



RUOKAVIRASTO
Livsmedelsverket • Finnish Food Authority



Food Information To Be Provided



**Guide for
Small and
Medium-sized
Businesses**





Food Information To Be Provided – Guide for Small and Medium-sized Businesses
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Introduction of the Guide

Are you planning on starting a food production operation and need help with labelling? This guide will instruct you on what information must be given for non-prepacked and prepacked foods when selling to consumers and mass caterers. You will also learn how to correctly write product labelling.

It is important that you know in advance what types of labelling your products require. Later corrections to labelling may result in significant expenses. Incomplete or incorrect labelling may also cause harm to consumers. With correct labelling, consumers can trust the information provided about the product.

This guide has been made to support the *Information to be provided about food (Labelling) online course* published on the Finnish Food Authority's website. The online course and guide largely follow the same structure. The guide may also be used on its own.

This guide provides a summary of the main requirements for food information. At the end of each section is a list of sources for further information on the topic.

The main source of additional information is the Finnish Food Authority's *Elintarviketieto-opas elintarvikevalvojille ja elintarvikealan toimijoille* [Food Information Guide for Food Supervisors and Food Operators] (Finnish Food Authority guide 17068/2, in Finnish and Swedish)

The guide contains plenty of examples and revision exercises.

The guide is divided into 11 sections.

- **Section 1, Responsibilities and legislation.** Section 1 explains who is responsible for the food information. Section 1 also includes references to the most important legislation on labelling requirements.
- **Section 2, Mandatory information.** Section 2 describes general requirements on labelling, such as the correctness of information and the size, language and placement of the label. It also lists in general terms the types of labelling required for prepacked and non-prepacked foods.
- **Sections 3-9, Types of labelling.** Sections 3-9 describe the mandatory types of labelling to be included and explain how to correctly present the information.

- **Section 10, Examples.**
Section 10 gives examples on how to provide mandatory food information from a recipe.
- **Section 11, Revision exercises.**
Section 11 includes exercises to test your knowledge of the guide's instructions.

Examples of questions covered in the guide

- ▶ Who is responsible for the food information?
- ▶ What is the basis for the labelling requirements?
- ▶ What types of labelling are required for prepacked foods?
- ▶ What information must be provided for non-prepacked foods?



Section 1, Responsibilities and Legislation

In this section, you will learn:

- ▶ Who is responsible for the food information?
- ▶ What is the basis for the labelling requirements?

Responsibilities

Food business operators are responsible for making sure that their food meets the requirements set by law.

The operator under whose name the food is sold is responsible for its labelling.

Operators must include the necessary labelling according to the requirements set by law. To this end, they must have sufficient and correct information on all produced, processed and distributed food.

Operators must know the type, list of ingredients, weight, shelf life, origin and production or manufacturing method, and be familiar with the requirements set by legislation on food labelling.

For further information, see section 4.5 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Legislation

When selling or otherwise providing foodstuffs to consumers or mass caterers, such as restaurants, the law requires that certain information about the food are presented.

When presenting information about your food, you must follow a number of labelling requirements that apply to all foods. These requirements are laid out mainly in the following regulations:

- Regulation (EU) No 1169/2011 of the European Parliament and of the Council on the provision of food information to consumers (referred to as “food information regulation” later in this guide).
- Decree of the Ministry of Agriculture and Forestry (834/2014) on the provision of food information to consumers.
- Decree of the Ministry of Agriculture and Forestry (1010/2014) on reporting high salt content of certain foods.

In addition, you must take into account special legislation concerning matters such as product-specific labelling requirements. Special legislation are listed in this guide under Section 9, Other mandatory information.

How to look up legislation

Legal acts issued by the EU are available at the address: <https://eur-lex.europa.eu/homepage.html>

Search for the act under “latest consolidated version”, if one exists. The consolidated versions of acts have been updated with the latest changes in legislation.

Finnish legislation is available at the address: <https://www.finlex.fi/fi/>

This guide makes frequent references to requirements set by law. In order to easily look up these references, keep the relevant legislation close by while reading the guide.

For further information, see section 2 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

You can test your knowledge with the revision exercises found in Section 11 of this guide.

Summary

- ▶ You are responsible for the food information of products sold under your name.
- ▶ In order to include the correct labelling, you must be familiar with the legislation that applies to your product’s labelling.



Section 2, Mandatory Information

In this section, you will learn:

- ▶ What are the requirements for the correctness, size, language and placement of labelling?
- ▶ What is meant by prepacked and non-prepacked foods?
- ▶ What mandatory labelling is required for prepacked foods?
- ▶ What information must be provided for non-prepacked foods?

Correctness of labelling

You must provide truthful and sufficient information for foodstuffs and avoid misleading labelling.

In labelling food, you may not claim that the food has special effects or properties that it does not have or for which it does not differ from other, similar foods.

For example, you may not claim that a fresh cucumber is fat-free, as this is true for all fresh cucumbers.

You may also not claim that a foodstuff has properties related to the prevention, treatment or cure of a human illness.

For example, it is forbidden to market foodstuffs as a “flu treatment” or a “help for urinary tract infection”.

For further information, see section 4.3 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Legible, clear and visible labelling

The labelling should be easily visible, legible and clearly comprehensible.

The aim is that a person with normal vision can read the labelling without effort.

The size of the small x font must be at least 1.2 mm. The labelling must be indelible.

For further information, see section 4.2 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Prepacked or non-prepacked food?

The requirements on mandatory information differ whether the food is prepacked or non-prepacked. For this reason, it is essential that you understand the difference between the two terms.

Prepacked food

refers to foodstuffs that

- have been completely or partially enclosed in a package before sale, and the contents of the package cannot be changed without opening or breaking the package, and

- are meant for presentation as such to consumers or mass caterers. Prepacked foods are single items, such as a bottle of ketchup or a can of whole meat.

Non-prepacked food refers to food that

- is packed by consumers themselves or packed on the sales premises at the consumer's request, such as pastries packed into bags at a bakery counter or bread and pastries packed by a product demonstrator at a presentation
- is prepacked on the sales premises for direct sale, such as takeaway salads and sandwiches packaged at the store
- is served at the place of presentation to final consumers in a ready-to-eat form, such as a soup lunch at a restaurant.

For further information, see section 5.3 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Language of labelling

As a rule, mandatory labelling for **prepacked foods** must be in Finnish and Swedish.

However, if the food is sold only in a monolingual municipality, the mandatory labelling can be made only in the language of that municipality.

There is no law on the language requirements for **non-prepacked food**.

Despite this, Finnish Food Authority recommends that the same policy is followed with non-prepacked food as the one described above for prepacked food.

For further information, see sections 4.4 and 7 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Placement of labelling

For **prepacked food**, mandatory food information must be presented directly on the packaging (or on a label attached to it) in which the product is delivered to consumers or mass caterers, such as restaurants.

For **non-prepacked food**, information must be indicated to final consumers in writing with an easily visible and legible brochure, sign or other type of notice. The notice must be placed in the vicinity of the foodstuff.

Information may also be given verbally, as long it is stated clearly that information is available on request. Exceptions to this are the labelling of a product's high salt content at the retail level and the name of the food and the country of origin of meat in catering establishments. This information must always be provided in writing.

For further information, see sections 5.4 and 7.2 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Mandatory labelling in prepacked food

In **prepacked food**, the following information must be presented on the packaging or on a label attached to it:

- Name of the food
- List of ingredients
- Substances and products that cause allergies or intolerances must be emphasised in the list of ingredients
- The quantities of certain ingredients or ingredient groups, when necessary
- Net quantity (=weight or volume)
- Date of minimum durability ('best before' date) or 'use by' date

- Name, business name or auxiliary name and address of the responsible food business operator
- Country of origin, in other words the country of manufacture or production of the food, or the product's place of provenance, if necessary
- Instructions for storage, if necessary
- Conditions of use (including a warning label if necessary)
- Actual alcoholic strength by volume of beverages containing more than 1.2% by volume of alcohol (Finnish Food Authority recommendation: in solid food containing more than 1.8% by volume of alcohol)
- Food batch number
- Nutrition declaration
- Indication of the use of packaging gases, if necessary
- Indication of the use of sweeteners, if necessary

Any other labelling required by special legislation, such as

- Indication of high salt content, if necessary
- Identification mark on foodstuffs of animal origin produced at a food establishment

For further information, see section 6 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Mandatory information for non-prepacked food

Retail establishments must provide the following information on non-prepacked foods to consumers:

- Name of the food
- Ingredients
- Substances and products that can cause allergies or intolerances
- Country of origin or place of provenance, if necessary

- Conditions of use and storage, if necessary
- For cheeses, sausages and other meat products served as charcuterie, the amount of fat and salt and, if necessary, a notice of high salt content
- For bread, the amount of salt and, if necessary, a notice of high salt content
- Information required by special legislation

Catering establishments must provide the following information for non-prepacked food:

- Name of the food in writing
- Substances and products that can cause allergies or intolerances
- Country of origin of meat used as an ingredient in writing

For further information, see section 7.1 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

You can test your knowledge with the revision exercises found in Section 11 of this guide.

Summary

- ▶ You must provide truthful and sufficient information for foodstuffs and avoid misleading labelling.
- ▶ The labelling should be easily visible, legible and clearly comprehensible.
- ▶ As a rule, the labelling must be in Finnish and Swedish.
- ▶ The requirements on labelling differ whether the food is prepacked or non-prepacked.



Section 3, Name of the food

In this chapter, you will learn:

- ▶ Requirements for the name of the food

Requirements for the name of the food

A suitable name for a food is short and accurate.

The name should indicate the type of food in question.

What type of name should be used for a food?

1. Name laid down by legislation

The name of the food should be the name laid down by EU legislation.

If no such name exists, the legal name prescribed in Finnish law may be used. Legal names have been prescribed for foods such as spreadable fat and milk and milk products, such as cheese, butter and yoghurt.

2. The established name used

If no legal name exists for a food, the established name used in Finland should be used. These include names accepted by consumers in the region where the food is sold, such as rye bread, French bread, squeaky cheese, Finnish cardamom sweet bread, mead, traditional Finnish *mämmi*, liver pudding,

pizza, lasagna, spaghetti, ravioli, tortellini, taco, pâté and muesli.

3. Descriptive names

If no legal name or the established name used in Finland exists for a food, you should use a name that describes the food and indicates how it should be used, if needed. The name should be clear enough that people understand the food's true nature and can distinguish it from others that it could be confused with. In this case, the food is usually named based on expressions that describe its main characteristics as follows:

Typically, the name includes the main ingredients in the food, such as:

- apple and sea buckthorn muesli,
- custard pastry,
- jam donut.

If an ingredient affects the food's quality and properties, this should also be indicated in the name as in the following examples:

- herring in tomato sauce / herring in oil,
- strawberry jelly roll, where the taste is derived from strawberries / strawberry-flavoured jelly roll, where the taste is derived mainly from wild strawberry flavouring.

A food's name should indicate its physical state (such as orange drink (drink=liquid) or a certain form of processing it has undergone, such as grinding, freezing, freeze-drying, concentration or smoking, if this information is important to the consumer; for example:

- Orange juice / Concentrated orange juice
- Black pepper / Ground black pepper
- Fish soup / Frozen fish soup

Name of the food and brand name

The name of the food is not the same as its commercial brand name or trademark. Brand names and trademarks are optional labels, and cannot substitute the name of the food.

Below are examples of brand names and names of foods.

Brand name - Optional	Name of the food - Mandatory
Reissumies	Wholegrain rye bread
Tropic	Orange juice
Jenkki	Xylitol chewing gum

For further information, see sections 6.1 and 7.1 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

You can test your knowledge with the revision exercises found in Section 11 of this guide.

Summary

- ▶ Foods must be given a short and precise name that describes your product.
- ▶ The name of the food is different from your product's brand name.



Section 4, List of Ingredients

In this chapter, you will learn:

- ▶ What is the list of ingredients?
- ▶ What is the order of listing ingredients?
- ▶ How are ingredients, food improvement agents and nutritional additives indicated in the list of ingredients?
- ▶ How are substances that cause allergies or intolerances indicated?
- ▶ When must the amount of an ingredient be indicated, and how is this done?

In this section, you will learn how to write the list of ingredients. The list of ingredients tells what ingredients have been used to produce the food. The list of ingredients must be headed. The header should include the word “ingredients”.

After this section, you will know how to indicate the ingredients contained in non-prepacked and prepacked foods, substances that cause allergies or intolerances, food improvement agents (such as additives) and vitamins and minerals.

Order of listed ingredients

The ingredients of **prepacked foods** are listed in descending order of weight according to the food’s recipe.

Exceptions to this are water and other volatile products used to manufacture the food, such as alcohol. These are indicated in the list of ingredients according to their weight in the finished product.

If the finished product contains at most 5% added water or volatile products, they do not need to be indicated in the list of ingredients. However, this exception does not apply to meat, meat preparations, unprocessed fishery products and unprocessed bivalve molluscs.

There are no specific formal requirements for the list of ingredients in **non-prepacked foods**. What is essential is that the information provided to consumers is correct and verifiable.

For further information, see sections 6.2.9 and 7.1 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Ingredients to be included

The list of ingredients must include

- ingredients (such as water, wheat flour, sugar, eggs),
- food improvement agents (such as preservatives (sorbate), strawberry flavor) and
- nutritional supplements (such as vitamin D, calcium)

For further information, see section 6.2.1 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Substances and products that cause allergies or intolerances

The following substances and products are listed in annex II of the food information regulation as causing allergies or intolerances, and must be indicated for both prepacked and non-prepacked foods:

- Cereals containing gluten, namely wheat, rye, barley, oats and products made of these cereals
- Crustaceans and products thereof
- Eggs and products thereof
- Fish and products thereof
- Peanuts and products thereof
- Soy beans and products thereof
- Milk and products thereof (including lactose)
- Nut and products thereof
- Celery and products thereof
- Mustard and products thereof
- Sesame seeds and products thereof
- Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre in terms of the total sulphur dioxide. The concentrations are calculated for products as proposed ready for consumption or as reconstituted according to the producer's instructions.
- Lupin and products thereof
- Molluscs and products thereof

How are these indicated in the list of ingredients?

In **prepacked foods**, substances and products that cause allergies or intolerances are emphasised by a typeset that clearly

distinguishes them from the rest of the list of ingredients, for example by means of the font, style or background colour.

The ingredient causing an allergy or intolerance does not need to be emphasised in the list if it is mentioned in the name of the food, such as in milk powder.

If the ingredient is commonly associated with a specific origin, such as cheese, butter and yogurt with milk, it is sufficient that these words are emphasised in the list of ingredients.

Additives that cause allergies or intolerances must always be indicated using its own name and not simply its E number, such as **soy** lecithin instead of E 322.

Below is an example of the list of ingredients for buns:

Wheat flour, **milk**, sugar, rapeseed oil, **egg**, yeast, salt, emulsifier (**soy** lecithin)

Ingredients that can cause allergies or intolerances must also be indicated for **non-prepacked** foods.

The information may be given in writing or verbally. If the information is given in writing, the ingredients do not need to be emphasised. If given verbally, consumers must be clearly informed that the information is available upon request.

Contamination with substances that cause allergies or intolerances

In some cases, foods may be contaminated, through contact with hands or tools, with ingredients causing allergies or intolerances that are not part of the recipe.

When all possible measures have been taken to remove the risk of contamination but a warning label is still deemed to be necessary for risk management, it is recommended that the packaging includes a separate label:

“May contain traces of xxxx”.

Indicate the substance that can cause allergy or intolerance as accurately as possible using its specific name. In the case of nuts, for example, indicate the type of nut in question as people may be allergic to different nuts.

For example, “May contain traces of hazelnut”

For further information, see sections 6.2.4 and 7.1 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Food improvement agents

Food improvement agents refer to additives, aromas and enzymes.

Next, you will learn how these should be indicated in the list of ingredients.

Indicating food additives

Additives are used in food for specific technical purposes, such as to increase its shelf life or improve its colour and structure. The types and amounts of additives that may be used in foods are specified in law.

Food additives are indicated by the name of the category that describes their function (such as preservative, acidity regulator, sweetener), followed by the specific name or E number of the additive.

For example:
acidity regulator (ascorbic acid) OR
acidity regulator (E300)

Exception: The specific name or E number does not need to be indicated for additives that belong to the category “modified starch”.

The **names and identifiers (E numbers) of food additives** are listed in the Regulation (EC) No 1333/2008 of the European Parliament and of the Council on food additives.

The regulation also specifies what additives can be used in certain foods.

The **names of food additive categories** are listed in part C of annex VII to the food information regulation.

If an additive belongs to more than one category, it is named according to its principal function in the food.

For example, ascorbic acid (E 300) may belong to one of three categories of additives based on its intended purpose:

- antioxidant (E 300) or
- acidity regulator (E 300) or
- flour treatment agent (E 300)

Additives that cause allergies and intolerances

Food additives that cause allergies and intolerances must be indicated using their specific names instead of only the category name and E number. For example, soy-based lecithin must be indicated as emulsifier (soy lecithin), not simply as emulsifier (E 322).

Packaging gases

Packaging gases are classified as food additives, but do not need to be indicated in the list of ingredients as they are not present in the finished product. However, food that is packed using packaging gases must include the label “packaged in a protective atmosphere”.

Food colours

The use of certain food colours requires a warning to be included in the label that states the name or E number of the colour(s), followed by “may have an adverse effect on activity and attention in children”.

Colours that require a warning:

- Sunset yellow (E 110),
- Quinoline yellow (E 104),
- Carmoisine (E 122),
- Allura red (E 129),
- Tartrazine (E 102) and
- Ponceau 4R (E 124).

Sweeteners

Foods containing a *sweetener* (such as aspartame and acesulfame K) must include the label “with sweetener”.

Foods containing *sugar and sweetener* must include the label “with sugar and sweetener”.

If the food contains more than one sweetener and sugar, the plural forms are used, as in “with sugars and sweeteners”.

Foods containing *aspartame or aspartame-acesulfame salt* must include the warning label:

“contains aspartame (source of phenylalanine)”, if the aspartame or aspartame-acesulfame salt is indicated in the list of ingredients by its E number.

OR

“contains a source of phenylalanine”, if the aspartame or aspartame-acesulfame salt is indicated in the list of ingredients by its specific name.

Foods with more than 10% added polyols or sugar alcohols (such as xylitol and sorbitol) must include the warning label: “excessive consumption may induce laxative effects”.

Indicating food flavourings

Food flavourings are substances that are not typically consumed as actual food. They are added in foods to give or change a scent or flavour. The use of food flavourings must meet the requirements of EU law. Flavourings are indicated in the list of ingredients with the words “flavouring” or by the specific name of the flavouring, such as ammonium chloride, or a detailed description of the flavouring, such as strawberry flavouring, natural flavouring or natural strawberry flavouring.

There are specific requirements on the use of the term ‘natural’ to describe a flavouring, which are explained in article 16 of Regulation (EC) No 1334/2008 of the European Parliament and of the Council. The same regulation also sets out rules on the use of flavourings in food.

Quinine and *caffeine* used in the production of food must always be indicated by their specific names immediately after the term ‘flavouring’, such as in flavouring (caffeine).

The use of *smoke flavouring* indicated by the name “smoke flavouring(s)” or with a detailed description, such as in “smoke flavouring produced from beech”. Smoke flavourings permitted for use in foods are listed in Commission Implementing Regulation (EU) No 1321/2013.

Indicating food enzymes

Enzymes are proteins that may trigger a certain biochemical reaction. For example, the enzyme lactase breaks down lactose in milk in order to make the product more suitable to people with lactose intolerance.

The use of food enzymes must meet the requirements of EU law.

Enzymes are indicated in the list of ingredients by their specific names if they are used as

additives. Enzymes used as food processing aids do not need to be indicated.

The labelling requirements for enzymes will be clarified once the list of food enzymes permitted in the EU is published as part of Regulation (EC) No 1332/2008 of the European Parliament and of the Council on food enzymes.

For further information, see sections 6.2.8, 6.15 and 6.16 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Vitamins and minerals

Fortified foods are foods that include added vitamins, minerals or other nutritionally or physiologically active substances (Regulation (EC) No 1925/2006 of the European Parliament and of the Council).

Vitamins and minerals used to fortify the food are considered to be ingredients and must therefore be named in the list of ingredients. It is recommended that they are named by the names listed in annex XIII of the food information regulation, such as thiamin (not vitamin B1) and riboflavin (not vitamin B2).

Vitamins and minerals may also be indicated using their category name, but this must be followed by a detailed list of the vitamins and minerals in question, for example:

- vitamins (vitamins A, D and E)
- minerals (iron, calcium).

In addition, the quantities of vitamins and minerals and their portion of daily reference intakes must be included in the nutrition declaration. The nutrition declaration is discussed in detail in Section 8 of this guide.

Please note that if a food is fortified with vitamins and minerals, the Finnish Food Authority must be notified of the food.

The Finnish Food Authority has provided guidance on the notification procedure on its website.

For further information, see section 6.3 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Compound ingredients

Compound ingredients are foods used as ingredients that themselves contain more than one ingredient.

As an example of a compound ingredient, the following ingredients are used to produce a strawberry and apple filled bun:

- Wheat flour
- Strawberry and apple filling (sugar, strawberry, apple, water, modified starch, colour E 120)
- Vegetable margarine (partly hydrogenated vegetable fat (turnip rape), rapeseed oil, water, salt, flavouring)
- Sugar
- Egg
- Water
- Yeast
- Salt
- Cardamom

Of these, “strawberry and apple filling” and “vegetable margarine” are compound ingredients, as they contain more than one ingredient.

Indicating compound ingredients

Compound ingredients may be indicated in the list of ingredients of a finished product in one of the following ways:

1. By the name of the compound ingredient

The compound ingredient is listed by its own name in the correct order according to its weight. Immediately after this, its ingredients are indicated in parenthesis or following a semicolon in descending order by weight (*carry-over additives do not need to be indicated).

For example:

Ingredients: **Wheat** flour, strawberry and apple filling (sugar, strawberry, apple, water, modified starch, colour E 120), vegetable margarine (partly hydrogenated vegetable fat (turnip rape), rapeseed oil, water, salt, flavouring), sugar, **egg**, water, yeast, cardamom, salt.

2. As individual ingredients

The individual ingredients in a compound ingredient are indicated in the correct order by their weight (*carry-over additives need not be indicated).

For example:

Ingredients: **Wheat** flour, sugar, water, strawberry, apple, partly hydrogenated vegetable fat (turnip rape), rapeseed oil, **egg**, modified starch, yeast, cardamom, salt, flavouring, colour E 120.

3. In certain cases, by name only

In the following situations, compound ingredients may be indicated in the list of ingredients only by their name without specifying the contained ingredients:

- Compound ingredients that are less than 2% of the finished product and whose composition has been defined by law (such as jam and chocolate)
- Mixtures of spices or herbs that are less than 2% of the finished product

- Compound ingredients are foods referred to in article 19 of the food information regulation whose ingredients do not have to be listed, for example

- butter that contains only milk products, food enzymes and micro-organism cultures
- fermented cheese that contains only milk products, food enzymes or micro-organism cultures and salt.

However, these exceptions do not apply to substances and products that cause allergies and intolerances, which must always be indicated.

*Carry-over additives refer to additives that have ended up in the food as the result of an ingredient, but have no effect in the finished product. These additives are not considered as ingredients of the finished product, and therefore do not have to be indicated in the list of ingredients unless they cause allergies or intolerances. However, carry-over additives must not be confused with additives that come from ingredients and premixtures of additives, which must always be indicated in the list of ingredients. These types of premixtures are commonly used in the food industry.

For further information, see section 6.2.10 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Quantities of certain ingredients or ingredient categories

The quantities of food ingredients or ingredient categories must be indicated if their quantities influence the consumers' decisions.

The quantities of ingredients or ingredient categories must be indicated in the following situations:

- The name of the food contains any of its ingredients or ingredient categories. For example:
 - In strawberry yoghurt, the amount of strawberry contained must be indicated.
 - In rye bread, the amount of rye must be indicated.
 - In minced meat produced from different meats, the weight ratio of the meats must be indicated.
- The consumer naturally connects the name of the food with an ingredient or ingredient category. For example:
 - In sausage, the amount of meat must be indicated.
- An ingredient or ingredient category is essential to the food and distinguishes it from other products. For example:
 - In marzipan, the amount of almonds must be indicated.
- The ingredient or ingredient category is emphasised in the product's labelling through words, images or a typeface of a differing size, colour or style. For example:
 - In fruity muesli, the amount of fruit must be indicated.
 - In butter rolls, the amount of butter must be indicated.

How to indicate ingredient quantities

Quantities of ingredients are indicated as a percentage of the total weight of the product. The indication of the quantity must accompany the name of the food or included in the list of ingredients.

Examples on indicating ingredient quantities:

Rainbow trout casserol 400 g
Rainbow trout **20% of weight**

Ingredients: Potato, **rainbow trout, cream**, onion, corn starch, salt, dill, white pepper.

OR

Rainbow trout casserole 400 g

Ingredients: Potato, **rainbow trout (20% of weight), cream**, onion, corn starch, salt, dill, white pepper.

For further information, see section 6.4 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

You can test your knowledge with the revision exercises found in Section 11 of this guide.

Summary

- ▶ For prepacked foods, list the ingredients by descending order of quantity, from highest to lowest percentage of total weight.
- ▶ Be sure to always include substances that cause allergies or intolerances.
- ▶ If you use food improvement agents, check for possible restrictions on their use and requirements for additional warning labels.
- ▶ If you fortify a food with vitamins or minerals, you must notify the Finnish Food Authority of the food.
- ▶ If you are emphasising a certain ingredient, be sure to indicate its amount in the food.



Section 5, Date Labelling

In this section, you will learn:

- ▶ What is the difference between minimum durability and the use by date?
- ▶ How is the date indicated?

Depending on the product, the date may be either the date of minimum durability (“best before”) or the ‘use by’ date.

Date of minimum durability or “best before” date

The date of minimum durability refers to the date until which the food retains its specific properties when properly stored, such as taste and structure. The food may be sold or used after this date as long as its quality has not substantially worsened.

In this case, responsibility for the food’s quality rests with the seller or supplier.

To prevent consumers from accidentally buying food that is past its best before date, this should be indicated when the product is sold or supplied.

Indicating the date of minimum durability

The date of minimum durability is preceded by the words “best before” or “best before end”, after which the date is labelled as follows:

Durability of the food	Accuracy of the date	For example
up to 3 months	day and month	“best before 31 Dec”
more than 3 months and up to 18 months	month and year	“best before end Dec 2020”
more than 18 months	year	“best before end 2020”
all durability times listed above	day, month and year	“best before 31 Dec 2020”

The date of minimum durability is always indicated in the order day, month and year. If the date is indicated only by month and year or year, the word “end” must precede the date, such as in “best before end 2020”.

The date may also be indicated elsewhere on the packaging than immediately after the “best before” label. In this case, the words must indicate where on the package the date is situated, such as in “best before” – see cap.

Frozen foods always use the “best before” date.

Use-by date or expiration date

The use-by date or expiration date refers to the final date after which the food should not be used.

The use-by date is indicated on microbiologically highly perishable foods that may be dangerous to health already when stored for short periods of time.

These include the following types of food, unless their preservation has been ensured by means of heat treatment or preservatives:

1. Raw milk and products thereof
2. Egg products
3. Fresh meat, organs, blood and fresh plasma
4. Minced meat and other uncooked meat products
5. Fresh fish, roe and crustaceans
6. Fresh-salted and cold-smoked fish
7. Ready-cooked foods, desserts and confectionery that have not been heat-treated

Other products than those listed above may be highly perishable from a microbiological point of view, in which case their use-by date must be indicated. In such cases, the operator must evaluate on a case-by-case basis whether the food is highly perishable microbiologically.

These foods may not be sold or used to prepare foods for sale or serving after the use-by date.

Indicating the use-by date

The use-by date is indicated in the packaging preceded by the words “use by”, followed by the date consisting of the day, the month and, possibly, the year, in that order.

For example

- use by 27 Sep
- use by 27 Sep 2020

The label must also include instructions on how the product should be stored.

Other things to note

Batch number

If the date is accurate to at least the day and month, it may also be used as the number for the food batch. The batch number is discussed in more detail in Section 9, Other mandatory information.

Non-prepacked foods the date of minimum durability or use-by date does not have to be indicated for non-prepacked foods, unless specifically required by the food’s storage instructions.

For further information, see sections 6.7 and 7.1 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

You can test your knowledge with the revision exercises found in Section 11 of this guide.

Summary

- ▶ The use-by date must be indicated for foods that are highly perishable from a microbiological point of view. The food may not be sold or used after this date.
- ▶ In the case of the best before date, the food may be sold or used after this date as long as its quality has not substantially worsened. In such cases, you are still responsible for the food’s quality as a food business operator.



Section 6, Country of Origin

In this section, you will learn:

- ▶ What is meant by the country of origin?
- ▶ When and how should the country of origin be indicated?

What is the country of origin?

The country of origin is the country where the food has been produced or manufactured.

Production refers to the growing of vegetables or cattle rearing, for example. Manufacture refers to the combination of a food with other ingredients and cooking, preserving and other similar treatments.

If the food has been produced in more than one country, the country in which it underwent the last substantial manufacturing measure is considered to be the country of origin.

The packaging, sorting, cleaning, simply drying or other minor treatments that do not substantially alter the food are not considered to be manufacturing.

When is the country of origin indicated?

The food's country of origin must be indicated whenever its absence is likely to mislead consumers or it is required by law to be indicated.

When can an absence of the country of origin mislead consumers?

The country of origin must be indicated if it is possible that other labelling for the product, such as the name, logo or trademark of the supplier or pictures or symbols may otherwise give a misleading impression of its origin.

For example, if the product has been manufactured in Sweden but the labelling includes the name and address of a Finnish food business operator, the country of origin must be indicated.

The **country of origin must be indicated** for the following foods:

Food/food category	Applicable legal act
Beef (fresh, chilled and frozen)	(EC) No 1760/2000, (EC) No 275/2007 and (EC) No 1825/2000
Swine, sheep, goat and poultry meat (fresh, chilled and frozen)	(EU) No 1337/2013

Food/food category	Applicable legal act
Fresh, chilled or frozen meat (beef, pig, sheep, goat and poultry meat) used as an ingredient in a meal in catering establishments	Decree of the Ministry of Agriculture and Forestry, 154/2019 (valid from 1 May 2019 to 30 April 2021)
In products manufactured and packaged in Finland <ul style="list-style-type: none"> • meat used as an ingredient in food • milk • milk products milk used as an ingredient in certain similar products	Decree of the Ministry of Agriculture and Forestry, 218/2017 and Decree of the Ministry of Agriculture and Forestry, 361/2020 (valid from 1 June 2017 to 31 December 2021)
Fishery products	(EU) No 1379/2013
Fresh whole vegetables, fruits and berries	(EU) No 543/2011
Honey	Decree of the Ministry of Agriculture and Forestry, 392/2015
Olive oil	(EU) No 29/2012 (EU) No 1308/2013

Non-prepacked foods

Retail establishments must indicate the country of origin of a non- prepacked food where there is mandatory provision or where failure to do so may mislead the consumer.

Catering establishments must display in writing the country of origin of the fresh, chilled or frozen meat used as an ingredient in a meal. This requirement applies to beef, pig, sheep, goat and poultry meat. This requirement does not apply to ready-made meat products such as cooked meatballs or to raw meat products such as marinated chicken fillets that the catering establishment buys.

How is the country of origin indicated?

In order to avoid misleading labelling, the country of origin should be indicated in a visible place, such as on the front of the packaging.

The indication may simply be the name of the country of origin, a generally understood abbreviation of the name or the region of origin.

Exceptions to this are fresh whole vegetables, fruits and berries, for which the full name of the country must be indicated instead of an abbreviation. The name of the region or area of production may also be included.

Instead of the country of origin, the indication may refer to the area, place, region or state of origin within the country if this can be considered to be generally understood, for example Åland, Scotland, Sicily, Hawaii or California.

When the country of origin (or place of provenance) of the food is given and it is not the same as that of its primary ingredient, the country of origin (or place of provenance) of the primary ingredient needs also to be declared or at least indicated as being different to that of the food, e.g. (name of the primary ingredient) does not originate from (the country of origin).

For further information, see section 6.10 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

You can test your knowledge with the revision exercises found in Section 11 of this guide.

Summary

- ▶ The country of origin must be indicated whenever its absence is likely to mislead consumers or it is required by law to be indicated.



Section 7, Storage and Conditions of Use

In this section, you will learn:

- ▶ When is a description of storage conditions required and how should it be indicated?
- ▶ When are conditions of use required and how should they be indicated?

Description of storage conditions

The indication is required when the food's preservation to the stated best before or use-by date requires a storage temperature other than room temperature or other special storage or use conditions.

The description of storage conditions must always be included for foods that are highly perishable from a microbiological point of view.

Storage conditions must always be described if it is possible that the buyer does not know how the product should be stored.

The description of storage conditions may also apply only to products after opening.

For example:

"Refrigerate in 6 °C after opening. Consume within 4 days."

A description of storage conditions must be provided for **non-prepacked** foods to consumers in retail sale, if necessary.

Description of storage conditions in specific legislation

Specific legislation requires the description of storage conditions in the packaging of certain foods. For example:

Ware potatoes

The packaging of ware potatoes must indicate the storage conditions and date of packing or best before date.

The description of storage conditions may be made as follows, for example: "Store away from light at a temperature of up to +10 °C."

Frozen food

In addition to the best before date, frozen foods must indicate the time that buyers can store the frozen food and instructions on storage conditions that include the storage temperature. The special labelling of quick-frozen and frozen foods are described in detail in Section 9, Other mandatory information.

For further information on the description of storage conditions, see sections 6.12 and 7.1 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Conditions of use

The food's packaging must include conditions of use if it would be otherwise difficult to make appropriate use of the food.

The instructions are required when their absence may cause a financial or health hazard, or when it is possible that the product may otherwise be used incorrectly.

Conditions of use may also be warning labels or serving instructions. Specific legislation requires the addition of warning labels for certain products, such as false morels (Decree of the Ministry of Agriculture and Forestry on requirements for certain food products 264/2012, section 5).

Conditions of use (cooking recipe) should always be included for foods that require preparation, such as dry soup mixes.

Conditions of use must always be included if consumers are unfamiliar with the product.

Non-prepacked foods

Conditions of use must be provided to consumers for non-prepacked at the place of retail sale, if necessary.

Indicating conditions of use

Conditions of use must be indicated with words and numbers. Pictures and symbols alone are not sufficient and may only be used as an additional means of presenting the information.

For further information, see sections 6.13 and 7.1 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

You can test your knowledge with the revision exercises found in Section 11 of this guide.

Summary

- ▶ A description of storage conditions must be included for products with a storage temperature other than room temperature, or which require other special storage conditions.
- ▶ Conditions of use must be included if it would be otherwise difficult to make appropriate use of the food.



Section 8, Nutrition Declaration

In this section, you will learn:

- ▶ What information should be in the nutrition declaration?
- ▶ How to get nutrition facts?

Nutrition declaration in prepacked foods

Almost all prepacked foods must include a nutrition declaration that indicates their nutrition information.

Nutrition information is stated per 100 grams or 100 millimetres of the food. If needed, the information can be indicated for the product as consumed if a detailed cooking recipe is also provided, such as in dry soup mixes that are added water.

In prepacked foods, the information may also be provided per serving or unit of consumption, if the size and number of servings are also indicated.

The nutrition declaration must be presented as a cohesive whole in the same field of vision and clearly formatted.

See the table on energy values and nutrients to be indicated in the nutrition declaration. Information that must be included are marked with a star *.

Energy*	kJ/kcal
fat*	g
of which	
- saturates*	g
- monounsaturates	g
- polyunsaturates	g
carbohydrates*	g
of which	
- sugars*	g
- polyols	g
- starch	g
- fibre	g
protein*	g
salt*	g
vitamins and minerals	*1

*1 in units listed in part A(1) of annex XIII to the food information regulation

Energy value

The energy value of the food must be indicated in both kilojoules (kJ) and kilocalories (kcal).

The energy value includes all nutrients that produce energy contained in the food. Energy-producing nutrients are listed in annex XIV to the food information regulation and in the following table.

The energy value contained in the food is calculated by the conversion factors given in the table.

Conversion factors for the calculation of energy (Annex XIV to the food information regulation):

carbohydrates (excluding polyols)	17 kJ/g – 4 kcal/g
polyols	10 kJ/g – 2,4 kcal/g
protein	17 kJ/g – 4 kcal/g
fat	37 kJ/g – 9 kcal/g
salatrim	25 kJ/g – 6 kcal/g
alcohol (ethanol)	29 kJ/g – 7 kcal/g
organic acid	13 kJ/g – 3 kcal/g
fibre	8 kJ/g – 2 kcal/g
erythritol	0 kJ/g – 0 kcal/g

You will learn more about how to calculate the energy value later on in Section 10, Examples.

Salt

The salt content of a food includes both naturally occurring and added salt. 'Salt' means the food's salt equivalent content, which is calculated using the formula: **salt = sodium × 2.5**

If the food's salt content is exclusively due to the presence of naturally occurring sodium, this may be indicated in close proximity to the nutrition declaration.

These types of foods include milk, meat, fish and vegetables with no added salt.

If the food contains added salt or ingredients containing salt, as in foods such as ham, cheese or olives, the above indication cannot be included.

Vitamins and minerals

Vitamins and minerals may be included in the nutrition declaration only if they are present in the food in significant amounts.

Significant amounts:

- In products other than beverages (per 100 g) and packages containing only a single serving: at least 15% of the daily reference intake
- Beverages (per 100 ml): at least 7.5% of the daily reference intake

Daily reference intakes

In addition to amounts, the percentages of daily reference intakes must be indicated for vitamins and minerals.

Daily reference intakes (Annex XIII to the food information regulation):

	Daily reference intake	Mineral	Daily reference intake
Vitamin A (µg)	800	Potassium (mg)	2 000
Vitamin D (µg)	5	Chloride (mg)	800
Vitamin E (mg)	12	Calcium (mg)	800
Vitamin K (µg)	75	Phosphorus (mg)	700
Vitamin C (mg)	80	Magnesium (mg)	375
Thiamin (mg)	1,1	Iron (mg)	14
Riboflavin (mg)	1,4	Zinc (mg)	10
Niacin (mg)	16	Copper (mg)	1
Vitamin B6 (mg)	1,4	Manganese (mg)	2
Folic acid (µg)	200	Fluoride (mg)	3,5
Vitamin B12 (µg)	2,5	Selenium (µg)	55
Biotin (µg)	50	Chromium (µg)	40
Pantothenic acid (mg)	6	Molybdenum (µg)	50
		Iodine (µg)	150

For example, 15% of the daily reference intake for vitamin A is calculated as follows:

$$800 \mu\text{g} \times 15 / 100 = 120 \mu\text{g}$$

The amounts of vitamins and minerals must be indicated at the quantities on the use-by date or best before date.

Below is an example of a nutrition declaration for a product that contains added vitamins and minerals:

Nutrition information	per 100 g
Energy	1 450 kJ / 340 kcal
Fat	16 g
- of which saturates	7,3 g
Carbohydrates	45 g
- of which sugars	23 g
Protein	4,0 g
Salt	1,1 g
Vitamin C	40 mg (50 %)*
Calcium	120 mg (15 %)*

* of daily reference intake

How to get nutrition facts?

Nutrition values are averages that are based on one of the following

- the manufacturer's analysis of the food
- a calculation from the known or actual average values for the ingredients used, or
- a calculation from on generally established and accepted data

A good source of data is the Finnish food composition database Fineli, which is maintained by the National Institute for Health and Welfare. The database contains information on the average nutrition values of foods manufactured or sold in Finland.

You will learn more about how to calculate nutrition values later on in Section 10, Examples.

Exceptions and specific provisions

Nutrition information does not need to be provided for the following prepacked foods:

1. Foods that are not subject to the requirements on nutrition declarations
 - Food supplements (such as vitamin D tablets)
 - Natural mineral waters and spring waters
2. Foods that are exempted from the required nutrition declaration (Food information regulation, Annex V)
 - Unprocessed products that comprise a single ingredient or category of ingredients, such as flour or filleted fresh fish
 - Processed products that are processed only by means of maturing and which consist of a single ingredient or category of ingredients, such as sauerkraut
 - Waters intended for human consumption, including those where the only added ingredients are carbon dioxide and/or flavourings
 - A herb, a spice or mixtures thereof
 - Salt and salt substitutes
 - Table top sweeteners
 - Whole or milled coffee beans, tea and similar herbal and fruit infusions
 - Fermented vinegars and substitutes for vinegar
 - Flavourings, food additives, processing aids and food enzymes
 - Gelatine

- Jam setting compounds other than additives
- Yeast
- Chewing gums
- Food in packaging or containers the largest surface of which has an area of less than 25 cm²
- Food, including handcrafted food, directly supplied by the manufacturer of small quantities of products to the final consumer or to local retail establishments directly supplying the final consumer.

Mandatory nutrition information for non-prepacked food

For non-prepacked foods sold or served at retail establishments, information must be provided on

- the salt content of cheeses, sausages and charcuteries,
- the salt content of bread.

However, this information does not need to be provided for foods that are directly supplied by a manufacturer of small quantities to final consumers or local retail establishments.

It is not mandatory for catering establishments to provide nutrition information.

Warning for high salt content

The food's packaging must include a warning for high salt content if its salt content exceeds the limits specified in Decree 1010/2014 of the Ministry of Agriculture and Forestry.

See the table below for the limits on high salt content in foods.

Food	Salt content (% by weight) over
Cheeses	1,4
Sausages	2,0
Other meat products used as charcuteries	2,2
Fish products	2,0
Bread	1,1
Crisp bread and crackers	1,4
Breakfast cereals	1,4
Processed foods and components of ready-to-serve meals	1,2
Snacks (with added salt)	1,4

Indicating high salt content

Information on the high salt content of a food must be presented in the close vicinity of the nutrition declaration. If there is no nutrition declaration, the information must be presented in the labelling in some other easily visible and readable manner.

Non-prepacked foods

Retail establishments must notify consumers of foods with high salt content in writing.

The information does not need to be given for products by small food business operators.

In catering establishments, the high salt content of foods does not need to be indicated.

For further information, see section 6.17 and 7 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

You can test your knowledge with the revision exercises found in Section 11 of this guide.

Summary

- ▶ Nutrition information is stated per 100 grams or 100 millimetres of the food.
- ▶ The requirements on nutrition declarations are broader for prepacked foods than for non-prepacked foods.
- ▶ The salt content of a food includes both naturally occurring and added salt. Be sure to include a warning of high salt content, if necessary.
- ▶ If the declaration includes vitamins or minerals, make sure that they are included in significant amounts.
- ▶ Nutrition values are averages and may be based on analysis or calculations.



Section 9, Other Mandatory Information

In this section, you will learn:

- ▶ How precisely must the operator's contact details be indicated on packaging?
- ▶ How is net quantity indicated?
- ▶ What is the purpose of the foot batch number and how is it indicated?
- ▶ When must the food's packaging include an identification label?
- ▶ When must the strength of alcoholic beverages be indicated?
- ▶ Which foods have separate product-specific requirements?
- ▶ What kinds of specific labelling requirements are there for frozen and quick-frozen food?
- ▶ How do I label foods that are genetically modified or treated with ionising radiation?

Name and address of the responsible food business operator

The food's packaging must indicate the name of the responsible food business operator, as well as its

business name or auxiliary business name

- Producer, manufacturer, packager or vendor operating in the European Union

- Packaging for fresh whole vegetables, fruits or berries must indicate the packager

address

- Street address, P.O. box or other address with sufficient accuracy that incoming mail can be delivered
- A website address is not sufficient by itself
- May be in either Finnish or Swedish

If the name of the operator or other information indicated on the packaging might mislead consumers as to the role of the operator, Finnish Food Authority recommends that the name should be specified by stating that the product is "manufactured by".

Non-prepacked foods

The name and address of the responsible operator do not need to be indicated for non-prepacked foods sold at points of retail sale or catering establishments.

For further information, see section 6.8 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Net quantity

Net quantity means the amount of food at the time of packaging.

The weight of the packaging material is not included in net quantity.

The quantity may be expressed in the following units:

Units of weight	Units of volume
milligrams (mg)	millilitres (ml)
grams (g)	decilitres (dl)
kilograms (kg)	litres (l)

In market trade or similar sales, solid foods may also be sold in units of volume, such as strawberries by the litre.

Special cases

There are exceptions to how net quantity must be indicated in some special cases.

For example:

Solid foods sold in brine, pickle, syrup or other liquid

If a solid food is presented for sale in a liquid medium, both the total weight and drained net weight must be indicated.

For example “pickled red beets 380 g, drained weight 290 g”.

Graded class A eggs

The packaging must indicate the weight grade that states the weight range for the grade in grams.

Non-prepacked foods

Net quantity does not need to be indicated for non-prepacked foods sold at points of retail sale or catering establishments.

For further information, see section 6.6 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Food batch number

The purpose of the food batch number is to identify foods that belong to the same batch.

Food that belongs to the same batch has been produced, manufactured or packaged practically simultaneously and identically.

A batch is usually equal to the production of one day or less.

The food batch number must be clearly distinguishable from other labelling. The number must be preceded by the letter “L” (Lot) unless it is otherwise clearly distinguishable from other labelling. For example L125.

Particularly when the labelling contains several sets of numbers or letters, the batch number should be distinguished by the letter L.

The batch number may be substituted by the food’s date of durability marking (best before / use-by date), provided that at least the day and month are indicated and in that order.

The batch number is essential in cases where you need to withdraw a product from the market.

A product must be withdrawn from the market if it is discovered that it does not comply with the requirements for the safety of foodstuffs, such as due to a failure to indicate that it contains allergens. If you know that the mistake only applies to a certain batch of food, the number of products to be withdrawn and the costs of the withdrawal to you will be lower.

Non-prepacked foods

For non-prepacked foods, the batch number does not usually need to be indicated to consumers. When supplying food to another operator, the batch number must be indicated on the packaging, container or box, or failing that, on the relevant commercial documents.

For example, when a mass caterer supplies food to another mass caterer, the batch number must be indicated.

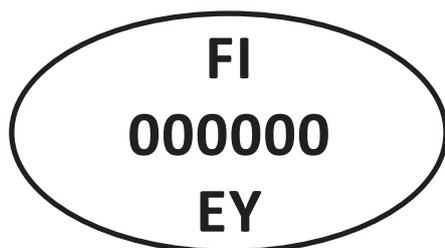
For further information, see section 6.11 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Identification marking

In foodstuffs of animal origin, the packaging must include an identification mark before the product leaves the food establishment. Foodstuffs of animal origin are foods that have been manufactured exclusively from animal material, or in which vegetable material is combined with unprocessed animal material.

The identification mark is oval-shaped and must indicate the name of the country in which the establishment is located, approval number of the establishment and, if located in the European Community, the abbreviation EC (EY in Finnish). The establishment's country may be spelled out, or a two-letter abbreviation may be used.

Example of an identification mark:



In the case of eggs, the producer code is indicated.

For more information on egg producer codes, see the Finnish Food Authority website (Finnish Food Authority guide 16034. Production and sale of bird eggs, only in Finnish and Swedish).

Non-prepacked foods

The identification marking not need to be indicated for non-prepacked foods sold at points of retail sale or catering establishments.

For further information, see section 6.9 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Alcoholic strength

The alcoholic strength of beverages must be indicated in the packaging by volume of alcohol (% vol.) for beverages over 1.2 % vol.

Finnish Food Authority recommends that alcoholic strength is also indicated in the packaging for solid foods with an alcoholic strength of over 1.8 % vol.

Non-prepacked foods

Alcoholic strength does not need to be indicated for non-prepacked beverages or foods sold at points of retail sale or catering establishments.

For further information, see section 6.14 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Product-specific requirements for certain categories of food

The law places product-specific requirements on certain categories of food, such as fresh vegetables, fishery and aquaculture products, beef, eggs, honey, raw milk and chocolate.

For further information, see sections 2 and 11 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Special labelling for quick-frozen and frozen food

Quick-freezing is one form of freezing. Decree 818/2012 of the Ministry of Agriculture and Forestry covers quick-frozen foods.

The packaging for quick-frozen foods presented for sale to consumers or mass caterers or otherwise intended for release must include the following special markings in addition to general labelling:

- The words “quick-frozen”
- The date of minimum durability or “best before” date
- The period that the food can be stored by the buyer
- Description of storage conditions, including storage temperature
- The words “do not refreeze after thawing”

Example of storage conditions for quick-frozen food

Breaded pollock fillet, frozen

Storage: -18°C or colder. Do not refreeze.

The product will keep:

- In the freezer (-18°C), see expiration date*
- In the refrigerator’s icebox (-5°C), 4 days
- In the refrigerator (+5°C), 2 days
- In room temperature (+20°C), 2 hours

* Best before end of 12/2020

The labelling for quick-frozen meat, raw meat preparations and unprocessed fishery products must indicate the date of freezing, or the first date of freezing if the product has been quick-frozen more than one times.

The date must indicate the day, month and year in this order, for example “frozen on 15 Oct 2019” or “frozen on 15/10/2019”.

Note that the Ministry Decree on quick-frozen foods does not cover ice cream, ice pop or other ice-based foods.

Can I sell quick-frozen products after thawing?

Food that is stored frozen may be sold to consumers or mass caterers after they have been partially or fully thawed, provided that the labelling or brochure clearly indicates that the product has been stored frozen and may not be refrozen after thawing.

In addition, it should be described in the name of the food that it has been thawed.

For further information, see section 9.1 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

Labelling of genetically modified food

Only genetically modified (GM) materials that have been authorised in the EU may be used to manufacture foodstuffs. GM material refers to organisms such as plants or bacteria whose genome has been genetically modified. The use of GM material must be indicated in the product’s list of ingredients.

If there is no list of ingredients, the presence of GM materials must be indicated in some other clear manner.

Examples of labelling:

- ... soy (genetically modified) ...
- ... genetically modified corn ...
- ... made from genetically modified soy ...

For further information, see section 9.2 of the Food Information Guide.

Indicating ionising radiation treatment

The only types of irradiated foods permitted for sale in Finland are dried aromatic herbs, spices and vegetable seasonings. If an irradiated food is prepacked and sold as such, the packaging must include the words “irradiated” or “treated with ionising radiation”.

If an irradiated food is used as an ingredient in another food, this ingredient must be labelled in the list of ingredients on the packaging by the words “irradiated” or “treated with ionising radiation”.

This label is mandatory also for irradiated ingredients that account for less than 2% of the finished product.

The food must be irradiated in an approved establishment.

Non-prepacked foods

In food that is sold non-prepacked, the labelling for irradiation must accompany the name of the food or be indicated in the immediate vicinity of the food on a brochure or sales container.

For further information, see section 9.4 of the Food Information Guide for Food Supervisors and Food Operators (in Finnish and Swedish).

You can test your knowledge with the revision exercises found in Section 11 of this guide.

Summary

- ▶ Indicate your contact details on the packaging in a way that ensures that incoming mail can be delivered.
- ▶ When indicating net quantity, use units of weight (mg, g, kg) or, in the case of liquid products, units of volume (ml, dl, l).
- ▶ The food batch number identifies products that belong to the same batch. The batch number is helpful in cases where products must be withdrawn from the market, for example.
- ▶ If you are selling foods of animal origin, include the oval identification mark on the packaging.
- ▶ Indicate a beverage’s alcoholic strength if it is more than 1.2 % vol.
- ▶ Be sure to indicate if you are using GM materials or the food has been irradiated.
- ▶ Be sure to follow any legislation on product-specific requirements.



Section 10, Examples

In this section of the guide, you will learn about mandatory food labelling through examples of products. The section also includes examples of recipe calculations.

Example 1: Labelling for nutty wheat bread

The first example demonstrates the mandatory labelling for nutty wheat bread. Please note that mandatory labelling for prepacked foods must be in Finnish and Swedish. However, if the food is sold only in a monolingual municipality, the mandatory labelling can be made only in the language of that municipality. (Translations: Please see the guides *Elintarvikkeista annettavat tiedot – Opas pk-yrityksille* (in Finnish) and *Livsmedelsinformation – Handbok för små och medelstora företag* (in Swedish). Guides are available on Finnish Food Authority’s website.)

List of ingredients
Allergens (wheat flour and cashew nuts) in bold, with the amount of the bolded ingredient indicated (cashew nuts (15% of weight)). It is not mandatory to print wheat or flour in bold, because the name of the food includes the word “wheat”. You can nevertheless still print the ingredient in bold if you wish.

Name of the food

Net quantity

NUTTY WHEAT BREAD, sliced 300 g

Ingredients: **Wheat flour**, water, **cashew nut** (15% of weight), yeast, iodised salt, preservative (E280)

Best before: 9.10.2020

Manufacturer: Company Ltd,
Corporate Road 1,00000 location

Nutrition per 100 g

Energy	1123 kJ/268 kcal
Fat	7,6 g
of which saturates	1,3 g
Carbohydrates	39 g
of which sugars	0,9 g
Protein	9,2 g
Salt	1,5 g

High salt content

Name and address of the responsible food business operator

Nutrition declaration

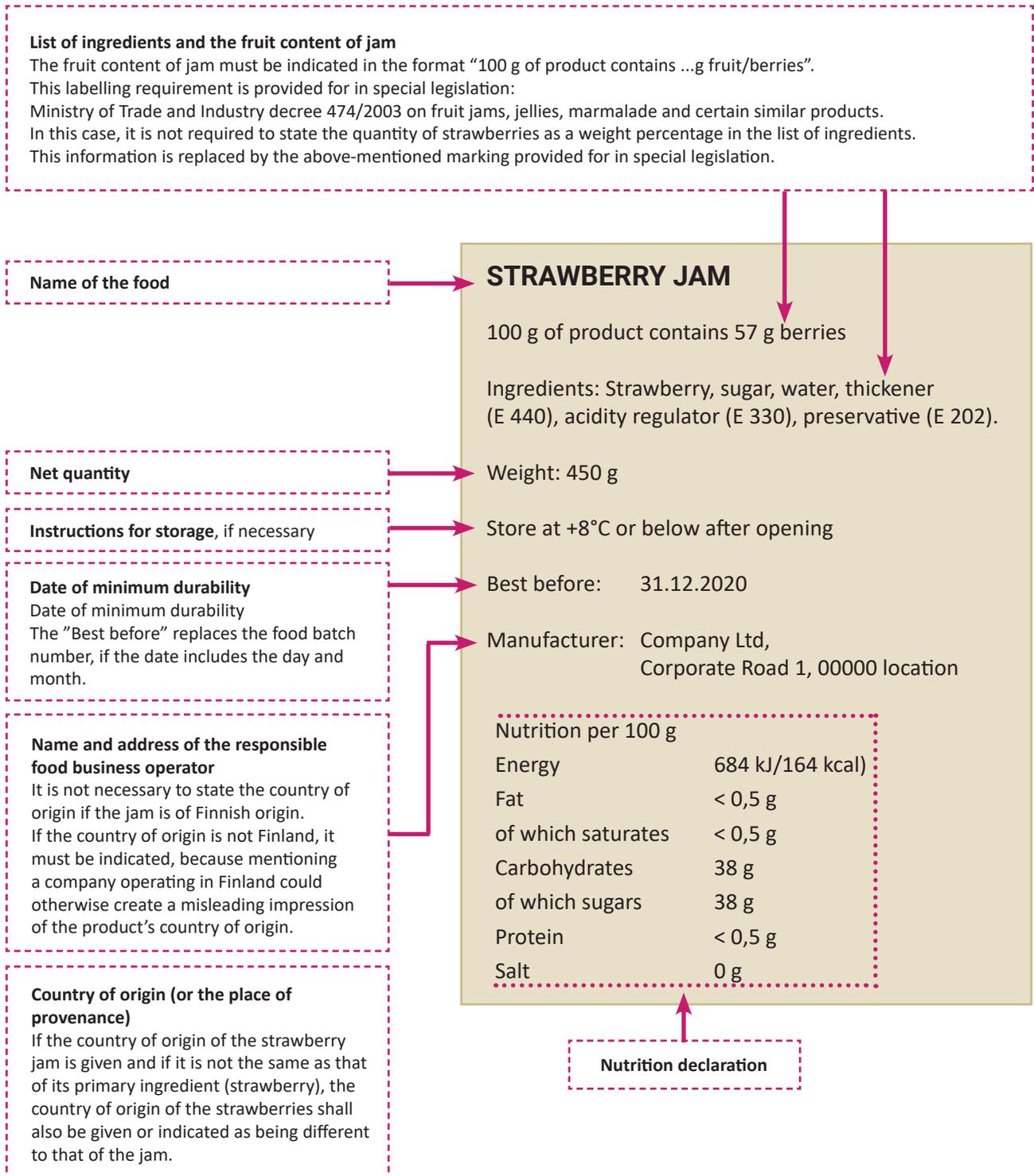
High salt content marking
Since the salt content exceeds the limit set for bread, 1.2%, a high salt content marking has to be printed on the package.

Date of minimum durability
The “Best before” date replaces the food batch number, if the date includes the day and month. The batch number is thus not a mandatory marking for the packaging of the nutty wheat bread.

Country of origin (or the place of provenance)
The country of origin does not have to be indicated if the bread is of Finnish origin. If the country of origin is not Finland, it must be stated, because indicating a company operating in Finland on the packaging could otherwise create a misleading picture of the country of origin. If the country of origin of the nutty wheat bread is given and if it is not the same as that of its primary ingredient (wheat flour), the country of origin of the wheat flour shall also be given or indicated as being different to that of the bread.

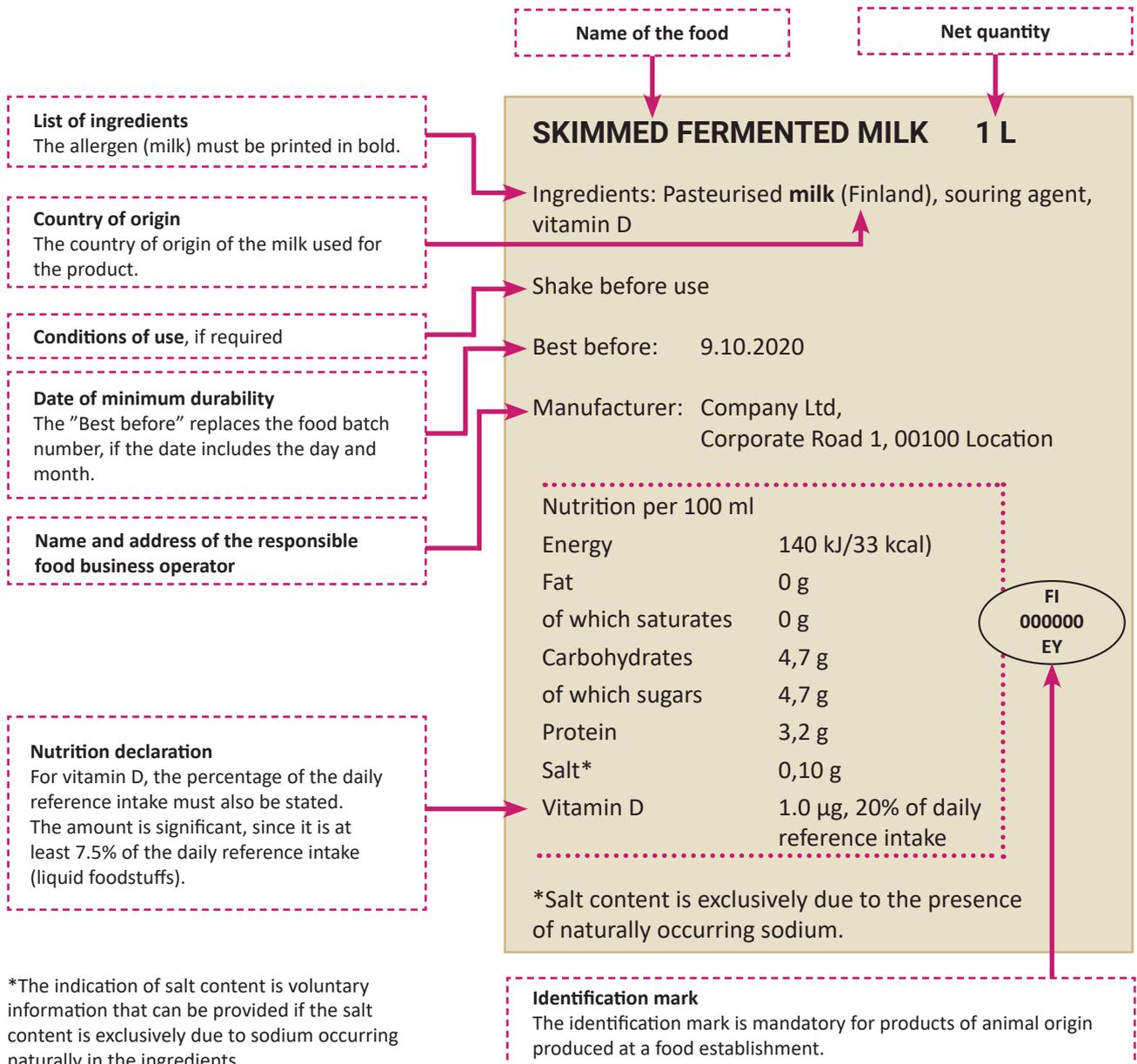
Example 2: Labelling for strawberry jam

The next example shows the mandatory labelling for strawberry jam. Please note that mandatory labelling for prepacked foods must be in Finnish and Swedish. However, if the food is sold only in a monolingual municipality, the mandatory labelling can be made only in the language of that municipality.



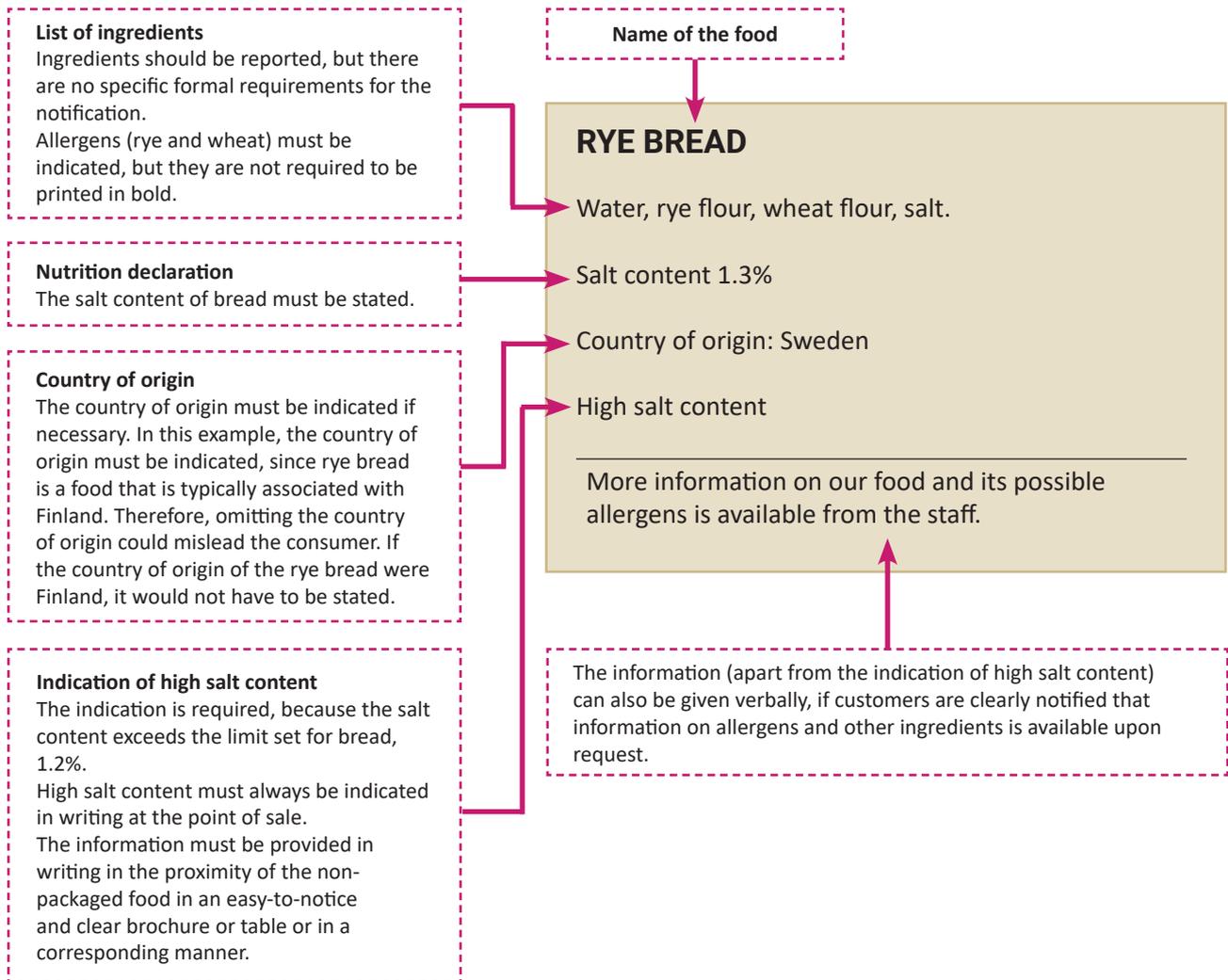
Example 3: Labelling for skimmed fermented milk

This example shows the mandatory labelling for skimmed fermented milk. Please note that mandatory labelling for prepacked foods must be in Finnish and Swedish. However, if the food is sold only in a monolingual municipality, the mandatory labelling can be made only in the language of that municipality.



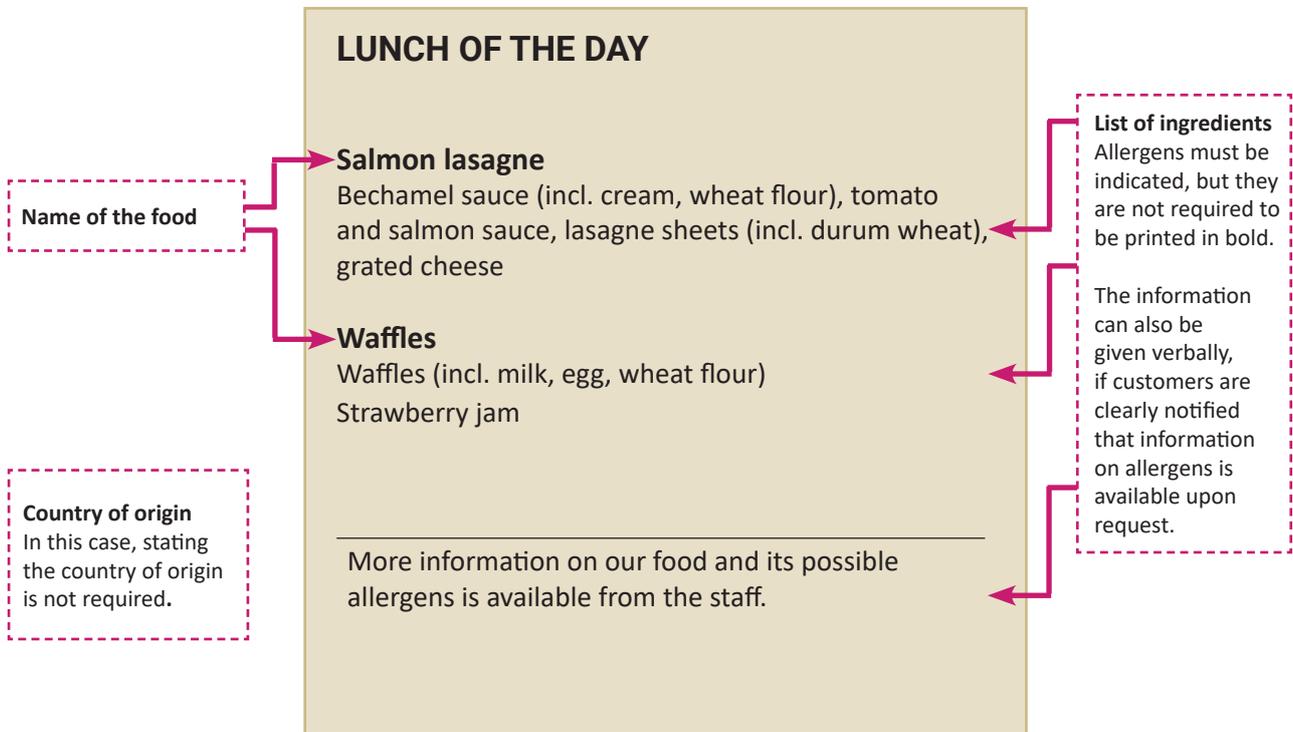
Example 4: Food information for non-prepacked rye bread in retail sale

This example shows what information is mandatory for non-prepacked rye bread in retail sale.



Example 5: Lunch menu information at a catering establishment

This example shows what information is mandatory for non-prepacked foods at a catering establishment.



Example 6: Recipe calculation for nutty wheat bread

This example shows you how to produce mandatory information based on the recipe for nutty wheat bread.

Recipe for nutty wheat bread

Weight	Ingredient
1 400 g	wheat flour
1 100 g	water
400 g	cashew nuts
55 g	yeast
40 g	iodised salt
5 g	propionic acid (E 280)

baking loss 10%

Weight and loss

Weigh the product when it is raw and finished, or calculate the weight of the finished product while taking baking loss into account:

Raw weight

Product raw weight = weight of the dough

Raw weight of nutty wheat bread:

$$1\,400\text{ g} + 1\,100\text{ g} + 400\text{ g} + 55\text{ g} + 40\text{ g} + 5\text{ g} = 3\,000\text{ g}$$

Baked weight

Weight of the baked product

$$= \text{product raw weight} - (\text{product raw weight} \times \text{baking loss percentage} / 100)$$

Baked weight of nutty wheat bread:

$$3\,000\text{ g} - 300\text{ g} (= 3\,000\text{ g} \times 10\% / 100) = 2\,700\text{ g}$$

Baking loss

Loss refers to the change that occurs to a food's weight during the baking process.

In practice, this is due to water evaporating. In the example of a nutty wheat bread, it is known that baking loss is 10%. If the amount of loss is unknown, you can measure this by weighing the raw and baked products and calculating the difference.

$$\text{Loss} = \text{product raw weight} - \text{product baked weight}$$

Loss percentage

$$= (\text{loss} \times 100) / \text{product raw weight} \%$$

Order of ingredients

List the ingredients in the labelling in descending order of their weight in the recipe.

Indicate added water according to its amount in the finished product.

The amount of water in the finished product is affected by baking loss.

Amount of water in the finished product

= (total amount of water as an ingredient) – (product raw weight – product baked weight)

Amount of water in finished nutty wheat bread:

1 100 g – 300 g (= 3 000 g – 2 700 g) = 800 g

Therefore, the order by which ingredients are listed in the bread's packaging is as follows:

1. wheat flour (1400 g)
2. water (800 g)
3. cashew nut (400 g)
4. yeast (55 g)
5. iodised salt (40 g)
6. propionic acid (E 280) (5 g)

Emphasising an ingredient

If an ingredient is emphasised in a place such as the name of the food and it can be assumed to influence the consumer's purchase decision, the share of the ingredient as a percentage of the total weight of the product must be indicated. In the case of nutty wheat bread, this means that the share of nuts must be indicated. The share of wheat does not need to be indicated despite the fact that it is included in the name of the food, as it is unlikely that it influences the consumer's decision.

The percentage of a certain ingredient in the food is calculated as follows:

(amount of the ingredient / product baked weight) x 100%

Percentage of cashew nuts in nutty wheat bread:

(400 g / 2 700 g) x 100 % = 14.8 % ≈ 15 %.

Allergens

Substances and products that cause allergies or trigger intolerances must be emphasised in the list of ingredients. In the case of nutty wheat bread, the allergens are nuts and wheat. As the word 'wheat' is already indicated in the name of the food, it does not need to be emphasised in the list of ingredients. If you wish, you may also emphasise this in the list of ingredients.

The word 'nut' is also indicated in the name of the food. However, as there are different types of nuts and consumers might only be allergic to a specific variety, the word 'cashew nut' must be emphasised in the list of ingredients.

Additives

First, check whether an additive listed in the recipe is permitted to be used to manufacture bread. Be sure to also check if there are maximum content limits for the additive.

You can find the information under the food category “07.1 Bread and rolls” in part E of annex II to the Regulation (EC) No 1333/2008, or in the European Commission web application:

(Categories → Bakery wares (7) → Bread and rolls (7.1)).

You can find the regulation on food additives and the EU Commission application in the list of links on our website.

The recipe for wheat bread includes propionic acid (E 280). Under the regulation on additives, prepacked sliced bread may contain propionic acid up to 3 000 mg/kg. In the recipe, the amount of propionic acid is indicated as 5 g.

The amount of propionic acid in mg/kg in the finished product is calculated as follows:

To begin with, the units can be changed to their consistent forms as mg/kg as follows

(Propionic acid in nutty wheat bread 5 g = 5 000 mg and weight of finished bread 2700 g = 2.7 kg).

To calculate the amount of additive in the finished product in mg/kg, divide the amount of additive by the weight of the finished product.

Amount of propionic acid in nutty wheat bread:

$5\,000\text{ mg} / 2.7\text{ kg} = 1\,850\text{ mg/kg}$

The amount of propionic acid does not exceed the permitted maximum level. The recipe may thus be followed. The additive must be indicated in the list of ingredients by the name of the category of its functional class, followed by the specific name or E number.

Propionic acid is used as a preservative. In the list of ingredients, it can be indicated as follows: “preservative (E 280)” or “preservative (propionic acid)”.

Final list of ingredients

Ingredients: **Wheat flour**, water, **cashew nut** (15% of weight), yeast, iodised salt, preservative (E 280).

Calculating nutrition information

The information presented in the nutrition declaration may be based on analysis or calculations.

The amounts of nutrients in the food may be calculated in several ways.

This example uses the average values indicated for various ingredients in the Fineli food composition database(www.fineli.fi).

Energy and nutrition values per 100 grams of nutty wheat bread ingredients (Fineli database)*

Ingredient	Energy		Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	mg
Wheat flour	1 467	350	1,4	0,2	70	0,4	11,5	2,5
Water	-	-	-	-	-	-	-	2,5
Cashew nut	2 403	574	46,4	7,8	18,8	4,6	20	25,5
Yeast	312	74	0,4	-	1,1	-	13,1	11,2
Iodised salt	11	3	-	-	-	-	0,6	98 607,6
Propionic acid	-	-	-	-	-	-	-	-

*Source: National Institute for Health and Welfare, Nutrition Unit. Fineli. Food composition database. Version 18. Helsinki 2017. www.fineli.fi

Energy and nutrition values per 1400 grams of wheat flour

Energy (kJ)	(1 467 kJ / 100 g) x 1 400 g = 20 538 kJ
Energy (kcal)	(350 kcal / 100 g) x 1 400 g = 4 900 kcal
Fat	(1,4 g / 100 g) x 1 400 g = 19,6 g
Saturates	(0,2 g / 100 g) x 1 400 g = 2,8 g
Carbohydrates	(70 g / 100 g) x 1 400 g = 980 g
Sugars	(0,4 g / 100 g) x 1 400 g = 5,6 g
Protein	(11,5 g / 100 g) x 1 400 g = 161 g
Salt	(2,5 mg / 100 g) x 1 400 g = 35 mg *

* Salt is indicated in the Fineli database in milligrams (mg). In the final nutrition declaration, salt content must be indicated in grams (g).

Energy and nutrition values in other ingredients of nutty wheat bread

The amounts are calculated in the same way as for wheat bread in the above example.

Ingredient	Amount of ingredient in recipe g	Energy		Fat	Saturates	Carbo- hydrates	Sugars	Protein	Salt
		kJ	kcal	g	g	g	g	g	mg
Wheat flour	1 400	20 538	4 900	19,6	2,8	980	5,6	161	35
Water	800	-	-	-	-	-	-	-	20
Cashew nut	400	9 612	2 296	185,6	31,2	75,2	18,4	80	102

Ingredient	Amount of ingredient in recipe g	Energy		Fat g	Saturates g	Carbo- hydrates g	Sugars g	Protein g	Salt mg
		kJ	kcal						
Yeast	55	171,6	40,7	0,2	-	0,6	-	7,2	6,16
Iodised salt	40	4,4	1,2	-	-	-	-	0,24	39 443,04
Propionic acid	5	-	-	-	-	-	-	-	-
Total (≈)		30 326	7 238	205	34	1 056	24	248	39 606

Energy and nutrition values per 100 grams of finished nutty wheat bread

Energy (kJ)	$(30\,326 \text{ kJ} / 2\,700 \text{ g}) \times 100 \text{ g} \approx 1\,123 \text{ kJ}$
Energy (kcal)	$(7\,238 \text{ kcal} / 2\,700 \text{ g}) \times 100 \text{ g} \approx 268 \text{ kcal}$
Fat	$(205 \text{ g} / 2\,700 \text{ g}) \times 100 \text{ g} \approx 7,6 \text{ g}$
Saturates	$(34 \text{ g} / 2\,700 \text{ g}) \times 100 \text{ g} \approx 1,3 \text{ g}$
Carbohydrates	$(1\,056 \text{ g} / 2\,700 \text{ g}) \times 100 \text{ g} \approx 39,1 \text{ g}$
Sugars	$(24 \text{ g} / 2\,700 \text{ g}) \times 100 \text{ g} \approx 0,9 \text{ g}$
Protein	$(248 \text{ g} / 2\,700 \text{ g}) \times 100 \text{ g} \approx 9,2 \text{ g}$
Salt	$(39\,606 \text{ mg} / 2\,700 \text{ g}) \times 100 \text{ g} \approx 1\,467 \text{ mg} \approx 1,5 \text{ g}^*$

* Salt is indicated in the Fineli database in milligrams (mg). In the final nutrition declaration, salt content must be indicated in grams (g).

The European Commission has published a guide on rounding nutrition values in 2012. The guide is found in the list of links on our website.

Alternative methods of calculation

Calculating energy value using conversion factors

The average energy values of several foods are readily available in the Fineli database, as shown above. Next, you will learn how to calculate energy values manually in cases where the information is not readily available.

The energy value of a food includes all nutrients contained in the food that produce energy. In the case of nutty wheat bread, the energy-producing nutrients are carbohydrates, protein, fat and fibre.

In the Fineli database, fibre is listed under carbohydrate components, but it is not included in the total amount of carbohydrates (absorbed carbohydrates) and must be taken into account separately when calculating energy value.

The energy value of each nutrient is calculated by multiplying the amount of the nutrient (g/100 g of finished product) by the conversion factor defined for each nutrient. The conversion factors are found in annex XIV to the food information regulation.

Example: Nutty wheat bread

Nutrient	Amount of nutrient	Conversion factor		Energy value	Energy value
	g/100 g	kJ/g	kcal/g	kJ/100 g	kcal/100 g
Carbohydrates	39,1*	17	4	$39,1 \times 17 = 664,7$	$39,1 \times 4 = 156,4$
Protein	9,2*	17	4	$9,2 \times 17 = 156,4$	$9,2 \times 4 = 36,8$
Fat	7,6*	37	9	$7,6 \times 37 = 281,2$	$7,6 \times 9 = 68,4$
Fibre	2,58**	8	2	$2,58 \times 8 = 20,64$	$2,58 \times 2 = 5,16$
Total				≈ 1 123 kJ / 100 g	≈ 267 kcal / 100 g

* The quantities of carbohydrates, fat and protein (g / 100 g) were defined previously when calculating nutrition information.

** The amount of fibre (g / 100 g) is calculated similarly to the quantities of carbohydrates, fat and sugar. The calculations are shown in the table below.

Calculating the amount of fibre in 100 grams of nutty wheat bread

Ingredient	Amount of ingredient in recipe	Fibre*	Fibre / whole ingredient	Fibre / whole product
	g	g / 100 g	g	g
Wheat flour	1 400	3,7	$(3,7 \text{ g} / 100 \text{ g}) \times 1\,400 \text{ g}$ $= 51,8 \text{ g}$	
Water	800	-	-	
Cashew nut	400	3,5	$(3,5 \text{ g} / 100 \text{ g}) \times 400 \text{ g}$ $= 14 \text{ g}$	
Yeast	55	6,9	$(6,9 \text{ g} / 100 \text{ g}) \times 55 \text{ g}$ $= 3,795 \text{ g}$	
Iodised salt	40	-	-	
Propionic acid	5	-	-	
Total	2 700		≈ 69,6 g	$(69,6 \text{ g} / 2\,700 \text{ g}) \times 100 \text{ g}$ ≈ 2,58 g

* Source: National Institute for Health and Welfare, Nutrition Unit. Fineli. Food composition database. Version 18. Helsinki 2017. www.fineli.fi

Note that when calculating energy values, you must also take into account other energy-producing nutrients in the food, if necessary (see annex XIV to the food information regulation).

For example, if the food is manufactured using alcohol (and the product is not heated) or polyols, i.e. sugar alcohols.

Calculating total salt content

The salt contents of several foods are readily available in the Fineli database, as shown above.

If the data is not readily available, you can also calculate total salt content manually.

When calculating the total salt content of a finished product, both added salt and naturally occurring sodium in the ingredients are taken into account. The amounts of naturally occurring sodium in ingredients are available in the Fineli database.

Amount of naturally occurring sodium in nutty wheat bread ingredients and in the total product weight:

	Amount of ingredient in recipe	Naturally occurring sodium*	Naturally occurring sodium
Ingredient	g	mg / 100 g	mg / total ingredient
Wheat flour	1 400	1,0	(1,0 mg / 100 g) x 1 400 g = 14 mg
Water	800	1,0	(1,0 mg / 100 g) x 800 g = 8 mg
Cashew nut	400	10	(10 mg / 100 g) x 400 g = 40 mg
Yeast	55	4,4	(4,4 mg / 100 g) x 55 g = 2,42 mg
Iodised salt	40	38 700	(38 700 mg / 100 g) x 40 g = 15 480 mg
Propionic acid	5	-	-
Total	2 700		≈ 15 544 mg

* Source: National Institute for Health and Welfare, Nutrition Unit. Fineli. Food composition database. Version 18. Helsinki 2017. www.fineli.fi

Conversion of sodium to salt

In the above calculation, the total amount of sodium in the ingredients of nutty wheat bread was 15 544 mg. The amount of sodium is converted to salt by a factor of 2.5.

$15\,544\text{ mg} \times 2.5 = 38\,860\text{ mg} \approx 38.9\text{ g}$.

The total salt content (g / 100 g) of finished nutty wheat bread is calculated as follows:
(amount of salt g / product baked weight g) x 100.

The salt content of nutty wheat bread is:

$(38.9\text{ g} / 2\,700\text{ g}) \times 100\text{ g} = 1.44\text{ g} \approx 1.4\text{ g} / 100\text{ g}$.

Earlier in the part “calculating nutrition information”, the total salt content was rounded to 1.5 when using the information available in the Fineli database on the salt content of the ingredients. Now that we converted the salt content from sodium by a factor of 2.5, the total salt content of the finished product differs by a rounded amount of 0.1 g from the previous result (1.4 g (1.44 g) vs 1.5 g (1.46 g)). The reason for this is that the second example uses a conversion factor of 2.5 as stated in law, which is actually rounded from the more precise value of 2.54. In the Fineli database, meanwhile, salt content is calculated using the more precise factor of 2.54.

When calculating the second example using a factor of 2.54, the results of both calculations are identical $15\,544\text{ mg} \times 2.54 = 39\,481.76\text{ mg} = 39.5\text{ g}$

The salt content of nutty wheat bread is:
 $(39.5 \text{ g} / 2\,700 \text{ g}) \times 100 \text{ g} = 1.46 \text{ g} \approx 1.5 \text{ g} / 100 \text{ g}$.

In the case of nutty wheat bread, the salt content to be indicated on the final nutrition declaration should be 1.5 g / 100 g, since we know that this value is more precise.

However, as the use of the rounded conversion factor of 2.5 is permitted by law, it would not be wrong to indicate salt content as 1.4 g / 100 g. This issue is particularly important in cases where the product is close to the limit of requiring a warning label of high salt content. In the case of nutty wheat bread, this is of no consequence as the salt content exceeds the limit of 1.2% permitted for bread, and the packaging must therefore include the words “high salt content”.

Final nutrition declaration

The nutrition declaration for nutty wheat bread must include at least the following values per 100 grams of the product:

Nutrition per 100 g	
Energy	1 123 kJ / 268 kcal
Fat	7,6 g
- of which saturates	1,3 g
Carbohydrates	39 g
- of which sugars	0,9 g
Protein	9,2 g
Salt	1,5 g
High salt content	

Example 7: Recipe calculation for strawberry jam

This example shows you how to produce mandatory information for strawberry jam based on the recipe.

Recipe for strawberry jam

Weight	Ingredient
5 000 g	strawberry
3 000 g	sugar
1 750 g	water
30 g	thickener (E 440)
12 g	acidity regulator (E 330)
8 g	preservative (E 202)

Cooking loss 10 %

Raw weight and weight after cooking:

Raw weight of a batch of strawberry jam:

$$5\,000\text{ g} + 3\,000\text{ g} + 1\,750\text{ g} + 30\text{ g} + 12\text{ g} + 8\text{ g} = 9\,800\text{ g}$$

Weight of finished strawberry jam, taking into account cooking loss:

$$9\,800\text{ g} - 980\text{ g} (= 9\,800\text{ g} \times 10\% / 100) = 8\,820\text{ g}$$

Loss = product raw weight – product baked weight

Loss percentage = (loss x 100) / product raw weight %

List of ingredients

Order of ingredients

Amount of water in a finished batch of strawberry jam:

$$1\,750 - 980 (= 9\,800\text{ g} - 8\,820\text{ g}) = 770\text{ g}$$

The ingredients are listed in the same order by weight as in the recipe.

Emphasising an ingredient

The share of strawberries in strawberry jam:

$$(5\,000\text{ g} / 8\,820\text{ g}) \times 100\% = 56.7\% \approx 57\% (= 57\text{ g} / 100\text{ g})$$

Additives

First, check whether an additive listed in the recipe is permitted to be used to manufacture strawberry jam. Be sure to also check if there are maximum content limits for the additive.

You can find the information under the food category “04.2.5.1 Extra jam and extra jelly as defined by Directive 2001/113/EC” in part E of annex II to the Regulation (EC) No 1333/2008, or In the European Commission web application: (Categories → Fruit and vegetables (4) → Processed fruit and vegetables (4.2) → Jam, jellies and marmalades and similar products (4.2.5) → Extra jam and

extra jelly as defined by Directive 2001/113/EC (4.2.5.1)). You can find the regulation on food additives and the EU Commission application in the list of links on our website.

The following limits are prescribed on the use of the additives listed in the strawberry jam recipe: E 330 (citric acid) and E 440 (pectins) are permitted in extra jam and extra jelly (food category 04.2.5.1) under the quantum satis principle. The quantum satis principle means that there is no maximum limit set for the additive, but it must be used according to good manufacturing practice.

E 202 (potassium sorbate) may be used only in low-sugar and similar low calorie or sugar-free extra jams and extra jellies up to a limit of 1 000 mg/kg.

In the strawberry jam recipe, the amount of potassium sorbate is listed as 8 g:
 $8 \text{ g} / 8\,820 \text{ g} = 0.000907 \text{ g} / \text{g} = 0.907 \text{ mg} / \text{g} = 907 \text{ mg} / \text{kg}$

The amount of potassium sorbate does not exceed the maximum permitted limit. The recipe may thus be followed. Potassium sorbate is used in jam as a preservative. In the list of ingredients, it may be indicated either as “preservative (E 202) or “preservative (potassium sorbate)”.

Citric acid (E 330) is used in jam as an acidity regulator. In the list of ingredients, it may be indicated either as “acidity regulator (E 330) or “acidity regulator (citric acid)”.

Pectins (E 440) are used in jam as a thickener. In the list of ingredients, it may be indicated either as “thickener (E 440)” or “thickener (pectins)”.

Final list of ingredients

Ingredients: Strawberry, sugar, water, thickener (E 440), acidity regulator (E 330), preservative (E 202). In addition, the indication that the strawberry jam contains 57 g of berries per 100 g of the product must accompany the name of the food.

Nutrition declaration

Energy and nutrition values per 100 grams of strawberry jam ingredients (Fineli database)*

Ingredient	Energy		Energy	Fat	Saturates	Carbo- hydrates	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	mg	
Strawberry	187	45	0,3	< 0,1	7,7	7,0	0,5	5,1	
Sugar	1 698	406	-	-	99,9	99,9	-	0,2	
Thickener (E 440)	-	-	-	-	-	-	-	-	
Acidity regulator (E 330)	-	-	-	-	-	-	-	-	
Preservative (E 202)	-	-	-	-	-	-	-	-	

* Source: National Institute for Health and Welfare, Nutrition Unit. Fineli. Food composition database. Version 18. Helsinki 2017. www.fineli.fi

Energy and nutrition values per 5000 grams of strawberry

Energy (kJ)	$(187 \text{ kJ} / 100 \text{ g}) \times 5\,000 \text{ g} = 9\,350 \text{ kJ}$
Energy (kcal)	$(45 \text{ kcal} / 100 \text{ g}) \times 5\,000 \text{ g} = 2\,250 \text{ kcal}$
Fat	$(0,3 \text{ g} / 100 \text{ g}) \times 5\,000 \text{ g} = 15 \text{ g}$
Saturates	$(< 0,1 \text{ g} / 100 \text{ g}) \times 5\,000 \text{ g} = < 5 \text{ g}$
Carbohydrates	$(7,7 \text{ g} / 100 \text{ g}) \times 5\,000 \text{ g} = 385 \text{ g}$
Sugars	$(7 \text{ g} / 100 \text{ g}) \times 5\,000 \text{ g} = 350 \text{ g}$
Protein	$(0,5 \text{ g} / 100 \text{ g}) \times 5\,000 \text{ g} = 25 \text{ g}$
Salt	$(5,1 \text{ mg} / 100 \text{ g}) \times 5\,000 \text{ g} = 255 \text{ mg}$

Energy and nutrition values in other ingredients of strawberry jam

The amounts are calculated in the same way as for strawberry in the above example.

Ingredient	Amount of ingredient in recipe g	Energy		Fat g	Saturates g	Carbo- hydrates g	Sugars g	Protein g	Salt mg
		kJ	kcal						
Strawberry	5 000	9 350	2 250	15	< 5	385	350	25	255
Sugar	3 000	50 940	12 180	-	-	2 997	2 997	-	6
Water	770	-	-	-	-	-	-	-	19,25
Thickener (E 440)	30	-	-	-	-	-	-	-	-
Acidity regulator (E 330)	12	-	-	-	-	-	-	-	-
Preservative (E 202)	8	-	-	-	-	-	-	-	-
Total		60 290	14 430	15	< 5	3 382	3 347	25	280,25

Energy and nutrition values per 100 grams of finished strawberry jam

Energy (kJ)	$(60\,290 \text{ kJ} / 8\,820 \text{ g}) \times 100 \text{ g} \approx 684 \text{ kJ}$
Energy(kcal)	$(14\,430 \text{ kcal} / 8\,820 \text{ g}) \times 100 \text{ g} \approx 164 \text{ kcal}$
Fat	$(15 \text{ g} / 8\,820 \text{ g}) \times 100 \text{ g} = 0,2 \text{ g}$
Saturates	$(5 \text{ g} / 8\,820 \text{ g}) \times 100 \text{ g} = 0,1 \text{ g}$
Carbohydrates	$(3\,382 \text{ g} / 8\,820 \text{ g}) \times 100 \text{ g} = 38,3 \text{ g}$
Sugars	$(3347 \text{ g} / 8\,820 \text{ g}) \times 100 \text{ g} = 37,9 \text{ g}$
Protein	$(25 \text{ g} / 8\,820 \text{ g}) \times 100 \text{ g} = 0,3 \text{ g}$
Salt	$(280,25 \text{ mg} / 8\,820 \text{ g}) \times 100 \text{ g} \approx 3,2 \text{ mg} \approx 0,0032 \text{ g}$

The Fineli database also contains ready nutritional values for many products, including strawberry jam. These ready values may be used for your products directly, if the product is sufficiently similar to that listed in the database.

Final nutrition declaration

Nutrition per 100 g	
Energy	684 kJ (164 kcal)
Fat	< 0,5 g
- of which saturates	< 0,5 g
Carbohydrates	38 g
- of which sugars	38 g
Protein	< 0,5 g
Salt	0 g

The European Commission has published a guide on rounding nutrition values in 2012. The guide is found in the list of links on our website.



Section 11, Revision Exercises

The revision exercises help you test your knowledge of the topics covered in the guide. Each of the sections 1-10 have their own set of exercises.

Section 1, Responsibilities and Legislation

Question

1. Who is responsible for making sure that a food meets the requirements set by law?
 - A. Food business operator
 - B. Food inspector
 - C. Consumer
 - D. Nobody

Correct answer

1. Option A is correct. Food business operators are responsible for making sure that their food meets the requirements set by law. The operator under whose name the food is sold is responsible for its labelling.

Section 2, Mandatory Information

Question

Are the following statements true or false?

1. Your product is prepacked and sold to a retailer, who then sells it to consumers. You must indicate the mandatory food information in the bottle of sauce you have manufactured.
2. You can include a marking in a produced package of honey stating: "natural remedy for sore throat".
3. In foods sold in Finland, it is generally sufficient that the mandatory labelling is included in Finnish.
4. No additives are used in milk. Therefore, you are free to include a marking in your milk packaging that emphasises "no additives".
5. You are buying a lunch salad that the café staff has packaged to make the purchase faster and simpler. The salad is therefore a non-prepacked food.
6. Retail establishments must always provide mandatory information on non-prepacked foods in writing.

Correct answers

1. Correct.
For prepacked food, mandatory food information must be presented directly on the packaging or on a label attached to it.
2. Incorrect.
No medical claims may be made of foodstuffs, in other words claims that the food will prevent, treat or cure a human disease. Therefore, honey may not be marketed as a remedy for sore throat.
3. Incorrect.
As a rule, mandatory labelling for prepacked foods must be in both Finnish and Swedish. If the food is sold only in a monolingual municipality, the mandatory labelling can be made only in the language of that municipality.
4. Incorrect.
As milk does not contain additives, the marking “no additives” indicated on the packaging is misleading and therefore forbidden. When labelling food, you may not claim that it has properties for which it does not differ from other, similar foods.
5. Correct.
Lunch salads packed for direct sale at the café, as well as, for example, products that consumers packs themselves or which are packed at their request, are all considered non-prepacked foods.
6. Incorrect.
Retail establishments may also provide mandatory information on non-prepacked foods verbally. This requires that the consumer be informed in a clear and easily identifiable way at the place of dispatch of the food that the information is available upon request. In addition, the information must be made available in writing or electronically to the staff and supervisory authorities at the place of

dispatch. An exception to this is products with a high salt content for which information must always be provided in writing.

Section 3, Name of the Food

Question

1. Is the statement true or false?
Depending on the situation, the name of the food should be its legal name or a customary or descriptive name.
2. Is the statement true or false?
If a food’s brand name is sufficiently well-known, the packaging does not need to include the name of the food.
3. Which of the following may be used as names of foods?
 - A. Butter
 - B. Jelly donut
 - C. Ham and pineapple pizza
 - D. Strawberry jelly roll
 - E. Fibre bomb
 - F. Orange juice concentrate

Correct answers

1. Correct.
Depending on the situation, the name of the food may be one of the following: legal name, such as cheese, butter and yoghurt, customary name, such as rye bread, or a descriptive name, such as strawberry jelly roll or curd-filled bun.
2. Incorrect.
The name of the food must be indicated. Brand names and trademarks are optional labels, and cannot substitute the name of the food.
3. Options A, B, C, D and F are suitable as names of foods. “Fibre bomb” is a brand name and does not meet the requirements for names of foods.

Section 4, List of Ingredients

Question

1. Which ingredients must be emphasised in the list of ingredients for janssoninkiusaus casserole when the product contains the following ingredients:
potato, sprat, lactose-free cream, onion, corn starch, salt, white pepper, dill?
2. Which of the statements is correct?
A. Compound ingredients are foods used as ingredients that themselves contain more than one ingredient.
B. Compound ingredients may always be indicated in the list of ingredients simply by name, meaning that the ingredients contained in them do not need to be listed.
3. Which of the statements is correct?
A. Additives may be freely added in foods
B. When indicating additives in the list of ingredients, the name of the category that describes their function must also be stated.
4. Is this course of action correct or incorrect?
In manufacturing a product, you use soy lecithin (E 322) as an antioxidant.
In the list of ingredients, you can indicate soy lecithin as follows: "antioxidant (E 322)".
5. Is this course of action correct or incorrect?
You are manufacturing traditional stuffed cabbage rolls. The packaging for the rolls must indicate the amount of used meat.
6. Is the statement true or false?
If a food contains at most 10% of added water, this does not need to be indicated in the list of ingredients.

Correct answers

1. Sprat (fish) and cream are substances that can cause allergies and are listed in annex II to the food information regulation. They must therefore be emphasised in the list of ingredients.
2. Option A is correct.
Compound ingredients are foods used as ingredients that themselves contain more than one ingredient. For example, vegetable margarine and strawberry jam are compound ingredients. With a few exceptions, compound ingredients may not be indicated in the list of ingredients by name alone. One such exception are compound ingredients that are less than 2% of the finished product and whose composition has been defined by law (such as jam or chocolate).
3. Option B is correct.
Additives are used in food for specific technical purposes, such as to increase its shelf life or improve its colour or structure. The types and amounts of additives that may be used in foods are specified in law. Food additives are indicated by the name of the category that describes their function, followed by the specific name or E number of the additive. An exception to this are additives that belong to the category "modified starch", for which the specific name or E number does not need to be indicated.
4. The course of action is incorrect.
Soy is considered to be a substance that causes allergy. Therefore, soy lecithin derived from soy must be indicated by its own name, not simply by the E number. In addition, substances that cause allergies must be emphasised in the list of ingredients. Soy lecithin must therefore be listed in the following form: "antioxidant (soy lecithin)".

5. The course of action is correct.
The net quantity of an ingredient must be indicated if the consumer naturally connects it with the food, even if it is not mentioned in the name of the food. Therefore, the amount of fish must be indicated in janssoninkiusaus, and the amount of meat in foods such as cabbage rolls or sausages.
6. Incorrect.
If the finished product contains at most 5% added water or volatile products, they do not need to be indicated in the list of ingredients. However, this exception does not apply to meat, meat preparations, unprocessed fishery products and unprocessed bivalve molluscs

Section 5, Date Labelling Questions

Are the following statements true or false?

1. The “best before date” refers to the date until which the food retains its specific properties when properly stored.
2. The use-by date or expiration date refers to the final date after which the food should not be used or sold.
3. The labelling for frozen products must indicate their use-by date.
4. The labelling for prepacked minced meat must indicate the “best before” date.

Correct answers

1. Correct.
The “best before date” refers to the date until which the food retains its specific properties when properly stored, such as taste and structure. The “best before date” is also known as the date of minimum durability. Food may be sold or used after the “best before” date has passed, provided that the quality of the food has not substantially deteriorated. In this case, responsibility for the food’s quality rests with the seller or supplier. To prevent consumers from accidentally buying food that is past its best before date, the fact that the date has passed should be indicated when the product is sold or supplied.
2. Correct.
The use-by date or expiration date refers to the final date after which the food should not be used or sold. After the use-by date has passed, these foods may not be sold or used to prepare foods for sale or serving.
3. Incorrect.
The “best before” date is always indicated for frozen products.
4. Incorrect.
The use-by date or expiration date must be indicated for foods that are highly perishable from a microbiological point of view, such as prepacked minced meat. The “best before” date is not sufficient.

Section 6, Country of Origin

Questions

1. What is the country of origin in cases where
 - A. Oregano is grown in Italy, but dried and packaged in Finland?
 - B. Cheese is manufactured in France, but grated and bagged in Finland?
 - C. Frozen raw bread is manufactured in Germany, but baked in Finland?
2. For which of the following prepacked foods must the country of origin be always indicated?
Beef, broiler, rye bread, cherries, juice, honey, olive oil
3. For which of the following non-prepacked foods must the country of origin be always indicated?
Minced beef, fish, rye bread, grapes, raisins, strawberries, muffin, French bread

Correct answers

1. A) Italy, B) France, C) Germany.
The country of origin is the country where the food has been manufactured or produced. Activities such as the drying, packaging, grating, bagging or baking of frozen raw dough are not considered to be manufacturing.
2. The country of origin must be indicated for beef, broiler, cherries (fresh whole vegetables), honey and olive oil. For rye bread and juice, the country of origin must be indicated when necessary, in other words when its absence could mislead the consumer.
3. The country of origin must be indicated for minced meat, fish, grapes and strawberries (fresh whole vegetables).

For rye bread, raising, pastries and French bread, the country of origin must be indicated when necessary, in other words when its absence could mislead the consumer.

Section 7, Storage and Conditions of Use

Questions

1. Which of the following statements are true? Choose one or several.
 - A. Conditions of use must be included for all prepacked foods.
 - B. Pictures and symbols are sufficient as conditions of use.
 - C. The conditions of use may also be a warning label.
2. Which of the following statements are true? Choose one or several.
 - A. A description of storage conditions must be included for all prepacked foods.
 - B. A description of storage conditions is mandatory if the product's preservation requires a temperature that differs from room temperature.
 - C. Food business operators themselves evaluate whether a description of storage conditions is needed for prepacked fresh fish.
3. For non-prepacked food, the storage conditions and conditions of use must be indicated to consumers
 - A. always in points of retail sale
 - B. when necessary in points of retail sale
 - C. always in catering establishments
 - D. when necessary in catering establishments.

Correct answers

1. Option C is correct.
The food’s packaging must include conditions of use when necessary, in other words if it would be otherwise difficult to make appropriate use of the food. Conditions of use may also be warning labels or serving instructions. Conditions of use are indicated by words and numbers. Pictures or symbols are not sufficient by themselves, but may be used as an additional means of presenting the information.
2. Option B is correct.
Storage conditions are indicated on the food’s packaging when necessary. The indication is required when the food’s preservation to the stated best before or use-by date requires a storage temperature other than room temperature or other special storage or use conditions. However, a description of storage conditions must always be included of foods that are highly perishable from a microbiological point of view, such as prepacked fresh fish.
3. Option B is correct.
Points of retail sale must provide final consumers with the necessary storage conditions conditions of use for non-prepacked foods. The information does not need to be provided in catering establishments.

3. The amount of calcium may be indicated in the nutrition declaration, if the food is solid and contains at least 15% of the daily reference intake of calcium.
4. The amount of vitamin D may be indicated in the nutrition declaration, if the beverage contains at least 5% of the daily reference intake of vitamin D.
5. In the nutrition declaration, the amount of added salt in the food is indicated as the salt content.
6. If the salt content of the food exceeds a certain limit, an additional marking for high salt content must be included. This requirement does not apply to non-prepacked foods sold at points of retail sale.
7. Which of the following are mandatory information in the nutrition declarations of prepacked foods:
 - Energy
 - Fat
 - Saturates
 - Unsaturated fatty acids
 - Carbohydrates
 - Sugars
 - Starch
 - Fibre
 - Protein
 - Salt
 - Sodium
 - Vitamins
 - Minerals

Section 8, Nutrition Declaration

Questions

Are the following statements true or false?

1. A nutrition declaration is always mandatory for both prepacked and non-prepacked food.
2. The energy value of a food includes all nutrients contained in the food that produce energy.

Correct answers

1. Incorrect.
Almost all prepacked foods must include a nutrition declaration. In the case of non-prepacked foods, however, only certain nutritional values must be indicated in some cases in points of retail sale (fat and salt content for cheeses, sausages and charcuterie, and salt content for bread).
2. Correct.
The energy value of a food includes all nutrients contained in the food that produce energy, calculated with conversion factors.
3. Correct.
The amount of a mineral (or vitamin) may only be indicated in the nutrition declaration if it is present in the food in significant amounts. For solid foods, a significant amount means at least 15% of the daily reference intake value.
4. Incorrect.
The amount of a vitamin (or mineral) may only be indicated in the nutrition declaration if it is present in the food in significant amounts. For beverages, a significant amount means at least 7.5% of the daily reference intake value.
5. Incorrect.
The nutrition declaration indicates the total salt content of the food, which includes both added salt and naturally occurring sodium in the ingredients.
6. Incorrect.
If the salt content of the food exceeds a certain limit set by law, an additional marking for high salt content must be included. This requirement applies to both prepacked (9 categories, Decree of the Ministry of Agriculture and Forestry 1010/2014) and certain non-prepacked foods (cheeses, sausages, meat products

used as charcuteries and bread). Catering establishments to not need to indicate high salt content.

7. The following information must be indicated in the nutrition declaration of prepacked foods:

energy	kJ/kcal
fat	g
- of which saturates	g
carbohydrates	g
- of which sugars	g
protein	g
salt	g

Section 9, Other Mandatory Information

Questions

You are packaging frozen foods for sale.

1. Which of the following labelling are mandatory? Choose one or several.
 - A. The words “quick-frozen”
 - B. The words “do not refreeze after thawing”
 - C. Storage temperature
 - D. The period that the food can be stored by the buyer
 - E. Best before date
2. Which of the following statements are true? Choose one or several.
 - A. The food packaging must indicate the operator’s name and website address to consumers.
 - B. The operator’s email address or, at minimum, telephone number must be indicated on the packaging to allow consumers to give direct feedback, if necessary.
 - C. The operator’s name and address must be indicated on the food packaging.

D. The operator's role, if other than manufacturer, must be indicated on the packaging.

3. Which of the following statements are true? Choose one or several.
 - A. Net quantity is indicated on the packaging in units of weight or, in the case of liquid products, in units of volume.
 - B. Net quantity may also be indicated only as ounces or pounds, if the product is imported and these units of measurement are used in the original labelling.
 - C. The weight of the packaging material is included in net quantity.
 - D. The labelling for pickled cucumber must indicate both the total weight of cucumbers and liquid and the drained weight of the cucumbers.
4. Which of the following statements are true? Choose one or several.
 - A. An identification mark is required for prepacked foods of animal origin manufactured in food establishments.
 - B. The identification mark may substitute the food batch number.
 - C. A batch of food is usually equal to the production of one day or less.
 - D. The best before date may substitute the food batch number, if the date includes the day and month.

Correct answers

1. All of the markings must be indicated in the labelling for frozen foods that are sold to consumers or mass caterers.
2. Options C and D are correct. The packaging must indicate the food business operator responsible for the food information and a mail address.

If the name of the operator or other information indicated on the packaging might mislead consumers as to the role of the operator, the name should be specified by stating operator's role (such as "manufactured by", "packaged by" or "marketed by").

3. Options A and D are correct. Net quantity means the amount of food at the time of packaging. The weight of the packaging material is not included in net quantity. Net quantity must be indicated in units of volume for beverages and in units of weight for other foodstuffs. In market trade or similar sales, solid foods may also be sold in units of volume, such as strawberries by the litre. Net quantity must be indicated for foods in units of weight (mg, g, kg) or volume (ml, dl, l) that are commonly used in Finland. Ounces (oz.) and pounds (lb) are not units of weight or volume commonly used in Finland. If a solid food is presented for sale in a liquid medium such as brine, pickle, syrup or similar, both the total weight and drained net weight must be indicated.
4. Options A, C and D are correct. An identification mark is required for all foods of animal origin manufactured in food establishments. The identification mark cannot substitute the food batch number. The purpose of the batch number is to identify foods that belong to the same batch. Food that belongs to the same batch has been produced, manufactured or packaged practically simultaneously and identically. A batch is usually equal to the production of one day or less. The batch number may be substituted by the food's date of durability label (best before / use-by date). This requires that at least the day and month are indicated, in that order.

Section 10, Examples

Questions

1. You see the following lunch menu sign at a restaurant. Evaluate whether the restaurant's lunch menu includes all mandatory labelling.

Lunch of the day

Wiener schnitzel and mashed potatoes	8,90 €
Vegetarian lasagna	7,90 €
Salmon salad	7,90 €
Pancakes with strawberry jam	2,50 €

Can you notice flaws in the sign?

There may be more than one correct answer.

- A. The sign has no flaws.
 - B. There are flaws in the name of a food.
 - C. There are flaws in the list of ingredients.
 - D. There are flaws in best before or use-by dates.
 - E. There are flaws in the declaration of country of origin.
 - F. There are flaws in nutrition information.
2. You are tasked with writing a list of ingredients for prepacked cardamom bread. Place the ingredients in the correct order.
 - Milk 1 000 g
 - Yeast 100 g
 - Sugar 300 g
 - Egg 110 g
 - Salt 20 g
 - Cardamom 30 g

– Wheat flour 2 000 g

– Rapeseed oil 350 g

3. When writing the list of ingredients, you must also take into account any substances that can cause allergies or intolerances. Select which of the following ingredients in cardamom bread must be emphasised in the list of ingredients.

A. Milk

B. Yeast

C. Sugar

D. Egg

E. Salt

F. Cardamom

G. Wheat flour

H. Rapeseed oil

Correct answers

1. Options C and E are correct.
The lunch restaurant sign has flaws in indicating the list of ingredients. The sign makes no indication of substances that cause allergies or that the staff can provide the information upon request.

Examples

– Lasagna typically contains milk and wheat.

– Wiener schnitzel typically contains wheat and egg in its breading and anchovies as a topping.

– Pancakes typically contain milk, egg and wheat.

– In the case of salmon salad, the contained fish allergen is evident in the name, but possible other allergens are not indicated.

Wiener schnitzel or veal cutlet is made from fresh beef. The country of origin of the meat is not clearly indicated on the sign or elsewhere at the catering establishment.

In other respects, the lunch menu contains the required labelling. The names of the foods have been formulated correctly.

Durability dates or nutrition information are not required for non-prepacked foods sold at a catering establishment.

2. The correct order of ingredients is as follows:

Ingredients: Wheat flour, milk, rapeseed oil, sugar, egg, yeast, cardamom, salt.

The ingredients are listed together in descending order of their weight at the time of manufacture.

3. Options A, D and G are correct. Substances that cause allergies or intolerances must be emphasised in labelling. In the case of cardamom bun, wheat, milk and egg are considered to be such substances.



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