



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)	60	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.