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# The Gazette of the Democratic Socialist Republic of Sri Lanka

## EXTRAORDINARY

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## PART I : SECTION (I) — GENERAL

### Government Notifications

L.D.B.- 11/1980 (30)(A)

#### FOOD ACT, No. 26 OF 1980

REGULATIONS made by the Minister of Health and Mass Media in consultation with the Food Advisory Committee under section 32 of the Food Act, No. 26 of 1980.

Dr. NALINDA JAYATISSA,  
Minister of Health and Mass Media.

Colombo,  
26<sup>th</sup> June, 2026.

#### REGULATIONS

1. These regulations may be cited as Food (Labelling and Advertising) Regulations 2026 and shall come into operation on 01<sup>st</sup> July 2026.
2. These regulations shall not apply to food products manufactured prior to the date of coming into operation of these regulations.
3. A person shall not import, transport, distribute, store, sell, offer for sale, expose or keep for sale or advertise, any food contained in a package or container, unless such package or container is labelled in accordance with these regulations:



Provided, that these regulations shall not apply to-

- (a) Any package of food if the food is of the nature, quality, quantity, origin or brand requested by the purchaser and is weighed, counted or measured, and packaged in the presence of the purchaser; or
- (b) business-to-business food products that are exempted from other labelling requirements in these regulations except the following mandatory labelling requirements-
  - (i) common name (in either of the three languages);
  - (ii) trade name (if applicable);
  - (iii) net contents;
  - (iv) date of manufacture;
  - (v) date of expiry;
  - (vi) batch number;
  - (vii) manufacturer's name and address;
  - (viii) distributor's name and address;
  - (ix) country of origin in case of imported foods; and
  - (x) a complete list of ingredients.

Provided further that the statement "Not for retail sale" shall be printed on the label or affixed through a supplementary label of such business-to-business food products clearly and conspicuously in bold type and font size of not less than three millimetres (3 mm).

4. (1) The package or container shall bear a label upon which a declaration in respect of the food contained in such a package or container shall be clearly and conspicuously displayed.
- (2) The label shall be affixed on the package or container of the food indelibly printed or painted or securely affixed by the manufacturer, packer or distributor.
- (3) A person shall not deface, distort, erase or obliterate the original date of manufacture, date of expiry and date of packing (where the package is repacked) that is printed, painted or displayed by the manufacturer, packer or distributor.
- (4) Where a label in any one of the three languages has been affixed on an imported package or container of food and a supplementary label conforming to the regulations shall appear conspicuously and prominently in bold type in the other two languages, indelibly printed or painted or securely affixed on such package or container shall be sufficient to satisfy the requirements of these regulations:

Provided however, where such supplementary label affixed for the purpose of complying with the provisions under this sub regulation, if the supplementary label contains information in respect of the date of manufacture, date of expiry or date of packing and other mandatory information, such supplementary label shall be affixed securely in a manner that it does not distort, deface or obliterate the original date of manufacture, date of expiry or the date of packing where the package is repacked, and other information required to be declared by the manufacturer, packer or distributor:

Provided further that, where an imported package or container of foods bears the date of manufacture and/or the date of packing and/ or the date of expiry only in coded form, including where such date is encoded within a batch number, a code number or decipherable code marking (including a Julian code/ Quick Response (QR) code) printed, painted or displayed by the manufacturer or packer, the importer shall, for the purpose of compliance with these regulations, affix a supplementary label declaring the corresponding date(s) in the manner and format specified in regulation 6 subject to compliance with the preceding proviso to this sub regulation. The importer shall maintain documentary evidence of the method of conversion/interpretation of such coded date (issued or confirmed by the

manufacturer/packer or the brand owner) and shall produce such evidence to the Chief Food Authority, any Food Authority or an Authorized Officer upon request:

Provided however that imported products which are transported to or kept in warehouses authorized by Customs for purposes of compliance to these regulations before Customs clearance, is exempted from requirements under regulation 3.

- (5) A package or container of food may bear a Quick Response (QR) code or any other machine-readable code solely to provide additional information, and such code shall not be used as a substitute for and shall not conflict with any declaration required to be made on the label under regulation 5. Such code shall be printed, painted or affixed in a manner that does not distort, deface, erase or obliterate any information on the original label, and any information made available through such code shall not be false, misleading, deceptive or shall not be in violation of any provision of these regulations.

5. (1) The following declarations shall be made indelibly and legibly on the main panel-

- (a) common name of the product in bold type in all three languages or in any two of the three languages on the main panel and the other language on any panel;

Provided that the common name may be substituted by any other name as set out in Schedule I hereto;

- (b) trade name and brand name (if any), in any one or more of the three languages in a manner that shall not be deceptive or mislead any person; and

- (c) the net contents of the package or container expressed in SI units (*Système International d'Unités*) or by the international symbols 'g' or 'kg' in the case of solids, 'ml' or 'l' in the case of liquids and, if packaged in liquid medium, the net drained weight expressed as 'g' or 'kg'.

(2) (a) The following declarations shall be made indelibly and legibly on any panel in any one or more of the three languages –

- (i) a complete list of ingredients used in the food by their common names in descending order of ingoing weight (m/m) at the time of manufacture of the food including any permitted food additive by its common name and INS number as prescribed by regulations made under the Act.

However, processing aids that are not carried over to foods are exempted from declaration in the list of ingredients:

Provided that, such exemption shall not apply to the processing aids which contain following items-

- (A) cereals containing gluten; that is wheat, spelt, rye, barley, oats or their hybridized strains and its products;
- (B) crustacea and its products;
- (C) eggs and egg products;
- (D) fish and fish products;
- (E) peanuts, soybeans and its products;
- (F) milk and milk products; (lactose included); and
- (G) tree nuts and nut products;

- (ii) (A) the name and address of the manufacturer and distributor, and in the case of imported food products, in addition the name and address of the importer;
- (B) the name and address of the packer, if any;
- (iii) the batch number or code number or a decipherable code marking;
- (iv) the date of manufacture;
- (v) in case where foods are imported in bulk and repacked, the date of manufacture and the date of repacking;
- (vi) the country of origin in case of imported foods;
- (vii) nutrition labelling in letters of font size not less than one millimetre (1 mm); and
- (viii) any other declarations stipulated under these regulations;

- (b) consumer warnings, if any, specified in any regulations under the Act in all three languages in letters of font size not less than one point five millimetres (1.5 mm);

- (c) the date of expiry shall be on any panel in any two of the Sinhala, Tamil and English languages:

Provided that in the case of bottled food products, the date of expiry, batch number and date of manufacture may be stamped indelibly and legibly on the bottle neck using a letter size not less than one point five millimetres (1.5 mm). In the case of metal cans containing food, the date of expiry, batch number and date of manufacture shall be displayed indelibly and legibly on the top or bottom of the can:

Provided further that the date of expiry may not be required for sugar, tea, cereals and pulses in wholesale packs, fresh vegetables, fruits, roots and tubers and bread other than sliced bread;

- (d) Instructions for storage and use, if any, in a minimum of two of the three languages; where the surface area of the pack is small, exceptions for the use of two languages can be given by the Chief Food Authority on a case by case basis.
- (3) The provisions of this regulation shall not apply to pre-packaged food products, the weight of which does not exceed Twenty-five grams (25 g) or the volume does not exceed thirty millilitres (30 ml), provided the dispenser package or container from which they are customarily sold to the buyer is available at the point of sale and is labelled according to this regulation.
  - (4) A person shall not sell, offer for sale, expose or keep for sale, transport for sale any food after the date of expiry thereof.
  - (5) The date of packing shall be considered as the date of manufacture in respect of tea, spices, edible oils, edible salt, cereals, whole and split legumes and edible oilseeds:

Provided that the packer ensures that the product is wholesome and safe for human consumption at the time of packaging.

- (6) Nutrition Labelling shall be mandatory as specified in Schedule II hereto.

#### 6. For the purpose of Regulation 5: -

- (a) the size of the letters used for the common name shall be not less than one third of the size of the letters used for the trade or brand name, whichever is larger, with a minimum height of three millimetres (3 mm). If the common name

consists of one word or more than one word such word or words (other than articles, conjunctions or prepositions) shall be in identical type and size and similarly displayed.

- (b) the height of the letters used for the common name in the supplementary label as specified in sub regulation (4) of regulation 4 shall not be less than one half of the height of the letters used for the common name on the main panel of that package or container subject to a minimum height of three millimetres (3 mm).
- (c) the letters, numerals and symbols on the label should be readable and visible to the naked eye and identifiable in contrast to their background colour.
- (d) the letters used for the declarations of net contents, date of manufacture and date of expiry of regulation 5 shall be in bold type and not less than the height specified in Column I in Schedule III hereto in respect of the area of the main panel of the label set out in the corresponding entry in Column II of Schedule III.
- (e) the declarations, other than the declarations of sub regulation (1) of regulation 5, the date of manufacture and the date of expiry shall be conspicuously printed in letters of not less than one point five millimetres (1.5 mm) in height.
- (f) (i) The date of expiry in respect of food contained in a package or a container shall be expressed in terms of –
  - (A) day, month and year;
  - (B) year, month and day;
  - (C) month and year; or
  - (D) year and month.
- (ii) where the year is expressed in four digits, the format may be either day, month and year; or year, month and day.
- (iii) where the year is expressed in two digits, the format shall be day, month and year; or year, month and day, provided the indications – DD/MM/YY representing day, month and year or YY/MM/DD representing year, month and day as the case may be, shall be printed above or in close proximity to the digits.
- (iv) where only month and year are indicated as the date of expiry the format shall be month and year; or year and month, provided the indications – MM/YY representing month and year or YY/MM representing year and month as the case may be are printed above or in close proximity to the digits.
- (v) where only the month and year are indicated as the date of expiry, the date of expiry of that product shall be deemed to be the last day of that month.
- (vi) the date of expiry shall be declared in numerical form preceded by either the word (s) “Expiry” or “Use before” or “Use by” or “Best Before”, or the abbreviation “Exp” in English, together with “ක. ඉ. දි. ” in Sinhala or “கா.தேதி” in Tamil.
- (g) (i) the date of manufacture in respect of food contained in a package or a container shall be expressed in terms of-
  - (A) day, month and year; or
  - (B) year, month and day.
- (ii) where the year is expressed in four digits, the format may be either day, month and year; or year, month and day.

- (iii) where the year is expressed in two digits, the format shall be day, month and year; or year, month and day, provided the indications - DD/MM/YY representing day, month and year or YY/MM/DD representing year, month and day as the case may be, shall be printed above or in close proximity to the digits.
  - (iv) the date of manufacture shall be declared in numerical form preceded by either the word or words “Date of manufacture” or “Manufacture date” or “Manufactured on” or the abbreviation “MFD” in English, together with “නි. දි.” in Sinhala or “உ.தேதி.” in Tamil.
7. (1) Any edible oil (including any refined oil) shall bear clearly and conspicuously, its common name and in close proximity, the source of origin in the same font, size and colour.
- (2) No label or advertisement shall bear the word “butter” or any synonym thereof or any word implying the presence of butter –
- (a) in the description of any sugar confectionery or chocolate products, unless the fat used in the manufacture of such confectionery or chocolate product contains not less than four per centum (4%) by weight, of butter fat;
  - (b) in the description of any flour confectionery unless the fat used in the manufacture of such confectionery consists entirely of butter fat.
8. (1) Pre-packaged food shall not be described or presented on any label or advertisement, by words, pictorial or other devices which refer to or are suggestive either directly or indirectly, of any other product with which such food might be confused, or in such a manner as to mislead the purchaser or consumer to suppose that the food is connected with such other product.
- (2) No fruit based beverages for direct consumption or reconstitution shall be described in any label or in any advertising material as an identical fruit based beverage, unless it conforms to relevant adopted standards under Food (Standards) Regulations, 1989 published in Gazette Extraordinary No. 637/18 of November, 22, 1990 and Food (Adoption of Standards) Regulations, 2008 published in Gazette Extraordinary No. 1589/34 of February, 20, 2009. Otherwise it shall be described as “artificial syrup” “artificial cordial” or “artificial beverage” as the case may be.
- (3) Any bottle or receptacle of vinegar, except when produced by fermentation of a plant product, shall be labelled and advertised as “artificial vinegar”.
- (4) Any label or advertisement relating to any food product referred to as “artificial” in paragraphs (2) and (3) of this regulation shall –
- (a) bear thereon clearly and conspicuously the word “artificial” in close proximity to the common name of the product and the type, colour and size of the letters of such word shall be of the same type, colour and size of the letters used for the common name of the product;
  - (b) not bear the word “fruit” in the description of such product or carry the pictorial representation of any fruit; and
  - (c) not carry any pictorial representation of any vinegar related plant or plant product.
9. (1) Where confectioneries, chocolates or biscuits or any similar products, not based on fruits and in non fruit based natural or artificial flavoured drink mixes, jelly crystals and pudding mixes, the name of a fruit or fruits or a pictorial representation of a fruit or fruits may be made on the label:

Provided that in the case of non fruit based natural or artificial flavoured drink mixes, jelly crystals and pudding mixes, the common name natural / artificial “X” flavoured drink mix/ jelly crystals/ pudding mix shall be used on the main panel of the label, where “X” is the name or names of the fruits.

- (2) Where a characterising ingredient or characterising component of a food, excluding flavouring substances, is mentioned or associated with the name of a food or emphasised in the label in words, pictorials or graphics, its proportion shall be declared in the list of ingredients on the label as a percentage of the ingoing ingredients immediately following the common, descriptive or generic name of the ingredients or components e.g. “X” noodles, “X” is the characterising ingredient.
10. (1) Where a standard is specified in any regulations made under the Food Act for any food, only such ingredients as may be named in such standards shall be used in such food. Any addition or admixture of any other ingredients, whether with or without a label or declaration in respect of such ingredients, shall be prohibited.
- (2) Where any food for which a standard is not specified in any regulations made under the Food Act contains an addition, admixture or has any deficiency, the label or advertisement relating to such food shall contain a declaration of such addition, admixture or deficiency and such declaration shall clearly state the name and percentage of the addition or admixture or the deficient ingredient as the case may be.
- (3) (a) Where permitted sweeteners are added to a food product, there shall be separate statements written on the label, in bold type in a minimum font size of one point five millimetres (1.5 mm), as follows;
- (i) “Contains permitted sweeteners “X” and “Y”” and substituting for the letters “X” and “Y” the names of any permitted sweeteners used; and
- (ii) “Not recommended for children under three years of age”.
- (b) Sweeteners can be used partly in place of sugar, where there is at least thirty per centum (30%) energy reduction compared to a similar or the original product available in the market and a declaration of “energy reduced” may be made on the label.
- (4) Where flavour enhancers are added to a food product, there shall be separate statements written on the label in a minimum font size of one point five millimetres (1.5 mm), as follows-
- (a) “Flavour enhancers “X” and “Y” added” and substituting for the letters “X” and “Y” the names and INS Numbers of any permitted flavour enhancers added; and
- (b) “Not recommended for children under three years of age”.
- (5) If a food product of vegetable or plant origin contains any ingredient of animal origin, it shall be declared in letters in a minimum font size of one point five millimetres (1.5 mm) in bold type on the label conspicuously and legibly the name or names of such ingredients with a statement that they are of animal origin. Dairy products are exempted from this requirement unless it contains ingredients of animal origin other than dairy:
- Provided that dairy ingredients, bee honey, bee wax, added micronutrients, food additives and processing aids may be exempted from this requirement.
11. (1) The label of a food which has been treated with ionizing radiation shall carry a written statement indicating that treatment in close proximity to the common name of the food. The international symbol given below shall be indicated in green, conspicuously in close proximity to the common name.



- (2) When irradiated products are used as ingredients in another food, such products shall be declared separately in the list of ingredients in the same manner as referred to in above paragraph.
- (3) When a single ingredient product is prepared from a raw material which has been irradiated, the label of the product shall contain a statement indicating such treatment.

12. No label or advertisement relating to any food shall contain words indicating that it is recommended by a Medical Practitioner or Association or any professional or any other words or device, pictorial or otherwise, which may imply or suggest that such food is recommended, prescribed or approved by any Medical Practitioner, Association or any professional except on written approval granted by the Chief Food Authority.

13. (1) No label or advertisement relating to any article of food shall contain a false claim or misleading description of such food in such a manner as to mislead the purchaser or consumer of such food.

(2) No food shall be described or presented in a manner that is false, misleading or deceptive or is likely to create an erroneous impression regarding its character in any respect.

(3) For the purpose of this regulation “claim” means any representation which states, suggests or implies that a food has particular qualities relating to its origin, nutritional properties, nature, production, processing, composition or any other quality.

(4) Any food for which a nutrition claim, a nutrient content claim, a nutrient comparative claim or a health claim is made shall be in accordance with Nutrition Labelling specified in Schedule II, hereto.

(5) (a) The nutrient content claims and nutrient comparative claims permitted shall be relating to protein, dietary fibre, vitamins and minerals for which Nutrient Reference Values (NRVs) are specified in Schedule IV hereto. If Nutrient Reference Value (NRV) for the nutrient is not specified in Schedule IV, prior written approval shall be obtained from the Chief Food Authority.

(b) No label or advertisement relating to any food shall contain a nutrient content claim or nutrient comparative claim unless conditions specified in Schedules V and VI hereto are adhered to.

(c) Where applicable, the conditions for nutrient content claims and nutrient comparative claims shall be used to determine the levels for “high”, “low”, “reduced” and “free” according to Schedules V and VI hereto.

Provided that, if a product is manufactured and marketed exclusively for infants or young children or pregnant or lactating mothers, in the absence of a specific standard or regulation for such groups, the relevant Daily Average Requirement values (AR) and Adequate Intake values (AI) as specified in Schedule VII hereto may be adopted if it is clearly stated on the label.

(6) (a) Every health claim and nutrient function claim, shall have prior written approval by the Chief Food Authority before a claim can be made on the label or advertisement of the food.

(b) If the claimed benefit is attributed to a constituent in the food for which a Nutrient Reference Value (NRV) is established as set out in Schedule IV, the food in question shall be—

(i) a “source” of or “high” of the constituent in the case where, increased consumption is recommended; or

(ii) “low”, “reduced”, or “free” of the constituent in the case where, reduced consumption is recommended.

(c) Only those nutrients for which a Nutrient Reference Value (NRV) has been established in Schedule IV, Daily Average Requirement (AR) or Adequate Intake (AI) has been established in Schedule VII hereto shall be the subject of a nutrient function claim.

- (d) Any claim shall not be made if it encourages or condones excessive consumption of any food or disparages good dietary practice.
- (7) No label or an advertisement relating to any article of food shall, in the description of such article of food bear the word “pure” or any other word implying that it is pure, unless such article is of the character, value, composition and merit specified under the regulations made under the Food Act, and contains no additions or extractions of any kind.
- (8) No label or an advertisement shall in the description of any food, bear the word “natural” thereon unless –
- (a) such food consists of unmixed, unadulterated or unprocessed products with no additives. It may however be subjected to pasteurization, filtration, chilling or freezing or drying without significant alteration of the original composition other than the moisture; and
- (b) such food is produced from biological material as distinct from synthetic material.
- (9) No label or an advertisement relating to any article of food shall in the description of such food, bear the word “substitute” or any other word implying that it is a substitute for such food, unless such food is permitted under any of the regulations made under the Act, to be used in such description.
- (10) (a) (i) No label or advertisement relating to any food shall indicate that it is a fortified food unless such food has been added with one or more nutrients, whether or not it was normally present in that food, provided that the intended purpose for such addition is to prevent or correct a demonstrated deficiency of one or more of such nutrients in the population; and
- (ii) If the fortification level of a nutrient exceeds one third (1/3) of the Nutrient Reference Value (NRV) as specified in Schedule IV hereto or Daily Average Requirement Values (AR) or Adequate Intake Values (AI) as specified in Schedule VII hereto, prior written approval shall be obtained from the Chief Food Authority, before such products are marketed.
- (b) The list of permitted vitamins, minerals, fatty acids, amino acids and nucleotides that may be added to foods is specified in Schedule VIII hereto.
- (c) No fruit product or vegetable product or sugar based product shall be described on any label or an advertisement, as to be “fortified with vitamin C” unless such product contains not less than 40 milligrams of ascorbic acid per 100 grams of the product.
- (d) (i) If the nutrient to be added is to maintain the nutrition profile at pre-processing level, after processing or the nutrient added to the food does not exceed one third (1/3) of the Nutrient Reference Values (NRVs) specified in Schedule IV hereto or Daily Average Requirement values (AR) or Adequate Intake value (AI) as specified in Schedule VII hereto, the prior written approval of the Chief Food Authority may not be required.
- (ii) Notwithstanding the provisions of above subparagraph fortification of food for children under thirty six months, the prior written approval shall be obtained from the Chief Food Authority.
- (e) The approval of the Chief Food Authority is required for fortification of foods with any other fortificant or ingredient other than nutrients specified in Schedule VIII hereto.
- (f) Where in a label or in an advertisement, a claim or statement made in respect of similar foods having the same characteristics, such label or advertisement shall be required to carry another claim or statement specified in the language required and in the same fonts and in close proximity to the original statement in specifying that all similar foods have the same characteristics.

*e.g.* if the label of a container containing a vegetable oil claims that the oil is free from cholesterol, another statement has to be made on the label in the same language and fonts and in close proximity to the original statement that vegetable oils do not contain cholesterol.

- (11) (a) Where a statement or claim implying a special dietary use is made on the label or an advertisement, relating to any food, such label shall bear a declaration stating the type of diet for which that food is recommended.
- (b) No label or an advertisement relating to any food shall state directly or indirectly that such food is a source of energy;

Provided that a claim which states that a food is a source of energy, such food shall contain the energy value of one hundred kilocalories (100 kcal) (425 kJ) or more per one hundred grams (100 g) (or 100 ml) and in addition shall declare the following statements: -

- (i) the energy value in kilocalories (kcal) or kilojoules (kJ) per one hundred grams (100 g) (or 100 ml) and, where appropriate, per serving quantity, and
- (ii) the amount of carbohydrate, protein and fat contained in each 100 g (or 100 ml) and, where appropriate, per serving quantity.
- (12) (a) No label or an advertisement relating to any food shall state that dietary fats are a protection against heart diseases or of benefit to persons suffering from heart disease.
- (b) No label or an advertisement relating to any food shall indicate directly or indirectly that such food contains, restorative or medicinal property or properties which make it beneficial for invalids or which will alleviate or prevent any illness unless prior written approval has been obtained from the Chief Food Authority.
- (c) No label or an advertisement relating to any food shall indicate directly or indirectly that such food is a cure for any illness.
- (d) No label or an advertisement relating to any food shall claim such food to be an aid for slimming, weight gain, weight control or weight reduction unless prior written approval has been obtained from the Chief Food Authority.
- (e) Other than the brand or trade name of the food product as permitted in this regulation, nutrients, bioactive components or ingredients in the food shall not be represented in the label or the advertisements, singly or as a group as a trademark by word(s), symbol(s), logo or a pictorial other than by its common or generic name, unless permitted otherwise by the Chief Food Authority, or in accordance with any regulations.
- (13) A person shall not label or advertise food as “organic” unless due processes and practices have been observed in its preparation and a valid certification is obtained to that effect from an accredited agency or a Competent Authority.
14. (1) No advertising agency, agent, institution of any media (print, electronic, outdoor, etc.) or any other person shall advertise any advertisement containing health claims or nutrient function claims of food, without the prior written approval of the Chief Food Authority.

- (2) A person shall not advertise infant formulae (starter), infant formulae (follow on), any other food products for infants or milk and milk based products for young children.
- (3) A person shall not advertise in a product label, print, electronic media or any other advertisement, audio-visual or a pictorial representation either directly or indirectly, of a pregnant or lactating mother, an infant or child under the age of twelve (12) years in relation to food.

- (4) A person shall not promote any food directly or indirectly to children under twelve (12) years of age by way of advertisements, leaflets, articles or toys attached to food items or separately or by using cartoon character or celebrities or any other similar form unless approved by the Chief Food Authority.

15. In these regulations unless the context otherwise requires –

“Act” means the Food Act, No. 26 of 1980;

“admixture” means a product made by physically mixing different component/s into a mixture;

“advertisement” has the same meaning as in the Act;

“bioactive components” means essential and non-essential components that occur in nature, are part of the food chain, and can be shown to have a beneficial effect on human health;

“business-to-business food products” means food products which are not offered for direct sale to the consumer for direct consumption and shall be only used for further food processing or preparation or resale;

“Chief Food Authority” shall have the same meaning as in the Act;

“common name” of a food shall be the name under which the food is commonly identified;

“Cottage industry” means a small-scale manufacturing business carried out within a household;

“dietary fibre” means carbohydrate polymers with ten or more monomeric units, which are not hydrolyzed by the endogenous enzymes in the small intestine of humans and belong to the following categories:-

- edible carbohydrate polymers naturally occurring in the food as consumed;
- carbohydrate polymers, which have been obtained from food raw material by physical, enzymatic or chemical means and which have been shown to have a physiological effect of benefit to health as demonstrated by generally accepted scientific evidence to competent authorities;
- synthetic carbohydrate polymers which have been shown to have a physiological effect of benefit to health as demonstrated by generally accepted scientific evidence to competent authorities;

“flour confectionery” means products, including pastry, cakes and biscuits, cooked or uncooked, consisting of a mixture of cereals and other foodstuffs, and excludes bread and breads made by adding other permitted flours;

“font size or letter size” means-

height of letters in case of English capital letters (uppercase); or

height of letters without an ascender or descender (e.g. a,n,m,"ආ,භ,උ,ඌ" in case of simple letters;

“formulated caffeinated beverage” shall have the same meaning as in the Food (Adoption of Standards) Regulations, 2008 published in the Gazette Extraordinary No. 1589/34 of February, 20, 2009;

“fortificant” means a substance, in chemical or natural form, added to food to increase its nutrient value;

“health claim” means any representation that states, suggests, or implies that a relationship exists between a food or a constituent of that food and health. Health claims include the following: -

- (i) nutrient function claims – a nutrition claim that describes the physiological role of the nutrient in growth, development and normal functions of the body. e.g. “Calcium aids in the development of strong bones and teeth. Food X is a source of/ high in calcium”;
- (ii) other function claims – these claims concern specific beneficial effects of the consumption of foods or their constituents, in the context of the total diet on normal functions or biological activities of the body. Such claims relate to a positive contribution to health or to the improvement of a function or to modifying or preserving health e.g. “Substance A (naming the effect of substance A on improving or modifying a physiological function or biological activity associated with health). Food Y contains X grams of substance A”;

“infants” means persons under the age of twelve months;

“ingredient” means any substance, including a food additive, used in the manufacture or preparation of a food and present in the final product although possibly in a modified form;

“labelling” has the same meaning as given in the Act;

“main panel” means the part of a label that is most likely to be displayed, presented, shown or examined under customary conditions of display for retail sale:

Provided however, that the area considered to be the “main panel” shall not be less than twenty per centum of the total surface area excluding the bottom of the package or container;

“nutrition claim” means any representation which states, suggests or implies that a food has particular nutritional properties including but not limited to the energy value and to the content of protein, fat and carbohydrates, as well as the content of vitamins and minerals;

The following shall not constitute nutrition claims: -

- (a) the mention of substances in the list of ingredients;
- (b) the mention of nutrients as a mandatory part of nutrition labelling;
- (c) quantitative or qualitative declaration of certain nutrients or ingredients on the label if required by the Food Act and its regulations made under the Act;

“nutrient” means any substance normally consumed as a constituent of food,

- (a) which provides energy;
- (b) which is needed for growth, development and maintenance of life; or
- (c) a deficit of which will cause characteristic bio-chemical or physiological changes to occur;

“nutrient content claim” is a nutrition claim that describes the level of a nutrient contained in a food; (e.g. “source of calcium”; “high in fibre” and “low in fat”);

“nutrient comparative claim” is a claim that compares the nutrient levels and/or energy value of two or more foods (e.g. “reduced”; “less than”; “fewer”; “light”; “increased”; “more than”);

“nutrition labelling” is a description intended to inform the consumer of nutritional properties of a food and consists of two components-

- (a) nutrient declaration, and
- (b) supplementary-nutrient information;

“nutrient declaration” means a standardized statement or listing of the nutrient content of a food;

“Nutrient Reference Values (NRVs)” are a set of numerical values that are based on scientific data for purposes of nutrition labelling and relevant claims. They comprise the following two types of NRVs;

- (a) Nutrient Reference Values – Requirements (NRVs –R) refer to NRVs that are based on levels of nutrients associated with nutrient requirements; and
- (b) Nutrient Reference Values – Non Communicable Disease (NRVs-NCD) refer to NRVs that are based on levels of nutrients associated with the reduction in the risk of diet-related non communicable diseases not including nutrient deficiency diseases or disorders;

“person” includes any body of persons corporate or unincorporate;

“pre-packaged” means packaged or made up in advance in a container, ready for offer to the consumer, or for catering purposes;

“processing aids” means any substance or material, not including apparatus or utensils, and not consumed as a food ingredient by itself, intentionally used in the processing of raw materials, foods or its ingredients, to fulfil a certain technological purpose during treatment or processing which may result in the non-intentional but unavoidable presence of residues or derivatives in the final product;

“polyunsaturated fatty acids” means fatty acids with cis-cis methylene interrupted double bonds;

“sugar” means all mono-saccharides and di-saccharides present in food;

“sugar confectionery” means any solid or semi solid food complete in itself and suitable for consumption without further preparation or processing, of which the main ingredient is sugar, sweetening matter with or without the addition of edible fat, dairy products, gelatine, edible gums, nuts or preserved fruits and includes sweetened liquorice and chewing gum but does not include chocolate confectionery and cream, ice lollies, table jellies, table jelly preparations, slab marzipan, meringues or pharmaceutical products or sugar;

“three languages” means Sinhala, Tamil and English languages;

“trans fatty acids” means all the geometrical isomers of monounsaturated and polyunsaturated fatty acids having non-conjugated, interrupted by at least one methylene group, carbon-carbon double bonds in the trans configuration;

“wholesale packs” means a package containing –

- (a) a number of retail packages, where such first mentioned package is intended for sale, distribution or delivery to an intermediary and is not intended for sale direct to a single consumer; or
- (b) a commodity of food sold to an intermediary in bulk to enable such intermediary to sell, distribute or deliver such commodity of food to the consumer in smaller quantities;

“young child” means a person between the age of twelve months and thirty six months of age.

16. Food (Labelling and Advertising) Regulations 2005 published in Gazette Extraordinary No.1376/9 of January 19, 2005 and Food (Labelling and Advertising) Regulations 2022 published in Gazette Extraordinary No.2319/40 of February 14, 2023 are hereby rescinded without prejudice to anything previously duly done thereunder.

### SCHEDULE 1

#### Regulation 5(1) (a)

- (a) Biscuits:

Cheese bits, Cream Crackers, Bran Cracker, Kurakkan Cracker, Crisco, Lemon Puff, Marie, Ginger Nuts, Nice, Wafers, Cookies, Digestive biscuits

- (b) Meat Products:

Bratwurst, Pasta Mortadella, Pawkies, Salami, Lingus, Chipolotas, Bockwurst, Frankfurters, Whitewurst, Luncheon meat, Pate, Meat loaf, Meat balls, Chicken roll

- (c) Ambulthiyal

- (d) Carbonated Beverages

- (e) Confectioneries: Choco

All carbonated beverages excluding formulated caffeinated beverages, may be exempted from the use of the common name.

### SCHEDULE II

#### Regulations 5(6) and 13(4)

### NUTRITION LABELLING

#### NUTRIENT DECLARATION

#### 1. Nutrient Declaration:

- 1.1 Nutrient declaration shall be mandatory for:

- 1.1.1. foods for which nutrition or health claims are made;
- 1.1.2. foods specially made for infants, young children and pregnant mothers; and
- 1.1.3. foods for Special Dietary Uses and Foods for Special Medical Purposes.

- 1.2 Nutrient declaration shall be mandatory for all food products other than the food products mentioned in 1.1, after the expiry of a period of one year from the date of publication of these regulations in the *Gazette*.

However, following foods are exempted from the requirement of the mandatory nutrient declaration:

- 1.2.1. unprocessed products that comprise a single ingredient including raw agricultural products such as wheat, rice, cereals, pulses, fruits and vegetables or products that comprise a single ingredients;
- 1.2.2. bottled or packaged drinking water;
- 1.2.3. A spice or spice mixtures thereof;
- 1.2.4. salt;
- 1.2.5. sugar;

- 1.2.6. table top sweeteners;
- 1.2.7. coffee extracts, whole or milled coffee beans and whole or milled decaffeinated coffee beans, coffee, decaffeinated coffee, soluble coffee powder without any other ingredients;
- 1.2.8. tea including decaffeinated tea, instant or soluble tea or tea extract, decaffeinated instant or soluble tea or tea extract which do not contain other added ingredients than flavourings which do not modify the nutritional value of tea;
- 1.2.9. natural vinegars and artificial vinegars without any other added ingredients;
- 1.2.10. flavourings;
- 1.2.11. food additives;
- 1.2.12. processing aids;
- 1.2.13. food enzymes;
- 1.2.14. gelatine;
- 1.2.15. yeast;
- 1.2.16. food in packages or containers with a total printable area equivalent to or less than one hundred square centimetres (100cm<sup>2</sup>); and
- 1.2.17. food manufactured by cottage industries.

## **2. Listing of Nutrients:**

- 2.1 Where nutrient declaration is applied as per section 1 above, the declaration of the following shall be mandatory:
  - 2.1.1 Energy value;
  - 2.1.2 The amounts of protein, total sugars (with naturally occurring and added sugar), available carbohydrate (i.e. dietary carbohydrate excluding dietary fibre), dietary fibre, total fat, saturated fat, trans- fats and sodium; and
  - 2.1.3 The amount of any other nutrient for which a nutrition claim and/or health claim and/or reference is made on the label.
- 2.2 Where a claim is made regarding the amount and/or type of fatty acids or the amount of cholesterol, the amounts of saturated fatty acids, monounsaturated fatty acids and polyunsaturated fatty acids and cholesterol shall be declared, and the amount of trans- fatty acid is required, in addition to the requirements of Section 2.1 and in accordance with Section 4.6.
- 2.3 In addition to the mandatory declaration under 2.1 and 2.2, vitamins and minerals may be listed in accordance with the following criteria:
  - 2.3.1 Only vitamins and minerals for which recommended intakes have been established shall be declared; and
  - 2.3.2 When nutrient declaration is applied, vitamins and minerals which are present in amounts less than five *per centum* (5%) of the Nutrient Reference Value (NRV) as specified in Schedule IV hereto or the Average Requirement (AR) or Adequate Intake (AI) values specified in Schedule VII hereto, per one hundred grams (100g) or one hundred millilitres (100 ml) or per serving as quantified on the label shall not be declared.

## **3. Calculation of Nutrients:**

- 3.1 Calculation of energy

The amount of energy to be listed should be calculated by using the following conversion factors:

|               |                     |
|---------------|---------------------|
| Carbohydrates | 4 kcal/g or 17 kJ/g |
| Protein       | 4 kcal/g or 17 kJ/g |
| Fat           | 9 kcal/g or 37 kJ/g |
| Organic acid  | 3 kcal/g or 13 kJ/g |

### 3.2 Calculation of protein

The amount of protein to be listed should be calculated using the formula:

$$\text{Protein} = \text{Total Kjeldahl Nitrogen} \times \text{conversion factor}$$

The conversion factor being 6.25 unless a different factor is given in the method of analysis for that food.

## 4. Presentation of Nutrient Content:

- 4.1 The declaration of nutrient content shall be numerical. However the uses of additional means of presentation are not excluded.
- 4.2 Information on energy value shall be expressed in kcal and/or kJ per one hundred grams (100 g) or per one hundred millilitres (100 ml) or per package if the package contains only a single portion. In addition, this information shall be given per serving as quantified on the label or per portion provided that the number of portions contained in the package is stated.
- 4.3 Information on the amounts of protein, carbohydrate and fat in the food should be expressed in g per 100 g and/or per 100 ml or per package if the package contains only a single portion. In addition, this information shall be given per serving as quantified on the label or per portion provided that the number of portions contained in the package is stated.
- 4.4 Numerical information on vitamins and minerals shall be expressed in metric units and/or as a percentage of the Nutrient Reference Value (NRV) as specified in Schedule IV hereto or the Average Requirement (AR) or Adequate Intake (AI) values specified in Schedule VII hereto, per one hundred grams (100 g) or one hundred millilitres (100 ml) or per package if the package contains only a single portion. In addition, this information shall be given per serving as quantified on the label or per portion provided that the number of portions contained in the package is stated. In addition, information on protein and additional nutrients may also be expressed as percentages of the Nutrient Reference Value where an NRV has been established or Reference Intake as specified in Schedule IV hereto or Average Requirement (AR) values or Adequate Intake values (AI) as specified in Schedule VII hereto.

The Nutrient Reference Values (NRV) given in Schedule IV of these regulations are for the general population identified as individuals older than 36 months. They should be used for labelling purposes to help consumers make choices that contribute to an overall healthful dietary intake.

- 4.5 The presence of available carbohydrates (carbohydrates excluding dietary fibre) shall be declared on the label as "carbohydrates". Where the type of carbohydrate is declared, this declaration should follow immediately the declaration of the total carbohydrate content in the following format:

"Carbohydrate ... g, of which sugars ... g".

This may be followed by the following: "x" ... g where "x" represents the specific name of any other carbohydrate constituent.

- 4.6 Where the amount and/or type of fatty acids or the amount of cholesterol is declared, this declaration shall follow immediately the declaration of the total fat in accordance with Section 4.3 of this schedule.

The following format should be used:

Total Fat .... g of which

saturated fatty acids .... g

trans- fatty acids .... g

monounsaturated fatty acids .... g

polyunsaturated fatty acids .... g

Cholesterol ... mg

## 5. Tolerances and compliance

- 5.1 Tolerance limits shall be set in relation to public health concerns, shelf-life, accuracy of analysis, processing variability and inherent liability and variability of the nutrient in the product, and, according to whether the nutrient has been added or is naturally occurring in the product.

- 5.2 The values used in nutrient declaration shall be weighed average values derived from data specifically obtained from analysis of products which are representative of the product being labelled.

## 6. Format for Nutrition Information Labelling Panel to appear on product label

|                       | Per 100 g (in case of solids)<br>Per 100 ml (in case of liquids) | Per serving |
|-----------------------|------------------------------------------------------------------|-------------|
| Energy                | kJ                                                               | kJ          |
|                       | kcal                                                             | kcal        |
| Total Carbohydrates   | g                                                                | g           |
| Dietary Fibre         | g                                                                | g           |
| Total sugar           | g                                                                | g           |
| Protein               | g                                                                | g           |
| Total Fat             | g                                                                | g           |
| Saturated fatty acids | g                                                                | g           |
| Trans- fatty acids*   | g                                                                | g           |
| Sodium (Na)           | mg                                                               | mg          |

Serving size is .....g or ml

Number of servings per pack.....

\*If the food product is free from total fat, declaration of trans-fatty acids is not mandatory.

## SCHEDULE III

### Regulation 6(d)

#### Column I

Minimum Height

1.5 mm

3 mm

#### Column II

Area of Main Panel of the Label

Not exceeding 120 square cm

Exceeding 120-square cm

**SCHEDULE IV**

**Regulations 13(5)(a) , 13(6) (b)  
and (c), 13(10) (a)(ii) and (d)(i)**

Nutrient Reference Values (NRVs) are of two types:

Nutrient Reference Values- Requirements (NRVs-R) and  
Nutrient Reference Values-Non-Communicable Disease (NRVs-NCD)

NRVs-R per day

|                   |      |
|-------------------|------|
| Protein (g)       | 50   |
| Vitamin A (μg) *  | 800  |
| Vitamin D (μg)*   | 5    |
| Vitamin C (mg)    | 100  |
| Thiamin (mg)      | 1.2  |
| Riboflavin (mg)   | 1.2  |
| Niacin (mg) **    | 15   |
| Vitamin B6 (mg)   | 1.3  |
| Folate (μg) ***   | 400  |
| Vitamin B12 (μg)  | 2.4  |
| Biotin (μg)       | 30   |
| Pantothenate (mg) | 5    |
| Vitamin K (μg)    | 60   |
| Vitamin E (mg)    | 9    |
| Calcium (mg)      | 1000 |
| Magnesium (mg)    | 310  |
| Iron (mg)         | 22   |
| Zinc (mg)         | 15   |
| Iodine (μg)       | 150  |
| Copper (μg)       | 900  |
| Selenium (μg)     | 60   |
| Potassium (mg)    | 3500 |
| Sodium (mg)       | 2000 |
| Chloride (mg)     | 3400 |
| Phosphorus (mg)   | 700  |
| Manganese (mg)    | 3    |
| Fluoride (mg)     | 3.5  |
| Chromium (μg)     | 120  |
| Molybdenum (μg)   | 45   |
| Dietary Fibre (g) | 30   |

Conversion factors for niacin, folate and vitamin A equivalents:

| <b>Vitamin</b> | <b>Vitamin equivalents</b>                | <b>Dietary equivalents</b>                                                                                                                                 |
|----------------|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Niacin         | 1 mg niacin equivalents (NE) =            | 1 mg niacin<br>60 mg tryptophan                                                                                                                            |
| Folate         | 1 µg dietary folate equivalents (DFE) =   | 1 µg food folate<br>0.6 µg folic acid added to food or<br>as supplement consumed with food<br>0.5 µg folic acid as supplement<br>taken on an empty stomach |
| Vitamin A      | 1 µg retinol activity equivalents (RAE) = | 1 µg retinol<br>12 µg β-carotene<br>24 µg other provitamin A<br>carotenoids                                                                                |
|                | OR<br>1 µg retinol equivalents (RE) =     | 1 µg retinol<br>6 µg β-carotene<br>12 µg other provitamin A carotenoids                                                                                    |
|                | NRVs-NCD                                  |                                                                                                                                                            |
|                | Saturated fatty acids                     | 20g                                                                                                                                                        |
|                | Sodium                                    | 2000mg                                                                                                                                                     |

\*RAE or RE - retinol activity equivalents or retinol equivalents

\*\*NE - niacin equivalents

\*\*\*DFE- dietary folate equivalents

Reference intakes for energy, carbohydrates, total sugar and fat (adult)

|              |          |
|--------------|----------|
| Energy       | 2000kcal |
| Carbohydrate | 275g     |
| Total sugar  | 30g      |
| Fat          | 67g      |

## SCHEDULE V

## Regulations 13(5)(b) and (c)

Explanatory note on use of Nutrition and Health Claims

### 1. Nutrient comparative claims

Comparative claims shall be permitted subject to the following conditions and based on the food as sold, taking into account further preparation required for consumption according to the instructions for use on the label:

The foods being compared shall be different versions of the same food or similar foods. The foods being compared shall be clearly identified.

A statement of the amount of difference in the energy value or nutrient content shall be given.

The following information shall appear in close proximity to the comparative claim:-

- (a) the amount of difference related to the same quantity, expressed as a percentage, fraction, or an absolute amount. Full details of the comparison shall be given.
- (b) the identity of the food(s) to which the food is being compared. The food(s) shall be described in such a manner that it (they) can be readily identified by consumers.

For comparative claims about energy or macronutrients and sodium, the comparison shall be based on a relative difference of at least 30% in the energy value or the nutrient content respectively between the compared foods and a minimum absolute difference in the energy value or nutrient content equivalent to the figure defined as “low” or as a “source” in Schedule VI. For comparative claims about micronutrients other than sodium, the comparison shall be based on a difference of at least 10% of the NRV between the compared foods.

### 2. Health claims

For evaluation of nutrition and health claims, only documents either peer reviewed by reputed professional bodies or published in peer reviewed scientific journals shall be accepted. Company based research materials which do not satisfy the above criteria shall not be accepted.

Health claims shall be permitted provided that all of the following conditions are met.

The health claim must consist of two parts:

- (i) Information on the physiological role of the nutrient or on an accepted diet-health relationship followed by; and
- (ii) Information on the composition of the product relevant to the physiological role of the nutrient or the accepted diet-health relationship unless the relationship is based on a whole food or foods whereby the research does not link to specific constituents of the food.

**SCHEDULE VI**

**Regulations 13(5)(b) and (c)**

**Conditions for Nutrient Contents**

| <b>COMPONENT</b>  | <b>CLAIM</b>   | <b>CONDITIONS</b>                                                                                                                                                                                                                 |
|-------------------|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Energy            | Low            | not more than 40 kcal (170 kJ) per 100 g (solids)                                                                                                                                                                                 |
|                   |                | not more than 20 kcal (80 kJ) per 100 ml (liquids)                                                                                                                                                                                |
|                   | Free           | not more than 4 kcal per 100 ml (liquids)                                                                                                                                                                                         |
|                   | Reduced*       | energy value reduced by at least 30%, with an indication of the characteristic(s) which make(s) the food reduced in its total energy value                                                                                        |
| Fat               | Low            | not more than 3 g per 100 g (solids)                                                                                                                                                                                              |
|                   |                | not more than 1.5 g per 100 ml (liquids)                                                                                                                                                                                          |
|                   | Free           | not more than 0.5 g per 100 g (solids) ** or 100 ml (liquids)***                                                                                                                                                                  |
| Saturated Fat**** | Low            | not more than 1.5 g per 100 g (solids)                                                                                                                                                                                            |
|                   |                | not more than 0.75 g per 100 ml (liquids)                                                                                                                                                                                         |
|                   | Free           | not more than 0.1 g per 100 g (solids)                                                                                                                                                                                            |
|                   |                | not more than 0.1 g per 100 ml (liquids)                                                                                                                                                                                          |
|                   | Reduced        | the sum of saturated fatty acids and trans fatty acids at least 30% less than the sum of saturated fatty acids and trans fatty acids in a similar product and trans fatty acid content equal to or less than in a similar product |
| Cholesterol****   | Low            | not more than 0.02 g per 100 g (solids)                                                                                                                                                                                           |
|                   |                | not more than 0.01 g per 100 ml (liquids)                                                                                                                                                                                         |
|                   | Free           | not more than 0.005 g per 100 g (solids)                                                                                                                                                                                          |
| Sugars            | Low            | not more than 5 g per 100 g (solids)                                                                                                                                                                                              |
|                   |                | not more than 2.5 g per 100 ml (liquids)                                                                                                                                                                                          |
|                   | Free           | not more than 0.5 g per 100 g (solids)                                                                                                                                                                                            |
|                   |                | not more than 0.5 g per 100 ml (liquids)                                                                                                                                                                                          |
|                   | No added Sugar | not contain any added mono- or di-saccharides or any other food used for sweetening properties.<br>If sugars are naturally present in the food, state “Naturally occurring sugars present” on label                               |

|                       |            |                                                                                                                                                                                        |
|-----------------------|------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sodium                | Low        | not more than 0.12 g per 100 g or per 100 ml                                                                                                                                           |
|                       | Very Low   | not more than 0.04 g per 100 g or per 100 ml                                                                                                                                           |
|                       | Free       | not more than 0.005 g per 100 g                                                                                                                                                        |
| Protein               | Source     | at least 10% of NRV per 100 g (solids)                                                                                                                                                 |
|                       |            | at least 5% of NRV per 100 ml (liquids) or                                                                                                                                             |
|                       |            | at least 5% of NRV per 100 kcal or 10% of NRV per serving                                                                                                                              |
|                       | High       | 2 times the values for “source”                                                                                                                                                        |
| Vitamins and Minerals | Source     | at least 15% of NRV per 100 g (solids)                                                                                                                                                 |
|                       |            | at least 7.5% of NRV per 100 ml (liquids) or                                                                                                                                           |
|                       |            | at least 5% of NRV per 100 kcal or 15% of NRV per serving                                                                                                                              |
|                       | High       | 2 times the value for “source”                                                                                                                                                         |
| Dietary Fibre         | Source     | at least 3 g per 100 g or 1.5 g per 100 kcal or 10 % of NRV per serving                                                                                                                |
|                       | High       | at least 6 g per 100 g or 3 g per 100 kcal or 20 % of NRV per serving                                                                                                                  |
| Omega-3 Fatty acids   | Source     | at least 0.3 g $\alpha$ linolenic acid per 100 g and per 100kcal or at least 40 mg of the sum of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per 100 g and per 100 kcal |
|                       | High /Rich | 2 times the value for “source”                                                                                                                                                         |
| Monounsaturated fat   | High       | at least 45% of the fatty acids derived from monounsaturated fat under the condition that monounsaturated fat provides more than 20% of the energy of the product.                     |
| Polyunsaturated fat   | High       | at least 45% of the fatty acids derived from polyunsaturated fat under the condition that polyunsaturated fat provides more than 20% of the energy of the product.                     |
| Unsaturated fat       | High       | at least 70% of the fatty acids derived from unsaturated fat under the condition that unsaturated fat provides more than 20% of the energy of the product.                             |

\* “Reduced energy,” claim only when there is a comparable product

\*\*Non-fat milk powder exempted

\*\*\*This clause does not apply to aqueous coconut products

\*\*\*\*In the case of the claims for saturated fat and cholesterol, trans fatty acids shall be taken into account where applicable

**SCHEDULE VII**

**Regulations 13(5)(c), 13(6)(c) and 13  
(10)(d)(i)**

**TABLE A**

**Daily Average Requirement (AR) for energy, protein, vitamins and minerals (per day)**

| Stages of life | Age                       | Sex | Activity level | Mean weight (kg) | Energy (kcal) | Protein (g) | Vitamin A (μg) (RAE) | Vitamin C (mg) | Thiamin (mg) | Niacin (mg) | Riboflavin (mg) | Vitamin B6 (mg) | Folate (μg) (DFE) | Calcium (mg) | Iron (mg) | Zinc (mg) |
|----------------|---------------------------|-----|----------------|------------------|---------------|-------------|----------------------|----------------|--------------|-------------|-----------------|-----------------|-------------------|--------------|-----------|-----------|
| Infants        | 0 - 6 months              | M/F | -              | 6.1              | 530           | 7           | N/A                  | N/A            | N/A          | N/A         | N/A             | N/A             | N/A               | N/A          | N/A       | N/A       |
|                | 7 -12 months              | M/F | -              | 8.6              | 660           | 10          | 190                  | N/A            | 0.3          | 3.6         | 0.4             | 0.3             | 80                | 280          | 8         | 2.4       |
| Children       | 1-3 years                 | M/F | -              | 11.9             | 990           | 9           | 205                  | 15             | 0.4          | 5.4         | 0.5             | 0.5             | 90                | 390          | 6         | 3.6       |
| Pregnancy      | 1 <sup>st</sup> Trimester | F   | Sedentary      | 69.0             | 1960          | 38          | 540                  | 90             | 0.8          | 10.8        | 1.5             | 1.5             | 600               | 750          | 21        | 10.2      |
|                | 2 <sup>nd</sup> Trimester | F   | Sedentary      | -                | 2150          | 45          | 540                  | 110            | 0.9          | 11.8        | 1.5             | 1.5             | 600               | 750          | 21        | 10.2      |
|                | 3 <sup>rd</sup> Trimester | F   | Sedentary      | -                | 2390          | 61          | 540                  | 110            | 1.0          | 13.1        | 1.5             | 1.5             | 600               | 750          | 21        | 10.2      |
| Lactation      | 0-6 months postpartum     | F   | Sedentary      | -                | 2390          | 53          | 1020                 | 140            | 1.0          | 13.1        | 1.7             | 1.4             | 380               | 750          | 16        | 11.3      |

Sex- M: Male; F: Female; N/A- Not Applicable; RAE- Retinol Activity Equivalent, DFE- Dietary Folate Equivalent

**TABLE B**

**Adequate Intake (AI) for vitamins (per day)**

| Stages of life | Age                   | Sex | Physical Activity level (PAL) | Vitamin D (μg) | Vitamin E as alpha-tocopherol(mg) | Vitamin B12 (μg) | Vitamin K (μg) | Pantothenic acid (mg) | Biotin (μg) | Choline (mg) |
|----------------|-----------------------|-----|-------------------------------|----------------|-----------------------------------|------------------|----------------|-----------------------|-------------|--------------|
| Infants        | 0 - 6 months          | M/F | All                           | N/A            | N/A                               | N/A              | N/A            | N/A                   | N/A         | N/A          |
|                | 7 -12 months          | M/F | All                           | 10             | 5                                 | 1.5              | 10             | 3.0                   | 6           | 160          |
| Children       | 1-3 years             | M/F | All                           | 15             | 6                                 | 1.5              | 12             | 4.0                   | 20          | 140          |
| Pregnancy      | All trimesters        | F   | All                           | 15             | 11                                | 4.5              | 70             | 5.0                   | 40          | 480          |
| Lactation      | 0-6 months postpartum | F   | All                           | 15             | 11                                | 5.0              | 70             | 7.0                   | 45          | 520          |

Sex- M:Male; F:Female

TABLE C

## Adequate Intake (AI) for minerals (per day)

| Stages of life | Age                   | Sex | Physical Activity level (PAL) | Chloride (mg) | Copper (mg) | Fluoride (mg) | Magnesium (mg) | Manganese (mg) | Phosphorus (mg) | Potassium (mg) | Selenium (µg) | Molybdenum (µg) | Iodine (µg) | Sodium (g) |
|----------------|-----------------------|-----|-------------------------------|---------------|-------------|---------------|----------------|----------------|-----------------|----------------|---------------|-----------------|-------------|------------|
| Infants        | 0 - 6 months          | M/F | All                           | N/A           | N/A         | N/A           | N/A            | N/A            | N/A             | N/A            | N/A           | N/A             | N/A         | N/A        |
|                | 7 -12 months          | M/F | All                           | 0.3           | 0.4         | 0.4           | 80             | 0.02-0.5       | 160             | 750            | 15            | 10              | 70          | 0.2        |
| Children       | 1-3 years             | M/F | All                           | 1.7           | 0.7         | 0.6           | 170            | 0.5            | 250             | 800            | 15            | 15              | 90          | 1.1        |
| Pregnancy      | All trimesters        | F   | All                           | 3.1           | 1.5         | 2.9           | 300            | 3.0            | 550             | 3500           | 70            | 65              | 200         | 2.0        |
| Lactation      | 0-6 months postpartum | F   | All                           | 3.1           | 1.5         | 2.9           | 300            | 3.0            | 550             | 4000           | 85            | 65              | 200         | 2.0        |

## SCHEDULE VIII

## Regulations 13 (10)(b) and (e)

## List of permitted vitamins, minerals, amino acids, fatty acids, nucleotides which may be added to foods

## Vitamins

Vitamin A  
Provitamin A  
Vitamin D (D<sub>2</sub> & D<sub>3</sub>)  
Vitamin E  
Vitamin K  
Vitamin B1  
Vitamin B2  
Niacin  
Pantothenic acid  
Vitamin B6  
Folic Acid  
Vitamin B12  
Biotin  
Vitamin C  
Choline  
Inositol

## Minerals

Calcium  
Phosphorus  
Magnesium  
Iron  
Copper  
Iodine  
Zinc  
Manganese  
Sodium  
Potassium  
Selenium  
Chromium  
Molybdenum  
Fluoride  
Chloride

**Amino acids**

Isoleucine  
Leucine  
Lysine  
Methionine  
Phenylalanine  
Threonine  
Tryptophan  
Valine  
Histidine  
Arginine  
Tyrosine  
Cystine  
Cysteine  
Alanine  
Aspartic acid  
Citrulline  
Glutamic acid  
Glutamine  
Glycine  
Ornithine  
Proline  
Serine  
Carnitine  
Taurine

**Fatty acids**

Linoleic acid  
Alpha-linolenic acid  
Arachidonic acid  
Docosahexaenoic acid (DHA)  
Eicosapentaenoic acid (EPA)

**Nucleotides**

Adenosine 5'monophosphate (AMP)  
Cytidine 5'monophosphate (CMP)  
Guanosine 5'monophosphate (GMP)  
Uridine5'monophosphate (UMP)  
Inosine5'monophosphate (IMP)

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