrolysed vegetable protein sauce/hydrolysed plant protein sauce, blended hydrolysed vegetable protein sauce or blended hydrolysed plant protein sauce, chili sauce, tomato sauce/tomato ketchup/tomato catsup, salad dressing, mayonnaise, chutney, pickle
348 - 358	Soft drink	Syrup, fruit syrup/fruit cordial/fruit squash, flavoured syrup/ flavoured cordial, fruit juice drink, fruit drink, flavoured drink, soft drink base/soft drink premix, botanical beverage mix, soya bean milk, soya bean drink
360D – 360E	Isotonic electrolyte drink	Isotonic electrolyte drink, Isotonic electrolyte drink base

2.3 VOLUNTARY NUTRITION LABELLING

Foods that are not required to have mandatory nutrition labelling may also have their nutrient listed. However, they must comply with the format and requirements stipulated in this nutrition labelling and claims regulations.

2.4 GUIDELINES FOR LABELLING OF MANDATORY NUTRIENTS



Below is the recommended format for the labelling of mandatory nutrients:

1

Example for labelling of solid food

NUTRITION INFORMATION [1]		
Serving size: 50g **Servings per package: 4**		
	Per 100 g	Per serving (50g)
Energy	230 kcal(966 kJ)[2]	115 kcal(483 kJ)[2]
Carbohydrate	32.0 g	16.0 g
Total sugars	26.0 g	13.0 g
Protein	8.0 g	4.0 g
Fat	8.0 g	4.0 g
Sodium	1.0 g	0.5 g

2

Example for labelling of solid food

NUTRITION INFORMATION [1]		
Serving size: 200g **Servings per package: 5**		
	Per 100 g	Per serving (200g)
Energy	100 kcal(420 kJ)[2]	200 kcal(840 kJ)[2]
Carbohydrate	23.8 g	47.6 g
Total sugars	11.5 g	23.0 g
Protein	1.1 g	2.2 g
Fat	0 g	0 g
Sodium	0 g	0 g

3

Example of labelling if the package contains only a single portion

NUTRITION INFORMATION [1]	
Serving size: 60g **Servings per package: 1**	
	Per package / per serving
Energy	180 kcal
Carbohydrate	25.1 g
Total sugars	24.0 g
Protein	4.8 g
Fat	6.4 g
Sodium	2.0 g

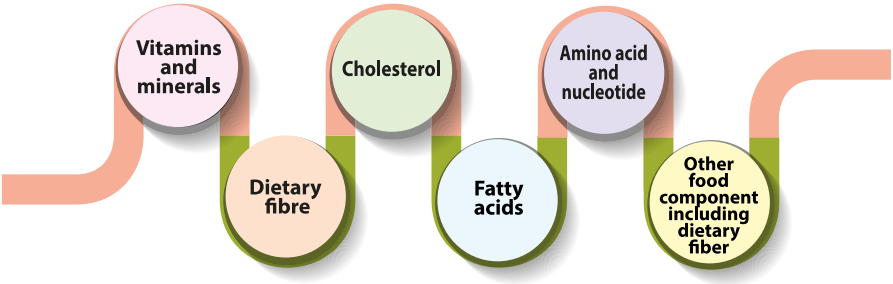
[1] The recommended title for nutrition labels

[2] 1kcal =4.2kJ

2.5 GUIDELINES FOR LABELLING OF OPTIONAL NUTRIENTS

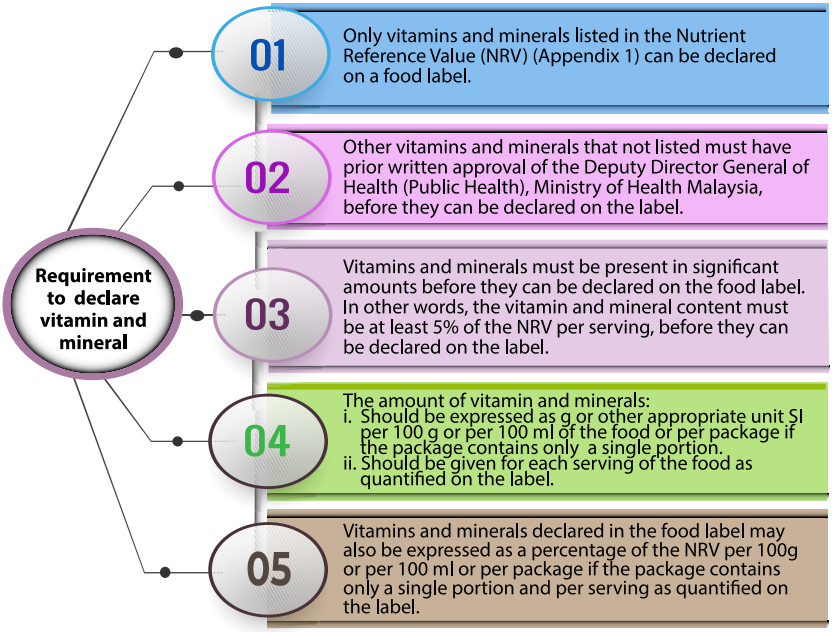
2.5.1 Labelling Of Optional Nutrient

Besides the mandatory nutrients, other nutrients may also be displayed on the nutrition label. These include:

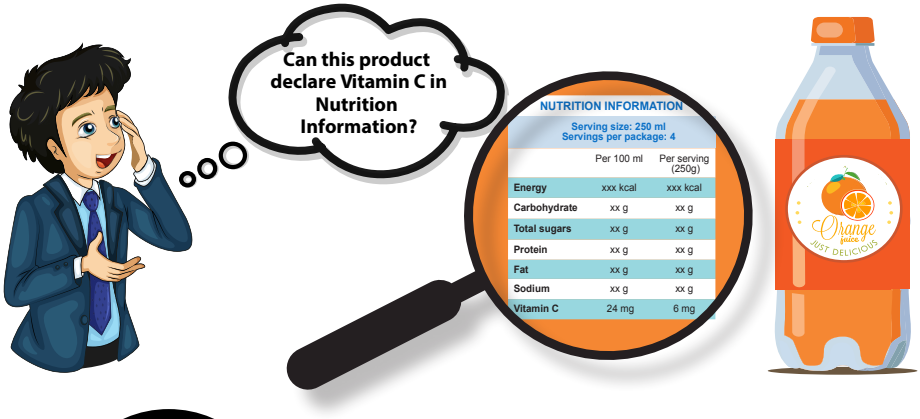


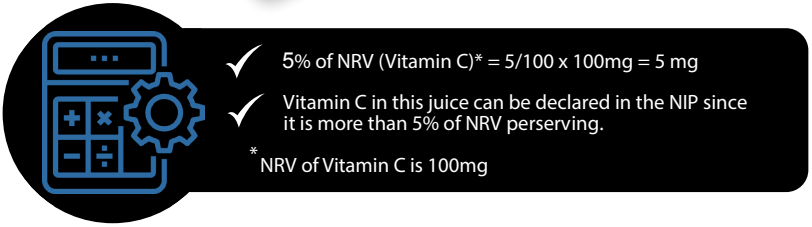
There are however various conditions and requirements for the labelling of these optional nutrients.

2.5.1.1 Vitamin and Minerals



Example to Declare Vitamin and Mineral on Nutrition Information





WHEN CAN VITAMINS AND MINERALS BE DECLARED ON A FOOD LABEL?

	Per 100 g	Per serving (50 g) (a)	NRV	5% NRV Per serving (50 g) (b)	Can this nutrient be declared?	Rationale
Vitamin A	100 ug	50 ug	800 ug	40 ug	Yes	Is present in significant amounts (a) > (b)
Iron	0.4 mg	0.2 mg	14 mg	0.7 mg	No	Is not present in significant amounts (a) < (b)
Potassium	0.3 ug	0.15 ug	NA	NA	No	Is not listed in the NRV

2.5.1.2 Other Food Component Including Dietary Fiber

Other food component including dietary fiber can be declared on the label, expressed as g or other appropriate unit SI per 100 g or per 100 ml, or per package if the package contains only a single portion

In addition, this information should also be given per serving as quantified on the label.

2.5.1.3 Cholesterol

Cholesterol may be declared on the label, expressed in mg per 100 g or per 100 ml, or per package if the package contains only a single portion.

In addition, this information should also be given per serving as quantified on the label.

2.5.1.4 Fatty acids

Where a claim is made regarding the amount or type of fatty acids, the amounts of all the four main types of fatty acids, namely saturated, monounsaturated, polyunsaturated and trans fatty acids shall be declared in the following form.
In addition, this information should also be given per serving as quantified on the label

Fat	.....g
Comprising of	
Monounsaturated fatty acid	.....g
Polyunsaturated fatty acid	.....g
Saturated fatty acid	.....g
Trans fatty acid	.....g

2.5.1.5 Amino acid or nucleotides

Amino acid or nucleotides may be declared on the label, expressed as g or other appropriate unit SI per 100 g or per 100 ml, or per package if the package contains only a single portion.

In addition, this information should also be given per serving as quantified on the label.

2.6 GUIDELINE FOR LABELLING PERCENTAGE OF NUTRIENT REFERENCE VALUE (NRV)

Besides the mandatory nutrients and optional nutrients to be displayed on the nutrition label, percentage of NRV also can be declared on Nutrition Information.

Example of Nutrition Information

NUTRITION INFORMATION

Serving size: 200 ml
Servings per package: 5

	Per 100 ml	Per serving (200 ml)	Percentage of NRV
Energy	100 kcal (420 kJ)	200 kcal (840 kJ)	5%
Carbohydrate	23.8g	47.6g	7.9%
Total sugars	11.5g	23.0g	
Protein	1.1g	2.2g	2.2%
Fat	5.8g	11.6g	8.7%
monounsaturated fatty acid	2.1g	4.2g	
polyunsaturated fatty acid	1.0g	2.0g	
docosahexanoic acid (DHA)[1]	0.5g	1.0g	
saturated fatty acid	2.4g	4.8g	
trans fatty acid	0.3g	0.6g	
Vitamin A	80ug	160ug	10%
Calcium	270mg	540mg	27%
Sodium	20mg	40mg	-

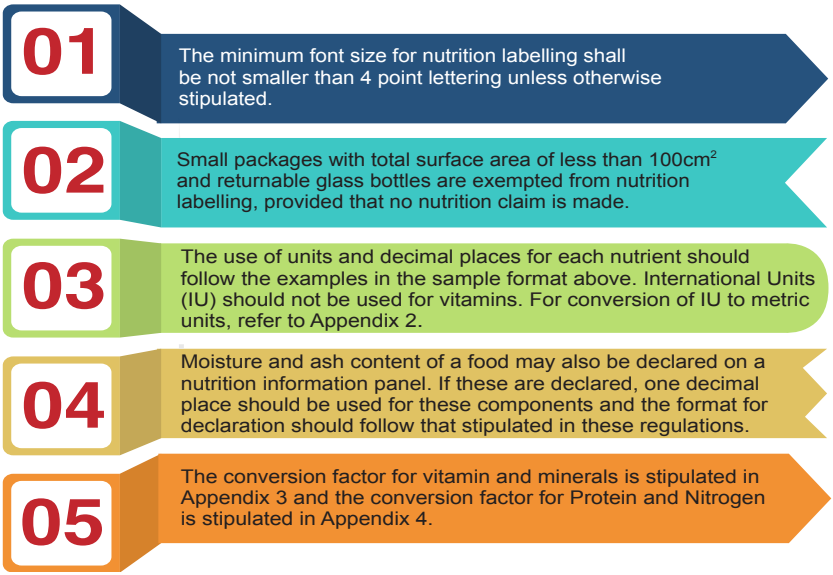
[1] If a declaration is made of the amount of docosahexaenoic acid (DHA) in a product, the amounts of all the four main types of fatty acids should be declared as indicated above.

Example of Nutrition Information with Percentage of NRV

How To Calculate?

FORMULA	
Amount of nutrient per 100g / NRV x 100	
NUTRIENT	**CALCULATION**
Energy	100kcal/2000 x 100 = 5% *Refer Appendix 1 for NRV of Energy
Carbohydrate	23.8g/300 x100 = 7.9% *Refer Appendix 1 for NRV of Carbohydrate
Protein	1.1g/50 x 100 = 2.2% *Refer Appendix 1 for NRV of Protein
Fat	5.8 g/67 x 100 = 8.7% *Refer Appendix 1 for NRV of Fat
Vitamin A	80µg/800 x 100 = 10% *Refer Appendix 1 for NRV of Vitamin A
Calcium	270mg/1000 x 100 =27% *Refer Appendix 1 for NRV of Calcium

2.7 GENERAL REQUIREMENTS FOR NUTRITION LABELLING AND CLAIMS



2.8 DETERMINING ENERGY CONTENT OF THE FOOD

2.8.1 Determining Energy Content of Food

The energy content of the food is obtained by summing up the energy content of each individual nutrient, calculated using specific factors, as shown in table 2:

TABLE 2: PROCEDURE FOR CALCULATING THE ENERGY CONTENT OF A FOOD

Nutrient	Amount	Multiplied by	Equals to
Fat	_____ g	9 kcal	= _____kcal
Protein	_____ g	4 kcal	= _____kcal
Carbohydrate	_____ g	4 kcal	= _____kcal
Alcohol(ethanol)	_____ g	7 kcal	= _____kcal
Organic acids	_____ g	3 kcal	= _____kcal
Dietary fibre	_____ g	2 kcal	= _____kcal
Energy content of the food (added up) = _____kcal			

EXAMPLE OF HOW TO CALCULATE ENERGY CONTENT OF A FOOD PRODUCT

Product A comes in a 1 litre package and the recommended number of servings is four (one serving = 250 ml). The package contains 113.2 g carbohydrate, 21.9 g fat, 30.6 g protein and 1.4 g dietary fibre.How many kcal energy does one serving of product A provide?

Energy from carbohydrate	: 113.2 g x 4 kcal	= 453 kcal
Energy from fat	: 21.9 g x 9 kcal	= 197 kcal
Energy from protein	: 30.6 g x 4 kcal	= 122 kcal
Energy from dietary fibre	: 1.4 g x 2 kcal	= 3 kcal
Energy per package	**: 453 + 197 + 122 + 3**	**= 775 kcal**
Energy per 100 ml	: 775 x 100/1000	= 78 kcal or 328 kJ*
Energy per serving	= 78 x 250/100	= 195 kcal or 819 kJ

*1 kcal = 4.2 kJ

2.9 DETERMINING NUTRIENT CONTENT OF THE FOOD

Food manufacturers can use two methods to analyze the nutrient contents of a food product:

2.9.1 Chemical analysis

Preferably, nutrients in foods should be analysed by laboratories accredited by the Department of Standard under the Skim Akreditasi Makmal Malaysia (SAMM). The nutrients should generally be analysed by international recognized methods such as those prescribed by the Association of Official Analytical Chemists (AOAC).

The amount of protein should be calculated using the formula:

Protein = Total Kjeldahl Nitrogen x conversion factor for specific food. The conversion factor for specific foods is as given in Appendix 4.

Carbohydrates shall be determined by difference,
ie 100 - (g moisture + g ash + g protein + g fat + g dietary fibre)

The amount of energy in the food is calculated using factors as described in Table 2.

2.9.2 Calculations based on food composition database

Nutrients in the food may also be calculated based on actual amounts of all ingredients used in the food product, using a food composition database. The Malaysian Food Composition database should be the main database used but may be supplemented by other databases if necessary. The databases used shall be clearly identified. Commercially-available nutrient analysis software may be used to facilitate calculations.

Example of Nutrition Information

PRODUCT A

Product A is made from 200 g wheat flour, 100 g margarine, 50 g sugar and 100 g banana. Product A contains 10 servings. What is the nutritional content per 100 g and per serving of the product?

Using the Malaysian Food Composition database[1], the content of the major nutrients in Product A is determined to be as follows:

FOOD ITEM	NUTRIENT CONTENT IN THE PRODUCT					
	Weight (g)/	Energy (kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Sodium (mg)
Wheat Flour	200	690	139.2	26.2	3.2	12
Margarine	100	732	1.6	0.7	80.3	384
Sugar	50	199	49.7	0	0	0.5
Banana	100	99	22.9	1.4	0.3	10
Total	**450**	**1720**	**213.4**	**28.3**	**83.8**	**406.5**

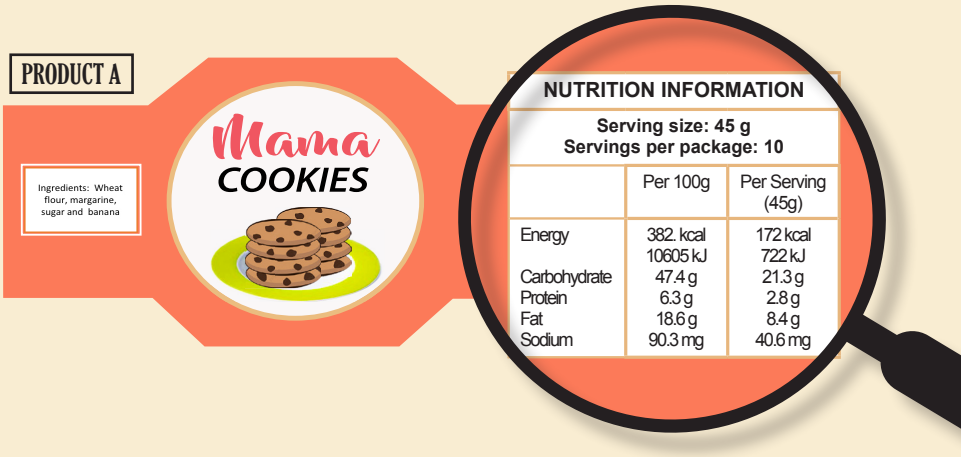
[1] Source: MyFCD. Malaysian Food Composition Database Programme.c/o Institute for Medical Research, Kuala Lumpur,1997-2015, https://myfcd.moh.gov.my, date accessed: 2 July 2021

How To Calculate?

FORMULA		
Amount of nutrients in 100 g of the product:		
NUTRIENT	**CALCULATION**	
Energy	= 1720 kcal x 100/450	= 382.2 kcal or 382.2 x 4.2 = 1605.2 kJ
Carbohydrate	= 213.4 g x 100/450	= 47.4 g
Protein	= 28.3 g x 100/450	= 6.3 g
Fat	= 83.8 g x 100/450	= 18.6 g
Sodium	= 406.5 mg x 100/450	= 90.3 mg

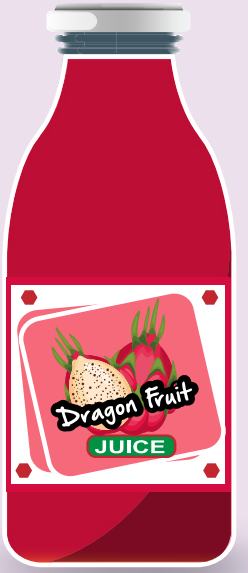
FORMULA		
Amount of nutrients per serving of the product: Note: Total weight of product = 450 g and contains 10 servings. One serving is therefore 45 g.		
NUTRIENT	**CALCULATION**	
Energy	= 382.2 kcal x 45/100	= 172 kcal or 172 x 4.2 = 722.3 kJ
Carbohydrate	= 47.4 g x 45/100	= 21.3 g
Protein	= 6.3 g x 45/100	= 2.8 g
Fat	= 18.6 g x 45/100	= 8.4 g
Sodium	= 90.3 mg x 45/100	= 40.6 mg

The calculated nutrient contents for Product A can then be placed in the nutrition information panel as given below:



Example 2: Calculation of Fruit Juice Based on Food Composition Database

PRODUCT B



Product B is a Dragon fruit juice made from 420 ml water and 300 g dragon fruit. If the total volume of Dragon fruit juice is 500 ml, what is the nutritional content per 100 ml and per serving of the fruit juice?

Using the Malaysian Food Composition database, the content of the major nutrients in Product B is determined to be as follows:

FOOD ITEM	NUTRIENT CONTENT IN THE PRODUCT						
	Weight (g)/ Volume (ml)	Energy (kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Total Sugars (g)	Sodium (mg)
Water	420 ml	0	0	0	0	0	0
Dragon fruit	300 g	**153**	**32.7**	**4.1**	**0.9**	**25.2**	**48**
Total	**500 ml**	**153**	**32.7**	**4.1**	**0.9**	**25.2**	**48**

How To Calculate?

FORMULA		
Amount of nutrients in 100 ml of the product:		
NUTRIENT	**CALCULATION**	
Energy	= 153 kcal x 100/500	= 30.6 kcal or 30.6 x 4.2 = 128.5 kJ
Carbohydrate	= 32.7 g x 100/500	= 6.5 g
Total Sugars	= 25.2 g x 100/500	= 5 g
Protein	= 4.1 g x 100/500	= 0.8 g
Fat	= 0.9 g x 100/500	= 0.2 g
Sodium	= 48 mg x 100/500	= 9.6 mg

FORMULA		
Amount of nutrients per serving of the cordial: Note: Total volume of cordial = 500 ml and contains 10 servings. One serving is therefore 50 ml.		
NUTRIENT	**CALCULATION**	
Energy	= 30.6 kcal x 50/100	= 15.3 kcal or 15.3 x 4.2 = 64.3 kJ
Carbohydrate	= 6.5 g x 50/100	= 3.3 g
Total Sugars	= 5 g x 50/100	= 2.5 g
Protein	= 0.8 g x 50/1 00	= 0.4 g
Fat	= 0.2 g x 50/100	= 0.1
Sodium	= 9.6 mg x 50/100	= 4.8 mg

The calculated nutrient contents for Product B can then be placed in the nutrition information panel as given below:

PRODUCT B

NUTRITION INFORMATION

Serving size: 50 g
Servings per package: 10

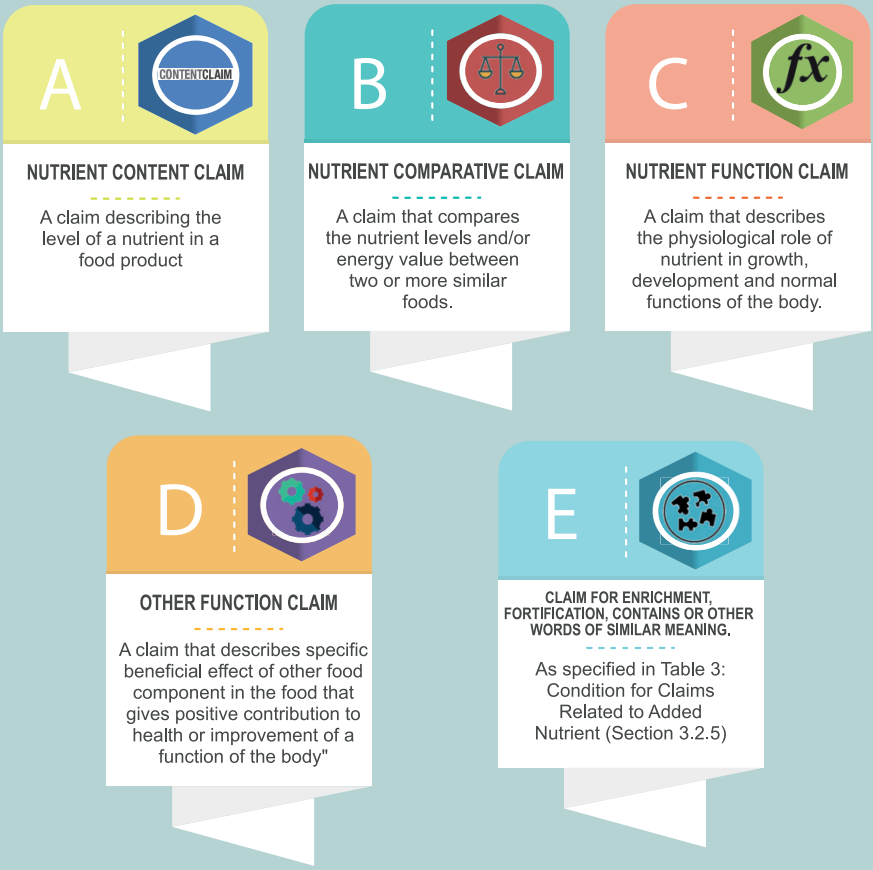
	Per 100 ml	Per serving (50 g)
Energy	31 kcal 129 kJ	15 kcal 64 kJ
Carbohydrate	6.5 g	3.3 g
Total Sugars	5 g	2.5 g
Protein	0.8 g	0.4 g
Fat	0.2 g	0.1 g
Sodium	9.6 mg	4.8 mg

3. NUTRITION CLAIMS

3.1 WHAT ARE NUTRITION CLAIMS?

As the phrase suggests, a nutrition claim is any claim made on a label of a food product pertaining to its nutritional quality.

3.2 PERMITTED NUTRITION CLAIMS



3.2.1 Nutrient Content Claim and Required Conditions

Food manufacturers should understand what types of nutrient content claims are permitted, and the conditions for making these claims.

Nutrient Content Claim Conditions

Type of claim	Elaboration	Conditions
"Low in" or"Free of"	A product that claims to be "low in" or "free of" certain nutrients (eg cholesterol) that are supposedly bad for health, when consumed in excessive amounts.	Refer to Table on Conditions for Nutrient Content Claims for "Low in or "Free of" (Appendix 5)
"Source of" or"High in"	A product that claims to be a "source of" or "high in" certain nutrients that are supposedly beneficial to health	Refer to Table for Conditions for Nutrient Content Claims for "Source of" or "High in" (Appendix 6 and Appendix 7)
Claim when food is naturally "Low in" or "Free of"	When a food is naturally low in, or free of, a nutrient, the term describing the level of the nutrient shall not immediately precede the name of the food but shall be in the form: 'a low _____ (name the nutrient) food' or a (name the nutrient) – free food'	Peanut **CAN** be claimed to be: 'A cholesterol-free food' Peanut **CANNOT** be claimed to be: 'A cholesterol-free peanut' or 'cholesterol-free' **Rationale:** Peanut naturally contains no cholesterol (<0.005 g per 100 g). By claiming to be a cholesterol-free peanut, it gives the wrong perception that other brands of peanut contain cholesterol.

Example 1: Contain Claim for Low Fat

NUTRITION INFORMATION

Serving size: 10 g
Servings per package: 10

	Per 100 g	Per serving (10 g)
Energy	xx kcal xx kJ	xx kcal xx kJ
Carbohydrate	xx g	xx g
Total Sugars	xx g	xx g
Protein	xx g	xx g
Fat	0.2 g	0.02 g
Sodium	xx mg	xx mg

Can this butter claim "low fat" on the label?

Yes because the butter meets the criterion for making the claim.

Tips:

Fat content of the butter less than 3g per 100g

Refer Appendix 5

Example 2: Contain Claim for Free Fat

NUTRITION INFORMATION

Serving size: 10 g
Servings per package: 10

	Per 100 ml	Per serving (10 g)
Energy	xx kcal xx kJ	xx kcal xx kJ
Carbohydrate	xx g	xx g
Total Sugars	xx g	xx g
Protein	xx g	xx g
Fat	1.0 g	0.1 g
Sodium	xx mg	xx mg

Can this cookies claim "free fat" on the label?

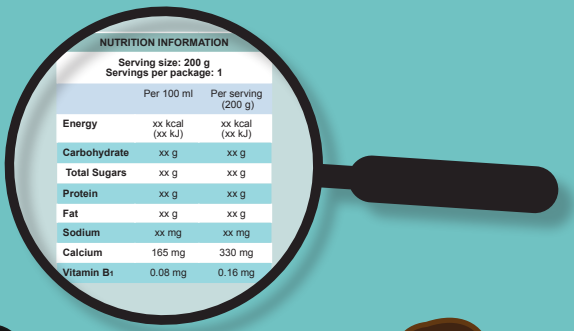
No because the cookies does not meets the criterion for making the claim.

Tips:

Fat content of the butter less than 0.15g per 100g

Refer Appendix 5

Example 3 : Contain Claim for Calcium and Vitamin B_1



NUTRITION INFORMATION

Serving size: 200 g
Servings per package: 1

	Per 100 ml	Per serving (200 g)
Energy	xx kcal (xx kJ)	xx kcal (xx kJ)
Carbohydrate	xx g	xx g
Total Sugars	xx g	xx g
Protein	xx g	xx g
Fat	xx g	xx g
Sodium	xx mg	xx mg
Calcium	165 mg	330 mg
Vitamin B_1	0.08 mg	0.16 mg

Can this milk claim "high in calcium" and "source of Vitamin B_1" on the label?

This milk can claim "high in calcium" but can't claim "source of Vitamin B_1"

Tips:

Calcium content of the milk is 165mg per 100ml and this meet minimum requirement to make claim 'high in calcium'.

Vitamin B1 content of the milk did not meet the minimum requirement to make claim 'source of Vitamin B1'.

Refer Appendix 6 and Appendix 7

How To Calculate?

Calcium

Formula source of : 7.5% of NRV
Formula high in : 2 x value source of NRV of Calcium : 1000mg

Source of Calcium : 7.5/100 x 1000 = 75mg
High In Calcium : 75 x 2 = 150mg

Vitamin B_1

Formula source of : 7.5% of NRV
NRV of Vitamin B1 : 1.2mg

Source of Vitamin B1: 7.5/100 x 1.2 = 0.09mg

01 For making claims on "low in" or "free of", words of similar meaning may also be used, eg for the latter, other words such as "zero" and "no" may also be used.

02 Similarly, word such as "provides" or words of similar meaning can also be used instead of "source of" and "rich in" or other similar words may be used in place of "high in".

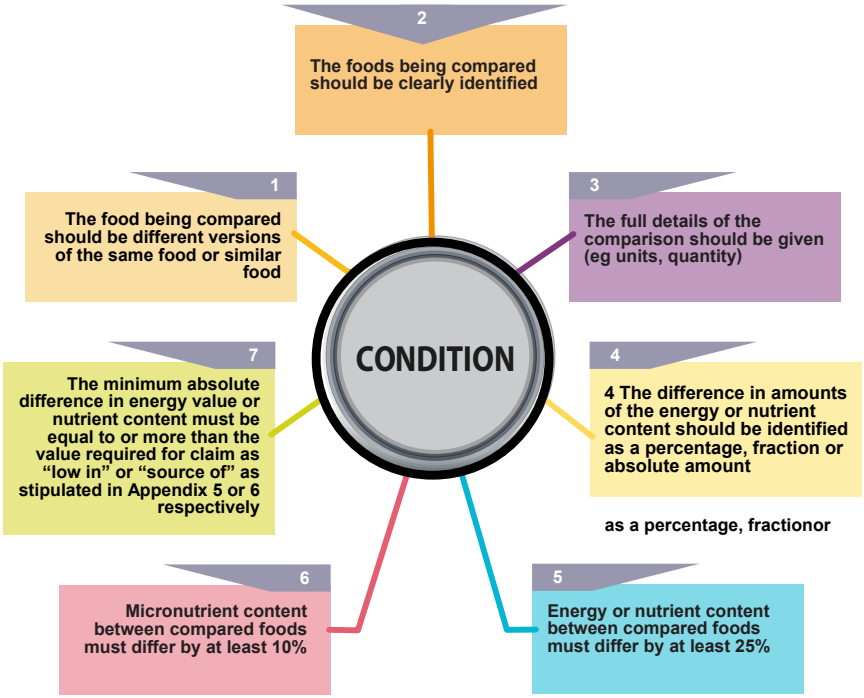
3.2.2 Nutrient Comparative Claims and Required Conditions

A nutrient comparative claim is a claim that compares the nutrient levels and/or energy value of two or more foods.

Nutrient Comparative Claim Conditions

Type of claim[1]	Elaboration
Reduced, less than, fewer, light	A product that has a new formulation with lower or reduced nutrient level
Increased, more than extra	A product that has a new formulation with increased or extra nutrient level

[1] Words of similar meaning may also be used



Any nutrient not listed in Appendix 5 and 6 (conditions required for making nutrient content claims) is not permitted to make a nutrient comparative claim. This is because although a food may meet the requirement of a relative difference for a particular nutrient, there are no conditions for meeting nutrient content claims. Thus, the two main conditions required for making comparative claims cannot be met for such nutrients.

Example 1: Comparative claim for protein content

CHEESE
Old Formulation

Protein Content : 10g per 100g

CHEESE
New Formulation

Protein Content : 15g per 100g

Relative difference

15g – 10g = 5g
5/10 x 100% = 50%

Absolute difference

15 g – 10 g = 5 g.
This is equivalent to 10% of NRV for protein, which is the criteria for claims for "source of "
Calculation source of protein: 10/100 x 50 = 5 g

Decision

Cheese B can make a claim such as " Cheese B has 50% more protein than the cheese A"

Rationale

The relative difference in protein content between Cheese B and the previous formulation is at least 25% and the absolute difference in protein content between the two formulations (5 g) meets the criteria for claim "source of" protein (5 g).

Tips:

- Energy or nutrient content between compared foods must differ by at least 25%
- The minimum absolute difference in energy value or nutrient content must be equal to or more than the value required for claim as "source of" as stipulated in Appendix 6 or Appendix 7 respectively.

Example 2: Comparative claim for calcium content

MILK A
Old Formulation

Calcium Content :
100mg per 100ml

MILK B
New Formulation

Calcium Content :
150mg per 100ml

Relative difference

150 mg – 100 mg = 50 mg
50/100 x 100% = 50%

Absolute difference

150 mg – 100 mg = 50 mg.
This amount is less than 7.5% of NRV which is the criteria required for making a claim for "source of" Calculation source of calcium: 7.5/100 x 1000 = 75mg

Decision

Milk B can't make a claim such as "Milk B has 50% more calcium than the previous formulation

Rationale

The absolute difference in calcium content between Milk B and Milk A (50 mg) does not meet the criteria for claim "source of" of calcium (75 mg) although the relative difference in calcium content (50%) meets the criteria of at least 10%.

Tips:

- Micronutrient content between compared foods must differ by at least 10%
- The minimum absolute difference in energy value or nutrient content must be equal to or more than the value required for claim as "source of" as stipulated in Appendix 6 or Appendix 7 respectively.

Example 3: Comparative claim for cholesterol content

Egg A
Old Formulation

Cholesterol Content :
0.3g per 100g

Egg B
New Formulation

Cholesterol Content :
0.2g per 100g

Relative difference	0.3 g – 0.2 g = 0.1 g or 0.1/0.3 x 100% = 33%
Absolute difference	0.3 g – 0.2 g = 0.1 g This is more than 0.02g which is the criteria required for making claim "low cholesterol".
Decision	Egg B can make a claim such as "Egg B has 33% less cholesterol than the egg A".
Rationale	The relative difference in cholesterol content between egg A and egg B is more than 25% and the absolute difference in cholesterol content between the two formulations is more than the amount set for "low cholesterol" claim.

Tips:

- Energy or nutrient content between compared foods must differ by at least 25%
- The minimum absolute difference in energy value or nutrient content must be equal to or more than the value required for claim as "source of" as stipulated in Appendix 5 respectively.

Example 4: Comparative claim for sugar content

Tips:

- Energy or nutrient content between compared foods must differ by at least 25%
- The minimum absolute difference in energy value or nutrient content must be equal to or more than the value required for claim as "low in" as stipulated in Appendix 5 respectively.

3.2.3: Nutrient Function Claims and Required Conditions

A nutrient function claim is claim that describes the physiological role of nutrient in growth, development and normal functions of the body. These claims should not imply that the nutrient cures, treats or protects from diseases.

The permitted function claims and minimum amount required to make the function claim are as listed in Appendix 7.

Note:

1. A nutrient function claim can only be made provided the food meets the criteria for claims for "source of".
2. Word or sentence of similar meaning can be used to all the permitted claim.

Example 1: Function Claim for Vitamin A

Example 2 : Function Claim for Calcium

NUTRITION INFORMATION

Serving size: 200 ml
Servings per package: 5

	Per 100 ml	Per serving (200 ml)
Energy	xx kcal (xx kJ)	xx kcal (xx kJ)
Carbohydrate	xx g	xx g
Total Sugars	xx g	xx g
Protein	xx g	xx g
Fat	xx g	xx g
Sodium	xx mg	xx mg
Calcium	80 µg	160 µg

Can this fresh milk claim "Calcium aids in the development of strong bones and teeth"?

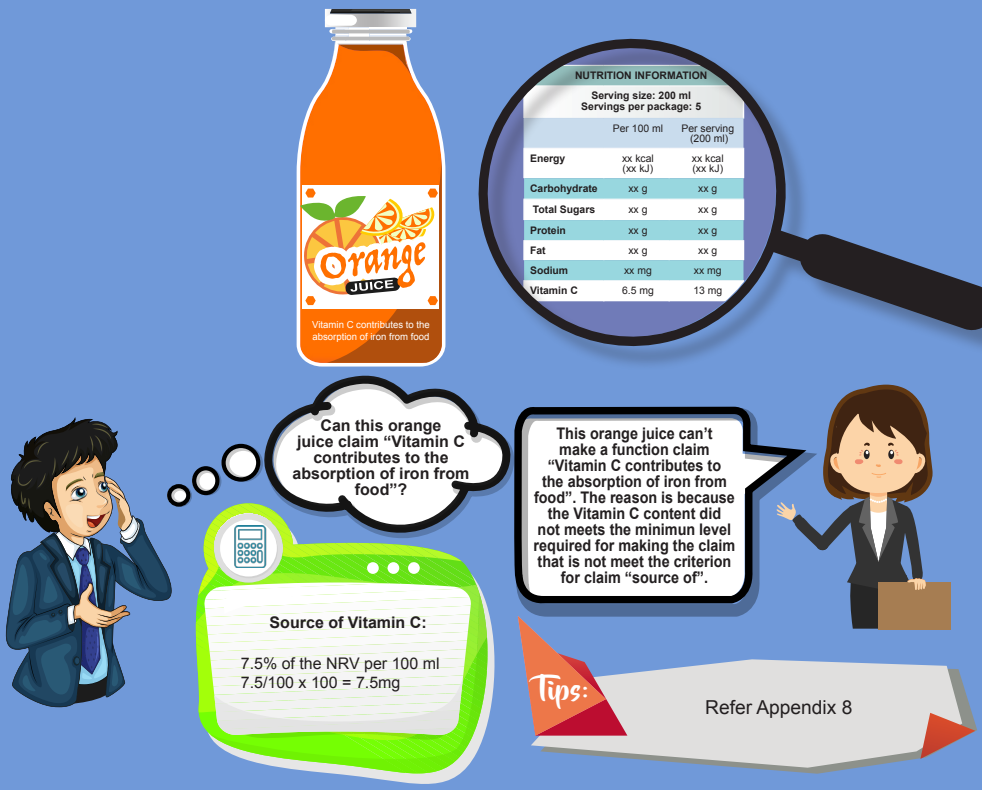
This fresh milk can make a function claim "Calcium aids in the development of strong bones and teeth". The reason is because the Calcium content meets the minimum level required for making the claim that is meet the criterion for claim "source of".

Source of Calcium:

7.5% of the NRV per 100 ml
7.5/100 x 1000 = 75 mg

Tips: Refer Appendix 8

Example 3: Function Claim for Vitamin C



3.2.4 Other Function Claims and Required Conditions

Other function claim is a claim that provides a positive contribution to health or to the improvement of a function or to modifying or preserving health by other food component. These claims should not imply that the nutrient cures, treats or protects from diseases.

The permitted other function claims, minimum amount required and other conditions to make the other function claim are as listed in Appendix 9.

Note:

1. Other function claim can only be made provided the food meets the minimum amount required and other condition requirement for other function claim.
2. Word or sentence of similar meaning can be used to all the permitted claim.

Example 1: Other Function Claim for Beta glucan

NUTRITION INFORMATION

Serving size: 15 g
Servings per package: 15

	Per 100 ml	Per Serving (15 g)
Energy	**xx kcal (xx kJ)**	**xx kcal (xx kJ)**
Carbohydrate	xx g	xx g
Total Sugars	xx g	xx g
Protein	xx g	xx g
Fat	xx g	xx g
Sodium	xx mg	xx mg
Dietary fiber	35 g	7 g
Beta glutan	10 g	2 g

Can this oat cookies claim "Beta glutan from oat helps to lower cholesterol"?

Yes. Below are the reasons:

1. **Beta glucan in oat cookies. Meet the minimum requirement to make the claim.**
2. **Dietary fiber in oat cookies. Meet minimum amount to make claim source of as stated in other condition.**
3. **The label contain statement "Amount recommended for cholesterol lowering effect is 3g /day"as stated in other condition.**

Tips: Refer Appendix 9

Example 2: Other Function Claim for Bifidobacterium lactis

Can this Full Cream Milk Powder claim "Bifidocabterium lactis helps improve beneficial intestinal microflora" on the label?

No because the claim is only permitted in infant formula, follow up formula, formulated milk powder for children and cereal based food for infant and children.

Tips: Refer Appendix 9

3.2.5 Nutrient Enrichment or Fortification or Contain or Other Words of Similar Meaning Claims

Foods that claim to be enriched, fortified, contain, with or words of similar meaning, must meets the conditions as Table 3 below.

TABLE 3: CONDITIONS FOR CLAIMS RELATED TO ADDED NUTRIENT

Permitted Claims	Nutrient	Condition
'enriched', 'fortified', 'strengthened', 'enhanced' or any other words of similar meaning	Vitamins and minerals	Meet minimum level for claim 'high in'
	Other food components (with permitted other function claims)	Meet minimum level for other function claims.
'contain', 'added', 'with', or any other words of similar meaning	Vitamins and minerals	Meet minimum level for claim 'source of'.
	Amino acids, fatty acids and nucleotides and other food components	To declare the amount added in a specified quantity of the food

4. MAXIMUM AMOUNTS OF VITAMIN AND MINERAL TO BE ADDED IN FOODS

Vitamin and minerals play important role in maintaining body function. Therefor it is always advisable to take the vitamin and mineral according to the needs of the body. Excessive intake of vitamin and minerals can give negative impact to the body.

Table 4 below is the listed maximum amount per day of vitamin and mineral to be added in food.

TABLE 4: RECOMMENDED MAXIMUM AMOUNT OF VITAMIN AND MINERAL

Vitamin and mineral	Maximum amount recommended in daily serving
Vitamin B6	93 miligram
Vitamin C	1,750 miligram
Vitamin D	35 micrograms
Vitamin E	970 miligram
Niacin	820 miligram NE
Molybdenum	350 micrograms
Phosphorus	1,250 miligram
Selenium	200 micrograms
Magnesium	250 miligram
Folate	600 micrograms DFE
Vitamin A	1,000 micrograms RE
Calcium	1,500 miligram
Copper	2 miligram
Flouride	3.5 miligram
Iodine	200 micrograms
Iron	20 miligram
Manganese	2 miligram
Zinc	15 miligram

5. CRITERIA FOR COMPLIANCE OF ANALYTICAL LEVELS

The criteria for compliance of analytical levels for various nutrients according to the regulation for nutrition labelling or claims are given in the Table 5 below.

TABLE 5 : CRITERIA FOR COMPLIANCE OF ANALYTICAL LEVEL ACCORDING TO REGULATION

Regulation	Type of Claim	Criteria for compliance[1]
18C Fifth A Schedule, Table I	Nutrient content claim for • Energy • Fat • Saturated fat • Cholesterol • Trans fatty acid • Sugars • Sodium • Gluten	<120%* of the declared nutrient value on the label
18C Fifth A Schedule, Table II	Nutrient Content Claim for: • Protein • Vitamins • Minerals • Alphalinolenic acid • Ganglioside	≥80%* of the declared nutrient value on the label
18B	Declaration on Nutrition Information Panel for: • Energy • Protein • Fat • Carbohydrates • Total sugars	≥80%* of the declared nutrient value on the label

Regulation	Type of Claim	Criteria for compliance[1]
18B	Declaration on Nutrition Information Panel for: • Vitamins • Minerals • Fibre	≥ 50%* of the declared nutrient value on the label
Other regulations	Nutrients for which the minimum level is specified in the regulation.	100% of the minimum amount specified in the regulation

* The ratio between the nutrient level derived by the analytical and the declared level multiplied by 100 {(laboratory value / label value) x 100}

Source: Expert Committee on Nutrition, Health Claim and Advertisement, 2010

APPENDIX 1 : LIST OF NUTRIENT REFERENCE VALUE (NRV)

NUTRIENT	UNIT	NRV
Vitamin A	µg RE	800
Vitamin D	µg	15
Vitamin C	mg	100
Vitamin E	mg	10
Vitamin K	µg	60
Thiamin/ Vitamin B_1	mg	1.2
Riboflavin/ Vitamin B_2	mg	1.2
Niacin/ Vitamin B_3	mg NE	15
Vitamin B_6	mg	1.3
Folate	µg DFE	400
Vitamin B_{12}	µg	2.4
Panthothenate	mg	5
Biotin	µg	30
Calcium	mg	1000
Magnesium	mg	310
Iron	mg	14
Zinc	mg	11
Iodine	µg	150
Copper	µg	900
Selenium	µg	60
Manganese	mg	3
Molybdenum	µg	45
Phosphorus	mg	700
Choline	mg	550
Protein	g	50
Carbohydrate	g	300
Fat	g	67
Energy	kilocalorie	2000

Source: Adapted from NRV list in Codex Allimentarius

APPENDIX 2 : CALCULATION AIDS

When You Know	Multiply By	To Obtain
Kilocalories (kcal)	4.2	kilojoule (kj)
Beta-carotene (µg)	1/6	Vitamin A alcohol (retinol) (µg)
Vitamin A (IU)	0.3	Vitamin A alcohol (retinol) (µg)
Vitamin D (IU)	0.025	Vitamin D2 /D3 (µg)
Vitamin E (IU)	1	Vitamin E (dl-alpha-tocopheryl acetate) (mg)

APPENDIX 3 : CONVERSTION FOR VITAMIN AND MINERALS

Vitamin Dietary equivalents	Vitamin Dietary equivalents	
Niacin	1 mg niacin equivalents (NE) to	1 mg niacin 60 mg tryptophan
Folate	1 µg dietary folate equivalents (DFE) to	1 µg food folate 0.6 µg folic acid added to food or as supplement consumed with food 0.5 µg folic acid as supplement taken on an empty stomach
Vitamin A	1 µg retinol activity equivalents (RAE) to	1 µg retinol 12 µg β-carotene 24 µg other provitamin A carotenoids
	1 µg retinol equivalents (RE) to	1 µg retinol 6 µg β-carotene 12 µg other provitamin A carotenoids
Vitamin E	1 mg α-tocopherol	1 mg RRR-α-tocopherol (d- α-tocopherol)

APPENDIX 4 : CONVERSION FACTORS FOR NITROGEN TO PROTEIN

FOODS	CONVERSION FACTOR
Cereals	
Wheat, hard, medium or soft	5.83
Wholemeal or flour or bulgur	5.70
Flour, medium or low extraction	5.70
Macaroni, spaghetti, wheat pastes	6.31
Bran	
Rice	5.95
Rye, barley, oats	5.83
Pulses, nuts and seeds	
Groundnuts	5.46
Soya bean, seeds, flour or products	6.25
Treenuts	
Almond	5.18
Brazil nut	5.71
Coconuts, chestnuts, treenut	5.30
Seeds	
Sesame, safflower, sunflower	5.30
Milk and milk products	6.38
Edible fats and edible oil	
Margarine, butter	6.38
Other food	6.25

Source:
WHO (1973). Report of a Joint FAO/WHO Ad Hoc Expert Committee on Energy and Protein Requirements, WHO Technical Report Series No. 522. WHO, Geneva

APPENDIX 5: CONDITIONS FOR NUTRIENT CONTENT CLAIMS "LOW IN" OR "FREE OF"

COMPONENT	CLAIM	NOT MORE THAN
Energy	Low	40kcal (170 kJ) per 100g (solid) or 20kcal (80kJ) per 100ml (liquids)
	Free	4kcal per 100g (or 100ml)
Fat	Low	3g per 100g (solid) or 1.5g per 100ml (liquids)
	Free	0.15g per 100g (or 100ml)
Saturated fat	Low	1.5g per 100g (solid) or 0.75g per 100ml (liquids) and 10% of total energy of the food
	Free	0.1g per 100g (solids) or 0.1g per 100ml (liquids)
Cholesterol	Low	0.02g per 100g (solids) or 0.01g per 100ml (liquids)
	Free	0.005g per 100g (solids) or 0.005g per 100ml (liquids)
Trans fatty acids	Low	1.5g per 100g (solids) or 0.75g per 100ml (liquids) and 10% of total energy of the food
	Free	0.1g per 100g (solids) or 0.1g per 100ml (liquids)
Sugars*	Low	5g per 100g (solid) or 2.5g per 100ml (liquid)
	Free	0.5g per 100g (solid) or 0.5g per 100ml (liquid)

* Refer to all monosaccharides and disaccharides

APPENDIX 5: CONDITIONS FOR NUTRIENT CONTENT CLAIMS "LOW IN" OR "FREE OF"

COMPONENT	CLAIM	NOT MORE THAN
Sodium	Low	0.12g per 100g(solid) or 0.06g per 100ml (liquid)
	Very low	0.04g per 100g(solid) or 0.02g per 100ml (liquid)
	Free	0.005g per 100g(solid) or 0.005g per 100ml (liquid)
Gluten	Reduced	0.01 g per 100 g (solids or liquids)
	Free	0.002 g per 100 g (solids or liquids) The claim of "reduced gluten" is only permitted in food consisting of one or more ingredients from wheat, rye, barley, oats or their crossbred varieties, which have been specially processed to reduce the gluten content

APPENDIX 6: CONDITIONS FOR NUTRIENT CONTENT CLAIMS "SOURCE OF" OR "HIGH IN"

COMPONENT	CLAIM	NOT MORE THAN
Protein	Source	10% of NRV per 100 g (solids) or 5% of NRV per 100 ml (liquids) or 5% of NRV per 100 kcal
	High	(at least 2 times the value for "source of ")
Vitamins and minerals	Source	15% of NRV per 100g (solids) or 7.5% of NRV per 100ml (liquids) or 5% of NRV per 100 kcal
	High	(at least 2 times the values for "source of")
Dietary fibre	Source	3 g per 100g (solid) or 1.5 g per 100ml (liquid)
	High	6 g per 100g (solid) or 3 g per 100ml (liquid)
Alphalinolenic acid	Source	0.3 g per 100 g
	High	0.6 g per 100 g
Ganglioside	Source	11 mg per 100 g
	Free	This claim is only permitted in milk product and dairy products that naturally contains ganglioside

APPENDIX 7 : MINIMUM LEVEL OF CLAIM 'SOURCE OF' OR 'HIGH IN'

BIL	NRV	UNIT	5% NRV	SOURCE / 1100G@ML		HIGH / 1100G@ML	
				SOLIDS	LIQUIDS	SOLIDS	LIQUIDS
1	Vitamin A	800 micrograms RE	40	120	60	240	120
2	Vitamin D	15 micrograms	0.75	2.25	1.125	4.5	2.25
3	Vitamin C	100 miligram	5	15	7.5	30	15
4	Vitamin E	10 miligram	0.5	1.5	0.75	3	1.5
5	Vitamin K	60 micrograms	3	9	4.5	18	9
6	Thiamine	1.2 miligram	0.06	0.18	0.09	0.36	0.18
7	Riboflavin	1.2 miligram	0.06	0.18	0.09	0.36	0.18
8	Niacin	15 miligram NE	0.75	2.25	1.125	4.5	2.25
9	Vitamin B_6	1.3 miligram	0.065	0.195	0.0975	0.39	0.195
10	Folate	400 micrograms DFE	20	60	30	120	60
11	Vitamin B_{12}	2.4 micrograms	0.12	0.36	0.18	0.72	0.36
12	Panthotenate	5 miligram	0.25	0.75	0.375	1.5	0.75
13	Biotin	30 micrograms	1.5	4.5	2.25	9	4.5
14	Calcium	1,000 miligram	50	150	75	300	150
15	Magnesium	310 miligram	15.5	46.5	23.25	93	46.5
16	Iron	14 miligram	0.7	2.1	1.05	4.2	2.1
17	Zinc	11 miligram	0.55	1.65	0.825	3.3	1.65
18	Iodine	150 micrograms	7.5	22.5	11.25	45	22.5
19	Copper	900 micrograms	45	135	67.5	270	135
20	Selenium	60 micrograms	3	9	4.5	18	9
21	Manganese	3 miligram	0.15	0.45	0.225	0.9	0.45
22	Molybdenum	45 micrograms	2.25	6.75	3.375	13.5	6.75
23	Phosphorus	700 miligram	35	105	52.5	210	105
24	Choline	550 miligram	27.5	82.5	41.25	165	82.5
25	Protein	50 grams	2.5	7.5	3.75	15	7.5

APPENDIX 8 : NUTRIENT FUNCTION CLAIMS

COMPONENT	CLAIM	MINIMUM AMOUNT REQUIRED
Folate	(i) Folate is essential for growth and division of cells.	60 µg DFE per 100 g (solid)
	(ii) Folate plays a role in the formation of red blood cells.	30 µg DFE per 100 ml (liquid)
	(iii) Folate helps to maintain the growth and development of the foetus.	20 µg DFE per 100 kcal
Iron	(i) Iron is a factor in red blood cell formation.	2.1 mg per 100 g (solid)
	(ii) Iron is a component of haemoglobin in red blood cell which carries oxygen to all parts of the body.	1.05 mg per 100 ml (liquid) 0.7 mg per 100 kcal
Iodine	Iodine is essential for the formation of thyroid hormone.	22.5 µg per 100 g (solid) 11.25 µg per 100 ml (liquid) 7.5 µg per 100 kcal
Calcium	Calcium aids in the development of strong bones and teeth.	150 mg per 100 g (solid) 75 mg per 100 ml (liquid) 50 mg per 100 kcal

APPENDIX 8 : NUTRIENT FUNCTION CLAIMS

COMPONENT	CLAIM	MINIMUM AMOUNT REQUIRED
Magnesium	Magnesium promotes calcium absorption and retention.	46.5 mg per 100 g (solid) 23.25 mg per 100 ml (liquid) 15.5 mg per 100 kcal
Vitamin B3/ Niacin	Niacin is needed for the release of energy from proteins, fats and carbohydrates.	2.25 mg NE per 100 g (solid) 1.125 mg NE per 100 ml (liquid) 0.75 mg NE per 100 kcal
Protein	(i) Protein helps build and repair body tissues. (ii) Protein is essential for growth and development. (iii) Protein provides amino acids necessary for protein synthesis.	22.5 µg per 100 g (solid) 11.25 µg per 100 ml (liquid) 7.5 µg per 100 kcal
Vitamin A	(i) Vitamin A aids in maintaining the health of the skin and mucous membrane. (ii) Vitamin A is essential for the functioning of the eye.	120 µg RE per 100 g (solid) 60 µg RE per 100 ml (liquid) 40 µg RE per 100 kcal
Zinc	Zinc is essential for growth.	1.65 mg per 100 g (solid) 0.825 mg per 100 ml (liquid) 0.55 mg per 100 kcal

APPENDIX 8 : NUTRIENT FUNCTION CLAIMS

COMPONENT	CLAIM	MINIMUM AMOUNT REQUIRED
Vitamin B_1/ Thiamine	Vitamin B_1/Thiamine is needed for the release of energy from carbohydrate.	0.18 mg per 100 g (solid) 0.09 mg per 100 ml (liquid) 0.06 mg per 100 kcal
Vitamin B_2/ Riboflavin	Vitamin B_2/Riboflavin is needed for release of energy from proteins, fats and carbohydrates.	0.18 mg per 100 g (solid) 0.09 mg per 100 ml (liquid) 0.06 mg per 100 kcal
Vitamin B_{12}/ Cyanocobalamin	Vitamin B_{12}/ Cyanocobalamin is needed for red blood cell production.	0.36 µg per 100 g (solid) 0.18 µg per 100 ml (liquid) 0.12 µg per 100 kcal
Vitamin C	(i) Vitamin C enhances absorption of iron from non-meat sources. (ii) Vitamin C contributes to the absorption of iron from food	15 mg per 100 g (solid) 7.5 mg per 100 ml (liquid) 5 mg per 100 kcal
Vitamin D	(i) Vitamin D helps the body utilise calcium and phosphorus. (ii) Vitamin D is necessary for the absorption and utilization of calcium and phosphorus.	2.25 µg per 100 g (solid) 1.125 µg per 100 ml (liquid) 0.75 µg per 100 kcal
Vitamin E	Vitamin E protects the fat in body tissues from oxidation.	1.5 mg per 100 g (solid) 0.75 mg per 100 ml (liquid) 0.5 mg per 100 kcal

APPENDIX 9 : OTHER FUNCTION CLAIM

COMPONENT	CLAIM	MINIMUM AMOUNT REQUIRED	CONDITIONS
Beta glucan	Beta glucan from (state the source) helps reduce cholesterol.	0.75 g per serving	(i) Source of beta glucan shall be from oat and barley. (ii) The food to be added with beta glucan shall also contain total dietary fibre for not less than amount required to claim as "source": 3g per 100 g (solids) 1.5g per 100 ml (liquids) (iii) There shall be written on the label the following statement: "Amount recommended for cholesterol lowering effect is 3 g per day".
Beta glucan from barley soluble fibre	(i) Beta glucan from barley soluble fibre helps lower the rise of blood glucose provided it is not consumed together with other food.	6.5 g per 100g	(i) This claim is only permitted in cereal and cereal based product.

APPENDIX 9 : OTHER FUNCTION CLAIM

COMPONENT	CLAIM	MINIMUM AMOUNT REQUIRED	CONDITIONS
	(ii) Beta glucan from barley soluble fibre contributes to the reduction of the rise in blood glucose provided it is not consumed together with other food.		(ii) This claim is only permitted for product where the macronutrient profile (carbohydrate, protein and fat) complies with Recommended Nutrient Intake (RNI) Malaysia. (iii) There shall be written on the label the following statement: "Before deciding to use this product, seek the advice of a health professional".
Beta glucan from oat soluble fibre	(i) Beta glucan from oat soluble fibre helps to lower the rise of blood glucose provided it is not consumed together with other food.	6.5 g per 100 g	(i) This claim is only permitted in cereal and cereal based product. (ii) This claim is only permitted for product where the macronutrient profile (carbohydrates, proteins and fats) complies with the Recommended Nutrient Intake (RNI) Malaysia.

APPENDIX 9 : OTHER FUNCTION CLAIM

COMPONENT	CLAIM	MINIMUM AMOUNT REQUIRED	CONDITIONS
			(iii) There shall be written on the label of cereal and cereal based product the following statement: "Before deciding to use this product seek the advice of a health professional".
Beta glucan from yeast	Beta glucan from yeast may help to support immune system associated with colds.	0.05 g per serving	(i) Beta glucan from yeast shall be more than 75% on a dry weight basis. (ii) There shall be written on the label the following statement: "Amount recommended for claim effect is 0.2 g per day".
Beta Palmitin	(i) Beta palmitin contributes to increase calcium absorption.	(i) >18 percent C16:0 content based on total fatty acids	Nil

APPENDIX 9 : OTHER FUNCTION CLAIM

COMPONENT	CLAIM	MINIMUM AMOUNT REQUIRED	CONDITIONS
	(ii) Beta palmitin contributes to increase fat absorption.	(ii) > 40 per cent C16:0 in sn-2 position based on total C16:0 content.	
Bifidobacterium lactis	(i) Bifidobacterium lactis helps to improve a beneficial intestinal microflora. (ii) Bifidobacterium lactis helps to reduce the incidence of diarrhea.	1 x 106 minimum viable cells per gram	These claims are only permitted in infant formula, follow-up formula, formulated milk powder for children and cereal based food for infant and children.
Calcium 3-hydroxy-3-methyl butyrate monohydrate (CaHMB)	(i) CaHMB helps to regain strength. (ii) CaHMB supports tissue building.	1.5 g per serving	This claim is only permitted in formula dietary foods.
Galactooligosaccaride (GOS) and polydextrose (PDX) mixture	GOS and PDX mixture is a prebiotic. GOS and PDX mixture is a bifidogenic.	0.4g per100ml (0.2g per100ml GOS and 0.2 g per 100ml PDX)	(i) Mixture containing 50 per cent (weight over weight) GOS and 50 percent (weight over weight) PDX.

APPENDIX 9 : OTHER FUNCTION CLAIM

COMPONENT	CLAIM	MINIMUM AMOUNT REQUIRED	CONDITIONS
			(ii) These claims are only permitted in infant formula and follow-up formula.
Oligofructose-inulin mixture	Oligofructose-inulin mixture helps to increase calcium absorption and increase bone mineral density when taken with calcium rich food.	2 g per serving	(i) Oligofructose-inulin mixture containing shorter chain inulin (oligofructose DP 3-9) and longer chain inulin (inulin DP ≥10) in a 50:50 ratio ± 10% each. (ii) Total fructant content in the mixture shall be more than 90 per cent on dry weight basis.
Oligosaccharide mixture containing galactooligosaccharide (GOS) and long chain fructooligosaccharide (lcFOS)	Oligosaccharide mixture containing GOS and lcFOS helps to improve the gut or intestinal immune system of infant.	The component (oligosaccharide mixture) shall be 0.8 g per 100 ml	(i) Oligosaccharide mixture containing 90 per cent (weight per weight) GOS and 10 per cent (weight per weight) lcFOS. (ii) This claim is only permitted in infant formula and follow up formula.

APPENDIX 9 : OTHER FUNCTION CLAIM

COMPONENT	CLAIM	MINIMUM AMOUNT REQUIRED	CONDITIONS
	(i) Oligosaccharide mixture containing GOS and lcFOS is a prebiotic. (ii) Oligosaccharide mixture containing GOS and lcFOS is a bifidogenic. (iii) Oligosaccharide mixture containing GOS and lcFOS helps to increase intestinal bifidobacteria. (iv) Oligosaccharide mixture containing GOS and lcFOS helps to maintain a good intestinal environment.	0.4 g per 100 ml	(i) Oligosaccharide mixture containing 90 per cent (weight per weight) GOS and 10 per cent (weight per weight) lcFOS. (ii) These claims are only permitted in infant formula, follow up formula and formulated milk powder for children. (iii) The component (oligosaccharide mixture) shall not exceed 0.8 g per 100 ml.
Resistant dextrin or resistant maltodextrin	Resistant dextrin or resistant maltodextrin is a soluble dietary fibre that helps to regulate or promote regular bowel movement.	2.5 g per serving	Addition and claim for resistant dextrin or resistant maltodextrin are not permitted in infant formula.
	(i) Resistant dextrin or resistant maltodextrin is a prebiotic. (ii) Resistant dextrin or resistant maltodextrin is a bifidogenic.	4 g per serving	The minimum amount that must be present in the food to give the claim effect is proposed to be 8 g per day.

APPENDIX 9 : OTHER FUNCTION CLAIM

COMPONENT	CLAIM	MINIMUM AMOUNT REQUIRED	CONDITIONS
	(iii)Resistant dextrin or resistant maltodextrin helps increase intestinal bifidobacteria. (iv)Resistant dextrin or resistant maltodextrin helps maintain a good intestinal environment.		
DHA and ARA	DHA and ARA helps to contribute in the visual development of infant.	A combination of 17 mg per 100 kcal DHA and 34 mg per 100 kcal of ARA	This claim is only permitted in infant formula product.
D-ribose	D-ribose helps to promote energy recovery during or after physical activities.	3 g per serving	(i) This claim is only permitted in formula dietary foods. (ii) There shall be written on the label the following statement: "Do not exceed 2 servings per day".
Inulin*	(i) Inulin is a prebiotic. (ii) Inulin is a bifidogenic. (iii)Inulin helps to increase intestinal bifidobacteria and maintain a good intestinal environment.	1.25 g per serving 0.4 g per 100 ml on a ready to drink basis	This minimum level is specified for food other than infant formula. (i) This minimum level is specified for infant formula only. (ii) The component (inulin and oligofructose/ fructooligosaccride (FOS)) shall not exceed 0.6 g per 100 ml.

APPENDIX 9 : OTHER FUNCTION CLAIM

COMPONENT	CLAIM	MINIMUM AMOUNT REQUIRED	CONDITIONS
Isomaltulose	(i) Isomaltulose is a slowly hydrolysed to glucose and fructose compared to sucrose. (ii) Isomaltulose provides longer lasting energy compared to sucrose. (iii) Isomaltulose is a slowly released source of energy compared to sucrose.	15 g per serving	Addition and claim for isomaltulose are not permitted in infant formula.
High amylose maize resistant starch (HAMRS)	HAMRS helps to improve or promote intestinal function or environment.	2.5 g per serving	Nil
Lutein	Lutein as a predominant macular pigment in the retina that is able to filter blue light and helps to protect the eyes.	2.5 µg per 100ml (3.7 µg per 100 kcal)	This minimum level is specified for infant formula only.
		20 µg per 100ml (30 µg per 100 kcal)	This minimum level is specified for follow up formula only.
		20 µg per 100ml (20 µg per 100 kcal)	This minimum level is specified for formulated milk powder for children only.

APPENDIX 9 : OTHER FUNCTION CLAIM

COMPONENT	CLAIM	MINIMUM AMOUNT REQUIRED	CONDITIONS
Oligofructose/ fructooligosaccharide (FOS)	(i) FOS is a prebiotic. (ii) FOS is a bifidogenic. (iii)FOS helps to increase intestinal bifidobacteria and maintain a good intestinal environment.	15 g per serving 0.4 g per 100 ml on a ready to drink basis	This minimum level is specified for food other than infant formula. (i) This minimum level is specified for infant formula only. (ii) The component of inulin and FOS shall not exceed 0.6 g per 100 ml.
Polydextrose	(i) Polydextrose is a bifidogenic. (ii) Polydextrose helps increase intestinal bifidobacteria. (iii)Polydextrose helps maintain a good intestinal microflora.	1.25 per serving	Nil.
Soy protein	Soy protein helps to reduce cholesterol..	5 g per serving.	There shall be written on the label the following statement: “Amount recommended to give the lowering effect on the blood cholesterol is 25 g per day”.

APPENDIX 9 : OTHER FUNCTION CLAIM

COMPONENT	CLAIM	MINIMUM AMOUNT REQUIRED	CONDITIONS
Sialic acid	Sialic acid is an important component of brain tissues.	36 mg per 100kcal 24 g per 100ml	(i) The component (sialic acid) shall not exceed 67 mg per 100kcal (45 mg per 100 ml) (ii) Addition and claim only permitted in infant formula and follow up formula (iii)Only natural sialic acid from milk shall be added
Patented Cooking Oil Blend	Patented cooking oil blend help to increase HDL Cholesterol and improve HDL/LDL Cholesterol Ratio.	Ratio of fatty acid: monounsaturated fatty acid: polyunsaturaed fatty acid must be 1:1:1	The patented cooking oil blend refer to US patented number 5578334 and 5843497.
Plant sterol or plant stanol or plant sterol ester	Plant sterol or plant stanol or plant sterol ester helps reduce cholesterol.	0.4 g per serving in a “free basis” form	(i) Types of plant sterol or plant stanol permitted: “plant sterol or plant stanol, phytosterols or phytostanol, sitosterol, campesterol, stigmasterol or other related plant stanol”. (ii) Types of plant sterol esters permitted: “campesterol ester, stigmasterol ester and beta-sitosterol ester”

APPENDIX 9 : OTHER FUNCTION CLAIM

COMPONENT	CLAIM	MINIMUM AMOUNT REQUIRED	CONDITIONS
			(iii) Amount of plant sterol or plant stanol or plant sterol ester in a “free basis” form to be added in food shall not exceed 3 g per day. (iv) Statement of the total amount of plant sterol or plant stanol or plant sterol ester contained in the product shall be expressed in metric units per 100 g or per 100 ml or per package if the package contains only a single portion and per serving as quantified on the label. (v) Only the terms “plant sterol” or “plant stanol” or “plant sterol ester” shall be used in stating the presence of such components. (vi) The claim may only be made for milk, milk product, soy bean milk and soy bean drink as prescribed in regulation 82, 83, 357 and 358.

APPENDIX 9 : OTHER FUNCTION CLAIM

COMPONENT	CLAIM	MINIMUM AMOUNT REQUIRED	CONDITIONS
			(vii) There shall be written on the label the following statements: (A) "Not recommended for pregnant and lactating women, and young children under the age of five years"; (B) "Persons on cholesterol-lowering medication shall seek medical advice before consuming this product"; (C) "This product is consumed as part of a balanced and varied diet and shall include regular consumption of fruits and vegetables to help maintain the carotenoid level"; and (D) "With added plant sterols or plant stanol or plant sterol ester" in not less than 10 point lettering".

*Guideline for Inulin –type Fructans Oligomers and Polymers in Appendix 10

APPENDIX 10: INULIN-TYPE FRUCTANS OLIGOMERS AND POLYMERS

PRODUCT AND DENOMINATION	**INULIN-TYPE FRUCTANS (PLANT DERIVED)** (Mainly β(2 1) fructosyl-fructose links) (Mixture of oligomers and polymers)			
Type	Standard inulin	Ic inulin / Ic FOS	Oligofructose (OF/FOS) (from chicory)	Fructo-oligosaccharide (FOS) (from sugar)
DP Range	3 - 60	10 - 60	3 - 9	3 - 5
Molecular weight range	342 - 9738	1638 - 9738	342 -1476	504 - 900

3. Guidelines on Food Advertisement

Contents

1. INTRODUCTION

Advertising is the easiest method to promote food products by food manufacturers in supplying information about their products. Consumers can assess the quality of each product before purchasing.

Since more than 25 years ago, the Ministry of Health Malaysia have gazetted the Food Act 1983, followed by the Food Regulations 1985 with its main objective to protect the general public from health hazards caused by food and fraud in production, sale and usage of food materials. Until today, there have been many amendments made on the Act and Regulations as a response to the development of global regulations, technological advancements in food industries and consumer needs.

In line with technological advancement in the manufacturing of food products, advertising is seen to be more important to increase the marketability of a product. However, excessive advertising may mislead consumers. Therefore, this food advertising guidelines is created to enable the industry to produce food product

This guideline is developed to explain the provisions under Section 17 of the Food Act 1983 on food advertising requirements. It may serve as a reference to ensure that, any advertising guidelines issued by other agencies, shall not contradict with the requirements of the MOH.

This Guideline is not bound to laws and shall be read with other relevant laws or regulations. For the purpose of legal interpretation, the reader shall refer to the enactment published with the advice from a legal advisor.

2. PURPOSE

2.1 The main purpose of this guideline is to ensure that food advertisers responsibly comply to the legal requirements in the efforts of promoting food to the general public and shall not mislead consumers.

2.2 This guideline is one of the references for:

a) Advertisers/industry to be fully responsible for any advertisement displayed without issuing false and misleading contents to consumers.

b) Any enforcement officers conducting enforcement activities of the Food Act 1983 and the Regulations on food advertising.

c) Consumers to understand the requirements in protecting and preserving their interest from inaccurate, excessive, possible deceptive information, and exploiting the lack of knowledge of consumers about food products.

3. DEFINITION

Definitions included in this guideline are stated as follows.

Advertisement - Includes any depiction in whatever form for the purpose of enhancing directly or indirectly the sales or other food disposition, for example:

- Electronic media
- Print media
- Notice
- Circulars
- Reports
- reviews
- flyers
- labels
- packaging
- logos
- Any announcement made verbally or with the use of logo packaging; and
- Any announcement made verbally or with the use of light or sound and any other advertising forms or methods.

Food - Includes each goods used as food or drink for human consumption or used in preparation of food or drink and includes sweets, chewing food, and any food ingredients for food, drinks, sweets, or chewing food (Reference: Food Regulations 1985).

Medical personnel - Nurses, hospital assistants, medical assistants, midwives, catering officer or other employees employed in the healthcare system.

Health Professional - Hospital administrator, medical doctors, dietary officer, food technology officer, dietetician, pharmacists, health education officer, medical social workers, and nursing supervisor (or other titles) who are employed in the healthcare system.

Declaration - A form of statement or declaration or depiction directly or indirectly or implicitly issued by any individuals with regards to the effectiveness of a product.

Endorsement - An official support or approval with the consent of related bodies.

4. PERMITTED INFORMATION ON FOOD ADVERTISEMENT

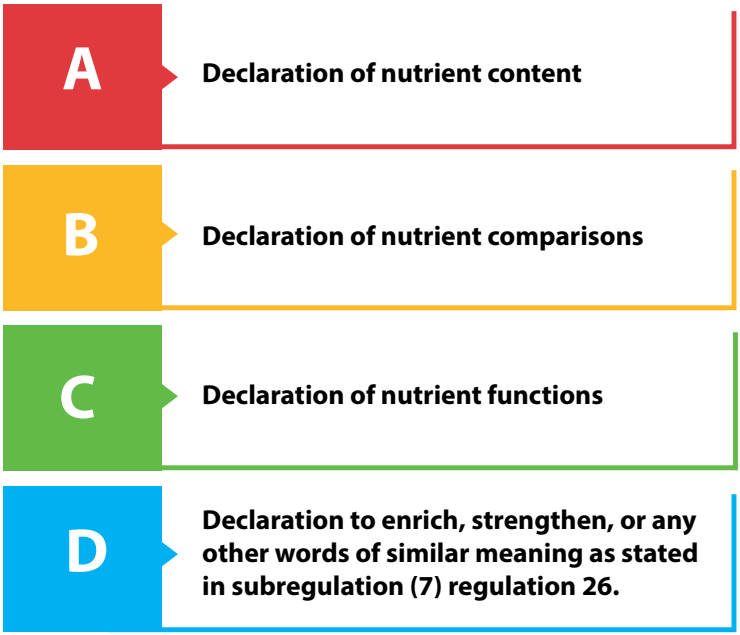
Among the information permitted in an advertisement are as follows:

4.1 Food advertisement shall contain information which is accurate, truthful, reliable, informative and can be substantiated.

4.2 Food advertisement may not be implicit, ambiguos or exaggerated, misleading or deceptive or likely to mislead or deceive, abusing the trust or exploiting the lack of knowledge, experience, myth or fear in consumers.

4.3 Food advertisement also only allow food declarations that are listed in the subregulation 18A(3) under Food Regulations 1985 and complying all criterias/conditions/provisions/requirements in Food Regulations 1985, and shall be consistent with the information on the labels or packaging of food.

4.4 Permitted dietary declarations are:



5. PROHIBITED MATTERS ON FOOD ADVERTISEMENT

Among the prohibited information related to advertisement under the Food Regulations 1985 are as follows:

5.1. Food advertisement shall not contain any statements or facts which:

a) Contradicts with any guidelines issued by the Ministry of Health Malaysia such as Malaysian Dietary Guidelines.

Examples:

- Advertisement which states that by consuming a particular product, the consumption of fruits/vegetables is no more required.
- Advertisement which implies that by consuming the product, consumers do not need to exercise or consume a balanced diet.

b) Unfairly discrediting the reputation, disparaging or attacking other products, advertisements or companies or exaggerating actual facts, origins or the importance of competitive differences.

i) Food advertisement shall not exaggerate the advantages or the origins of the product.

ii) Food advertisement shall not attack or slander other products, advertiser or advertisement directly or implied.

iii) Food advertisement shall not contain any statements either clearly or implicitly disparaging any products, services or advertisers in unfair or misleading manner.

Examples:

- Only the quality of this food is guaranteed compared to other products.
- Only this food contains low fat compared to other products.
- The only product that is certified as safe.

5.2. Food advertisement shall not promote something that in nature serve as testimonials, endorsements or representation of opinion or preference of any individuals or associations.

i) Any advertisement which contain testimonials are prohibited as no qualified individuals are allowed to provide testimonials. It is also not based on scientific evidence and often exaggerating the advantages of a product. Furthermore, no qualified bodies can certify the authenticity of the testimonials.

ii) Testimonials on the effectiveness of products may also not be verified as consumers consume other variety of food too throughout the usage of the product. Furthermore, testimonials are prohibited as the effects of the food product differs among individuals.

iii) Any profession including health professionals and health personnel are prohibited from issuing testimonials as they are bound by professional ethics.

Examples:

- Declaration of consumers regarding the effectiveness of products.

- Dictures/sketches or illustrations that directly or implicitly show the effectiveness of a product.

5.3. Notwithstanding item 5.2, endorsement by relevant authorities responsible for such endorsement is permitted with the condition that the food is in compliance with the requirement established by the relevant authorities in respect of that endorsement.

i) Endorsement by relevant responsible authorities such as BERNAS, COCOA BOARD, PINEAPPLE INDUSTRY BOARD, FAMA, MPOB and other relevant authorities.

Example:

Agency	Field/Commodity
Ministry of Agriculture and Agro-Based Industry	Rice
Malaysian Cocoa Board	Cocoa
Malaysian Pineapple Industry Board	Pineapple
Federal Agricultural Marketing Authority (FAMA)	Fruits and Vegetables
Malaysian Palm Oil Board (MPOB)	Palm Oil
Ministry of Health Malaysia	Organic Products
Department of Veterinary Services	Standard classification of eggs (Grade AA, A, B, C etc)

ii) If there are statements or logos of endorsement from foreign country bodies such as USFDA, EFSA, HPB Singapore *(HEALTHIER CHOICE)* or others, these statements or logos of endorsements may not be used unless accompanied by the endorsement from related bodies in the Country. The logos of the foreign country bodies issuing the endorsement are also prohibited.

iii) The statements/logos of products that complies with the HACCP, GMP, MESTI, SIRIM and HALAL are forms of endorsements and require a valid certificate as proof. However, the statement of 1MALAYSIA, Made in Malaysia products are not forms of endorsement.

iv) The use of statements or logos such as “SUPER BRAND”, “MUSLIM PRODUCT”, “MIFT AWARD”, *“Product Islamic Manufacturing Practice* (IMP)” or any of similar nature to them requires proof of certificate from relevant bodies. The period of use shall also be valid and concurrent with the period stated in the certificate.

v) Endorsements in the form of statements or pictures/logos by professional bodies or health professionals and health personnel are prohibited as no particular body may certify the endorsement of the food products unless certified by the responsible bodies.

vi) Not with standing item 5.3 (v), influential individuals including professionals/chefs/athletes/celebrities are permitted to be involved in the food advertisement with the conditions that:

i) The statement made shall not undermine any guidelines issued by the Ministry of Health Malaysia.
ii) It does not breach item 4.1, 4.2 and 4.3 in this guideline.

vii) Professionals or professional bodies involved in "road show" or programmes organized by any food companies are not included under Section 17 (Advertisement), Food Act 1983 as long as they are not promoting the food.

5.4 Food advertisements shall not contain any words stating the grading, quality or advantages or any other words of similar meaning unless such description of quality grading conforms to those established by the relevant authorities responsible for such grading.

Examples of words related to grading, quality or advantages of food:

- Quality
- Quality guaranteed
- Premium
- Approved by MOH
- Using the reference number of classification letters, labelling letters

5.5 Food advertising shall not contain written materials, picture materials or others that contain or attached to, or supplied or shown including any error, unclear, misleading, misleading statements/claims, words, brand, picture, or clear markings showing the authenticity, stability, quantity, strength, purity, composition, weight, country of origin, age, effects, or ratio of food or any ingredients from it including the following:

i) Shall not illustrate the performance during tests.

Examples:

Picture of a lighted bulb, distinction marks, A+, mortar board graduation and others for dairy products.



ii) Shall not contain written or picture materials related to prohibited function declaration.

Examples:

Image of slim figure with measuring tape, picture of brain, and others for dairy products.




5.6 Food advertisements shall not contain the word “pure” or any other words of similar meaning unless they comply the following criterias:

a) The food has the strength, purity or quality prescribed by the Food Regulations 1985.

b) Free from any other added substance apart from those essential in the processing of such food. (no food additives)

Examples:

Not allowed

Allowed

5.7 Food advertisement is prohibited to include any of the following declarations:

a) Stating that any particular food provides an adequate source of all essential nutrients, except as otherwise allowed by the Food Regulations 1985;

i) Food advertisement shall not portray the product is solely a complete meal.

ii) Implying that consuming the product solely is complete and may replace other food consumption or undermine the importance of consuming a variety of food.

Example:

- This product provides all the vitamins and minerals required by the body

b) Implying that having a balanced diet or combination of a variety of food cannot supply adequate amount of all nutrients;

i) food advertisment shall not undermine good dietary practices

Examples:

- There is no guarantee that taking a balanced diet may provide sufficient nutrients,
- Implying that practising good dietary practice is not sufficient without consuming the food product.

c) Which cannot be substantiated;

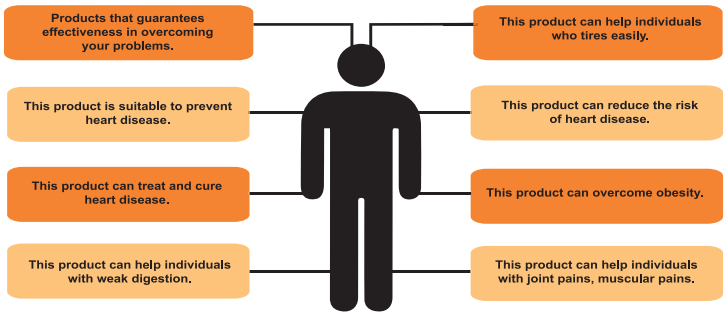
i) Only approved declarations are permitted to be advertised. Declarations other than those approved are considered as unsubstantiated

Examples:

- Clinically tested/ proven
- Extensive research
- Scientifically proven
- DEF products can make you feel refreshed when waking up in the morning
- Take the product of ABC to make your skin glow, fair and attractive

d) On the suitability of a food to be used in preventing, reducing, treating or curing of diseases, selected physiological disturbances or conditions, except as otherwise approved in this Regulation;

Examples:



e) Which could give rise to doubt about the safety of a similar food or arouse or exploit fear in the consumers;

Examples:

- Only this food product contains additives that are certified as safe for use.
- This product does not contain genetically modified ingredients.
- GMO free

f) Referring to superstitious belief or any reference to mythical object of supernatural powers.

Examples:

- Healing water that is curative for all diseases
- Efficacious water

5.8 Food advertisement shall not contain the words “organic”, “biological”, “ecological”, “biodynamic” or any other words of the same meaning unless the food conforms:

i) To the requirements or criterias prescribed or recognised by Food Safety and Quality Program of the Ministry of Health Malaysia.

Examples of permitted statements:

- Organic vegetable
- Organic food
- Organically produced
- Organic plants
- Organic cow’s milk

5.9 Food advertisement **shall not contain the words “mixed compound”, “medicated”, “tonic” or “health”** or any other words with similar meanings unless as prescribed in the Food Regulations 1985.

Examples:

- Health drink/food
- Tonic drink/medicinal drink

5.10 Food advertisement is prohibited to contain the words **"nutritious"** or any other words with similar meanings (e.g. nutritional, nourish, nutritive) unless fulfilling these conditions:

a) The food contains a range of nutrients including carbohydrate, fats, protein, vitamins and minerals;

b) The food contains amount of energy of more than 40 kcal for every 100 g or 20 kcal for every 100 ml;

c) The food contains source of protein that is not less than 5 g for every 100 g or 2.5 g for every 100 ml;

d) The food contains at least four vitamins of an amount that meets the criteria to be claimed as source and two minerals (excluding sodium) of an amount that meets the criteria to be claimed as source.

5.11 Food advertising is prohibited for Infant Formula or Follow-up Formula. Any descriptive matter appearing on or attached to or supplied with any package of infant formula or follow-up formula shall not include any information on the promotion or advertisement of another product .

Please refer to Code of Ethics for the Marketing of Infant Foods and Related Products by Nutrition Division, Ministry of Health Malaysia

6. NON COMPLIANCE

The penalty for failure to comply with the food advertising requirements is compoundable and fine of not exceeding RM 10,000.00 or imprisonment for a term not exceeding three (3) years.

INQUIRIES

Any inquiries can be submitted to:

Senior Director
Food Safety and Quality Program
Ministry of Health Malaysia
Level 4, Menara Prisma
62675 Putrajaya

Tel : (03) – 8885 0797
Fax : (03) – 8885 0790
Website : http://fsq.moh.gov.my

4. Guidelines on Labelling Of Irradiated Food

Contents

1. PURPOSE

These guidelines were prepared:

1.1 To fulfill the requirements of Regulation 13, Food Irradiation Regulations 2011; and

1.2 As a guidance to the food industries, consumer and authorised officers under the Food Act 1983.

2. REQUIREMENTS OF LABELLING

2.1 Packages containing irradiated food for sale shall bear on it:

Examples:

- A written statement –
  - o In close proximity to the name of the food;
  - o In not less than 10 point lettering, in one of the following forms:

- The international food irradiation symbol: 

FGH®
MANGGO

TREATED WITH IONIZING RADIATION

Storage instruction: Store in dry place.

Packed by:
RSQ Company, Street 12,
0245 Australia

Imported by:
PQR Sdn. Bhd.
No. 1, Jalan 123, Taman Perindustrian PQR,
58000 Kuala Lumpur

Product of Australia
Net weight: 1 kg

ABC®
PAPAYA

TREATED WITH IRRADIATION

Storage instruction: Store in dry place.

Packed by:
XYZ Company, Jalan 321,
7854 Indonesia

Imported by:
LMK Sdn. Bhd.
No. 1, Jalan 123, Taman Perindustrian STU,
58000 Kuala Lumpur

Product of Indonesia
Net weight: 1 kg

2.2 Irradiated food is used as an ingredient in another food and itconstitutes more than 5 % of the content of that food:

- Declaration in the list of ingredients in the form:
  - "IRRADIATED"

Example

ABC®

MANGO FERMENTED MILK

Ingredient: Milk solids, IRRADIATED mango, sugar, lactic acid bacteria, salt, Stabilizer (INS 412)

Nutrition Information
Serving size: 130g

	Per 100g	Per serving (130g)
Energy	75kcal	100kcal
Carbohydrate	16.0g	20.0g
Total sugars	7g/100g	9.1g/130g
Sodium	200mg/100g	260mg/1
Protein	3.0g	4.0g
Fat	0.5g	0.5g

Storage instruction: Store in cold temperature 4°C

BEST BEFORE: 01/01/2024

Manufactured by:
CDE Company, Street 963,
6547 Thailand

Imported by:
XYZ Sdn. Bhd.
No. 1, Jalan 123, Taman Perindustrian PQR,
58000 Kuala Lumpur

Product of Thailand

Net weight: 130g

2.3 Where irradiated food is displayed for retail sale other than in a package:

- Any information required shall be displayed on or in connection with the display of the food.

Example

ENQUIRIES

Any inquiries can be submitted to:

Senior Director
Food Safety and Quality Program
Ministry of Health Malaysia
Level 4, Menara Prisma
62675 Putrajaya

Tel : (03) – 8885 0797
Fax : (03) – 8885 0790
Website : http://fsq.moh.gov.my

5. Guideline on Labelling of Food and Food Ingredients Obtained Through Modern Biotechnology

(Regulations 11(3A), 11(6), 11(7) and 17(3A), Food Regulations 1985)

Contents

1. PURPOSE

These guidelines were prepared:

1.1 To fulfill the requirements of Regulations 11(3A), 11(6), 11(7) and 17(3A) of the Food Regulations 1985;

1.2 As a guidance to the food industries, consumer and authorised officers under the Food Act 1983;

1.3 The Regulations are as follows:

Regulation 11(3A)

"gene derived from (common name of such animal)"

(3) For the purpose of paragraphs (1)(e) and (g), where the ingredients of the food, or the food additives added to such food, are derived from animal, the common name of such animal shall also be stated on the label of that food:

Provided that it shall not be necessary to indicate the name of the animal from which the ingredient or food additive is derived if it can be inferred from the appropriate designation of such ingredient of food additive.

Regulation 11(6)

For the purpose of paragraph (ea) of subregulations (1) and (5), the origin of food and food ingredients obtained through modern biotechnology shall be stated as follows:

"gene derived from (origin)".

(1) (ea) where the food contains an ingredient known to cause hypersensitivity, a statement indicating that the food may cause hypersensitivity;

(5) For the purpose of paragraph (ea) of subregulation (1), the specific food or ingredients known to cause hypersensitivity are as follows:

(a) cereal containing gluten including wheat, rye, barley and oat;
(b) nut and nut product including peanut and soybean;
(c) fish and fish product;
(d) milk and milk product (including lactose); and
(e) egg and egg product.

Regulation 11(7)

Food and food ingredients obtained through modern biotechnology shall be labelled as follows:

(a) in the case of food and food ingredients are composed of or contains genetically modified organisms, the words "genetically modified (name of the ingredient)" shall appear on the label;

(b) in the case of food and food ingredients are produced from, but does not contain genetically modified organisms, the words "produced from genetically modified (name of the ingredient)" shall appear on the label;

(c) for the purpose of paragraphs (a) and (b), in the case of single-ingredient foods, the information shall appear on the principal display panel in close proximity with the name of the food and shall be in not less than 10 point lettering;

(d) for the purpose of paragraphs (a) and (b), in the case multi-ingredient foods, the information shall appear in the list of ingredients immediately following the ingredients; and

(e) for the purpose of paragraph (d), the statement "contains genetically modified ingredient" shall be stated on the principal display panel in close proximity with the name of the food and shall be in not less than 10 point lettering.

2. INTERPRETATION

"Genetically modified organism (GMO)" means an organism in which the genetic material has been changed through modern biotechnology in a way that it does not occur naturally by multiplication or natural recombination or both.

"Highly refined foods" means food or food ingredients that are highly refined and where the processing removes all novel DNA and/or novel protein.

"Processing aid" means any substance or material, not including apparatus or utensils, and not consumed as a food ingredient by itself, intentionally used in the processing of raw materials, foods or its ingredients, to fulfill a certain technological purpose during treatment or processing and which may result in the non-intentional but unavoidable presence of residues or derivatives in the final product.

3. REQUIREMENTS OF LABELLING

3.1 The labelling requirements shall only apply to the three (3) main ingredients in the ingredient list.

3.2 Threshold level:

The labelling requirements shall **not apply** to foods which contains, consists of or produced from GMO in a proportion not **more than 3%** of the food ingredients considered individually or food consisting of a single ingredient, provided that this presence is adventitious or technically unavoidable.

3.3 Exemptions:

- Highly refined foods e.g. refined oil, plant sterol, boiled sweet, sugar, corn syrup, honey and dextrin (other than that with *altered characteristics).

- The following are exempted when novel DNA and/or novel protein is not present in the final food:

    o Processing aids and food additives (e.g. dextrin).
    o Acidic foods (e.g. pickles and vinegar).
    o Salty foods (e.g. soy sauce).

- Food from animals fed with GM animal feed (e.g. meat, milk, eggs).

- Foods produced from fermentation using GMM (Genetically Modified Microorganisms) not present in the final products (e.g. vitamins, amino acid).

- Foods produced with GM enzyme (e.g. cheese, bakery products produced with amylase).

3.4 For the purpose of requirements 3.1 to 3.3, only those events that have been approved by the National Biosafety Board are deemed to be the permitted events for foods and food ingredients obtained through modern biotechnology.

Please refer to the list of events that have been approved by the National Biosafety Board at the following link:

Makanan, Makanan Haiwan dan Pemprosesan (FFP) – Laman Web Rasmi Jabatan Biokeselamatan (biosafety.gov.my)

3.5 Notwithstanding requirements 3.1 to 3.3, no exemption of labelling for foods which contains, consists of or produced from GMO if the gene is derived from animal or substance that may cause hypersensitivity.

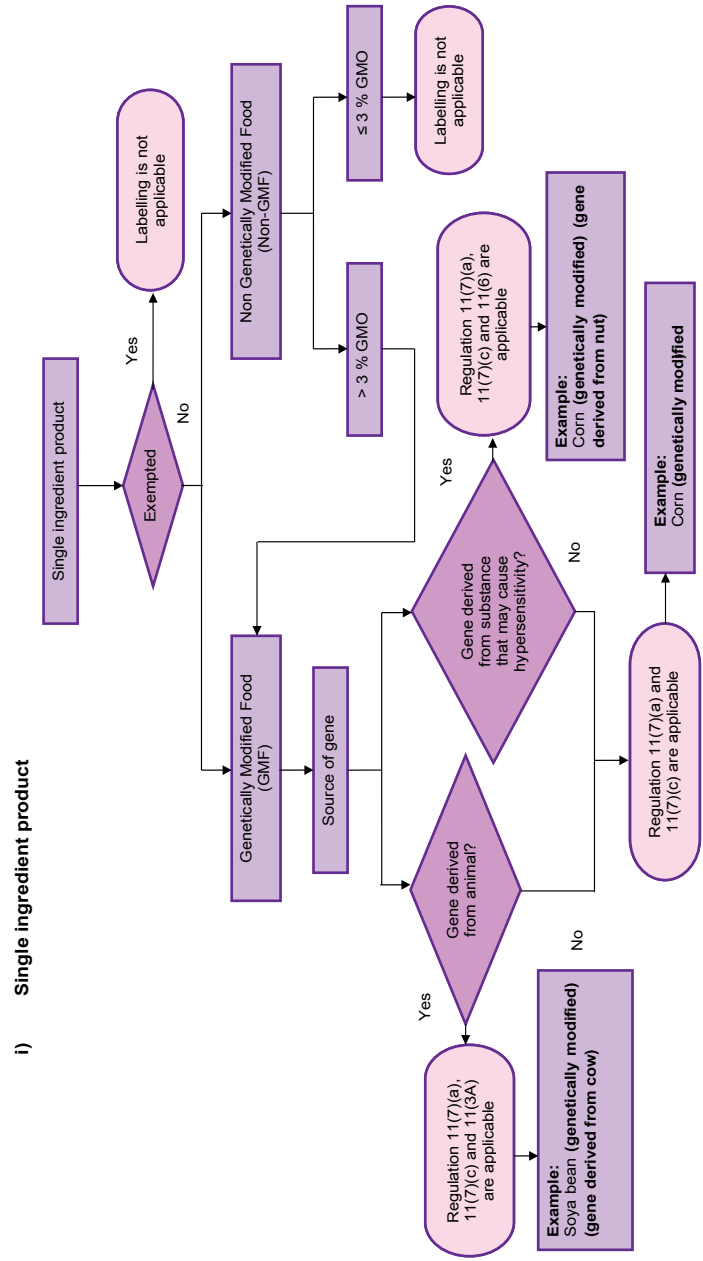
3.6 Notwithstanding requirements 3.1 to 3.3, no exemption of labelling for highly refined foods with altered characteristics. *Altered characteristics means –

- The genetic modification has significantly altered the composition or nutritional qualities compared to the existing counterpart non-GM food.

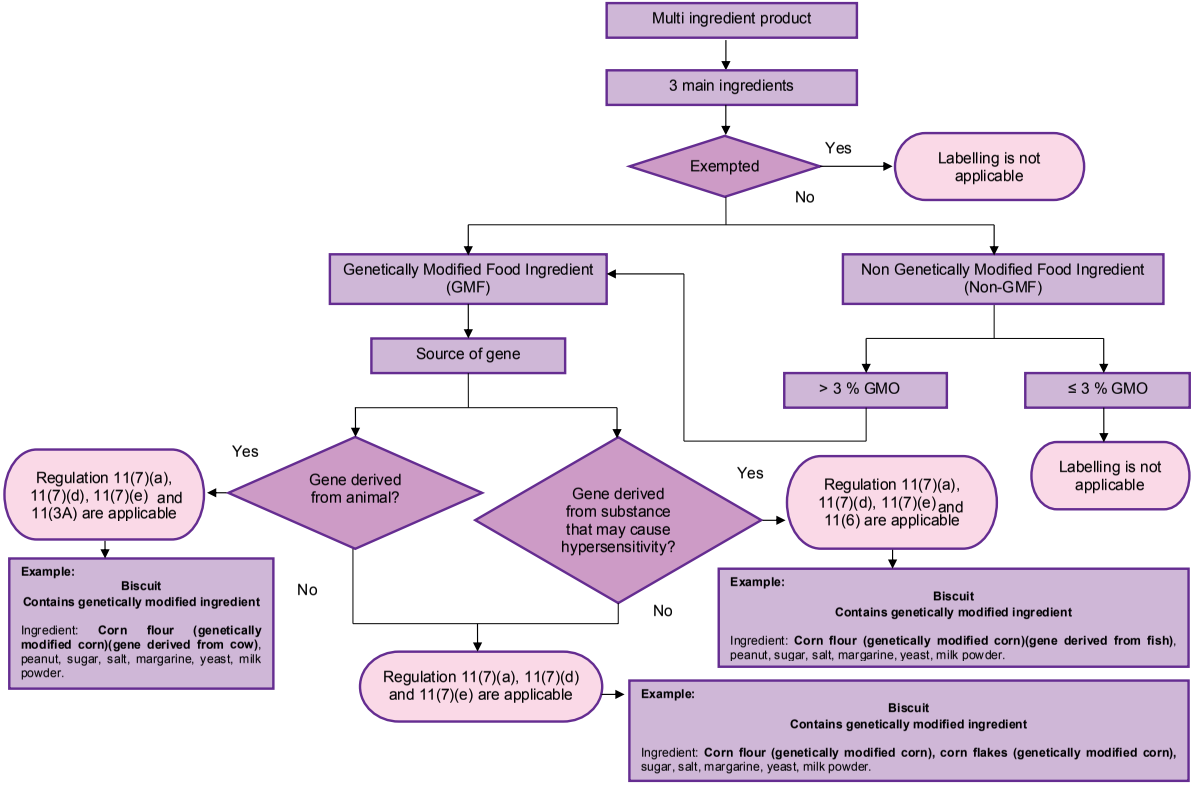
- The intended use of the GM food is different to the existing counterpart non-GM food.

3.7 For the purpose of requirements 3.1 to 3.6, if the food and food ingredients obtained through modern biotechnology are to be labeled, please refer to section 3.7.1. Please refer to section 3.7.2 for the examples of product label.

3.7.1 **Flowchart**

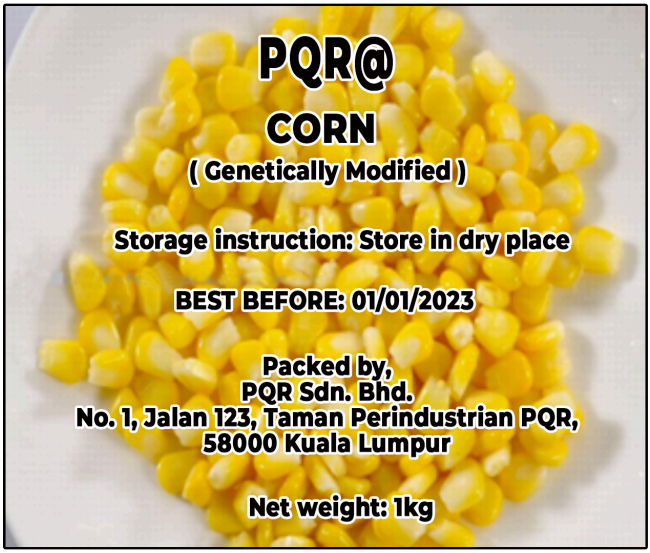


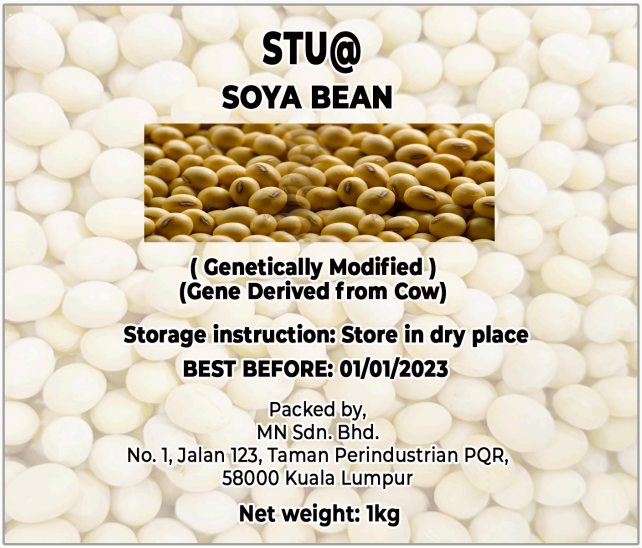
ii) Multi ingredient product



3.7.2 Examples of Product Label

i) Single ingredient product





ii) Multi ingredient product

FGH®
CORN BREAD
Contains Genetically Modified Ingredient

Ingredient: Wheat flour, corn flour (genetically modified corn), corn (genetically modified), yeast, non fat milk. corn oil, salt, butter.

NUTRITION INFORMATION		
Serving size: 60 g **Serving per package : 12**		
	Per 100 ml	Per serving 2 slces (60g)
Energy	252 kcal	151 kcal
Carbohydrate	48.5g	29.1g
Total Sugars	6.0g	3.7g
Protein	8.3g	5.0g
Fat	2.4g	1.4g
Calcium	250mg	150mg
Sodium	438mg	269mg

Contains permitted preservative.
Net weight: 360g
Storage instruction: Store in dry place.

BEST BEFORE: 01/01/2023

Manufactured by:
FGH Sdn. Bhd.
No. 1, Jalan 123, Taman Perindustrian FGH,
58000 Kuala Lumpur

INQUIRIES

Any inquiries can be submitted to:

Senior Director
Food Safety and Quality Program
Ministry of Health Malaysia
Level 4, Menara Prisma
62675 Putrajaya

Tel : (03) – 8885 0797
Fax : (03) – 8885 0790
Website : http://fsq.moh.gov.my

6. GUIDELINES ON LABELLING SCREENING FOR INDUSTRY

Contents

1. INTRODUCTION

These guidelines have been prepared to give guidance to the industry in ensuring that all food product labels comply with the Food Regulations 1985.

It is the responsibility of the industry to ensure that **FOOD PRODUCT LABELS** comply with the labelling requirements under the Food Regulations 1985.

2. PROCEDURE FOR LABELLING SCREENING

2.1 There are four (4) procedures which the industry may follow in carrying out labelling screening:

2.1.1 Self-screening
2.1.2 Labelling advisory service by independent consultants
2.1.3 Application for labelling screening
2.1.4 Application for label advisory services

2.1.1 Self-Screening

The industry may carry out self-screening for food product labels based on:

I. Food Regulations 1985
II. Guidelines on food labelling
III. Checklists for food labelling advisory services and labelling screening

All references may be downloaded from the official website of the Food Safety and Quality Program at http://fsq.moh.gov.my.

2.1.2 Labelling Advisory Service by Independent Consultants

The industry may appoint independent or external consultants to ensure label compliance with the Food Regulations 1985.

2.1.3 Application for Label Screening and Label Advisory Services

2.1.3.1 **Objective**

This is a service the Food Safety and Quality Program offers to the industry to ensure food product labels or advertisements comply with the requirements of the Food Act 1983 and the Food Regulations 1985.

2.1.3.2 **Benefit**

Ensures that food product labels or advertisements comply with the Food Act 1983 and the Food Regulations 1985.

2.1.3.3 **Is this service mandatory?**

The use of this service is not mandatory. Nevertheless, the industry is advised to refer to the Food Safety and Quality Program before any product label or advertisement is used in the Malaysian market.

2.1.3.4 **Who may use this service?**

i. Producers
ii. Packers
iii. Importers
iv. Manufacturers
v. Distributors

2.1.3.5 **How to apply?**

The industry can apply the services through online using the Fosim System at https://fosim.moh.gov.my/fssm/public/home

The full manual on how to apply for the services through Fosim can be downloaded at http://fsq.moh.gov.my/v6/xs/page.php?id=441000713

2.1.3.6 Comparison between label screening and label advisory services

Item	Application for Label Screening	Application for Label Advisory Services
Food labelling screening process	• Label will be screened. • Feedback notifying either COMPLIANCE or NON-COMPLIANCE with the Food Regulations 1985 will be issued to the applicant without any notification of specific non-compliance on the label. • Corrective action may be taken by the industry and the amended label will be re-sent for screening by the Food Safety and Quality Program up to two times without any additional charges. • A LETTER OF COMPLIANCE will be issued for the label that meet all the requirements under the Food Regulations 1985.	• Label will be screened and will be detail out all the commentary for the non-compliance on the label. • Full commentary for non-compliance on the label will be detailed out in the Fosim system. • Corrective action may be taken by the industry and the amended label will be re-sent for screening by the Food Safety and Quality Program up to two times without any additional charges. • A LETTER OF COMPLIANCE will be issued for the label that meet all the requirements under the Food Regulations 1985.
Fee	• A fee of RM250 is charged for each label.	• A fee of RM1,000 is charged for each label.
Screening period	• 15 working days from the date of receipt of the complete application	• 14 working days from the date of receipt of the complete application

2.1.3.7 Checklist For Application For Labelling Screening And Food Labelling Advisory Services

Labels must comply with the provisions in Part IV of the Food Labelling, under the Food Regulations 1985 and the specific labelling provisions for the labelling of food commodities under the relevant regulations. A detailed explanation of these regulations can be found in the General Guidelines on Food Labelling at fsq.moh.gov.my.

Bil	Perkara	Rujukan	Kenyataan
1.	Bahasa yang digunakan	Per.10(a)	Semua maklumat yang perlu ada pada label, bagi produk yang dikeluarkan, disediakan atau dibungkus di Malaysia, perlulah di dalam Bahasa Malaysia. Terjemahan ke dalam apa-apa bahasa lain adalah dibenarkan dan maklumat tersebut perlu konsisten bagi semua bahasa untuk memberi maksud yang sama.
		Per.10(b)	Bagi produk yang diimport, maklumat pelabelan perlulah di dalam Bahasa Malaysia atau Bahasa Inggeris.
		Per 388(6)	Bagi produk "Makanan Bertujuan Khas" maklumat pelabelan hendaklah dilabel dalam Bahasa Malaysia dan boleh mempunyai terjemahannya dalam mana-mana bahasa lain walaupun produk import.
2.	Nama sebutan sebenar	Per.11(1)(a)	Nama sebutan sebenar makanan atau suatu perihal mengenai makanan itu dengan mengandungi nama biasa ramuannya perlu dinyatakan pada label.
		Per.11(1)(b)	Bagi makanan dalam bentuk campuran atau sebatian, perlu dinamakan dalam bentuk berikut: "(nama sebutan sebenar) campuran" atau "(nama sebutan sebenar) sebatian". dan terjemahannya adalah: "mixed (here insert the appropriate designation of the food)"; or "blended (here insert the appropriate designation of the food)".

Bil	Perkara	Rujukan	Kenyataan
		Per.12(2)	Nama sebutan sebenar perlu jelas dari segi ketinggian, keutamaan visual dan kedudukan supaya mudah kelihatan berbanding perkara lain yang terdapat pada label.
3.	Penyataan tambahan di bawah nama sebutan sebenar	Per.11(1)(c) & Per.11(2)	Bagi makanan yang mengandungi daging lembu atau daging babi atau terbitannya atau lemak babi perlu dinyatakan dalam bentuk berikut : "MENGANDUNGI (nyatakan sama ada daging lembu atau daging babi atau terbitannya atau lemak babi)". dan terjemahannya adalah: "CONTAINS (state whether beef or pork, or its derivatives, or lard, as the case may be)".
		Per.11(1)(d) & Per.11(2)	Bagi makanan yang mengandungi alkohol tambahan, pernyataan tersebut perlu dilabel: **"MENGANDUNGI ALKOHOL"** dan terjemahannya adalah: **"CONTAINS ALCOHOL"** Ditulis dalam huruf **besar tebal** dari tulisan bukan serif dan saiz penghurufan tidak kurang daripada 6 poin.
4.	Ramuan	Per.11(1)(e)	Ramuan perlu disusun mengikut susunan berat menurun. Senarai ramuan perlu ditulis dengan menggunakan nama biasa (nama sebutan sebenar) bagi ramuan tersebut.
		Per.11(1)(ea)	Bagi makanan yang mengandungi ramuan yang diketahui boleh menyebabkan hipersensitiviti, suatu pernyataan yang menandakan bahawa makanan itu boleh menyebabkan hipersensitiviti perlu dilabel: Contoh: Krimer bukan tenusu (mengandungi protein susu). dan terjemahannya adalah: Non dairy creamer (contains milk protein)

Bil	Perkara	Rujukan	Kenyataan
		Per.11(1)(eb)	Pelabelan peratusan ramuan *(Quantitative Ingredient Declaration -QUID).* Bagi makanan yang dijual sebagai campuran atau kombinasi, suatu pernyataan mengenai peratusan berat atau isi padu ramuan sebenar itu hendaklah dinyatakan bersebelahan setiap ramuan sebenar itu- (a) jika ramuan sebenar yang digunakan dalam pengilangan makanan itu ditonjolkan pada label melalui perkataan, gambar atau grafik; atau (b) jika ramuan sebenar yang digunakan dalam pengilangan makanan itu tidak termasuk dalam nama makanan itu tetapi penting untuk menggambarkan makanan itu.
		Per.11(1)(f)	Bagi makanan yang mengandungi lemak makan atau minyak makan, penyataan tentang adanya lemak makan atau minyak makan serta nama biasa binatang atau sayuran perlu label. Contohnya: Minyak sayuran (minyak sawit)
		Per.11(3)	Merujuk kepada Peraturan 11(1)(e) dan (g), bagi ramuan makanan atau aditif makanan yang ditambah, berasal daripada binatang, nama biasa binatang tersebut perlu dilabel. Contohnya : Kolagen (ikan)
		Per.20(6)	Bagi makanan yang mengandungi sulfit atau sulfur dioksida sebagai pengawet yang dibenarkan melebihi daripada 10mg/kg, penyataan di bawah perlu dilabel seperti berikut: “Mengandungi sulfur dioksida” dan terjemahannya: “Contain sulfur dioxide”

Bil	Perkara	Rujukan	Kenyataan
		Per.25(5)	Bagi makanan yang mengandungi "Polydextrose", penyataan di bawah perlu dilabel seperti berikut: "Individu yang sensitif boleh mengalami kesan cahar daripada pengambilan berlebihan makanan yang mengandungi polidekstrosa". dan terjemahannya adalah: "Sensitive individuals may experience a laxative effect from the excessive consumption of food containing polydextrose
		Per.26(3A)	Bagi makanan yang mengandungi *Epigallocatechin gallate* (EGCG), penyataan di bawah perlu dilabel seperti berikut : "TIDAK DISYORKAN BAGI IBU MENGANDUNG DAN MENYUSUI". dan terjemahannya adalah: "NOT RECOMMENDED FOR PREGNANT AND LACTATING MOTHER".
		Per.26(7)	Kriteria pelabelan bagi label makanan yang mengandungi akuan atau apa-apa perihalan lain berkaitan vitamin, mineral, asid amino, asid lemak, nukleotide atau kompenan makanan lain boleh dirujuk di bawah Daftar V, Jadual Kelima A Peraturan-Peraturan Makanan 1985 (Pindaan) (No.4) 2020.
		Per.26(11)	Bagi makanan yang mengandungi Vitamin K selain produk rumusan bayi, rumusan susulan dan susu tepung rumusan bagi kanak-kanak, penyataan di bawah perlu dilabel seperti berikut : "MENGANDUNGI VITAMIN K, SESEORANG YANG MENGAMBIL WARFARIN HENDAKLAH MENDAPATKAN NASIHAT PERUBATAN SEBELUM MEMAKAN PRODUK INI".

Bil	Perkara	Rujukan	Kenyataan
			dan terjemahannya: “CONTAINS VITAMIN K, PERSONS TAKING WARFARIN SHALL SEEK MEDICAL ADVICE BEFORE CONSUMING THIS PRODUCT”
		Per.133(12)	Bagi makanan yang terdapat penambahan bahan pemanis tanpa zat seperti saccharin, sodium saccharin, acesulfame potassium atau neotame, penyataan di bawah perlu dilabel seperti berikut : “MENGANDUNGI (NYATAKAN BAHAN PEMANIS TANPA ZAT) SEBAGAI BAHAN PEMANIS TANPA ZAT YANG DIBENARKAN. dan terjemahannya: “CONTAIN (STATE THE NAME OF THE NON-NUTRITIVE SWEETENING SUBSTANCE) AS PERMITTED NON-NUTRITIVE SWEETENING SUBSTANCE”
		Per.134(5)	Bagi makanan yang mengandungi gliserol, isomalt, maltitol, sirap maltitol, mannitol, sorbitol, erythritol, xylitol dan isomaltitol, penyataan di bawah perlu dilabel seperti berikut : “PENGGUNAAN BERLEBIHAN BOLEH MENYEBABKAN KESAN LAKSATIF”. dan terjemahannya: ”EXCESSIVE USE CAN HAVE LAXATIVE EFFECT”.
		Per.134(4)	Bagi makanan yang mengandungi aspartame dan neotame, penyataan di bawah perlu dilabel seperti berikut: “TIDAK SESUAI BAGI FENILKETONURIK”. dan terjemahannya: “UNSUITABLE FOR PHENYLKETONURICS”

Bil	Perkara	Rujukan	Kenyataan
		Per.153(4)	Bagi makanan yang mengandungi gelatin makan, nama biasa binatang daripada mana gelatin itu diperolehi perlu dilabel seperti berikut : “mengandungi gelatin makan daripada (nyatakan nama biasa binatang daripada mana gelatin itu diperolehi)” dan terjemahannya adalah: “contains edible gelatin from (state the common name of the animal from which the edible gelatin is obtained) ”.
		Per.360(5)	Bagi bungkusan yang mengandungi sirap berperisa atau minuman berperisa yang telah ditambah kafein, suatu pernyataan tentang adanya kafein dalam makanan tersebut perlu ditulis pada label seperti berikut : “Mengandungi kafein” dan terjemahannya : “Contains caffein” Berikut adalah paras maksimum bagi ramuan berikut untuk ditambah di dalam produk makanan: (i) Psyllium Husk : tidak melebihi 3.5g bagi pengambilan setiap hari. (ii) Senna : tidak melebihi 0.5g bagi pengambilan setiap hari.
5.	Penyataan tentang bahan aditif	Per. 11(1) (g)	Bagi makanan yang mengandungi aditif makanan— (i) dengan Sistem Pernomboran Antarabangsa (INS) bagi nombor aditif makanan, suatu pernyataan mengenai kelas fungsian aditif makanan yang berkenaan diikuti dengan nama aditif makanan itu atau nombor INS dalam kurungan; atau

Bil	Perkara	Rujukan	Kenyataan
			Contoh: Bahan Pengawet (INS 202) atau Bahan Pengawet (Potassium Sorbate) dan terjemahannya adalah: Preservative (INS 202) or Preservatives (Potassium Sorbate)
6.			Bagi makanan yang mengandungi aditif makanan— (ii) tanpa Sistem Pernomboran Antarabangsa (INS) bagi nombor aditif makanan, hanya suatu pernyataan mengenai kelas fungsian dan nama aditif makanan itu;" Contoh: Penambah Perisa (Ekstrak Yis) dan terjemahannya adalah: Flavour Enhancer (Yeast Extract)
7.		Per. 11(1) (ga)	Bagi makanan yang mengandungi aditif makanan— iii) Lebih daripada satu kelas fungsian, suatu pernyataan mengenai satu kelas fungsian sahaja dinyatakan. Contoh: Produk mengandungi guar gum yang berfungsi sebagai pengemulsi atau pemekat. Maka hanya nyatakan salah satu fungsi tersebut seperti berikut : Pengemulsi (INS I42) atau Pengemulsi (Guar Gum) atau Pemekat (INS I42) atau Pemekat (Guar Gum) dan terjemahannya adalah: Emulsifier (INS 142) or Emulsifier (Guar Gum) or Thickener (INS 142) or Thickener (Guar Gum)

Bil	Perkara	Rujukan	Kenyataan
8.		Per.11(2A)	Bagi makanan yang mengandungi aditif makanan — iv) Sebagai bahan perisa, hanya kelas fungsian hendaklah dinyatakan. Contoh: Bahan Perisa
9.	Berat bersih/ Ispadu	Per.11(1) (i) Per.13(3)	Berat bersih perlu dinyatakan pada label dengan ketinggian penghurufan hendaklah sama. Contoh : Berat Bersih : 200ml ; atau 300g; atau Isipadu minimum : 400ml ; atau 5g x 20 sacet
10.	Nama dan alamat pengilang	Per.11(1) (j)	Nama dan alamat pengilang / pembungkus / empunya hak untuk mengilang atau membungkus / ejen perlu dinyatakan pada label. e.g. Dikilang oleh (Manufactured by) @ Dibungkus oleh (Packed by) @ Dibuat oleh (Produced by) @ Empunya Hak Untuk Mengilang (Owner of the right of manufacture) @ Empunya Hak Untuk Membungkus (Owner of the right of packing) @ Agen Pengilang (Agent of manufacturer) @ Agen pembungkus (Agent of packer).
11.	Nama dan alamat pengimport	Per.11(1)(j)	Bagi produk yang diimport, nama dan alamat pengimport perlu dinyatakan.
12.	Negara asal	Per.11(1)(j)	Bagi produk yang diimport, nama negara dari mana makanan itu berasal perlu dinyatakan
13.	Saiz penghurufan pada label	Per.12	Label hendaklah ditulis dengan penghurufan tidak lebih kecil daripada 10 poin untuk nama sebutan sebenar, berat bersih dan pernyataan mengandungi daging/lemak lembu atau daging babi, atau terbitannya.

Bil	Perkara	Rujukan	Kenyataan
			Label hendaklah ditulis dengan penghurufan tidak lebih kecil daripada 4 poin untuk senarai ramuan, penyataan lemak makan atau minyak makan, pernyataan tentang bahan aditif, nama dan alamat pengilang / pengimport / negara asal dan pelabelan pemakanan. Label hendaklah ditulis dengan penghurufan tidak lebih kecil daripada 6 poin untuk pernyataan mengandungi alkohol. Sekiranya bungkusan yang hendak dilabel itu adalah begitu kecil hingga tidak membolehkan penggunaan huruf-huruf dari saiz di atas, maka huruf-huruf dari saiz yang lebih kecil boleh digunakan tidak lebih kecil daripada 2 poin.
14.	Penandaan tarikh	Per.14	Penandaan tarikh perlu dibuat dengan mengikut format dan syarat yang telah ditetapkan dalam peraturan tersebut. Ditulis dalam **HURUF BESAR TEBAL** dari tulisan bukan serif dan saiz penghurufan tidak kurang daripada 6 poin. Ia perlu ditulis sebagai : "**TARIKH AKHIR** atau **TH AKHIR** (masukkan tarikh mengikut hari, bulan dan tahun atau mengikut bulan dan tahun)". atau "**GUNA SEBELUM** atau **GUNA SB**L (masukkan tarikh mengikut hari, bulan dan tahun atau mengikut bulan dan tahun)". atau "**MAKAN SEBELUM** atau **MAKAN SBL** atau **MINUM SEBELUM** atau **MINUM SBL** (masukkan tarikh mengikut hari, bulan dan tahun atau mengikut bulan dan tahun)". atau "**BAIK SEBELUM** atau **BAIK SBL** (masukkan tarikh mengikut hari, bulan dan tahun atau mengikut bulan dan tahun)".

Bil	Perkara	Rujukan	Kenyataan
15.	Ilustrasi ramuan	Per.18(1)	Label tidak boleh mengandungi rujukan atau huraian mengenai apa-apa penyataan atau label supaya terdapat pada sesuatau bungkusan makanan jika rujukan atau huraian itu secara langsung atau tersirat, kandungan label tersebut. Contohnya : Gambar buah-buahan yang menjadi ramuan sahaja boleh disertakan pada label.
16.	Cadangan penghidangan	Per.18(5)	Pernyataan "CADANGAN PENGHIDANGAN" atau "RESIPI" perlu dinyatakan berhampiran dengan gambar dalam huruf besar dan saiz penghurufan mestilah tidak kurang daripada 6 poin.
17.	Maklumat pemakanan	Per.18B(3)(b) dan Per.18B(3)(c)	Maklumat nilai pemakanan perlu dinyatakan mengikut format iaitu setiap hidangan dan setiap 100 g(ml) bagi nutrien yang wajib dilabelkan iaitu tenaga, protein, karbohidrat lemak, dan mewajibkan penambahan maklumat "jumlah gula/total sugars" dan "natrium/sodium" daripada sedia ada Cadangan format maklumat pemakanan adalah seperti berikut: Maklumat Pemakanan Saiz Hidangan : xxx g Hidangan Setiap Kotak : xxx **Bagi setiap 100g :** Tenaga : xxx kcal Lemak : x.x g Karbohidrat : x.x g Jumlah gula : x.x g Protein : x.x g Natrium : x.x g

Bil	Perkara	Rujukan	Kenyataan
			Bagi Setiap Hidangan: Tenaga : xxx kcal Lemak : x.x g Karbohidrat : x.x g Jumlah gula : x.x g Protein : x.x g Natrium : x.x g dan terjemahannya adalah: Nutrition Information Serving Size : xxx g Serving per box : xxx **Per 100g:** Energy : xxx kcal Fat : x.x g Carbohydrate : x.x g Total sugars : x.x g Protein : x.x g Sodium : x.x g **Per Serving**: Energy : xxx kcal Fat : x.x g Carbohydrate : x.x g Total sugars : x.x g Protein : x.x g Sodium : x.x g

Bil	Perkara	Rujukan	Kenyataan
18.	Pengisytiharan jumlah gula (bagi minuman yang sedia diminum)	Per.18B(4)	Bagi minuman yang sedia diminum, jumlah gula mesti diisytiharkan dalam bentuk berikut: “Karbohidrat …g Jumlah gula …g” dan terjemahannya: “Carbohydrate …g Total sugars …g”
19.	Pengisytiharan jumlah dan jenis asid lemak	Per.18B(5)	Apabila amaun asid lemak diisytiharkan, maka pengisytiharan amaun asid lemak tepu, asid lemak monotidaktepu, asid lemak politidaktepu dan asid lemak trans perlu dibuat dalam format seperti di bawah: Lemak …g Asid Lemak Monotidaktepu …g Asid Lemak Politidaktepu …g Asid Lemak Tepu …g Asid Lemak Trans …g”

Bil	Perkara	Rujukan	Kenyataan
			dan terjemahannya: Fat …g” Monounsaturated fatty acid …g” Polyunsaturated fatty acid …g” Saturated fatty acid …g” Trans fatty acid …g”
20.	Pengisytiharan nilai nutrien	Per.18B(9) & Daftar II, Jadual Ke-12	Nilai vitamin dan mineral hanya boleh diisytiharkan dalam maklumat pemakanan sekiranya: (a) tersenarai dalam senarai Nilai Rujukan Nutrien (NRN) dan hadir dalam jumlah sekurang-kurangnya 5% bagi setiap hidangan; atau (b) hadir dalam amaun yang tidak kurang daripada amaun dalam rujukan kuantiti sesuatu makanan yang dinyatakan dalam Daftar II kepada Jadual Kedua Belas. Sekiranya tidak memenuhi kriteria di atas, maka ia tidak boleh diisytiharkan dalam maklumat pemakanan.
21.	Unit SI (International System of Unit) yang digunakan pada nutrien di dalam maklumat pemakanan.	Per.18B(11)	Nilai nutrien dalam maklumat pemakanan perlu dilabel dalam Unit SI (International System of Unit) mengikut format yang betul. Contoh: a) Vitamin A (µg) b) Vitamin D (µg) c) Vitamin E (mg)
22.	Logo & Sijil	Per.18(1A)	Penggunaan logo mestilah disokong dengan sijil yang dikeluarkan oleh pihak berkuasa yang bertanggungjawab dan masih sah tempoh lakunya *(valid)*.

Bil	Perkara	Rujukan	Kenyataan
23.	Perkataan / Penyataan / Akuan	Seksyen 16	Penyataan yang palsu, mengelirukan atau memperdayakan berkenaan dengan sifat, jenis, nilai, bahan, kualiti, komposisi, merit atau keselamatan, kekuatan, ketulenan, berat atau asal-usul adalah tidak dibenarkan.
		Per.18(1A)	Perkataan yang menggambarkan penggredan, kualiti atau kelebihan atau apa-apa perkataan lain yang mempunyai maksud yang sama tidak dibenarkan melainkan perihalan penggredan kualiti itu menepati perihalan yang ditetapkan oleh pihak berkuasa yang bertanggungjawab bagi penggredan tersebut adalah tidak dibenarkan.
		Per.18(3)	Pernyataan yang menunjukkan 'berubat', 'tonik', atau 'kesihatan' adalah tidak dibenarkan.
		Per.18(4)	Akuan yang memperihalkan tentang ketiadaan sesuatu makanan di bawah adalah tidak dibenarkan: (i) daging lembu atau daging babi atau terbitannya, atau lemak babi, atau alkohol tambahan jika makanan itu tidak mengandungi ramuan tersebut; atau (ii) apa-apa aditif makanan atau nutrien yang ditambah yang penambahannya adalah dilarang oleh Peraturan-Peraturan Makanan 1985.
		Per.18(6)(a)	Akuan yang menyatakan bahawa mana-mana makanan tertentu akan menyediakan sumber yang mencukupi bagi semua nutrien yang penting, kecuali sebagaimana yang dibenarkan selainnya dalam Peraturan-Peraturan Makanan 1985 adalah tidak dibenarkan.
		Per.18(6)(c)	Akuan yang tidak dapat disahkan adalah tidak dibenarkan.

Bil	Perkara	Rujukan	Kenyataan
		Per.18(6)(d)	Akuan tentang kesesuaian sesuatu makanan untuk kegunaan dalam pencegahan, pengurangan, perawatan atau penyembuhan penyakit, gangguan atau keadaan fisiologi tertentu adalah tidak dibenarkan.
		Per.18(6)(e)	Akuan yang boleh menimbulkan keraguan tentang keselamatan makanan yang serupa atau menimbulkan atau mengeksploitasikan rasa takut pada pengguna adalah tidak dibenarkan.
		Per.18(8)	Akuan "berkhasiat" atau apa-apa perkataan lain yang mempunyai makna yang sama adalah dibenarkan sekiranya mematuhi kriteria di bawah : (a) makanan itu mengandungi suatu kumpulan nutrien termasuk karbohidrat, lemak, protein, vitamin dan mineral; (b) makanan itu mengandungi amaun tenaga yang cukup banyak yang melebihi 40kcal bagi setiap 100g atau 20kcal bagi setiap 100ml; (c) makanan itu mengandungi sumber protein tidak kurang daripada 5g bagi setiap 100g atau 2.5g bagi setiap 100ml; (d) makanan itu mengandungi sekurang-kurangnya empat vitamin pada amaun yang memenuhi kriteria untuk diakui sebagai sumber dan dua mineral (tidak termasuk natrium) pada amaun yang memenuhi kriteria untuk diakui sebagai sumber; dan (e) amaun nutrien yang disebutkan dalam perenggan (a) dan (d) diisytiharkan

Bil	Perkara	Rujukan	Kenyataan
		Per.18(10)	Penyataan "bijian penuh" atau "mil penuh" boleh digunakan sekiranya mematuhi keperluan di bawah : (a) 100% bijian penuh atau mil penuh bagi tepung gandum, tepung beras, beras atau bijian; (b) 60% atau lebih bijian penuh atau mil penuh bagi roti; dan (c) 25% atau 8 g atau lebih bijian penuh atau mil penuh bagi setiap hidangan bagi hasil lain.
24.	Akuan pada label i. "Tanpa tambahan gula / No added sugar" atau ii. "Tanpa tambahan sucrose / No added sucrose" atau iii. Tanpa tambahan lactose / No added lactose.	Per.18A(1)	Peraturan tersebut memperuntukkan sekiranya akuan yang menonjolkan ketiadaan atau tiada penambahan bahan tertentu dalam atau kepada makanan boleh dimasukkan dalam label dengan syarat akuan itu tidak mengelirukan dan bahan itu— (a) tidak tertakluk kepada syarat khusus dalam peraturan ini; (b) ialah bahan yang biasanya dijangka ditemui oleh pengguna dalam makanan itu; (c) tidak digantikan dengan bahan lain yang memberikan makanan itu ciri-ciri yang setara melainkan jika sifat semula jadi bahan gantian itu dinyatakan dengan sama jelasnya; dan (d) dibenarkan ada dalam atau ditambah kepada makanan.
		Per.18A(1A)	Peraturan tersebut memperuntukkan sekiranya akuan yang menonjolkan tiada penambahan gula boleh dimasukkan pada label jika— (a) tiada gula daripada apa-apa jenis telah ditambah kepada makanan itu;

Bil	Perkara	Rujukan	Kenyataan
			(b) makanan itu tidak mengandungi ramuan yang mengandungi gula sebagai ramuan; (c) makanan itu tidak mengandungi ramuan yang mengandungi gula yang menggantikan gula yang ditambah; dan (d) kandungan gula dalam makanan itu sendiri tidak meningkat melebihi kadar yang disumbangkan oleh ramuan lain dengan apa-apa jua cara. (1B) Jika suatu akuan tiada penambahan gula dibuat bagi apa-apa makanan, kandungan gula yang berlaku secara semula jadi dalam makanan itu hendaklah dinyatakan dalam 100g atau dalam 100ml bagi setiap hidangan. (1C) Bagi maksud peraturan ini, "gula" termasuk semua monosakarida dan disakarida yang ditambah.
25.	Akuan pada label (i) "Tanpa tambahan garam/No added salt"	Per.18A(1)	Peraturan tersebut memperuntukkan sekiranya akuan yang menonjolkan ketiadaan atau tiada penambahan bahan tertentu dalam atau kepada makanan boleh dimasukkan dalam label dengan syarat akuan itu tidak mengelirukan dan bahan itu— (a) tidak tertakluk kepada syarat khusus dalam peraturan ini; (b) ialah bahan yang biasanya dijangka ditemui oleh pengguna dalam makanan itu; (c) tidak digantikan dengan bahan lain yang memberikan makanan itu ciri-ciri yang setara melainkan jika sifat semula jadi bahan gantian itu dinyatakan dengan sama jelasnya; dan dibenarkan ada dalam atau ditambah kepada makanan.

Bil	Perkara	Rujukan	Kenyataan
		Per.18A(2A)	Peraturan tersebut memperuntukkan sekiranya akuan yang menonjolkan tiada penambahan garam natrium, termasuk "tiada garam ditambah" boleh dimasukkan pada label jika— (a) makanan itu tidak mengandungi garam natrium yang ditambah; (b) makanan itu tidak mengandungi ramuan yang mengandungi garam natrium yang ditambah; dan (c) ramuan yang mengandungi garam natrium yang berfungsi sebagai pengganti garam yang ditambah tidak digunakan dalam makanan itu.
26.	Akuan pada label (i) "Tanpa laktosa / "No lactose" atau (ii) "Tanpa sukrosa" / "No sucrose"	Per.18A(1)	Akuan yang menonjolkan ketiadaan atau tiada penambahan bahan tertentu dalam atau kepada makanan boleh dimasukkan dalam label dengan syarat akuan itu tidak mengelirukan dan bahan itu— (a) tidak tertakluk kepada syarat khusus dalam peraturan ini; (b) ialah bahan yang biasanya dijangka ditemui oleh pengguna dalam makanan itu; (c) tidak digantikan dengan bahan lain yang memberikan makanan itu ciri-ciri yang setara melainkan jika sifat semula jadi bahan gantian itu dinyatakan dengan sama jelasnya; dan (d) dibenarkan ada dalam atau ditambah kepada makanan.
27.	Akuan kandungan nutrien	Per.18C	Hanya akuan kandungan nutrien yang tersenarai dalam Daftar I Daftar II dan Daftar III Jadual Kelima A, Peraturan-Peraturan Makanan 1985 (Pindaan) (No.4) 2020 dibenarkan untuk dinyatakan pada label produk makanan.

Bil	Perkara	Rujukan	Kenyataan
28.	Akuan berbanding nutrien	Per.18D	Kriteria yang perlu dipatuhi bagi akuan perbandingan adalah seperti di bawah: (a) Makanan yang dibandingkan hendaklah versi yang berlainan bagi makanan yang sama atau serupa. (b) Makanan yang dibandingkan hendaklah dikenalpasti dengan jelas. (c) Maklumat lengkap berhubung perbandingan yang dibuat perlu dinyatakan (eg. unit, kuantiti). (d) Jumlah perbezaan berhubung kuantiti nutrien atau tenaga perlu dinyatakan sebagai peratusan, pecahan atau jumlah mutlak. (e) Nilai tenaga dan kandungan nutrien bagi makanan yang dibandingkan perlu berbeza sekurang-kurangnya 25 peratus. (f) Nilai mikronutrien bagi makanan yang dibandingkan perlu berbeza sekurang-kurangnya 10 peratus. (g) Perbezaan mutlak minimum bagi nilai tenaga atau kandungan nutrien perlu sama banyak atau lebih daripada nilai yang diperlukan bagi akuan “rendah dalam” atau “sumber bagi”.
	Akuan fungsi nutrien	Per.18E	Hanya akuan fungsi yang disenaraikan dalam Peraturan 18E atau terjemahan yang membawa maksud yang sama dibenarkan untuk dinyatakan pada label produk makanan. Dalam hal ini, produk perlu mengandungi sekurang-kurangnya jumlah nutrien pada tahap yang dianggap sebagai sumber nutrien sebagaimana yang dinyatakan di bawah Daftar II dan Daftar III Jadual Kelima A, Peraturan-Peraturan Makanan 1985 (Pindaan) (No.4) 2020 dengan kuantiti nutrien tersebut perlu diisytiharkan pada label.

Bil	Perkara	Rujukan	Kenyataan
29.	Pelabelan bagi kultur probiotik	Per.26A(2)	Hanya kultur probiotik yang tersenarai di bawah Jadual Kedua Belas A atau yang mendapat kelulusan bertulis terdahulu daripada Pengarah boleh ditambah dalam makanan.
		Per.26A(6)	Sekiranya kultur probiotik ditambah dalam makanan, penyataan berikut perlu dilabel: (a) Perkataan "MENGANDUNGI (nyatakan kuantiti) KULTUR PROBIOTIK". Contoh: "MENGANDUNGI 1 x 10^6 cfu/g KULTUR PROBIOTIK" (b) Penentuan genus, spesies, strain kultur probiotik. Contoh: *L.acidophilus LA-14* (c) Arahan penyimpanan sebelum dan selepas bungkusan dibuka. dan terjemahannya adalah: (a) The words "CONTAINS (state quantity) OF PROBIOTIC CULTURES". Contoh: "CONTAINS 1 x 10^6 cfu/g OF PROBIOTIC CULTURES" (b) The spesification of genus, species and strain of the probiotic cultures. (c) The direction for storage before and after package is opened.

Bil	Perkara	Rujukan	Kenyataan
30.	Media yang digunakan bagi pembiakan dan penyelenggaraan kultur probiotik tidak dinyatakan.	Per.26A(7)	Sekiranya media yang digunakan bagi pembiakan dan penyelenggaraan kultur probiotik berasal daripada binatang, nama biasa binatang itu hendaklah dinyatakan seperti berikut: “MEDIA YANG DIGUNAKAN BAGI PEMBIAKAN KULTUR PROBIOTIK BERASAL DARIPADA (nama biasa binatang itu)”. dan terjemahannya adalah: “MEDIA USED FOR PROPAGATION OF PROBIOTIC CULTURES DERIVED FROM (the common name of such animal).
31.	Maklumat pada label peket		Sekiranya terdapat kemungkinan paket-paket (sachet) produk ini dijual secara ceraian (loose) iaitu tanpa bungkusan luar (kotak), adalah dinasihatkan agar semua maklumat yang perlu ada pada label bungkusan, perlu juga diletakkan pada label paket (sachet).

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