

The Importance of Reading Labels



Presenter:

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Why Read Labels?

- ▶ To make informed decisions
- ▶ To know exactly what we are purchasing

Why Read Labels?



Why Read Labels?

- ▶ We need to know what we are eating
- ▶ We have a responsibility to look after our health

The Local Situation

- ▶ Eighty percent of Barbadians have at least one risk factor for NCDs
- ▶ One-third of adults are being managed for at least one NCD
- ▶ Persons with NCDs occupy 60% of beds at the Queen Elizabeth Hospital

Standards

- ▶ Standards are legal documents which provide guidance for a particular product, service
- ▶ Our focus today is on the food labelling standard.

Role of BNSI and DCCA

▶ The Department of Commerce and Consumer Affairs (DCCA) enforces the law which makes reference to the standards

▶ The Barbados National Standards Institution (BNSI) develops or adopts the standards

Elements of the Standard

- ▶ Name of the Food
- ▶ List of Ingredients
- ▶ Nutritional Facts Table
- ▶ Net Contents and Drained weight
- ▶ Name and Address
- ▶ Country of Origin
- ▶ Lot Identification
- ▶ Date marking and Storage Instructions
- ▶ Font Size
- ▶ Language

Name of Food

- ▶ The name shall indicate the true nature of the food and normally be specific and not generic.

Name of Food



Nutrition Facts

Serving Size 8 fl oz (240mL)

Servings Per Container 2

Amount Per Serving	Per Serving	Per Bottle
Calories	15	30
% Daily Value**		
Total Fat 0g*	0%	0%
Sodium 60mg	3%	5%
Total Carbohydrate 3g	1%	2%
Sugars 2g		
Protein 0g		
Vitamin E	15%	30%
Niacin	15%	30%
Vitamin B6	15%	30%
Vitamin B12	15%	30%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

* Amount Per Serving

** Percent Daily Values are based on a 2,000 calorie diet.

List of Ingredients

- ▶ A list of ingredients shall be declare for all foods except for single ingredient food and alcoholic beverages
- ▶ All ingredients shall be listed in descending order of ingoing weights at the time of manufacture

List of Ingredients

100% Pure Orange Juice

Nutrition Facts

Serving Size (fl oz) 8
Servings per Container 1

Amount Per Serving
Calories 110

		% Daily Value*
Total Fat (g)	0	0%
Sodium (mg)	0	0%
Potassium (mg)	450	13%
Total Carbs (g)	26	9%
Sugars (g)	22	
Protein (g)	2	

Vitamin C	120%	Calcium	2%
Thiamin	10%	Vitamin B6	6%
Niacin	4%	Magnesium	6%
Folate	15%		

Not a significant source of saturated fat, cholesterol, dietary fiber, vitamin A and iron.

Ingredients:

100% PURE SQUEEZED PASTEURIZED ORANGE JUICE

*Percent Daily Values are based on a 2,000 calorie diet.

Contains 10% Juice

Nutrition Facts

Serving Size (fl oz) 8
Servings per Container 2

Amount Per Serving
Calories 120

		% Daily Value*
Total Fat (g)	0	0%
Sodium (mg)	190	8%
Potassium (mg)	0	0%
Total Carbs (g)	29	10%
Sugars (g)	29	
Protein (g)	2	

Vitamin C	100%
Thiamin	10%

Ingredients:

WATER, HIGH FRUCTOSE CORN SYRUP AND 2% OR LESS OF EACH OF THE FOLLOWING: CONCENTRATED JUICES (ORANGE, TANGERINE, APPLE, LIME, GRAPEFRUIT), CITRIC ACID, ASCORBIC ACID (VITAMIN C), THIAMIN HYDROCHLORIDE (VITAMIN B1), NATURAL FLAVORS, MODIFIED CORNSTARCH, CANOLA OIL, SODIUM CITRATE, CELLULOSE GUM, XANTHAN GUM, SODIUM HEXAMETAPHOSPHATE, SODIUM BENZOATE TO PROTECT FLAVOR, YELLOW #5, YELLOW #6.

*Percent Daily Values are based on a 2,000 calorie diet.

Colour

- ▶ Colour should be specified by name or number
- ▶ Natural colours-Annatto, carotene, Lycopene
- ▶ Artificial colours- FD&C Blue No. FD&C Red No. FD&C Yellow No. 6 Sunset Yellow

You need to know what is in the food.

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Ingredients: Dextrose, fructose, honey, invert sugar, raw sugar, malt syrup, rice syrup, sucrose, xylose, molasses, corn sweetener, fruit juice concentrate, high-fructose corn syrup, brown sugar, corn syrup, glucose, lactose, maltose, sucrose, evaporated cane juice, agave nectar, cane crystals, cane sugar, crystalline fructose, barley malt, beet sugar, caramel.

Nutritional And Health Claim



- ▶ To make a nutritional claim on your label (e.g low fat, high energy). A Nutritional Facts Table must be present.
- ▶ A health claim cannot be used e.g that a food can treat, prevent or cure any disease or medical condition without evidence

Serving Size

Current Label

Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container about 2.5	
Amount Per Serving	
Calories 110	
	% Daily Value*
Total Fat 0g	0%
Sodium 70mg	3%
Total Carbohydrate 31g	10%
Sugars 30g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet

Proposed Label

Nutrition Facts	
Serving Size 1 bottle (600 mL)	
Servings Per Container 1	
Amount Per Serving	% Daily Value*
Calories 275	
	14%
Total Fat 0g	0%
Sodium 175mg	7%
Total Carbohydrate 78g	26%
Sugars 75g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet

Trans Fats

- ▶ Trans fats are formed when manufacturers turn liquid oils into solid fats. Think shortening and hard margarine.
- ▶ Partially Hydrogenated Oils

Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings Per Container about 32	
Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2.5g	12%
Trans Fat 2.5g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	

INGREDIENTS: WHOLE GRAIN POPCORN, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, NATURAL AND ARTIFICIAL FLAVOR (MILK), COLOR ADDED, FRESHNESS PRESERVED BY PROPYL GALLATE.

Trans Fats

Thin Mints	
Nutrition Facts	
Serving Size 4 Cookies (32g)	
Servings Per Container about 9	
Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%

INGREDIENTS: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, partially hydrogenated vegetable oil (soybean, cottonseed, palm and/or palm kernel oils, TBHQ and citric acid to preserve freshness), cocoa, caramel color, contains two percent or less of cocoa processed with alkali, invert sugar, whey (milk), leavening (baking soda, monocalcium phosphate), cornstarch, salt, soy lecithin, artificial flavor, oil of peppermint.

- ▶ Serving size is 4 cookies
- ▶ 0.5 g
- ▶ 9 servings/36 cookies
- ▶ 4.5g trans fats
- ▶ 1 box per month
- ▶ 54.0 g of Trans fats for the year

Net Contents and Drained Weight

- ▶ Shall appear on the main panel
- ▶ Average weight is not allowed
- ▶ Drained weight for food which is packaged in a liquid medium

Net Weight

Net Weight

Gross weight



Drained Weight

Drained Quantity of Products Packed in a Liquid Medium

Liquid medium **is** intended to be left over after use.

Eggs in vinegar

- Net Weight – 2.25 kg
- Drained Weight – 1.35 kg



TRADING
STANDARDS



MINISTRY OF BUSINESS,
INNOVATION & EMPLOYMENT
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Name and Address

- ▶ The label of food shall have the name and address of the manufacturer, packer, distributor, importer, exporter or vendor

Country of Origin

- ▶ The country of origin shall be declared
- ▶ Where a food undergoes processing in a second country which changes its nature, the country in which the processing is performed shall be the country of origin for the purposes of labelling

Lot Identification

- ▶ The producing factory and the lot should be clearly identified.

Date Marking and Storage

- ▶ The date shall be declared;
- ▶ Best before date
- ▶ Use by date/Expiry date



Storage Instructions

- ▶ Special conditions for storage shall be declared if the validity of the dates depend on it



Font Size

- ▶ Font size should not be less than 1.6mm in height based on lower case “o”



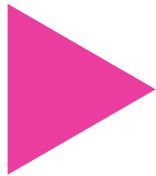
Language

- ▶ All the information just discussed shall be in the English Language

CONCLUSION



▶ **Read your Labels**



Thank you

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