

CONDITIONS FOR NUTRIENT CONTENT CLAIMS

| Component | Description of the claim | Conditions |
|----------------------|---------------------------------|--|
| Energy | (1) with the word “Low” | (a) Solid food containing not more than 40 kcal (170 kJ) of energy per 100 g of food; or (b) liquid food containing not more than 20 kcal (80 kJ) of energy per 100 mL of food. |
| | (2) with the word “Free” | (a) Liquid food containing not more than 4 kcal of energy (17 kJ) per 100 mL of food. |
| Total Fat | (1) with the word “Low” | (a) Solid food containing not more than 3 g of total fat per 100 g of food; or (b) liquid food containing not more than 1.5 g of total fat per 100 mL of food. |
| | (2) with the word “Free” | (a) Solid food containing not more than 0.5 g of total fat per 100 g of food; or (b) liquid food containing not more than 0.5 g of total fat per 100 mL of food. |
| Saturated Fat | (1) with the word “Low” | (a) Solid food containing – (i) not more than 1.5 g of saturated fat and trans fat combined per 100 g of food; and (ii) saturated fat and trans fat, the sum of which contributes not more than 10% of energy; or (b) Liquid food containing – (i) not more than 0.75 g of saturated fat and trans fat combined per 100 mL of food; and (ii) saturated fat and trans fat, the sum of which contributes not more than 10% of energy. |
| | (2) with the word “Free” | (a) Solid food containing not more than 0.1 g of saturated fat and trans fat combined per 100 g of food; or (b) liquid food containing not more than 0.1 g of saturated fat and trans fat combined per 100 mL of food. |
| Trans Fat | (1) with the word “Free” | (a) Solid food containing – (i) not more than 0.3 g of trans fat per 100 g of food; (ii) not more than 1.5 g of saturated fat and trans fat combined per 100 g of food; and (iii) saturated fat and trans fat, the sum of which contributes not more than 10% of energy. |

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| Cholesterol | (1) with the word “Low” | <p>(b) Liquid food containing –</p> <p>(i) not more than 0.3 g of trans fat per 100 mL of food;</p> <p>(ii) not more than 0.75 g of saturated fat and trans fat combined per 100 mL of food; and</p> <p>(iii) saturated fat and trans fat, the sum of which contributes not more than 10% of energy.</p> |
| | (2) with the word “Free” | <p>(a) Solid food containing –</p> <p>(i) not more than 0.02 g of cholesterol per 100 g of food;</p> <p>(ii) not more than 1.5 g of saturated fat and trans fat combined per 100 g of food; and</p> <p>(iii) saturated fat and trans fat, the sum of which contributes not more than 10% of energy.</p> <p>(b) Liquid food containing –</p> <p>(i) not more than 0.01 g of cholesterol per 100 mL of food;</p> <p>(ii) not more than 0.75 g of saturated fat and trans fat combined per 100 mL of food; and</p> <p>(iii) saturated fat and trans fat, the sum of which not more than 10% of energy.</p> |

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|---|---------------------------------|---|
| Sugars | (1) with the word “Low” | (a) Food, solid or liquid, containing not more than 5 g of sugars per 100 g/ mL of food. |
| | (2) with the word “Free” | (a) Food, solid or liquid, containing not more than 0.5 g of sugars per 100 g/ mL of food. |
| Sodium | (1) with the word “Low” | (a) Food, solid or liquid, containing not more than 0.12 g of sodium per 100 g/mL of food. |
| | (2) with the word “Very low” | (a) Food, solid or liquid, containing not more than 0.04 g of sodium per 100 g/mL of food. |
| | (3) with the word “Free” | (a) Food, solid or liquid, containing not more than 0.005 g of sodium per 100 g/mL of food. |
| Protein | (1) with the word “Low” | (a) Food, solid or liquid, containing protein which contributes not more than 5% of energy. |
| | (2) with the word “Source” | (a) Solid food containing not less than 10% of the Chinese NRV of protein per 100 g of food; or (b) liquid food containing not less than 5% of the Chinese NRV of protein per 100 mL of food; or (c) Food, solid or liquid, containing not less than 5% of Chinese NRV per 100 kcal (or 12% of Chinese NRV per 1 MJ). |
| | (3) with the word “High” | (a) Solid food containing not less than 20% of the Chinese NRV of protein per 100 g of food; or (b) liquid food containing not less than 10% of the Chinese NRV of protein per 100 mL of food; or (c) Food, solid or liquid, containing not less than 10% of Chinese NRV per 100 kcal (or 24% of Chinese NRV per 1 MJ). |
| Vitamins and Minerals <i>(those with Chinese NRV)</i> | (1) with the word “Source” | (a) Solid food containing not less than 15% of the Chinese NRV of the vitamin or mineral concerned per 100 g of food; or (b) liquid food containing not less than 7.5% of the Chinese NRV of the vitamin or mineral concerned per 100 mL of food; or (c) Food, solid or liquid, containing not less than 5% of Chinese NRV per 100 kcal (or 12% of Chinese NRV per 1 MJ). |
| | (2) with the word “High” | (a) Solid food containing not less than 30% of the Chinese NRV of the vitamin or mineral concerned per 100 g of food; or (b) liquid food containing not less than 15% of the Chinese NRV of the vitamin or mineral concerned per 100 mL of food; or (c) Food, solid or liquid, containing not less than 10% of Chinese NRV per 100 kcal (or 24% of Chinese NRV per 1 MJ). |

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|----------------------|---------------------------------|---|
| Dietary Fibre | (1) with the word “Source” | (a) Solid food containing not less than 3 g of dietary fibre per 100 g of food; or |
| | | (b) liquid food containing not less than 1.5 g of dietary fibre per 100 mL of food. |
| | (2) with the word “High” | (a) Solid food containing not less than 6 g of dietary fibre per 100 g of food; or |
| | | (b) liquid food containing not less than 3 g of dietary fibre per 100 mL of food. |

Synonyms for Nutrient Content Claims (Examples)

| Claim | Synonyms | Signs / Symbols |
|---------------------------|---|---|
| Low | <ul style="list-style-type: none">• Little• Low source• Few• Contains a small amount of | |
| Very low (Sodium only) | <ul style="list-style-type: none">• Extremely low• Super low | |
| Free | <ul style="list-style-type: none">• Zero / 0• No• Contains no• Without• Off• Does not contain | <ul style="list-style-type: none">• ✕ |
| Source | <ul style="list-style-type: none">• Contains• Provides• Has• With | <ul style="list-style-type: none">• ✓ |
| High | <ul style="list-style-type: none">• High source• Good source of• A valuable source of• Rich in• Plenty of | |