



PREREQUISITE OF FOOD LABELLING

Indonesian Center for Agricultural Training (ICAT) Lembang



**BADAN PENYULUHAN DAN PENGEMBANGAN
SUMBER DAYA MANUSIA PERTANIAN
KEMENTERIAN PERTANIAN**

**Profesional
Daya Saing
Wirausaha**



<http://bppsdmp.pertanian.go.id>

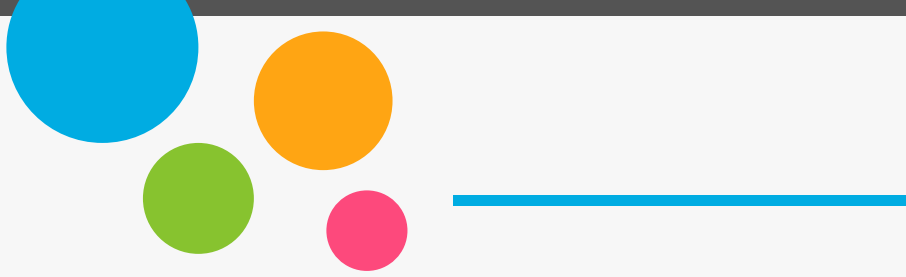


What must appear in my food label ?

Prerequisite of Food Labelling

1. Statement of Identity
2. Net quantity of content
3. List of ingredients (including additives and allergens)
4. Manufacturer, packer or seller
5. Date mark / expiry date
6. Nutrition information
7. Production date and code
8. Distribution permit number



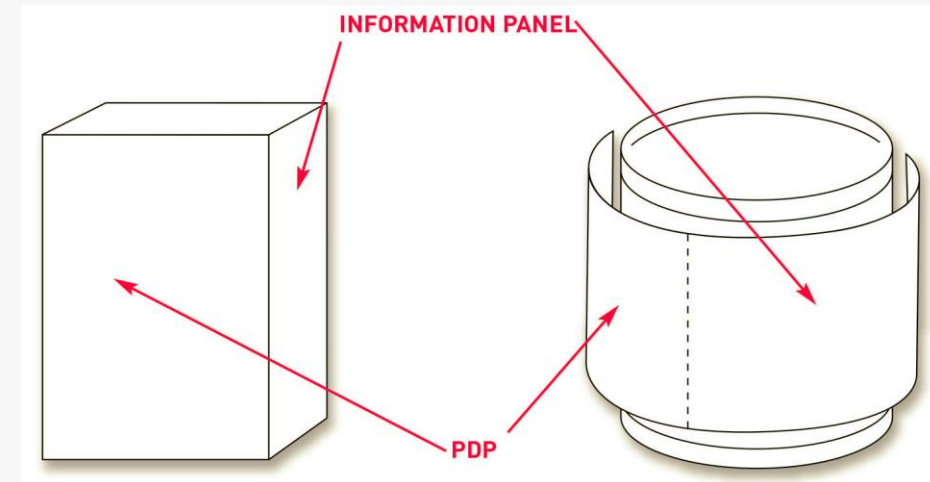


Two ways to label packages and containers

- All required label statements should be on the front label panel (the principal display panel or PDP)

OR

- Certain *specified* label statements on the PDP and other labeling on the information panel (the label panel immediately to the right of the PDP, as seen by the consumer facing the product)



Principal Display Panel or PDP :

The portion of the package label that is most likely to be seen by the consumer at the time of purchase

Alternate PDP

PDP



<https://www.cheerios.com/catalog/product/info.php?products>

Information panel

- The information panel is the label panel immediately to the right of the PDP, as displayed to the consumer



← Information Panel

- If this panel is not usable, due to package design and construction, (e.g., folded flaps), then the information panel is the next label panel immediately to the right



1. Statement of Identity

1. Must be :

name specified by law or regulation

common or usual name of the food

fanciful name commonly used and understood by the public

2. Must appear on the front label, or PDP

3. Use prominent print

4. The type size must be reasonably related to the largest text on the label

Standard of Identity

- Establishes specific requirements for a food to be called by a certain name
- May describe the ingredients that may added or manufacturing processes that must be followed
- May describe specifications that must be met (e.g., milkfat %)









2. Net Quantity of Contents

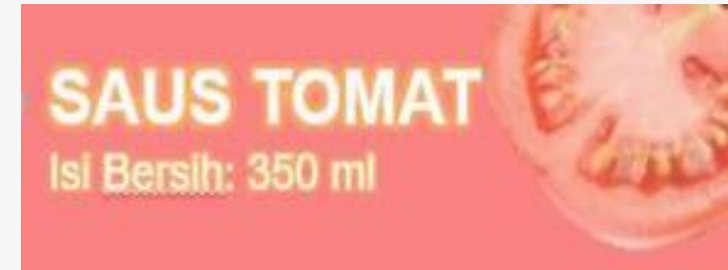
- **The amount of product in the container or package**
- **Must be in terms of weight (for solid), numerical count or liquid measure**
- **Must appear in a minimum type size based on of PDP**

Examples of Net quantity

No	Net quantity of contents	
1	Solid product : miligram (mg), gram (g), kilogram (kg)	
2	Liquid product : mililiter (ml / mL), liter (l / L)	

Examples of Net quantity

- Semi solid product : miligram (mg), gram (g), kilogram (kg), mililiter (ml / mL), liter (l / L).
- Product in the form of pieces, besides net weight, can include pieces and weight per pieces e.g: "Net weight : 445 g (165 pcs) "Net weight : 445 g (165 pcs @ 2.7 g)



Examples of Net quantity

- Solid food using a liquid medium.
e.g.: Tuna fish product in chili sauce with a net weight of 155 g. Drained weight of 95 g
- Food coated with a solid medium, e.g.:
Breaded shrimp product with a net weight of 120 g, drained weight of 95 g

Ikan Tuna dalam Saus Cabai
BPOM RI MD 123456789012
Net Weight 155 g
Drained weight 95 g

Udang lapis tepung
(*breaded shrimp*)

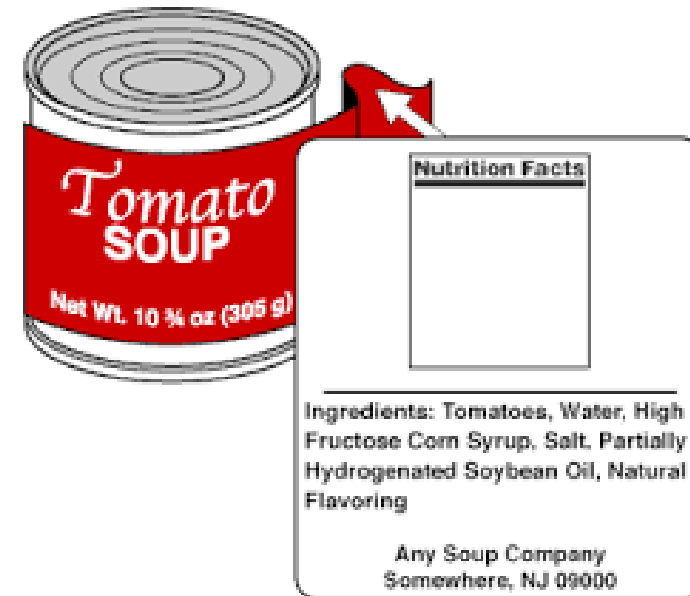
BPOM RI MD 123456789012

Bobot bersih/Net weight: 120 g

Bobot tuntas/Drained weight: 95 g

3. The list of ingredients

- Ingredients are listed in order of weight, according to the amounts that were used to make the food, starting with the largest ingredient and ending with the smallest

















- Placed on information panel
- Use common name of ingredients
- Minimum font size (1/16 of an inch)
- Food additives and water must also be included in the list if they have been added

Allergen Information

- Foods that are known to cause allergies and intolerances may be listed in a box or highlighted to draw attention to their presence, e.g. this product contains Milk
- Manufacturers will require packaged foods to provide allergy information

INGREDIENTS
Water, Carrots, Onions, Red Lentils (4.5%) Potatoes, Cauliflower, Leeks, Peas, Cornflower, Wheat flour, Cream (milk), Yeast Extract, Concentrated Tomato Paste, Garlic, Sugar, Celery Seed, Sunflower Oil, Herb and Spice, White Pepper, Parsley
ALLERGY ADVICE
For allergens, see ingredients in bold

<p>Foods containing gluten, present in wheat, barley and rye</p> 	<p>Crustaceans</p> 	<p>Eggs</p> 	<p>Fish</p> 
<p>Peanuts</p> 	<p>Soybeans</p> 	<p>Milk</p> 	<p>Nuts</p> 
<p>Celery</p> 	<p>Mustard</p> 	<p>Sesame seeds</p> 	<p>Sulphur dioxide</p> 
<p>Lupin</p> 	<p>Molluscs</p> 	<p>The presence of any of these in pre-packaged products has to be declared.</p>	

Food Additives

- Additives are added to ensure safety, increase shelf life or improve the taste, texture or appearance of food.
- Additives need to be approved before they can be used. Additives are given an 'E number' to show that they have been rigorously tested for safety and have been approved for use in food



- Food additives must be shown clearly in the list of ingredients on food labels, either by the additive's name or E number.

4. Manufacturer/Packer/Seller

- **The name and address of manufacturer/packer/seller must be stated on label**
- **Distributor and packers must include a qualifying phrase such as “manufactured for” or “distributed by”**
- **Street address if the firm name and address are not listed in a current city directory or telephone book**

Produced by:
CV. Suka Suka Tbk
Indramayu 12345 – Indonesia

Produced by:

CV. Suka Suka

Jln. Cahaya Nusantara No. 35, RT 03 RW 02,
Desa Bukit Harja, Kecamatan Sukamulya,
Kabupaten Indramayu, Jawa Barat – Indonesia

Produced by : PT Maju Terus,
Tangerang 12345 – Indonesia.

Imported by:

Malaysia - Terus Terang, Sdn Bhd (012345-A) Jaya,
Selangor Malaysia.

Singapore -Terang Sejahtera, Marina Gardens, Singapore.

Brunei – Terang Maju, Junjungan Industrial Park, Brunei Darussalam.

Sari Buah Anggur

Net weight : 250 g

BPOM RI ML 123456789012

Imported by :

PT. Jaya Indonesia

Bogor 12345, Indonesia

Produced by:

Baek Hyun Food Agricultural Co. Ltd

G35-49, Gwangjang-ro, Cheongan-myeon,

Goesan-gun, Chungcheongbuk, Korea

Distributed by:

PT Sentosa Nusantara, Tangerang 54321,

Indonesia

4. DATE MARK

There are two different date marks that appear on food labels:

- **‘Use-by’** - found on perishable food, e.g. milk, meat, fish. Food are not safe to eat after this date.
- **‘Best before’** - found on a wide range of food including frozen, dried and canned food. ‘Best before’ dates are about quality, not safety, and are reliant on the food being stored according to the instructions on the label.

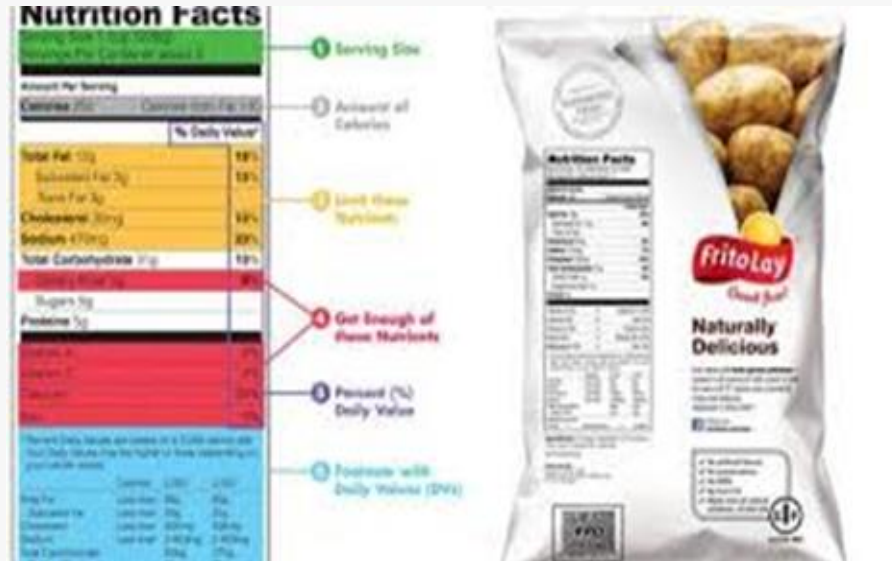


What is a Nutrition Label ?

- The nutrition facts label is a label required on most packaged foods as regulated by United States Food and Drug Administration (US FDA)
- Also known as nutrition information panel

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



- In the U.S., nutrition label list the percentage of nutrients required by the humans based on the average 2,000 calorie diet
- Exception - Baby foods (Infants are growing stage)

What Information does a Nutrition Label Provide ?

- Nutrition labeling can help you make food choices that meet these dietary guidelines and promote a lifetime of good health



- With today's labels, you can:
 - Compare one food with another
 - Choose foods that help provide the balance of nutrients your body needs
 - Plan meals and your whole diet so they are moderate, varied and balanced



What Information does a Nutrition Label Provide ?

- Educating the consumers and helps in choosing healthy choice diets/foods
- Use nutrition labels to make quick, and easy informed food choices that contribute to a healthy diet
- You can use the Nutrition Facts label not only to help *limit* those nutrients you want to cut back on but also to *increase* those nutrients you need to consume in greater amounts

New Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 280mg	20%
Iron 8mg	40%
Potassium 205mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- 1 The serving size now appears in larger, bold font and some serving sizes have been updated.
- 2 Calories are now displayed in larger, bolder font.
- 3 Daily Values have been updated.
- 4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

Nutrition Label – In Detail

The Serving Size

- The first place to start when you look at the Nutrition Facts label is: serving size and number of servings in the package
- Serving sizes are standardized to make it easier to compare similar foods
E.g. Cups (8 fluid ounces), (1 fluid ounce = 29.6 mL)
- The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label



Nutrition Facts	
Serving Size 1 oz (28g/About 15 chips)	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Potassium 350mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	5%
Sugars less than 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 2%
Vitamin E 6%	Thiamin 4%
Niacin 6%	Vitamin B6 10%

Nutrition Label – In Detail

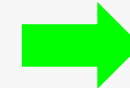
Calories (and Calories from Fat)

- Calories provide a measure of how much energy you get from per serving
- The calorie section of the label can help you manage your weight (i.e., gain, lose, or maintain)

Based on a 2,000-calorie diet:

General Guide to Calories:

- 40 Calories is low
- 100 Calories is moderate
- 400 Calories or more is high



Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 2g	

7. Production Date and Code

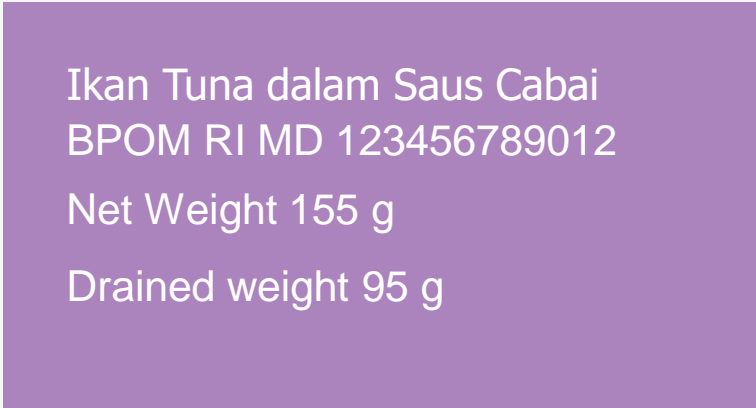
- Production date and code must be stated on label and placed in a section that is easy to see and read
- The inclusion of production date and code on the label is preceded by the words “Production Code” followed by the batch number and/or production date.





8. Distribution permit number

- The inclusion of the distribution permit number for domestically processed food products must begin with the words “BPOM RI MD” followed by a digit number



Ikan Tuna dalam Saus Cabai
BPOM RI MD 123456789012
Net Weight 155 g
Drained weight 95 g

- The inclusion of a distribution permit number for imported processed food products must begin with the words "BPOM RI ML" followed by a digit number



Distribution permit number

- Must match with the food registration number listed on the distribution permit.
- In the event that the processed food is a home industry processed food, the label must include the words “P-IRT” followed by the number of the Home Industry Food Production Certificate (SPP-IRT)

MILK PIE

Oleh - Oleh Khas Bali

P-IRT No. 1234567890123-45

Thank you