

## **ECFF POSITION STATEMENT**

### **Labelling**

As with all packaged foods, chilled foods must comply with current legislation on food labelling. The label will list not only all the ingredients in descending order by weight but will also carry a 'use by' date' as well as any additional information such as, cooking instructions, or the presence of allergens.

### **Nutrition information**

If a nutrient content claim (i.e. low in fat, rich in calcium) is made on the label this triggers the legal requirement for nutrition labelling. Many companies voluntarily provide information on:

- The energy value of the food in kilojoules (kJ) and kilocalories (kcal)
- The amount of protein, carbohydrate and fat in grams (g)

Although optional, unless a specific claim is made, food labels may provide information on the sugar, saturated fat, fibre and sodium contents.

Information may also be provided on the amounts of mono- or polyunsaturated fats. Information has to be given as values per 100g or per 100ml of food. Values per portion size can be given as well.