

Nutrition claims

A nutrition claim suggests or implies that the food has a particular beneficial nutritional property.

Low fat

A claim that states or suggests a food is low in fat.

This applies where the product contains no more than 3g of fat per 100g for solids or 1.5g of fat per 100ml for liquids (1.8g of fat per 100ml for semi-skimmed milk).



With no added sugars

A claim that states or suggests sugars have not been added to a food.

This applies where the product does not contain any added monosaccharides or disaccharides or any other food used for its sweetening properties. If sugars are naturally present in the food, the following message should also appear on the label: 'contains naturally occurring sugars.'



Low sodium/salt

A claim that states or suggests a food is low in sodium or salt.

This applies where the product contains no more than 0.12g of sodium, or 0.3g of salt, per 100g or per 100ml.

For waters, other than natural mineral waters falling within the scope of Directive 2009/54/EC this value should not exceed 2mg of sodium per 100ml.

