

## Nutritional Information / Facts on Labels for Edible Oils

Ministry of Health and Family Welfare, vide Notification No. G.S.R. 664(E) dated 19<sup>th</sup> September, 2008 and corrigendum dated 27<sup>th</sup> Feb. 2009 has amended the Prevention of Food Adulteration Rules, 1955. **These amendments will be effective on and from 19<sup>th</sup> March, 2009.**

In the Notification, there are seven (7) amendments to the PFA Rules. These are briefly as under:

Rule 2 of the PFA Rules relates to **'Definitions'**. Certain definitions, like, date manufacture, date of packaging, label, prepackaged etc have been deleted from this Rule.

Rule 32 of the PFA Rules relates to **'Every Prepackaged food to carry a label'**. Under this Rule, paragraph (2) in clause (b) relating to **'List of Ingredients'** has been substituted with the modified paragraph (which include nutritional information / nutritional facts) providing details of the manner of declaration about ingredients on the label, **except for single ingredient foods. This amendment thus suggests that it is not necessary to declare nutritional information / nutritional facts on the label of package containing single edible oil.**

In the case of package of edible oils or fats sold as a mixture, like, blended edible vegetable oils, or combination, like, vanaspati, bakery shortening etc, list and name of ingredients **used in the product are to be listed in descending order of their composition by weight or volume, as the case may be, at the time of its manufacture of the food.** In addition, nutritional information / nutritional facts on the label of package are to be given providing energy value and the amount of any other nutrient for which a nutrition or health claim is made. Where a claim is made regarding the amount or type of fatty acids or the amount of cholesterol, the amount of saturated fatty acids, monounsaturated fatty acids, polyunsaturated fatty acids, cholesterol and trans fatty acids is to be given on the label of package.

Under this Rule, clause (d) relating to **net content and drained weight** has been substituted with some modifications. In this amendment, net content by weight or volume is to be declared on every package, where the weight of the packing material is to be excluded.

Under this Rule, clause (l) relating to **'Exemptions from labelling requirements'** has been substituted with some amendments. In this amendment, if the surface area of the package is not more than 100 sq cm, the label of such package has been exempted from the requirements of list of ingredients, Lot Number or Batch Number or Code Number, nutritional information and instructions for use. However, these information are to be given on the wholesale packages/multipiece packages.

Under this Rule, certain definitions in the form of Explanations have been inserted. These are:

**'Label'** means any tag, brand, mark, pictorial, or other descriptive matter, written, printed, stenciled, marked, embossed graphic, perforated, stamped or impressed on or attached to container, cover, lid or crown of any food package.

**'Lot number' or 'Code number' or 'Batch number'** means the number either in numerals or alphabets or in combination thereof, representing the lot number or code number or batch number being preceded by the words 'Lot No' or 'Lot', or 'Code No' or 'Code' or 'Batch No' or 'Batch' or any distinguishing prefix by which the food can be traced in manufacture and identified in distribution.

**'Prepackaged' or 'pre-packed food'** means a food, which is placed in a package of any nature, in such manner that the contents cannot be changed without tampering it and which is ready for sale to the consumer.

**'Best before'** means the date which signifies the end of the period under any stated storage conditions during which the product shall remain fully marketable and shall retain any specific qualities for which tacit or express claims have been made and beyond that date the food may still be perfectly satisfactory.

**'Date of manufacture'** means the date on which the food becomes the product as described.

**'Date of packaging'** means the date on which the food is placed in the immediate container in which it will be ultimately sold.

**'Use-by date'** or 'recommended last consumption date' or 'expiry date' means the date which signifies the end of the estimated period under any stated storage conditions, after which product probably will not have the quality attributes normally expected by the consumers and the food shall not be marketable.

Rule 36 of the PFA Rules relates to **'Principal display panel, its area, size and letter, etc.'** Under this Rule, sub-rule (1) relating to principal display panel has been substituted with some modifications that all the information or the pre-printed information be grouped together and given in one place, while online information be grouped together in other place.

Sub-rule(3) has been deleted.

Rule 37A of the PFA Rules relates to **'Manufacture of proprietary food.'** Under this Rule, sub-rule (2) has been substituted providing conformation of certain requirements.

Rule 40 of the PFA Rules relates to **'Unauthorised use of words showing imitation prohibited'**. Under this Rule, sub-rule (2) dealing with fruit products has been substituted with some modifications.

Rule 42 of the PFA Rules relates to **'Form of labels'**. This Rule has been deleted.

Rule 64 BB of the PFA Rules relates to **'Extraneous addition of flavouring agents to be mentioned on the label'**. This Rule has been substituted with the provision that common name or class name and type of flavouring agent added as per rule 63 are to be mentioned on the label.

### **Nutritional Information:**

The Association in consultation with the experts has prepared suggested labels for various edible oils as per Annexure-I(enclosed) for the ready reference of the members.

We would like to make the following comments:

1. Energy value to be labelled as 900 kcal in respect of all edible oils.
2. As regards, protein carbohydrates and sugar, it is to be labelled as 0 g.
3. As regards trans-fatty acids, the labelling regulations allow trans fat free claim in case of trans fats below 0.2 gram per serving. The serving size of edible oils is 10 ml/10g in International practice. So if the trans-fat in the edible oils is below 2%, it will amount to below 0.2 gram per serving. Hence could be labelled as 0 g. Normally, in all edible oils, refined/unrefined, the trans fats should be below 2%, hence could be labelled as 0 g. But in some cases it could be higher than 2%, if the processing conditions are not proper. It is advisable to get a few samples of edible oils produced by each unit tested from renowned laboratories as to trans fatty acids. If all the samples are found well below 2%, it could be labelled as 0 g. In case, some samples are found above 2%, it would be safer to label trans fats to the maximum level found in those samples. Please note that trans fats is to be labelled in g and not in mg, so values has to be rounded off in grams.
4. As regards cholesterol, it is to be labelled as 0 mg as no vegetable oils contain cholesterol. Please note that cholesterol is to be labelled in milligrams i.e. mg and not in grams. Other nutrients found in edible oils such as Vitamin E and Oryzanol in rice bran oil should be labelled after getting different samples analysed from competent laboratories. The Nutrients should be mentioned in metric units. It would be safer to label these nutrients as to the lowest levels possible.
5. **For single oil, e.g. if you are marketing groundnut oil or rapeseed oil or sunflower oil or soybean oil, where no health claim is made including printing of slogan on the label, in that case, the nutritional information is not required to be printed on the label. Most of the members marketing single oil, as such the nutritional information on the label not required provided no health claim is made.**

The suggested labels prepared are of recommendation in nature and would request the members and others to test few samples of your products in the renowned laboratory and based on the result, you may, if needed modify your labels accordingly.

**SUGGESTED LABELS FOR NUTRITIONAL INFORMATION  
UNDER NOTIFICATION NO. G.S.R. 664(E) DATED 19<sup>TH</sup> SEPT. 2008**

**MUSTARD OIL/KACHHI GHANI MUSTARD OIL**

<b>NUTRITIONAL INFORMATION</b>		<b>(Per 100 g)</b>
Energy	900 kcal	
Protein	0 g	
Carbohydrate	0 g	
- Sugar	0 g	
Fat		
- Saturated Fatty Acids	6 g	
- Polyunsaturated Fatty Acids	27 g	
- Monounsaturated Fatty Acids	67 g	
- Trans Fatty Acids	0 g	
Cholesterol	0 mg	
Vitamin E *	40 mg	

\* For Kachhi Ghani Mustard Oil

**REFINED RICE BRAN OIL/PHYSICALLY REFINED RICE BRAN OIL**

<b>NUTRITIONAL INFORMATION</b>		<b>(Per 100 g)</b>
Energy	900 kcal	
Protein	0 g	
Carbohydrate	0 g	
- Sugar	0 g	
Fat		
- Saturated Fatty Acids	24 g	
- Polyunsaturated Fatty Acids	34 g	
- Monounsaturated Fatty Acids	42 g	
- Trans Fatty Acids	0 g	
Cholesterol	0 mg	
Vitamin E	50 mg	
Oryzanol	1000 mg	

**GROUNDNUT OIL**

<b>NUTRITIONAL INFORMATION</b>		<b>(Per 100 g)</b>
Energy	900 kcal	
Protein	0 g	
Carbohydrate	0 g	
- Sugar	0 g	
Fat		
- Saturated Fatty Acids	20 g	
- Polyunsaturated Fatty Acids	30 g	
- Monounsaturated Fatty Acids	50 g	
- Trans Fatty Acids	0 g	
Cholesterol	0 mg	
Vitamin E *	15 mg	

\* For crude or raw groundnut oil

**REFINED SOYABEAN OIL**

<b>NUTRITIONAL INFORMATION</b>		<b>(Per 100 g)</b>
Energy	900 kcal	
Protein	0 g	
Carbohydrate	0 g	
- Sugar	0 g	
Fat		
- Saturated Fatty Acids	16 g	
- Polyunsaturated Fatty Acids	60 g	
- Monounsaturated Fatty Acids	24 g	
- Trans Fatty Acids	0 g	
Cholesterol	0 mg	
Vitamin E	0 g	

**REFINED SUNFLOWER SEED OIL**

<b>NUTRITIONAL INFORMATION</b>		<b>(Per 100 g)</b>
Energy	900 kcal	
Protein	0 g	
Carbohydrate	0 g	

- Sugar	0 g
Fat	
- Saturated Fatty Acids	12 g
- Polyunsaturated Fatty Acids	67 g
- Monounsaturated Fatty Acids	21 g
- Trans Fatty Acids	0 g
Cholesterol	0 mg
Vitamin E	0 g

#### SAFFLOWER SEED OIL

NUTRITIONAL INFORMATION		(Per 100 g)
Energy	900 kcal	
Protein	0 g	
Carbohydrate	0 g	
- Sugar	0 g	
Fat		
- Saturated Fatty Acids	10 g	
- Polyunsaturated Fatty Acids	75 g	
- Monounsaturated Fatty Acids	15 g	
- Trans Fatty Acids	0 g	
Cholesterol	0 mg	
Vitamin E *	30 mg	

\* For crude or raw safflower seed oil

#### CRUDE OR REFINED COCONUT OIL

NUTRITIONAL INFORMATION		(Per 100 g)
Energy	900 kcal	
Protein	0 g	
Carbohydrate	0 g	
- Sugar	0 g	
Fat		
- Saturated Fatty Acids	90 g	
- Polyunsaturated Fatty Acids	2 g	
- Monounsaturated Fatty Acids	8 g	
- Trans Fatty Acids	0 g	
Cholesterol	0 mg	
Vitamin E	0 g	

#### RBD PALMOLEIN

NUTRITIONAL INFORMATION		(Per 100 g)
Energy	900 kcal	
Protein	0 g	
Carbohydrate	0 g	
- Sugar	0 g	
Fat		
- Saturated Fatty Acids	46 g	
- Polyunsaturated Fatty Acids	12 g	
- Monounsaturated Fatty Acids	42 g	
- Trans Fatty Acids	0 g	
Cholesterol	0 mg	
Vitamin E	0 g	

#### REFINED COTTONSEED OIL

NUTRITIONAL INFORMATION		(Per 100 g)
Energy	900 kcal	
Protein	0 g	
Carbohydrate	0 g	
- Sugar	0 g	
Fat		
- Saturated Fatty Acids	28 g	
- Polyunsaturated Fatty Acids	53 g	
- Monounsaturated Fatty Acids	19 g	
- Trans Fatty Acids	0 g	
Cholesterol	0 mg	
Vitamin E	0 g	

Note : Information in this circular is based on records/literature available with the Association and published for benefit of members without any legal liability on the part of the Association.