

(updated)
REGULATIONS RELATING TO FOOD COLOURANTS

Published under Government Notice No. R. 1008 of 21 June 1996
As amended by:
Government Notice No. R.1055 of 3 September 1999

The Minister of Health has, in terms of section 15(1) of the Foodstuffs, Cosmetics and Disinfectants Act, 1972 (Act No. 54 of 1972), made the regulations in the Schedule.

SCHEDULE

Definitions

1. In these regulations **“the Act”** shall mean the Foodstuffs, Cosmetics and Disinfectants Act, 1972 (Act No. 54 of 1972), and any expression to which a meaning has been assigned in the Act shall bear such meaning and, unless inconsistent with the context -

“colourant” means any substance which adds or restores colour in a foodstuff and includes any natural component of a foodstuff or a natural source as such not normally consumed as a foodstuff and not normally used as a characteristic ingredient of a foodstuff but added to a foodstuff for the purpose of colouring, and includes the synthetic equivalent of any natural colourant provided it is chemically identical to the pure colour principle of the natural colourant;

“colour index number (C.I. no.)” means the number allocated to the specific colourant in the latest edition of the “Colour Index of the Society of Dyers and Colourists, England”;

“fruit beverage products” means the classes fresh fruit juice, fruit juice, fruit nectar, fruit drink, fruit squash and fruit flavoured drink as defined in the Regulations relating to the Classification, Packing and Marking of Fruit Juice and Drink intended for Sale in the Republic of South Africa (Government Notice No. R286 of 7 November 1980, as amended), promulgated in terms of the Agricultural Product Standards Act, 1990 (Act No. 119 of 1990);

“GMP” means limited by good manufacturing practice;

“processed” means processed as defined in the regulations governing the labeling and advertising of foodstuffs published by Government Notice No. R.2034 of 29 October 1993;

“surimi” means refined, stabilized, frozen fish mince which is used to manufacture products such as fish sausage and seafood analogue products such as crab sticks.

2. No person shall sell any foodstuffs to which any colourant has been applied or added, except in so far as provided for as follows:
- (a) Only the colourants listed in Annex 1 may be used as colourants in foodstuffs.
 - (b) Colourants may be used only in the foodstuffs listed in Annexes III, IV and V and subject to the conditions specified therein.
 - (c) Colourants shall not be used in the foodstuffs listed in Annex II, except where expressly permitted in Annex III, IV or V.
 - (d) Colourants permitted for certain uses only are listed in Annex IV.
 - (e) Colourants permitted in general in foodstuffs and their conditions of use are specified in Annex V.
 - (f) The maximum levels indicated in the Annexes relate to foodstuffs in the ready-to-eat form, unless otherwise stated.

3. All colourants shall comply with the latest specifications for identity and purity of food colourants issued by the Joint Food and Agricultural Organisation/World Health Organisation Expert Committee on Food Additives and, where such specifications do not exist, the provisions of the latest edition of the "Food Chemicals Codex" shall apply.
4. The presence of a colourant in a foodstuff is permissible in a compound foodstuff other than one mentioned in Annex II to the extent that the colourant is permitted in one of the ingredients of the compound foodstuff or if the foodstuff is intended to be used only in the preparation of a compound foodstuff, to such an extent that the compound foodstuff complies with the provisions of this regulation.
5. For the purposes of these regulations the following substances shall not be regarded as colourants:
"Foodstuffs, flavouring and their components, incorporated during the manufacture of compound foodstuffs, because of their aromatic, sapid or nutritive properties and, together with this, a secondary colouring effect.
6. No diluent shall be added to any colourant mentioned in Annex I, III, IV or V other than a diluent or any combination of diluents mentioned in Annex VI which conforms to the general purity criteria laid down in Annex VI.
7. These regulations shall not apply to the foodstuffs referred to in the regulations published under Government Notice No. R.2870 of 31 December 1981 relating to wine, other fermented beverages and spirits.
8. The regulation published under Government Notice No. R.756 of 6 May 1977, as amended by Government Notices Nos. R.1958 of 9 September 1983, R.103 of 20 January 1984, R.2152 of 27 September 1985, R.2660 of 29 November 1985, R.517 of 21 March 1986, R.937 of 30 April 1987, R.1123 of 22 May 1987, R.1293 of 1 July 1988, R.1427 of 15 July 1988, R.1933 of 17 August 1990, R.2380 of 12 October 1990, R.2140 of 30 August 1991, R.1878 of 10 July 1992, R.118 of 29 January 1993, R.325 of 5 March 1993, R.341 of 5 March 1993, R.710 of 30 April 1993, R.943 of 4 June 1993, R.964 of 4 June 1993, R.1027 of 25 June 1993 and R.1219 of 9 July 1993, is hereby repealed
9. These regulations shall come into operation on 1 September 1996.

ANNEXURE 1

LIST OF PERMITTED COLOURANTS

Shade	Name of colourant	Colour index number
Black.....	Black PN or brilliant black BN.....	28440
	Vegetable carbon.....	-
Blue.....	Brilliant Blue FCF.....	42090
	Patent Blue V.....	42051
	Indigotine or indigo carmine.....	73015
Brown.....	Brown FK.....	-
	Brown HT.....	20285
	Plain caramel.....	-
	Caustic sulphite caramel.....	-
	Ammonia caramel.....	-
	Sulphite ammonia caramel.....	-
Colourants for specific purposes only.....	Aluminium.....	77000
	Gold.....	77480
	Silver.....	77821
	Litholrubine BK or pigment rubine.....	15850

Green.....	Green S, acid brilliant green BS or lissamine Green.....	44090
	Cholophylls.....	75810
	Chlorophyllins.....	75815
	Copper complexes of chlorophylls and Chlorophyllins.....	75815
Orange.....	Sunset yellow FCF or orange yellow S.....	15985
	Allura red AC.....	16035
Red.....	Beetroot red or betanin.....	-
	Carmoisine or azorubine.....	14720
	Cochineal, natural red or carminic acid.....	75470
	Erythrosine BS.....	45430
	Iron oxides and hydroxides.....	77491
		77492
		77499
	Ponceasu 4R or cochineal red A.....	16255
Various.....	Anthocyanins.....	Prepared using physical methods from fruits
White.....	Titanium dioxide.....	77891
	Calcium carbonate.....	77220
Yellow.....	Curcumin.....	75300
	Quinoline yellow.....	47005
	Riboflavin or lactoflavin.....	-
	Ribiflavin-5' -phosphate.....	-
	Tartrazine.....	19140
	Carotenoids:	
	Annato or bixin or norbixin.....	75120
	Betacarotene.....	40800
	Beta-apo-8' -carotenal.....	40820
	Capsanthin or capsorubine or paprika extract.	-
	Ethyl ester of beta-apo-8' -carotenoic acid...	40825
	Mixed carotenes.....	75130
Lycopene.....	75125	
	Xanthophylls:	
	Canthaxathin.....	40850
	Lutein.....	-

Note: Aluminium lacquer colourants prepared from colorants mentioned in this Annex are Authorized

ANNEXURE II

FOODSTUFFS WHICH MAY NOT CONTAIN ADDED COLOURANTS, EXCEPT WHERE PERMITTED IN ANNEXURES III, IV AND V

Bread

Cocoa and chocolate

Coffee, including instant coffee

Egg yolk, egg white, whole egg and egg powder

Fish, meat and poultry and products prepared therefrom

Flour and starch

Foodstuffs which are not processed

Foodstuffs for infants, young children and children as specified under the Act

Fruit juices as defined by the Agricultural Products Standards Act, No. 119 of 1990

Honey
 Bottled natural water
 Tea, tea extracts and infusions, including instant tea mixes
 Tomato paste
 Spices
 Unflavoured buttermilk
 Unflavoured cream and cream powder
 Unflavoured fermented milk
 Unflavoured milk, semi-skimmed and skimmed milk and pasteurized or sterilized, including UHT sterilized, milk

ANNEXURE III

FOODSTUFFS TO WHICH ONLY CERTAIN PERMITTED COLOURANTS MAY BE ADDED

Foodstuffs	Permitted colourant	Colour index number	Maximum level (mg/kg)
Butter.....	Beta carotene.....	40800	GMP
	Mixed carotenes.....	75130	GMP
Cheese.....	Patent blue V.....	42051	GMP
	Chlorophylls.....	75810	GMP
	Chlorophyllins.....	75815	GMP
	Copper complexes of chlorophylls and Chlorophyllins.....	75815	GMP
	Vegetable carbon.....	-	GMP
	Carotenes.....	75130	GMP
	Beta carotene.....	40800	GMP
	Titanium dioxide.....	77891	GMP
Fats and oils.....	Beta-apo-8'-carotenal.....	40820	GMP
	Ethyl ester of beta-apo-8'-carotenoic acid...	40825	GMP
	Mixed carotenes.....	75130	GMP
	Beta carotene.....	40800	GMP
	Curcumin.....	75300	GMP
	Riboflavin.....	-	GMP
Rioflavin-5'-phosphate.....	-	GMP*	
Foodstuffs consisting exclusively or in part of meat and/or edible offal (excluding boewors, species-sausages, mixed species-sausages and raw or unprocessed meat)	Beetroot red.....	-	30*
	Cochineal, natural red or carminic acid...	75470	100
	Erythrosine BS.....	45430	30*
	Ponceau 4R.....	16255	GMP
	Plain caramel.....	-	GMP
	Caustic sulphite caramel.....	-	GMP
	Ammonia caramel.....	-	GMP
	Sulphite ammonia caramel.....	-	GMP
Margarine.....	Curcumin.....	75300	GMP
	Beta carotene.....	40800	GMP
	Beta-apo-8'-carotenal.....	40820	GMP
	Ethyl ester of beta-apo-8'-carotenoic acid.	40825	GMP
Meat, raw or unprocessed, and egg shell for decorative purposes	Allura red AC.....	16035	For marking only
	Brilliant black BN.....	28440	
	Brilliant blue FCF.....	42090	
	Brown HT.....	20285	
	Green S.....	44090	
	Ponceau 4R.....	16255	
	Sunset yellow FCF.....	15985	
Tartrazine.....	19140		

Nuts, pistachio.....	Allura red AC	16035	GMP (only for application to the outer shell)
Tomato juice and guava juice	Betanine.....	-	GMP
	Carmoisine.....	14720	GMP
	Ponceau 4R.....	16255	GMP
	Sunset yellow FCF.....	15985	GMP
	Tartrazine.....	19140	GMP
Whole meal, brown or malt bread.....	Plain caramel.....	-	GMP
	Caustic sulphite caramel.....	-	GMP
	Ammonia caramel.....	-	GMP
	Sulphite ammonia caramel.....	-	GMP

* Colorants must be homogeneously mixed throughout the product at all concentrations

ANNEXURE IV

COLOURANTS PERMITTED FOR CERTAIN USES ONLY

Colourant	Foodstuffs	Colour index number	Maximum level (mg/kg)
Aluminium.....	External coating of sugar confectionary for the decoration of flour confectionary...	77000	GMP
Annatto.....	Butter.....	75120	10 (as bixin)
	Margarine.....		10 (as bixin)
	Cheese.....		10 (as bixin)
	Fats and oils.....		10 (as bixin)
	Fish.....		20 (as bixin)
	Achar.....		10 (as bixin)
	Milk drinks.....		2 (as bixin)
	Cereals.....		25 (as bixin)
	Sauces and seasonings.....		20 (as bixin)
Brown FK.....	Sausages (excluding boerewors, species-sausages and mixed species-sausages...)		10 (as bixin)
	Decorations and coatings.....		20 (as bixin)
Brown FK.....	Smoked and cured fish.....		20
Canthaxanthin BS.....	Fruit beverages products, excluding fruit juices.....	40850	5
	Powdered soups and drinks.....		100
	Sauces.....		20
	Sugar confectionery.....		20
Erythrosine BS.....	Sugar confectionery.....	45430	150
	Cocktail cherries and candied cherries.....		200
	Cherries in syrup and cherries in fruit cocktails.....		150
	Meat, raw or unprocessed.....		For marking only
	Processed meat.....		30*
Gold.....	External coating of sugar confectionary (excluding chocolate).....	77480	GMP
	Liqueurs.....	77480	GMP
Litholrubine BK.....	On the rind of cheese only.....	15850	GMP
Silver.....	External coating of sugar confectionary (external chocolate).....	77821	GMP

* Colourants must be homogeneously mixed throughout the product at all concentrations

ANNEXURE V

COLOURANTS PERMITTED IN FOODSTUFFS OTHER THAN THOSE LISTED IN
ANNEXURES II AND III

TABLE I

The following colourants may, subject to GMP, be used in foodstuffs mentioned in Table 3 and in all foodstuffs other than those in Annexures II and III:

Colourant	Colour index number
Ammonia caramel.....	-
Anthocyanins.....	-
Beetroot red or betanin.....	-
Calcium carbonate.....	77220
Capsanthin or capsorubin or paprika extract.....	-
Carotenes.....	40800 and 75130
Caustic sulphite caramel.....	-
Chlorophylls.....	75810
Chlorophyllins.....	75815
Copper complexes of chlorophylls and chlorophyllins.....	75815
Iron oxides and hydroxides.....	77491
.....	77492
.....	77499
Plain caramel.....	-
Riboflavin.....	-
Riboflavin-5'-phosphate.....	-
Sulphite ammonia caramel.....	-
Titanium dioxide.....	77891
Vegetable carbon.....	-

TABLE 2

The following colourants may be used singly or in combination in the foodstuffs and up to the maximum level specified in Table 3 hereof:

Colourant	Colour index number
Allura red AC.....	16035
Azorubine or carmoisine.....	14720
Beta-apo-8'-carotenal.....	40820
Ethyl ester of beta-apo-8'-carotenoic acid.....	40825
Brilliant Black BN or black PN.....	28440
Brilliant blue FCF.....	42090
Brown HT.....	20285
Cochineal, natural red or carminic acid.....	75470
Curcumin.....	75300
Green S.....	44090
Indigotine or indigo carmine.....	73015
Lutein.....	-
Lycopene.....	75125
Patent blue V.....	42051
Ponceau 4R or cochineal red A.....	16255

Sunset yellow FCF or orange yellow S.....	15985
Tartrazine.....	19140
Quinoline yellow.....	47005

TABLE 3

The colourant referred to in table 2 may be used in the following foodstuffs up to the specified maximum level:

Foodstuffs	Maximum level (as pure dye) (mg/kg unless otherwise indicated)
Breakfast cereal.....	200
Candied fruits.....	200
Canned strawberries.....	200
Canned vegetables.....	200
Decorations and coatings.....	500
Desserts.....	150
Dietary supplements.....	GMP
Edible cheese rind and edible collagen casings.....	GMP
Edible ices.....	150
Fine bakery wares (eg viennoiserie, biscuits, cakes and wafers).....	200
Fish and crustacean pastes or pates, fish roe, salmon substitute, surimi and smoked or preserved fish.....	500
Flavoured dairy products.....	150
Formulae for particular nutritional uses.....	50
Jams, jellies, marmalade and fruit spreads.....	500
Non-alcoholic flavoured drinks (including fruit beverage products, but not fruit juices).....	100mg/l
Preserves of red fruits.....	200
Processed cheese.....	200
Ready-to-eat savouries (Until 1997-12-31):	
- Extruded or expanded savoury snack products.....	350
- Other savoury snack products and savoury coated nuts.....	200
Ready-to-eat savouries (From 1998-01-01):	
- Extruded or expanded savoury snack products.....	200
- Other savoury snack products and savoury coated nuts.....	100
Sauces, seasoning and condiments.....	500
Soups and broths.....	300
Sugar confectionary.....	300
Vegetables in vinegar, brine or oil, including achar.....	150

ANNEXURE VI

DILUENTS AUTHORISED FOR USE WITH PERMITTED COLOURANTS, AND PURITY CRITERIA FOR DILUENTS

- Diluents:** Ethyl alcohol; ethyl acetate; sodium carbonate; sodium bicarbonate; sodium chloride; sodium sulphate; glucose; lactose; sucrose; dextrins; starches; sorbitol; edible oils and fats; beeswax; citric acid; tartaric acid; lactic acid; fumaric acid; gelatin; mallic acid; pectins; ammonium, sodium or potassium alginates; esters of L-ascorbic acid with straight-chain C14, C16 and C18 fatty acids (to be used exclusively for the colourants alpha, beta and gamma carotene; annatto, ixin, norbixin and xanthophylls of Annexure I); acetic acid; potassium or sodium hydroxide; ammonium hydroxide (ammonia solution); water.

Any permitted ingredient of the foodstuff concerned

2. The products listed in 1 above shall conform to the following criteria of purity:
- (a) **INORGANIC IMPURITIES**
 - (i) The products shall not contain more than 5mg/kg of arsenic and/or 20mg/kg of lead.
 - (ii) The products shall not contain more than 100g/kg of any one of the following substances:
Antimony, copper, chromium, zinc or barium sulphate; or more than 200mg/kg of these substances taken together. The products shall not contain cadmium, mercury, selenium, thallium, uranium, chromates or soluble barium compounds in measurable quantities.
 - (b) **ORGANIC IMPURITIES**
The products shall not contain aromatic polycyclic hydrocarbons.

(c) shall, if used, be indicated as low or intermediate or high Glycaemic Index or low or intermediate or high GI in the table with nutritional information or when used as part of a logo, provided the Glycaemic Index category corresponds with the conditions described hereunder:

CONDITIONS FOR GLYCAEMIC INDEX CATEGORY CLAIMS

GI CATEGORY CLAIM	CONDITION
Low GI	GI Value: 0 to 55
Intermediate GI	GI value: 56 to 69
High GI	GI value: 70 and more

;and

(d) shall in addition indicate the glycaemic load (GL), calculated according to the formula mentioned in the Guidelines, of a single serving, in numerical form, directly underneath the GI category; Provided the serving size is in accordance with the serving sizes listed in Annexure 7 and an indication of the GL is subjected to the indication of the GI;

Glycaemic Index claims

(e) foodstuffs that qualify for one of the following GI category claims may use the following words in support of a relevant claim:

- (i) "Low GI" may use the following words to support the claim: "Low GI foods, when eaten in moderate portions at a time, generally provide a slow release of energy and improve blood glucose control and may elicit a higher feeling of satiety.";
- (ii) "Intermediate GI" may use the following words to support the claim: "intermediate GI foods generally provide a moderately fast release of energy and are ideal for diabetic individuals after exercise lasting at least one hour or as a special treat."; and
- (iii) "High GI" may use the following words to support the claim: "High GI foods generally provide a fast release of energy and are ideal for regular sportsmen after one hour's exercise or during and after exercise lasting more than one hour and diabetic individuals during and after exercise lasting at least two hours or more.";

(f) where a Glycaemic Index claim is made on the label or in advertising, nutritional information shall be given -

- (i) in a clear tabular format as per point 1 of Annexure 2; and
- (ii) the appropriate nutritional information referred to in paragraph (c) above;

(g) when a food company changes the formulation of a foodstuff carrying a GI claim or logo, the reformulated foodstuff shall be retested in order to legitimise the claim.

Comparative claims

59. (1) No claim which compares the total fat, saturated fat, trans fat, sugar, sodium or salt, energy value or alcohol level of two or more similar foodstuffs by using one of the following words or a similar word “reduced”, “less than”, “fewer”, “light”, “lite”, shall be made on the label or in an advertisement of a foodstuff, unless the following conditions are complied with:

- (a) The foodstuffs being compared are different versions of the same foodstuffs with common base formulations.
- (b) The foodstuffs being compared are clearly labelled as follows:
 - (i) a statement is given of the amount of difference in the energy value or relevant nutrient content, expressed as a percentage; and
 - (ii) the identity of the foodstuff(s) to which the foodstuff is being compared, appears in close proximity to the comparative claim.
- (c) The comparison is based on a relative difference of at least 25% in the energy value or nutrient content or alcohol content of an equivalent mass or volume;
- (d) The foodstuff is labelled with the prescribed nutritional information declaration referred to in point 1 of Annexure 2, as well as nutritional information relevant to the comparative claim.
- (e) The foodstuff has the same organoleptic properties as the foodstuff it is being compared with.
- (f) Comparative claims shall not be allowed for foodstuffs for which compositional standards exist under the Agricultural Products Standards Act, 1990 (Act 119 of 1990), unless specific provision is made in these standards to accommodate comparative claims.
- (g) Foodstuffs for which a class name exists under the Agricultural Products Standards Act, 1990, in which the word “reduced” appears and which are listed in the Guideline shall not be regarded as a comparative claim.

(2) Subject to Sub-regulation (1), no other comparative claim in terms of any other nutrient or other food component shall be made for foodstuffs listed in Annexure 6.

(3) Subject to the requirements of subregulation (1)(a to d), a comparative claim may be made that compares the level of a vitamin, mineral, bioflavonoid, carotenoid or other food component with proven nutritional or physiological benefit, by using one of the following words “more than”, or “increased” or other similar words; Provided the foodstuff is not listed in Annexure 6.

Colourants

(4) In the case where –

- (a) natural colourants are added to foodstuffs, the slogan “Natural colour – the healthier choice” may be used as part of logo 1 as indicated in Annexure 8; Provided no artificial colourants are added to or are present in the particular foodstuff.

(b) artificial colourants are added to foodstuffs, the slogan “Less synthetic colour is better for my health ” may be used as part of logo 2 as indicated in Annexure 8; Provided –

(i) the added colourant(s) is(are) at least 50% less than the total maximum levels permitted by the Regulations relating to Food Colourants under the Act, and

(ii) in the case of extruded or expanded savoury snack products, no artificial colourants are added in the pre-extrusion phase.

HEALTH CLAIMS

Function claims

60. (1) Subject to the requirements of relevant Regulations for Foodstuffs for Infants and Young Children made under the Act, a function claim may be made for the nutrients or substances listed in the Guidelines by using all or parts of the approved, appropriate wording in the Guidelines for a nutrient or substance when the nutrient or substance is present in amounts at least equal to or greater than the minimum amount needed to qualify for a “high in” nutrient content claim per single serving, except for food vehicles; Provided that -

(a) where an MDR value is not provided in Annexure 3 for the specific nutrient or substance, a function claim will not be permitted;

(b) the foodstuff is labelled with the minimum prescribed “nutritional information declaration” as described in point 1 of Annexure 2 per single serving and per 100 g/ml;

(c) the nutritional information relevant to the function claim present in a single serving and per 100g/ml; and

(d) an indication is given of the percentage of the MDR for individuals 4 years and older, of the nutrients listed in Annexure 3, which are present in a single serving and per 100 g/ml.

Enhanced function claims

61. Subject to the requirements of relevant Regulations for Foodstuffs for Infants and Young Children made under the Act, enhanced function claims for which the efficacy and functionality of the nutrient or food component has been proven by a meta analysis of randomised control human intervention studies or at least two randomised control human intervention studies done independently from one another and/or supported by other intervention or observational studies or other relevant data such as clinical data, or *In vitro* cell and molecular data or data from genetics or animal studies, will be permitted for foodstuffs: Provided-

(a) these studies were published in recognised scientific nutrition or medical journals;

(b) complete copies of these studies were submitted to the Director-General of Health (for the attention of the Directorate: Food Control) in a dossier of which the order and format is stipulated in the Guidelines;

(c) the claim has been evaluated and received written, pre-market approval from the Director-General: Provided that-

(h) only the claim as approved by the Director General

(i) for a specific foodstuff, may be used in advertising or labeling and is not transferable to another foodstuff or a similar foodstuff under a different brand name;

(ii) the foodstuff shall be labelled with the prescribed "nutritional information declaration" as described in point 1 of Annexure 2 per single serving and per 100 g/ml;

(iii) the nutritional information relevant to the enhanced function claim present in a single serving and per 100 g/ml is indicated in the nutritional information table; and

(iv) the percentage of the MDR for individuals 4 years and older, as specified in Annexure 3, of the nutrients present in a single serving and per 100 g/ml, is indicated in the nutritional information table.

Reduction of disease risk claim

62. (a) The following reduction of disease risk claims that link the consumption of a food or a food constituent in the context of the total diet to the reduced risk of developing a disease or a health related condition, shall be permitted for foodstuffs: Provided the conditions set out in paragraphs (b) to (g) and Table 2 are met:

(i) Calcium and osteoporosis;

(iii) Dietary saturated fat and cholesterol and the risk of coronary heart disease;

(iv) Sodium and hypertension;

(v) Fiber-containing grain products, fruit and vegetables and cancer;

(vi) Fruits, vegetables and grain products that contain fiber, particularly soluble fiber, and the risk of coronary heart disease;

(vii) Fruits and vegetables and cancer;

(viii) Folate and neural tube defects;

(ix) Folate, Vitamins B₁₂ and B₆ and coronary heart disease

(x) Oats and coronary heart disease;

(xi) Sugar alcohols and dental caries;

(xii) Psyllium fiber and coronary heart disease;

(xiii) Whole grains and coronary heart disease and cancer;

(xiv) Soy protein and coronary heart disease;

(xv) Plant sterols and plant stanol esters and coronary heart disease;

(xvi) Walnuts and heart disease;

(xvii) Omega-3 fatty acids and coronary heart disease;

(xviii) Olive oil and coronary heart disease

(xix) Potassium, high blood pressure and stroke

(b) The foodstuff shall comply with the characteristics specified in column I of Table 2.

(c) (i) The wording of the reduction of disease risk claim in column II of Table 2 may not be added to, omitted, reduced, or altered in a way which will result in a change of meaning or which will result in a change of emphasis; and

(ii) no health claim may attribute any degree of a disease risk reduction to specific dietary guidelines.

(d) The foodstuff shall be labelled with the prescribed "nutritional information declaration" described in point 1 of Annexure 2 per single serving and per 100 g/ml;

(e) The nutritional information relevant to the reduction of disease risk claim as specified in column I under the heading "Food Characteristics" of Table 2 present in a single serving and per 100 g/ml for foodstuffs shall be indicated.

(f) An indication shall be given of the percentage of the MDR, for individuals 4 years and older, as specified in Annexure 3, of the nutrients present in a single serving and per 100 g/ml.

(g) No reduction of disease risk claim shall be made on a label or in an advertisement of a foodstuff unless the characteristics of the foodstuff, as specified in column I of Table 2, comply with the conditions set out in regulation 60, Table 1 (Parts A and B) as applicable.

TABLE 2: REDUCTION OF DISEASE RISK CLAIMS

	FOOD CHARACTERISTICS	PERMITTED WORDING OF CLAIM
1.	<p><u>Calcium and osteoporosis</u></p> <ul style="list-style-type: none"> • "High" in calcium and "source of" magnesium; • Phosphorus content may not exceed calcium content 	Regular exercise and a healthy diet with enough calcium may help susceptible individuals maintain good bone health and may reduce their risk of osteoporosis later in life
2.	<p><u>Sodium and hypertension</u> Low sodium</p>	Diets low in sodium may reduce the risk of high blood pressure, a disease associated with many risk factors, in some individuals
3.	<p><u>Dietary saturated fat and cholesterol and the risk of coronary heart disease</u></p> <ul style="list-style-type: none"> • Low saturated fat; • Low cholesterol; and • Low total fat 	While many factors affect heart disease, diets low in total fat, saturated fat and cholesterol may reduce the risk of heart disease
4.	<p><u>Fiber-containing grain products, fruit and vegetables and cancer</u></p> <ul style="list-style-type: none"> • Grain products, fruits or vegetables that are a source of dietary fiber; • trans fatty acid free; • with a total fat profile in line with the WHO's Dietary Goals as referred to in the Guidelines 	Low fat diets, rich in fiber-containing grain products, fruits and vegetables may reduce the risk of some types of cancer, a disease associated with many factors
5.	<p><u>Fruits, vegetables and grain products that contain fiber, particularly soluble fiber, and the risk of coronary heart disease</u></p> <ul style="list-style-type: none"> • Fruit, vegetable or grain products that are a source of dietary fiber that has an effect on glucose and lipid absorption; • low saturated fat; • low cholesterol; • trans fat free; • contain no fat that has been interesterified and • with a total fat profile in line the WHO's Dietary Goals as referred to in the Guidelines 	Diets low in saturated fat and cholesterol and rich in fruit, vegetables and grain products that contain dietary fiber that has effects on glucose and lipid absorption may reduce the risk of heart disease
6.	<p><u>Fruits and vegetables and cancer</u></p> <ul style="list-style-type: none"> • Fruit or vegetables; • low total fat; • high in vitamins A or C or dietary fiber 	Low fat diets rich in fruits and vegetables and which contain dietary fiber, vitamins A and C may reduce the risk of some types of cancer, a disease associated with many risk factors
7.	<p><u>Folate and neural tube defects</u> High in folic acid</p>	Women who consume adequate amounts of folate or folic acid, a B vitamin, daily

		throughout their childbearing years may reduce their risk of having a child with a birth defect of the brain and spinal cord or a cleft palate. Such birth defects, while not widespread are very serious. They can have many causes. Adequate amounts of folate can be obtained from diets rich in fruits, dark green leafy vegetables, legumes, fortified grain products, fortified foods or a nutritional supplement.
8.	<p><u>Plant sterol esters and plant stanol esters and coronary heart disease</u></p> <ul style="list-style-type: none"> • Foodstuffs that contain at least 0,65 g plant sterols or 1,7 g plant stanol esters per serving; • low in saturated fat; and • low cholesterol • Foodstuffs shall bear a statement on the main panel in capital letter at least 3 mm in height to indicate that the particular foodstuff is suitable for the intended target group only 	Diets low in saturated fat and Diets low in saturated fat and cholesterol that include two servings of food that provide a daily total of at least 1,3 g plant sterols or 3,4 g of plant stanol esters in two meals may reduce the risk of heart disease by lowering cholesterol
9.	<p><u>Oats and coronary heart disease</u></p> <p>At least 60 g whole oats (rolled oats), oatmeal or 40 g oat bran, without enrichment, that provides 3 g or more beta glucan fiber per single serving. The amount of beta glucan fiber per recommended serving shall be indicated in the table with nutritional information.</p>	3 g beta glucan fiber from 60 g whole oats daily, or 40 g oat fiber, as part of a diet low in saturated fat and cholesterol, may reduce the risk of coronary heart disease.
10.	<p><u>Sugar alcohols and dental caries</u></p> <p>The sugar alcohol should be the main sweetener in the foodstuff and should be a permitted sugar alcohol in terms of the Sweetener Regulations promulgated under Act No. 54 of 1972</p>	Frequent eating of foods high in sugars and starches that are retained on the teeth between meals can promote tooth decay. The sugar alcohol(s) [name sugar alcohol(s)] used as a sweetener in name the product) does(do) not promote tooth decay/dental caries.
11.	<p><u>Psyllium Fiber and coronary heart disease</u></p> <ul style="list-style-type: none"> • 1,7 g fiber that has effects on glucose and lipid absorption per • low saturated fat; • low cholesterol • and low total fat 	Diets rich in fiber, such as psyllium, part of a diet low in saturated fat, cholesterol, and total fat, may reduce the risk of heart disease
12.	<p><u>Whole grains and coronary heart disease and cancer</u></p> <ul style="list-style-type: none"> • Foodstuffs that contain a least 51% whole grains by weight 	Diets rich in whole-grain foods and other plant foods and low in fat and cholesterol may reduce the risk of heart disease and certain cancers

	<p>as the main ingredient;</p> <ul style="list-style-type: none"> • that provide a minimum of 16 g of whole grains per serving; • 2,8 g fiber per 50 g serving; • are low in total fat, • low in saturated fat; and • low in cholesterol 	
13.	<p><u>Soy protein and heart disease</u></p> <ul style="list-style-type: none"> • Foodstuffs that contain at least 6,25 g of soy protein per serving; • are low in saturated fat; and • low in cholesterol 	Diets which contain at least 25 g soy protein (4 servings) daily and which are low in saturated fat and cholesterol, may reduce the risk of heart disease by lowering cholesterol levels
14.	<p><u>Walnuts and Heart disease</u></p> <p>45 g serving of raw walnuts</p>	Eating 45 g walnuts per day as part of a diet low saturated fat and cholesterol may reduce the risk of coronary heart disease.
15.	<p><u>Folate, Vitamins B₁₂ and B₆ and coronary heart disease</u></p> <p>At least 50% of the MDR for persons 4 years and older for folic acid, Vitamin B₆ and vitamin B₁₂ per single serving</p>	The daily intake of at least 400 mcg folic acid, 1.7 mg vitamin B ₆ and 2.4 mcg Vitamin B ₁₂ will assist in reducing plasma homocysteine levels. Elevated plasma homocysteine levels is associated with an increased risk of heart disease. Food X will provide at least half of the required amounts all these vitamins per serving..
16.	<p><u>Omega-3 fatty acids and coronary heart disease</u></p> <p>850 mg EPA and DHA per single serving</p>	A daily intake of 850 mg EPA and DHA omega-3 fatty acids from fish oil or fatty fish may protect against and reduce the risk of coronary heart disease.
17.	<p><u>Olive Oil and coronary heart disease</u></p> <p>100% pure extra virgin and virgin olive oil</p>	Eating about 2 tablespoons (23 grams) of olive oil daily may reduce the risk of coronary heart disease due to the monounsaturated fat in olive oil. To achieve this possible benefit, olive oil is to replace a similar amount of saturated fat and not increases the total number of kilojoules you eat in a day.
18.	<p><u>Potassium, blood pressure and stroke</u></p> <p>Foods that naturally contain at least 350 mg Potassium per serving and which are low in sodium</p>	Diets containing foods that naturally contain at least 350 mg potassium and which are low in Sodium may reduce the risk of high blood pressure and stroke

Probiotic and prebiotic claims

63. (1) A claim or implication that a foodstuff is a "probiotic" or has probiotic properties or words with a similar meaning shall not be made on the label of a foodstuff unless the foodstuff complies with the conditions specified in paragraphs (a) to (h), subregulations (2) and (3) and Table 3, and claims for "prebiotic" or words with a similar meaning shall not be made on the label of a foodstuff

unless the claim complies with the conditions specified in paragraphs (a), (b), (d) (e) and (h) below and Table 3-

- (a) The claim "probiotic" shall be permitted for one or more live strains of the following probiotic bacteria only:

Lactobacillus acidophilus

Lactobacillus rhamnosus

Bifidobacterium bifidum

Bifidobacterium longum/infantis;

- (b) The wording of a claim, excluding the wording approved in column I of Table 3, regarding the efficacy and functionality of a specific strain from the approved species in column II of Table 3 or a prebiotic, which can support and enhance the health of a person suffering from a specified medical condition, and which have been confirmed by a meta analysis of randomised control human intervention studies or at least two randomised control human intervention studies done independently from one another and/or supported by other intervention or observational studies or other relevant data with regard to clinical data, or *In vitro* cell and molecular data or data from genetics or animal studies, will be permitted for foodstuffs: Provided-

- (i) these studies were published in recognised, peer-reviewed scientific nutrition or medical journals;
- (ii) these studies and the data required by the Guidelines have been submitted for premarket approval to and have been approved by the Director-General of the Department of Health, at least 90 calendar days prior to market appearance; and
- (iii) validation of probiotic species was determined in accordance with the methodology specified in paragraph 2 of the Guidelines.

- (c) Foodstuffs for which the claim "probiotic" or any words with a similar meaning is made shall indicate, in the table with nutritional information, the number of viable, colony-forming-units of probiotic bacteria at the end of the shelf-life period subject to the provisions of paragraph (f) hereunder, and shall identify the probiotic bacterial strain by its full scientific name, (genus, species, subspecies, etc.) and strain number according to the International Code of Nomenclature as indicated in point 1 of the Guidelines; Provided that the total minimum number of viable colony-forming-units of all the probiotic strains present is not less than 1×10^8 per single serving; Provided the serving size does not exceed the serving sizes indicated in Annexure 7;

- (d) No claim for probiotics or prebiotics may attribute any degree of a disease risk reduction to a specific foodstuff, or ingredient thereof.

(e) The prescribed nutritional information as per point 1 of Annexure 2 of a serving and per 100 g or 100 ml, and in the case of prebiotics the relevant information about the prebiotic as well, shall be provided on the label.

(f) In those cases where the strains are not stable at room temperature, foodstuffs for which a probiotic claim is made shall bear on the main panel of the label the instruction "KEEP REFRIGERATED" or "KEEP FROZEN", as the case may be, in capital (upper-case) letters not less than 3,0 mm in height.

(g) The shelf life stability data, proof of the origin of the strain as well proof that the strain has been deposited in a recognised international culture collection, shall be submitted to the Directorate: Food Control at least 30 days prior to market appearance.

(j) The amount, type and source of prebiotic shall be specified in the table with nutritional information.

(2) Probiotic claims shall not be permitted for a foodstuff that requires any further cooking or heating.

(3) The claim "synbiotic" or any other words with a similar meaning shall be permitted for a foodstuff; Provided the product complies with conditions mentioned in subregulations 1 and 2.

TABLE 3: PROBIOTIC CLAIMS

PERMISSIBLE INFORMATION TO ACCOMPANY CLAIM	CONDITIONS	FOODSTUFFS
For foodstuffs for persons older than 1 year		
<p>When ingested on a regular basis as part of a healthy diet, probiotics should improve the microbial balance in the human intestines and the functioning of the digestive tract. By inhibiting the growth of harmful (pathogenic) micro-organisms, assisting in the digestion of lactose, normalising bowel movement and stimulating the functions of the human immune system, they, significantly improve general health.</p>	<p>The viable count of probiotic bacteria shall be not less than 1×10^8 colony forming units per single serving of foodstuff at the end of the shelf-life period. Only live, selected strains with premarket approval for their confirmed probiotic properties shall be permitted in accordance with the requirements of Regulation 63. The following species do not need premarket approval:</p> <ul style="list-style-type: none"> * <i>Lactobacillus acidophilus</i>; * <i>Lactobacillus rhamnosus</i>; * <i>Bifidobacterium bifidum</i>; * <i>Bifidobacterium longum/infantis</i>; 	<p>Foods without added preservatives except foodstuffs preserved with pimaricin (also called natamycin)</p>
<u>For foods and formula for infants from birth to 3 years</u>		
<p>No claim shall be permitted in any manner for any foodstuff intended for infants and young children up through the age of 3 years</p>	<p>The probiotic bacterial count should exceed 10^8 colon-forming units per single serving of foodstuff at the end of the shelf-life period. Permitted strains are live <i>Bifidobacterium infantis</i> or <i>B. longum</i> only</p>	<p>Foodstuffs for infants from birth through 3 years</p>

TABLE 3: PREBIOTIC CLAIM

PERMISSIBLE INFORMATION TO ACCOMPANY CLAIM	CONDITIONS
Prebiotics are non-digestible food components which have a beneficial effect on human health by selectively stimulating the growth and metabolic activities of one or a limited number of beneficial intestinal bacteria and thus improving the balance of the human intestinal microflora;. Provided that no claim shall be permitted in any manner for any foodstuff intended for infants and young children up through the age of 3	At least 1500 mg pure prebiotic per single serving. The amount, type and source of prebiotic(s) shall be declared on the label

Mandatory nutritional information format

64. (1) Where any health, nutrition, slimming or Glycaemic Index claim is made on the label or in advertising-
- (a) the nutritional information shall be given in a clear tabular format as per point 1 of Annexure 2; and
 - (b) the appropriate nutritional information necessary to substantiate the claim as required in accordance with these Regulations shall be added; Provided that when the ingredients, excluding additives, of a foodstuff is altered in any way, the affected product shall be re-analysed for its nutritional content for labeling purposes.
- (2) The appropriate unit of measurement shall appear behind the nutrient or energy value: Provided that –
- (a) the energy content of the foodstuff shall be declared in “kilojoules” or “kJ”;
 - (b) the energy value shall be calculated from total carbohydrates (carbohydrates plus dietary fiber), total fat and total protein, using the conversion factors in point 2 of Annexure 2; and
 - (c) the amount of each nutrient shall be declared by mass.
- (3) A health or nutrition claim that is made on the label shall be accompanied by the appropriate nutritional information on the label –
- (a) that represents the real, typical values of the product as determined by chemical, microbiological or allergen analysis as described in these regulations;
 - (b) that is the result of analysis done on a composite sample, made up of an appropriate number of samples, gathered over a suitable period of time and from a reasonable number of batches, by a reputable laboratory, to provide a true representation of the product;
 - (c) that is based on a laboratory analysis report compiled by an accredited laboratory;
 - (d) that is verified at least once every three (3) years by analysis and kept on record, and

- (e) that is analysed in accordance with the methods stipulated in these regulations or where no method is stipulated by methods approved and recommended by Codex.
- (4) The manufacturer shall –
- (a) compile a report on the details of how the sampling was conducted based on the Guidelines;
 - (b) keep the report referred to in paragraph (a) on record, and provide copies of the report to the importer and/or distributor; and
 - (c) when presenting the samples to a reputable laboratory for analysis, inform the laboratory that the analysis is for labelling purposes and that the laboratory report must include the information requested in point 3 of the Guidelines.
- (5) Any manufacturer, importer or distributor shall be guilty of an offence if the laboratory analysis reports and the sampling plans referred to in subregulation (3) and (4) cannot be produced within 24 hours of request by an inspector.
- (6) When nutrient values, obtained as a result of analysis, are prepared for the nutritional information table for labelling purposes, the nutrient value declared in the table with nutritional information, shall be rounded off appropriately as indicated in the Guidelines.
- (7) Protein, vitamins and minerals for which an MDR value exist shall be expressed as a percentage of the MDR in accordance with subregulation 52(d)
- (h) When the ingredients, excluding additives, of a foodstuff are altered in any way, the affected product shall be re-analysed for its nutritional content for labeling purposes.

Voluntary nutritional information

65. When information in respect of the nutrient and/or energy value is provided on the label of a foodstuff and no claim as described in these regulations is made -

- (a) the nutritional information shall be indicated in accordance with the prescribed format as per point 1 of Annexure 2, except that in cases where the size of the label is restricted by the physical size of the product and less than 900 mm² remains after the minimum requirements in terms of these regulations have been met, the information may be indicated in a linear format; and
- (b) the label may, in addition, contain any other nutritional information of the manufacturer's choice per serving and per 100 g/ml, providing the information can be substantiated by either an analysis report from a reputable laboratory or in the case of single ingredient agricultural commodities from the national food composition tables, preferably from the South African Food Composition Tables or where the South African information is not

available, from another international reputable Food Composition Database.

Special characteristics or properties

66. No claim shall be made on the label of a foodstuff that the foodstuff has acquired nutritive value from nutrients or substances added for technical or sensory reasons.

Claims, which depend on another foodstuff

67. No claim shall be made that a foodstuff has a particular value or benefit if the value or benefit is derived wholly or partly from another foodstuff that is intended to be consumed with the foodstuff in relation to which the claim is made, but which is not included in the package.

Slimming claims

68. (1) Subject to regulation 52, no claim shall be made on a label that a foodstuff is an aid to slimming or mass control or mass reduction or that it has a reduced or low energy value, and the foodstuff shall not be described as “diet” or in words to a similar effect unless the following requirements are complied with:

- (a) when a claim is made on the label that a foodstuff is an aid to slimming or mass control or mass reduction -
 - (k) the foodstuff shall be labelled with the words “ONLY EFFECTIVE AS PART OF AN ENERGY-CONTROLLED PRUDENT DIET AND AN INCREASE IN MODERATE PHYSICAL ACTIVITY” in capital letters not less than 3,0 mm in height;
 - (ii) the energy provided by the fat content of the foodstuff shall not exceed 10% of the total energy of the single serving;
 - (iii) the foodstuff shall not be one of the foodstuffs listed in Annexure 6;
 - (iv) a statement shall be written in capital letters not less than 3,0 mm in height to the effect that the slimming claim is only applicable when consumption of the foodstuff is in accordance with the recommended serving size on the label: Provided that the recommended serving size is not more than those mentioned in Annexure 7;
 - (v) the GI of the foodstuff is low, and the GL is equal to or less than 10 for a snack or a carbohydrate-rich main meal component, equal or less than 20 for a complete breakfast or light meal and equal or less than 25 for a complete main meal.
- (b) the case of a claim that a soft drink is described as “diet”, the energy value of the soft drink shall not be more than 30 kJ per 100 ml; and
- (b) in the case of an uncooked foodstuff, which naturally has a low energy value, the claim “a naturally low energy food” may be used after the name of such foodstuff.

(2) In the case where a slimming claim is linked to a specific formulation of the foodstuff or the presence of one or more specific ingredients or substances, the claim shall be evaluated according to and subjected to the requirements of regulation 61.

Irradiation

69. (1) All containers of irradiated foodstuffs shall be unambiguously labelled with the word "irradiated" or "radurised" or any other word(s) indicating treatment with ionising radiation in close proximity to the name and the internationally recognised Radura emblem may also appear on the label of an irradiated foodstuff;

(2) Where bulk containers of irradiated foodstuffs are opened at the point of sale in such a manner that the statement that the foodstuff has been irradiated is obscured from the consumer's view, a notice with the information prescribed in sub-regulation (1) shall be displayed in the immediate proximity of such a foodstuff and in clear view of the purchaser.

(3) The qualifying words shall be printed in capital letters not less than 3 mm in height and shall be legible against a contrasting background, and the emblem shall, if used, be clearly visible.

(4) In the case of foodstuffs containing an irradiated component(s) in more than 10% of the mass of the finished product, the words "irradiated" or "radurised" shall appear in parenthesis after the relevant component(s) in the list of ingredients on the label.

(5) Where a foodstuff containing an irradiated component(s) in more than 10% of the mass of the finished product is presented for sale in such a manner that the consumer can no longer see that the foodstuff contains an irradiated component(s), a notice with the information prescribed in sub-regulation (1) shall be displayed in immediate proximity to such a foodstuff and in clear view of the purchaser.

(6) The producer of an irradiated foodstuff may, in addition to the labelling requirements, indicate the purpose of irradiation of such foodstuff, e.g., "IRRADIATED FOR PURPOSES OF INSECT CONTROL", or "IRRADIATED FOR PURPOSES OF MICROBIOLOGICAL CONTROL".

Vegetarian claims

70. (a) Claims that a foodstuff is suitable for vegetarians shall specify the category of vegetarian by adding one or a combination of the following prefixes to the word "vegetarian":

(i) "Lacto (milk)" – means milk and milk products are included but products in which animal rennet is used during preparation are excluded.

(ii) "Ovo (egg)" – means unfertilised eggs (preferably free-range) and egg products are included.

(iii) "Honey" – means honey is included.

(iv.) "Strict" – means ingredients of multicellular plant, fungal, algal and bacterial origin are included but all ingredients and additives derived from animal origin are excluded, and the term "vegan" may be used instead of "strict vegetarian".

(b) When a foodstuff is manufactured for the "strict vegetarian" or "vegan" market and a claim in respect of "strict vegetarian" or "vegan" is made on the label and it is not possible to conclude from the name of the ingredient or additive that it is derived from non-vegetarian origin, any additive (refer to Annexure 1) or ingredient (refer to Annexure 5) derived from non-vegetarian origin which is added to the foodstuff shall declare "non-vegetarian origin" or words that specify the source in parenthesis after the name of the additive or ingredient.

Claims for "organically produced foodstuffs"

71. Claims which indicate that a foodstuff has been organically produced/grown shall be subject to the provisions of regulations promulgated under the Agricultural Products Standards Act, 1990 (Act 119 of 1990).

EXEMPTIONS

72. (1) The following ingredients of a foodstuff need not be named in the list of ingredients:
(a) Constituents of an ingredient, which have become temporarily separated during the manufacturing process and are later re-introduced in their original proportions;

(b) any substance other than water which is used as a solvent or carrier for a food additive or nutrient and which is used in an amount that is consistent with good manufacturing practice; Provided that the solvent or the carrier shall not be nor contain traces of a common allergen specified in these regulations;

(c) water or other volatile ingredients evaporated in the course of manufacture;

(2) The following foodstuffs need not be labelled with a list of ingredients:

(a) Water to which no ingredient other than carbon dioxide has been added and the name of which indicates that it has been carbonated;

(b) vinegars which are derived by means of natural fermentation exclusively from a single basic product and to which no other ingredient has been added; or

(c) a foodstuff which consists of a single ingredient and the name of which clearly identifies the product.

(3) All ingredients of a mixture, compound or blend as well as foodstuffs for which compositional standards have been laid down under the Act or any other Act shall be exempt

from the provisions of section 3 (1) of the Act relating to the specification on the label of the proportions or amounts in which the ingredients are present, unless explicitly otherwise provided by regulation.

(4) The following foodstuffs, sold as such, are, unless otherwise provided in these regulations, be exempt from the requirements regarding labelling except when a health or nutrition claim is made in which case the mandatory nutritional information referred to in Regulation 64 above shall appear on the label:

- (a) Hens' eggs and ostrich eggs except for a "Best before" date;
- (b) fresh, unprocessed vegetables and fruit which have not been mixed;
- (c) wheat products, which are not pre-packed (naked bread) except for information on the list of ingredients, including allergens, which must be available at the point of sale upon request;
- (d) any drink referred to in the Liquor Products Act, 1989 (Act 60 of 1989): Provided that where the drink contains the colourant "tartrazine", and where health statements/warnings are prescribed, these facts shall be indicated on the label in accordance with the provisions of the Act;
- (e) unprocessed fish, unprocessed marine products, unprocessed meat of bovines, goats, sheep, pigs and unprocessed poultry that have not been pre-packed;
- (f) unprocessed fish, unprocessed marine products, unprocessed meat of bovines, goats, sheep, pigs and poultry pre-packed in such a way that the purchaser is able to identify the contents of the package, except for an indication of the type of animal, fish or bird and a date as required by these regulations;
- (g) any foodstuff prepared and sold on the premises of a catering establishment for immediate consumption, except for information on the list of ingredients, including allergens and the information required by regulation 33, which must be available at the point of sale upon request;
- (h) unpacked or transparently-packed portions of foodstuffs that are sold as snacks on the premises of preparation;
- (i) any foodstuff which is sold in bulk other than by retail and which is accompanied by relevant trade documents reflecting all particulars required by these regulations to appear on the label of a pre-packed foodstuff;
- (j) flour confectionary intended to be consumed within 24 hours of manufacture, except for information on the list of ingredients, including allergens and the information required by regulation 33, which must be available at the point of sale upon request; and
- (k) ice, except for the name and address of the manufacturer.

REPEAL

73. The regulations promulgated under Government Notice No. R. 908 of 27 May 1977, as amended by Government Notices Nos. R.1389 of 22 July 1977, R.1843 of 28 August 1981, R. 2298 of 26 October 1984, R. 2567 of 15 November 1985, and Government Notice No. R. 2034 of 29 October 1993, as amended by Government Notices Nos. R. 932 of 30 June 1995, R. 129 of 2 February 1996, the definition of "gluten free" and regulations 5 (2) (e) and 5 (3) (e) of the Regulations relating to Foodstuffs for Infants, Young Children and Children (R. 1130 of 8 June 1984), are hereby repealed in so far as they relate to foodstuffs.

COMMENCEMENT

74. These regulations –

- (a) except regulations 28 and 57(5) shall come into operation 12 months after the date of final publication;
- (b) regulation 57(5), shall come into operation 3 months after date of final publication;
- (c) regulation 28 shall come into operation 3 years after the date of final publication.

MINISTER J.T.RADEBE
ACTING MINISTER OF HEALTH

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ANNEXURE 1

CATEGORIES OF ADDITIVES THAT MAY BE IDENTIFIED BY THEIR CATEGORY NAME IN A LIST OF INGREDIENTS

- *Acids
- *Acidity regulators
- *Anticaking agents
- *Antifoaming agents
- *Bulking agents
- *Carrier solvents
- *Chewing-gum bases
- *Clouding agents
- *Colour retention agents
- *Colourants (except tartrazine)
- *Chemically modified starches
- *Emulsifiers
- *Emulsifying salts
- *Enzymes ##
- *Firming agents
- *Flavourants
- *Flavour enhancers (except MSG and sodium chloride)
- *Flour improvers (flour treatment agent)
- *Foaming agents
- *Gelling agents ##
- *Glazing agents
- *Herbs or mixed herbs and spices or mixed spices, as appropriate
- *Humectants
- *Propellants
- *Raising agents
- *Sequestrants
- *Stabilisers
- *Starches
- *Thickeners

Refer to Regulation 71

ANNEXURE 2

PRESCRIBED NUTRITIONAL INFORMATION DECLARATION

1. Format

The prescribed “nutritional information declaration” means the following nutritional information in the prescribed format on any foodstuff with mandatory or voluntary nutritional information, as the case may be, on the label.

TYPICAL NUTRITIONAL INFORMATION (as packed /ready-to-eat)

Quantified single serving size expressed in grams or millilitres, whatever is appropriate

	Per 100 g/ml	Per per serving	% MDR* per serving
Energy (kJ)		-	
Protein (g)			
Carbohydrate (g) of which sugar		-	
Total fat (g)		-	
Saturated fat (g)		-	
Trans fat (g)			
**			
**			

Total dietary fiber (g) **		-	
Sodium (mg)		-	
(insert any other nutrient or food component to be declared in accordance with these Regulations here or as appropriate under the relevant main nutrient heading in g, mg, mcg, or other units as appropriate) in the order: vitamins, minerals, any other nutrient not made provision for already, in alphabetical order			

* Minimum Daily requirement (MDI) for individuals 4 years and older (see Annexure 3)

Place for the statement required by regulation 52(1)(c) or regulation 56, whatever is appropriate

** place for a subgroup nutrient, such as monounsaturated fat, polyunsaturated fat, omega-3 fatty acids, soluble fiber et cetera

***place to insert cholesterol when cholesterol information is given

ANNEXURE 2 (continued)

PRESCRIBED NUTRITIONAL INFORMATION DECLARATION

2. Energy conversion factors

In the calculation of the energy value of a foodstuff for the purposes of the prescribed energy statement referred to in this Annexure the following conversion factors shall be employed:

- (a) 1 g of carbohydrates expressed as monosaccharides and/or disaccharides shall be deemed to contribute 16 kJ;
- (b) 1 g of starch and glycogen shall be deemed to contribute 17 kJ;
- (c) 1 g of carbohydrates which reaches the colon shall be deemed to contribute 8 kJ, excluding polydextrose, fructo-oligosaccharides and maize bran;
- (d) 1 g of polydextrose shall be deemed to contribute 5 kJ;
- (e) 1 g of glycerol shall be deemed to contribute 18 kJ;
- (f) 1 g of sugar alcohol not specified hereunder shall be deemed to contribute 10 kJ;
- (g) 1 g of Erythritol shall be deemed to contribute 1 kJ;
- (h) 1 g of Isomalt or Lactitol shall be deemed to contribute 11 kJ;
- (i) 1 g of Maltitol shall be deemed to contribute 16 kJ;
- (j) 1 g of Mannitol shall be deemed to contribute 9 kJ;
- (k) 1 g of Sorbitol or Xylitol shall be deemed to contribute 14 kJ;
- (l) 1 g of Fructo-oligosaccharides shall be deemed to contribute 11 kJ;
- (m) 1 g of Maize bran shall be deemed to contribute 1,3 kJ;
- (n) 1 g of protein shall be deemed to contribute 17 kJ;
- (o) 1 g of alcohol (ethanol) shall be deemed to contribute 29 kJ;
- (p) 1 g of fat shall be deemed to contribute 37 kJ;
- (q) Novel fats:
 - Salatrim^{*}, general family: 1 g shall be deemed to contribute 22 kJ
 - Olestra[®]: 1 g shall be deemed to contribute 0 kJ;
- (r) 1 g of organic acid shall be deemed to contribute 13 kJ.

* Salatrim means random short- and long-chain triacylglycerol molecules

ANNEXURE 3

MINIMUM DAILY REQUIREMENTS FOR THE PURPOSES OF THESE REGULATIONS

NUTRIENT	unit of measurement	INDIVIDUALS 4 YEARS AND OLDER
Protein	g	56
Vitamin A	μg^a	900
Vitamin B ₁ or thiamine	mg	1,2
Vitamin B ₂ or riboflavin	mg	1,3
Nicotinic acid, nicotinamide or niacin	mg	16
Vitamin B ₆ or pyridoxine	mg	1,7
Folic acid or folate	μg	400
Vitamin B ₁₂ or cyanocobalamin	μg	2,4
Biotin	μg	30
Pantothenic acid	mg	5
Vitamin C or ascorbic acid	mg	90
Vitamin D	μg^b	15
Vitamin E	Mg te ^c	15
Vitamin K	μg	120
Calcium	mg	1300
Chromium	μg	35
Copper	mg	0.9
Iodine	μg	150
Iron	mg	18
Magnesium	mg	420
Manganese	mg	2.3
Molybdenum	μg	45
Phosphorus	mg	1250
Selenium	μg	55
Zinc	mg	11
Choline	mg	550

The values used in this Table are based on Recommended Dietary Allowances (RDAs) which will meet the needs of nearly all (97 to 98%) healthy individuals to prevent nutrient deficiencies. RDA values are not necessarily enough to maintain optimum nutritional status and prevent chronic disease. These values are therefore considered to be the minimum amounts necessary to achieve and maintain optimum nutritional status which will assist in the reduction of disease, specifically degenerative diseases of lifestyle.

- ^a Retinol equivalents (RE) = 1 mcg retinol = 3,33 I.U. (International units) vitamin A = 12 mcg trans beta-carotene = 24 mcg other provitamin A carotenoids, excluding carotenoids from red palm oil, red palm oil carotenoids = 2 mcg red palm oil carotenoids;
- ^b As cholecalciferol: 1 mcg cholecalciferol = 40 I.U. of Vitamin D; and
- ^c As d alpha tocopherol: mg = TE. 1 mg (d alpha tocopherol) = 1,49 I.U. of Vitamin E.

ANNEXURE 4

1. LIST OF FOODSTUFFS AND INGREDIENTS EXEMPTED FROM A DATE OF DURABILITY

- Any alcoholic beverage as described in the Liquor Products Act, 1989 (Act 60 of 1989)
- Chewing gum
- Confectionary products consisting of flavoured and/or coloured sugars
- Fresh fruits and vegetables which have not been peeled or cut or similarly treated
- Processed meat products such as biltong and dried sausage which have not been pre-packed
- Honey, provided the date the honey was pre-packed is printed on the label in a similar format and letter size as the “best before” date
- Ready-to-eat flour confectionary, provided that the date of manufacture is indicated on the label or in the direct vicinity where the products are displayed
- Sugars
- Unprocessed, unpacked fish, unprocessed, unpacked meat and poultry which have not been pre-packed
- Vinegar.

2. LIST OF FOODSTUFFS AND INGREDIENTS FOR WHICH A USE BY DATE IS REQUIRED

- Any other foods which at ambient or chilled temperatures are capable of supporting the formation of toxins or multiplication of pathogens to a level which could lead to food poisoning if they are not stored properly
- Any other foods intended for consumption either without cooking or after treatment such as reheating, unlikely to be sufficient to destroy food poisoning organisms, which may be present.
- All chilled dairy products such as milk, soft cheese, yoghurt and dairy-based products such as beverages and desserts
- Cooked products, whether or not they are intended to be eaten without further reheating
- Prepacked, processed meat products such as biltong and dried sausage
- Fresh fruit juices and juices with a limited shelf life of 5 days or less
- Infant formulas Chilled Patés
- Prepacked, prepared, ready-to-eat vegetables with added ingredients such as cream, cheese mayonnaise, etc
- Uncooked or partly cooked pastry and dough products including pizzas, sausage rolls or fresh pasta containing meat, poultry, fish or seafood

ANNEXURE 5

ADDITIVES AND OTHER INGREDIENTS DERIVED FROM NON-VEGETARIAN ORIGIN

INS = International Numbering System

- Bone phosphate (INS 542)
- Bees wax for use on confectionary and chocolate panning (INS 901);
Canthaxanthin, a colourant (INS 161g) or may be synthesized
- Gelatine
- Honey
- L-Cysteine may be derived from human hair
- Cochineal (INS 120), or Carmine of Cochineal Carminicigo derived from the insect *Dactilopius coccus*
- Glycerine/glycerol, (may be derived from animal fats or from vegetable origin INS 422);
- Lactic acid esters of mono- and di-glycerides of fatty acids prepared from esters of glycerol (INS 472b)
- Mono- and di-glycerides of fatty acids may have a synthetic or animal source (INS 471)
- Quinoline Yellow (INS 104) may be derived from non-vegetarian source;
- Rennet, and pepsin
- Roe or caviar (fish eggs)
- Shellac (INS 904) (a substance obtained from the resin produced by the Lac insect which is mainly found in India; the secretions are dried before use on confectionary, chocolate panning, ice creams and edible ices)
- Sucrose esters of fatty acids prepared from glycerol and sucrose (INS 473)
- Sucroglycerides prepared by reaction of sucrose and natural triglycerides from palm oil lard et cetera (INS 474)
- Polyglycerol esters of fatty acids (INS 475)
- Vitamin D₃ may be derived from lanolin produced from sheep's wool.

ANNEXURE 6

FOODSTUFFS NOT CONSIDERED ESSENTIAL FOR A HEALTHY DIET AND FOR WHICH NO NUTRIENT CONTENT, GI, CERTAIN COMPARATIVE, HEALTH, SLIMMING OR ANY OTHER CLAIM WITH A HEALTH OR NUTRITIONAL MESSAGE WILL BE PERMITTED

Beverages

- Carbonated or uncarbonated soft drinks intended to be consumed cold, which contain sweetener(s) and additives in any form (e.g. powders, concentrates or ready-to-drink type etc.)
- Fruit nectars
- Soft drinks bearing the word “energy” or “sport” or “power” in any way on the label, with or without caffeine
- Iced teas in any form (e.g. powders, concentrates or ready-to-drink type etc.), which contain sweetener(s) and additives. Powders to prepare hot or cold beverages for which any one or more of the following criteria apply:
 - Contain more than 10 g sugar per single serving
 - Contain fully or partially hydrogenated fat
 - Contain any non-nutritive sweetener(s)
 - Contain any artificial colourant(s)

Sweet biscuits and flour confectionary

- All sweet, dry biscuits, unless—
 - the biscuit has been specifically developed and formulated for the purpose of preventing or correcting a demonstrated nutrient deficiency as recognised by the Department;
 - the impact of the special biscuit on the target population/group has been scientifically evaluated by at least one human intervention trial;
 - written proof of the outcome has been published in an acceptable medical or nutrition journal or reported at a national nutrition congress; and
 - a request for approval accompanied by the above-mentioned documentation has been granted by the Directorate: Food Control prior to retail market appearance
- All cakes
- Other sweet flour confectionary such as muffins, doughnuts, sweet pastries and others, unless the product is high in fiber and has a low Glycaemic Index value
- Sweet tarts

Candies and chocolate confectionary

- All chocolate confectionary
- All sugar confectionary, including toffees
- Chewing gum

Fast foods

Any fast food meal of which any one or more of the following criteria apply-

- which contains any trans fats;
- of which the main carbohydrate component of the meal (e.g., bread bun of a hamburger) has a high Glycaemic Index value;
- has a fiber content of less than 3 g per 100 g end product;
- has a salt content of 1,25 g salt per 100 g end product or more; and
- has a saturated fat content of more than 5 g per 100 g end product
- which has been prepared/cooked in an vegetable oil that has been subjected to any of the following processes: any form of heat treatment, degumming, refining, bleaching and deodorizing

Savory foodstuffs

- Ready-to-eat savory snacks such as potato crisps, extruded or expanded maize snacks etc.
- Ready-to-eat dips or dip powders intended to be reconstituted with a fat content of more than 3 g per 100 g

Desserts

- Baked type desserts, with a fat content of more than 10 g per 100 g and a sugar content of more than 15 g per 100 g
- Chilled, ready-to-eat desserts
- Ice cream, frozen yoghurt, frozen desserts, frozen treats, sorbets, edible ices and any other similar product containing more than 20 g per 100 g carbohydrates and/or more than 3 g total fat per 100 g
- Instant dessert powders
- Jellies

Other

- Any vegetable oil that has been subjected to any of the following processes: any heat treatment, degumming, refining, bleaching and deodorizing, and packed in see-through plastic containers
- Commercially prepared meat pies and sausage rolls and pies with a savory filling
- Dry soup powders
- Flavoured fat spreads or margarine
- Spreads, toppings, glazes or filling sold as such for cakes, desserts and tarts
- "Health" bars, breakfast bars, seed bars or energy bars with a sugar content more than 10 g per bar, a saturated fat content of more than 1 g per 100 g or any trans fat

- Fruit bars, fruit roles or fruit flakes with any added suger, non-nutritive sweeteners and/or added fat
- Margarine and fat spreads containing any hydrogenated or interesterified plant oil
- Manufactured meat products, unless at least compliant with the condition for lean/trim and low in sodium
- Mayonnaise
- Non-nutritive table sweeteners
- Ready-to-eat candy breakfast cereals with a sugar content of 15 g or more per 100g
- Sugar (white, yellow, brown), castor sugar, icing sugar, et cetera.
- Sweetened, condensed milk
- Syrups, excluding molasse
- Tea creamers and coffee creamers
- Foodstuffs (solids and liquids) sweetened with added fructose

ANNEXURE 7

REFERENCE AMOUNTS FOR SINGLE SERVING SIZES

Unless otherwise noted, the reference amounts are for the ready-to-serve or almost ready-to-serve form of the foodstuff. If not listed separately, the reference amount for the unprepared form, such as dry mixes, concentrates, dough, batter and fresh and frozen pasta is the amount required to make one reference amount of the prepared form.

Item	Column 1 Food	Column 2 Reference amount
	<i>Bakery Products</i>	
1.	Bread, excluding sweet quick-type rolls and fortified bread	80 to 95 g (2 slices)
2.	Bagels, tea biscuits, scones, rolls, buns, croissants, tortillas, soft bread sticks, soft pretzels and corn bread	55 g
3.	Brownies	40 g
4.	Heavy weight cake: 10 g or more per 2.5 cm cube, such as cheese cake, pineapple upside-down cake, cake with at least 35% of the finished weight as fruit, nuts or vegetables, or any of these combined	125 g
5.	Medium weight cake: 4 g or more per 2.5 cm cube but less than 10 g per 2.5 cm cube, such as cake with or without icing or filling, cake with less than 35% of the finished weight as fruit, nuts or vegetables or any of these combined, light weight cake with icing, cupcakes, éclairs or cream puffs	80g
6.	Light weight cake: less than 4 g per 2.5 cm cube, such as angel food, chiffon or sponge cake, without icing or filling	55 g
7.	Coffee cakes, doughnuts, danishes, sweet rolls, sweet quick-type breads and muffins	55 g
8.	Cookies, with or without coating or filling, and graham wafers	30 g
9.	Crackers, hard bread sticks and melba toast	20 g
10.	Dry breads, matzo and rusks	30 g
11.	Flaky type pastries, with or without filling or icing	55 g
12.	Toaster pastries	55 g
13.	Ice cream cones	5 g
14.	Croutons	7 g
15.	French toast, pancakes and waffles	75 g
16.	Grain-based bars, with filling or partial or full coating	40 g
17.	Grain-based bars, without filling or coating	30 g
18.	Rice cakes and corn cakes	15 g
19.	Pies, tarts, cobblers, turnovers and other pastries	110 g
20.	Pie crust	1/6 of 20 cm crust or 1/8 of 23 cm crust
21.	Pizza crust	55 g
22.	Taco shell, hard	30 g
	<i>Beverages</i>	
23.	Carbonated and non-carbonated beverages, iced tea and wine coolers	355 ml
24.	Sports drinks and water	500 ml
25.	Coffee: regular, instant and specialty, including espresso café au lait, flavoured and sweetened	175 ml

26.	Tea and herbal tea (a) regular and instant (hot) (b) flavoured and sweetened, prepared from mixes	175 ml 250 ml
27.	Cocoa and chocolate beverages (hot)	175 ml
Cereals and Other Grain Products		
28.	Hot breakfast cereals, such as oatmeal or cream of wheat, excluding fortified maize porridge or maize pap	40 g dry 250 ml prepared
29.	Ready-to-eat breakfast cereals, puffed and uncoated (less than 20 g per 250 ml)	15 g
30.	Ready-to-eat breakfast cereals, puffed and coated, flaked, extruded, without fruit or nuts (20 g to 42 g per 250 ml), very high Fiber cereals (with 28 g or more Fiber per 100 g)	30 g
31.	Ready-to-eat breakfast cereals, fruit and nut type, granola (43 g or more per 250 ml) and biscuit type cereals	55 g
32.	Bran and wheat germ	15 g
33.	Flours, including cornmeal	30 g
34.	Grains, such as rice or barley	45 g dry 140 g cooked
35.	Pastas without sauce	85 g dry 215 g cooked
36.	Pastas, dry and ready-to-eat, such as fried canned chow mien noodles	25 g
37.	Starch, such as cornstarch, potato starch, tapioca starch or wheat starch	10 g
38.	Stuffing	100 g
Dairy Products and Substitutes		
39.	Cheese, including cream cheese and cheese spread, except those listed as a separate item	30 g
40.	Cottage cheese	125 g
41.	Cheese used as an ingredient, such as dry cottage cheese or ricotta cheese	55 g
42.	Hard cheese, grated, such as parmesan or Romano	15 g
43.	fresh cheese and fresh dairy desserts	100 g
44.	Cream and cream substitute, except those listed as a separate item	15 ml
45.	Cream and cream substitute, powder	2 g
46.	Cream and cream substitute, aerosol or whipped	15 g
47.	Eggnog	125 ml
48.	Milk, evaporated or condensed	15 ml
49.	Plant-based beverages, milk, buttermilk and milk-based drinks, such as chocolate milk	250 ml
50.	Shakes and shake substitutes, such as dairy shake mix	250 ml
51.	Sour cream	30 ml
52.	Yoghurt	175 ml
53.	Ice cream, ice milk, frozen yoghurt and sherbet	125 ml
54.	Dairy desserts, frozen, such as cakes, bars, sandwiches or cones	125 ml
55.	Non-dairy desserts, frozen, such as flavoured and sweetened ice or pops, or frozen fruit juices in bars or cups	75 ml
56.	Sundaes	250 ml
57.	Custard, gelatine and pudding	125 ml
Dessert Toppings and Fillings		
58.	Dessert toppings, such as maple butter and marshmallow cream	30 g

59.	Cake frostings and icings	35 g
60.	Pie fillings	75 ml
Eggs and Egg Substitutes		
61.	Egg mixtures, such as egg foo young, scrambled eggs or omelettes	110 g
62.	Eggs	50 g
63.	Egg substitutes	50 g
Fats and Oils		
64.	Butter, margarine, shortening and lard	10 g
65.	Vegetable oil	10 ml
66.	Butter replacement, powder	2 g
67.	Dressings for salad	30 ml
68.	Mayonnaise, sandwich spread and mayonnaise-type dressing	15 ml
69.	Oil, spray type	0.5 g
Marine and Fresh Water Animals		
70.	Canned anchovies, anchovy paste and caviar	15 g
71.	Marine and fresh water animals with sauce, such as fish with cream sauce or shrimp with lobster sauce	140 g cooked
72.	Marine and fresh water animals without sauce, such as plain or fried fish or shellfish, or fish or shellfish cakes, with or without breading or batter	125 g raw 100 g cooked
73.	Marine and fresh water animals, canned	55 g, drained of brine or oil where applicable
74.	Marine and fresh water animals, smoked or pickled, or spreads	55 g
Fruit and Fruit Juices		
75.	Fruit, fresh, canned or frozen, except those listed as a separate item	140 g 150 ml canned (drained)
76.	Candied or pickled fruit	30 g
77.	Dried fruit, such as raisins, dates or figs	40 g
78.	Fruit for garnish or flavour, such as maraschino cherries	4 g
79.	Fruit relishes	60 ml
80.	Avocado, used as an ingredient	30 g
81.	Cranberries, lemons and limes, used as ingredients	55 g
82.	Watermelon, cantaloupe, honeydew and other melons	150 g
83.	Juices, nectars and fruit drinks	250 ml
84.	Juices, used as ingredients, such as lemon juice or lime juice	5 ml
Legumes		
85.	Bean curd (tofu) and tempeh	85 g
86.	Beans, peas and lentils, such as white beans, kidney beans, romano beans, soybeans or chick peas	100 g dry 250 ml cooked or canned (drained)
Meat, Poultry, Their Products and Substitutes³		
87.	Pork rinds and bacon	54 g uncooked 15 g cooked
88.	Beef, pork and poultry breakfast strips	30 g uncooked 15 g cooked
89.	Dried meat and poultry, such as jerky, dried beef or pama ham,	

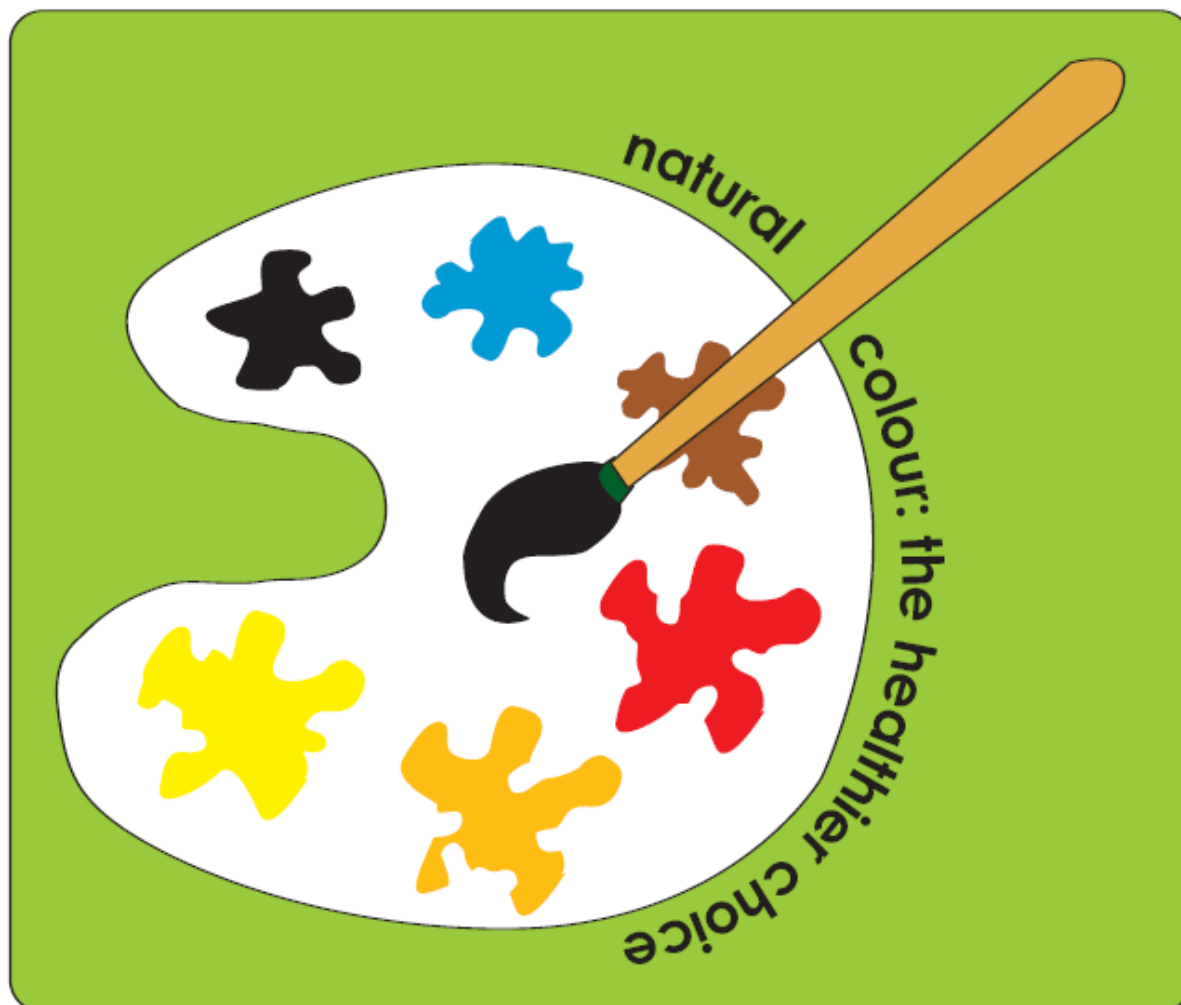
	as well as sausage products with a water activity of 0.90 or less, such as salami, dried thuringer or cœvelat	30 g
90.	Luncheon meats, such as polony, liver sausage, ham and cheese loaf; pâté; meat pie fillings	75 g uncooked 55 g cooked
91.	Sausage products, such as linked sausage, Vienna sausage, wieners, breakfast sausage, frankfurters, pork sausage, bratwurst, smoked sausage, pepperoni, knackwurst	75 g uncooked 55 g cooked
92.	Cuts of meat and poultry without sauce, and ready-to-cook cuts, with or without breading or batter, including marinated, tenderized and injected cuts	125 g raw 100 g cooked
93.	Patties, cutlettes, chopettes, steakettes, meatballs, sausage meat and ground meat, with or without breading or batter	100 g raw 60 g cooked
94.	Cured meat products, such as cured ham, dry cured ham, back bacon, cured pork back, corned beef, pastrami, country ham, cured pork shoulder picnic, cured poultry ham products, smoked meat or pickled meat	85 g raw 55 g cooked
95.	Canned meat and poultry	55 g
96.	Meat and poultry with sauce, such as meat in barbecue sauce or turkey with gravy, but excluding combination dishes	140 g
	Miscellaneous	
97.	Baking powder, baking soda and pectin	0.6 g
98.	Baking decorations, such as coloured sugars or sprinkles for cookies	4 g
99.	Bread crumbs and batter mixes	30 g
100.	Cooking wine	30 ml
101.	Cocoa powder	5 g
102.	Non-alcoholic drink mixers, such as pina colada	250 ml
103.	Chewing gum	3 g
104.	Salad and potato toppers, such as salad crunchies, salad crispins or substitutes for bacon bits	7 g
105.	Salt and salt substitutes, as well as seasoned salt, such as garlic salt	1 g
106.	Spices and herbs	0.5 g
	Combination Dishes	
107.	Measurable with a cup, such as casserole, hash, macaroni and cheese with or without meat, pot pie, spaghetti with sauce, stir fry, meat or poultry casserole, baked or refried beans, wieners and beans, meat chilli, chilli with beans, creamed chipped beef, beef or poultry ravioli in sauce, beef stroganoff, poultry à la king, goulash, stew, ragout	250 ml
108.	Not measurable with a cup, such as burritos, egg rolls, enchiladas, pizza, pizza rolls, sausage rolls, pastry rolls, quiche, sandwiches, crackers and meat or poultry lunch-type packages, burger on a bun, tacos, pockets stuffed with meat, lasagne, chicken cordon bleu, stuffed vegetables with meat or poultry, meat pie	140 g without gravy or sauce 195 g with gravy or sauce
109.	Hors d'oeuvres	50 g
	Nuts and Seeds	
110.	Nuts and seeds, not for use as snacks: whole, chopped, sliced, slivered or ground	30 g shelled
111.	Butters, pastes and creams, other than peanut butter	30 g

112.	Peanut butter	15 g
113.	Flours, such as coconut flour	15 g
	Potatoes, Sweet Potatoes and Yams	
114.	French fries, hash browns, skins and pancakes	85 g frozen French fries 70 g prepared
115.	Mashed, candied, stuffed or with sauce	140 g
116.	Plain, fresh, canned or frozen	110 g fresh or frozen 125 g vacuum packed 160 g canned (drained)
	Salads	
117.	Salads, such as eggs, fish, shellfish, bean, fruit, vegetable, meat, ham or poultry salad, except those listed as a separate item	100 g
118.	Gelatine salad	120 g
119.	Pasta or potato salad	140 g
	Sauces, Dips, Gravies and Condiments	
120.	Sauces for dipping, such as barbecue, hollandaise, tartar, mustard or sweet and sour sauce	30 ml
121.	Dips, such as legume or dairy-based	30 g
122.	Major main entrée sauce, such as spaghetti sauce	125 ml
123.	Minor main entrée sauce, such as pizza sauce, pesto sauce or other sauces used as toppings, such as white sauce, cheese sauce, salsa, cocktail sauce or gravy	60 ml
124.	Major condiments, such as ketchup, steak sauce, soy sauce, vinegar, teriyaki sauce or marinades	15 ml
125.	Minor condiments, such as horseradish, hot sauce, mustard or Worcestershire sauce	5 ml
	Snacks	
126.	Chips, pretzels, popcorn, extruded snacks, grain-based snack mixes and fruit-based snacks, such as fruit chips	50 g
127.	Nuts or seeds for use as snacks	50 g shelled
128.	Meat or poultry snack food sticks	20 g
	Soups	
129.	All varieties	250 ml
	Sugars and Sweets	
130.	Candies, including chocolate bars and other chocolate products, except those listed as a separate item	40 g
131.	Hard candies, except those listed as a separate item	15 g
132.	Baking candies, such as chocolate chips	15 g
133.	Breath mints	2 g
134.	Roll-type hard candies and mini size hard candies in dispenser packages	5 g
135.	Confectioner's or icing sugar	30 g
136.	Bread spreads, except those listed as a separate item, honey and molasses	20 g
137.	Jams, jellies, marmalades, fruit butters and spreads	15 ml
138.	Marshmallows	30 g

139.	Sugars, except those listed as a separate item	4 g
140.	Sugar substitute	Amount equivalent in sweetness to 4 g of sugar
141.	Syrups, including chocolate, maple and corn syrup	30 ml as ingredient 60 ml other uses
Vegetables		
142.	Vegetables without sauce, including cream style corn and stewed tomatoes, but not including vegetables without sauce listed as a separate item	85 g fresh or frozen 125 ml canned
143.	Vegetables with sauce	110 g fresh or frozen 125 ml canned
143.	Vegetables without sauce, canned	85 g, canned (drained)
144.	Vegetables primarily used for garnish or flavouring, fresh, canned or frozen, but not dried, such as parsley or garlic	4 g
145.	Chilli pepper and green onion	30 g
146.	Seaweed	15 g
147.	Lettuce and sprouts	65 g
148.	Vegetable juice and vegetable drink	250 ml
149.	Olives	15 g
150.	Pickles	30 g
151.	Relish	15 ml
152.	Vegetable pastes, such as tomato paste	30 ml
153.	Vegetable sauce or purée, such as tomato sauce or tomato purée	60 ml

ANNEXURE 8

Logo 1: The phrase “**Natural colour – the healthier choice**” shall, if used, be written around the top of the colour palette in bold black letters in Century gothic font. The colours as indicated below shall be used and the logo may not be altered in any way.



Colour indication:

- Green background: Pantone 390 (45c, 100y)
- Green part of brush: Pantone 349 (100c, 100y, 54k)
- Orange paint 'blob', middle right: Pantone 123 (28m, 100y)
- Yellow paint 'blob', bottom right: Process yellow (100y)
- Brown paint 'blob', top left: Pantone 470 (56m, 78y, 40k)
- Red paint 'blob', top right: Pantone 485 (100m, 100y)
- Black part of brush, paint 'blob', bottom left, frame of logo, frame of pallet and letters: Process black
- Light brown brush stick: Pantone DS 26-4 (10c, 35m, 85y)
- Blue paint blob, middle left: (100c, 13k)

Logo 2: The phrase “**Less synthetic colour is better for my health**” shall if used, be written around the top of the colour palette in bold black letters in Century Gothic font. The colours as indicated below shall be used and the logo may not be altered in any way.



Colour indication:

- Green part of brush: Pantone 349 (100c, 100y, 54k)
- Orange paint 'blob', middle right: Pantone 123 (28m, 100y)
- Yellow paint 'blob', bottom right: Process yellow (100y)
- Brown paint 'blob', top left: Pantone 470 (56m, 78y, 40k)
- Red background and paint 'blob', top right: Pantone 485 (100m, 100y)
- Black part of brush, paint 'blob', bottom left, frame of logo, frame of pallet and letters: Process black
- Light brown brush stick: Pantone DS 26-4 (10c, 35m, 85y)
- Blue paint blob, middle left: (100c, 13k)