

- (iv) Subject to the approval of the Chief Food Authority on limits of the fortification, no label or advertisement relating to any food shall indicate that it is a fortified food, unless any nutrient added to the food is not a natural constituent of the food.
- (v) 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 same fonts and in close proximity to the original statement 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 shall 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.
- (vi) No fruit product or vegetable product or sugar based product shall be described on any label, as to be “fortified or enriched with vitamin C” unless such products contains not less than 40 milligrams of ascorbic acid per 100 grams of the product.
- (8) (i) Where a statement or claim implying a special dietary use is made on the label or advertisement, relating to any food, such label shall bear a declaration stating the type of diet for which that food is recommended.
- (ii) Where a statement or claim implying low sodium content in any food is made on the label or advertisement, it shall bear a declaration stating the sodium content of such food in milligrams per 100 grams.
- (iii) No label or advertisement relating to any food shall claim directly or indirectly that such food is an energy provider or calorific contributor unless –
  - (a) the quantity that could reasonably be expected to be consumed in one day provides 300 Kcal; and
  - (b) such label bears a true statement of the energy in Kcal contributed by 100 gram of such food.
- (9) (i) No label or advertisement relating to any food shall claim that dietary fats are a protection against heart diseases or of benefit to persons suffering from heart disease.
- (ii) No label or advertisement relating to any food shall indicate directly or indirectly that such food contains tonic, restorative or medicinal property or properties which make it beneficial for invalids or which will cure, alleviate or prevent any illness.
- (iii) No label or advertisement relating to any food shall indicate directly or indirectly that such food is a cure for any illness.
- (iv) No label or advertisement relating to any food shall claim such food to be an aid for slimming, weight control or weight reduction.

14. In these regulations unless the context otherwise requires –

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

“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.

“Dessert Preparation ” includes jelly crystals and pudding mixes.

“Flour Confectionery” means any solid or semi solid product complete in itself and suitable for consumption without further preparation or processing (other than re-heating) of which the characteristic ingredients are ground cereal including short bread, crumpets, sponge, muffins, macaronis, ratafias, pastry and pastry cake and also includes meringues, petite fleurs and uncooked pastry, pastry cakes, whether or not flavoured or coated with any carbohydrate sweetening matter, chocolate or cocoa, but does not include bread, biscuits, pizzas or any food containing filling with as an ingredient or any meat, fish, cheese, offal, shellfish, vegetable protein material or microbial protein material.

“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 20 percentum (20%) of the total surface area excluding the bottom of the package or container.

“Sugar Confectionery” means any solid or semi solid food complete in itself and suitable for consumption without further preparation or poecessing, of which the main ingredients are carbohydrate, sweetening matter with or without the addition of edible fat, dairy products, gelatin, edible gums, nuts or preserved fruits and includes sweetened liquorices 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.

“Wholesale Pack” means a package or a container from which a specific food item shall be takne, counted, weighed or measured and sold in the presence of the buyer and does not include a container containing prepackahged retail packs.

15. Part I of The Food (Labelling & Miscellaneous) Regulations – 1993, made under the Food Act, No. 26 of 1980 and published in *gazette extraordinary*, No. 788/7 of 14 October, 1993 together with the Food (Labelling and Advertising) Regulations 2003, made under the Food Act, No. 26 of 1980 and publihsed in gazette extraordinary No. 1323/2 of 12 January, 2004 are hereby rescinded.

#### SCHEDULE I

[ Regulation 4(1) (a) ]

- (a) Biscuits :  
Cheesebits, Cream Crackers, Bran Cracker, Kurakkan Cracker, Crisco, Lemon Puff, Marie, Ginger Nuts, Nice, Cookies, Wafers
- (b) Meat Products :  
Pasika Mortadella, Pawkies, Salami, Lingus, Chipotas, Bratwurst, Bockwurst, Whitewurst, Frankfurters, Luncheon meat, Pate, Meat loaf, Meat balls, Chicken Roll
- (c) Special Tuna :  
Ambulthiyal
- (d) Carbonated Soft Drinks :  
All carbonated soft drinks may be exempted from the use of the common name.

#### SCHEDULE II

[Regulation 5(e)]

<i>Column I</i>	<i>Column II</i>
<i>Minimum Height</i>	<i>Area of Main Panel of the Label</i>
1 mm	for bottle closures containing aerated waters and liquid milk
1.5 mm	not exceeding 120 Square cm.
3 mm	Exceeding 120 and not exceeding 240 Square cm.
6 mm	Exceeding 240 and not exceeding 600 Square cm.
9 mm	Exceeding 600 Square cm.

#### SCHEDULE III

[Regulation 7(2)]

<i>Item</i>	<i>Fruit Juice content</i>
Fruit Drinks and Beverages ready for consumption without dilution	Not less than 5 percent fruit juice
Fruit Nectars	Not less than 15 percent fruit juice
Fruit Crush, Cordial, Squash or Syrup	Not less than 25 percent fruit juice
Fruit concentrates	Not less than 45 percent fruit juice

SCHEDULE IV RECOMMENDED DIETARY ALLOWANCES FOR SRI LANKANS 1998													[Regulation 13(7)]	
Group	Particulars #	Body Wt. # # Kg.	Net energy Cal/day		Protein [kJ]	Calcium g/day	Iron mg/day	Vitamin A mg	Thiamin mg/day	Riboflavin mg/day	Niacin mg/day	Ascorbic acid mg/day	Folic acid mg	Vitamin B 12 mg
Man	Sedentary work	60	2475	[10350]	53 (45)	400	17	600	1.2	1.5	16	40	200	1.0
	Moderate work		2840	[11880]	„	„	„	„	1.4	1.7	19	„	„	„
	Heavy work		3350	[14010]	„	„	„	„	1.7	2.0	22	„	„	„
Woman	Sedentary work	50	1920	[8030]	44 (38)	400	19	600	1.0	1.2	13	40	200	1.0
	Moderate work		2020	[8450]	„	„	„	„	1.0	1.2	13	„	„	„
	Heavy work		2240	[9370]	„	„	„	„	1.1	1.3	15	„	„	„
	Pregnant woman – Full activity		+285	[1200]	47 (6)	1000	23	600	+0.2	+0.2	+2	40	500	1.5
	Reduced activity		+200	[850]	„	„	„	„	+0.1	+0.2	+1	„	„	„
	Lactating woman – 0 – 6 months		+500	[2100]	+21 (18)	1000	19	950	+0.3	+0.3	+3	80	250	1.5
	6 – 12 months		+500	[2100]	+15 (13)	„	„	„	+0.3	+0.3	+3	11	„	„
Infants	03 – 06 months	7.0	700	[2930]	27 (13)	500		350	0.4	0.4	5	25	21	0.2
	06 – 09 „	8.5	810	[3390]	29 (14)	„		„	0.4	0.5	5	„	26	„
	09 – 12 „	9.5	950	[3970]	29 (14)	„		„	0.5	0.6	6	„	29	„
Children	01 – 02 years	11.0	1150	[4810]	29 (14)	400	7	400	0.6	0.7	8	40	33	0.2–1
	02 – 03 „	13.5	1350	[5650]	30 (15)	„	8	„	0.7	0.8	9	„	41	„
	03 – 05 „	16.5	1570	[6570]	36 (18)	„	10	„	0.8	0.9	10	„	50	„
Boys	05 – 07 years	20.5	1850	[7740]	31 (21)	400	12	400	0.9	1.1	12	40	62	0.2–1
	07 – 10 „	27.0	2100	[8790]	41 (27)	„	16	600	1.1	1.3	14	„	81	„
	10 – 12 „	34.5	2200	[9200]	53 (34)	600	20	„	1.1	1.3	15	„	104	„
	12 – 14 „	44.0	2400	[10040]	67 (44)	„	23	„	1.2	1.4	16	„	132	„
	14 – 16 „	55.5	2650	[11090]	80 (52)	„	29	„	1.3	1.6	17	„	167	„
Girls	16 – 18 „	64.0	2830	[11840]	88 (58)	500	34	„	1.4	1.7	19	„	192	„
	05 – 07 years	20.5	1750	[7322]	31 (21)	400	12	400	0.9	1.1	12	40	62	0.2–1
	07 – 10 „	27.0	1810	[7573]	41 (27)	„	16	600	0.9	1.1	12	„	81	„
	10 – 12 „	36.0	1950	[8160]	55 (36)	600	21	„	1.0	1.2	13	„	108	„
	12 – 14 „	46.5	2100	[8790]	67 (44)	„	18	„	1.1	1.3	14	„	140	„
	14 – 16 „	52.0	2150	[9000]	72 (47)	„	20	„	1.1	1.3	14	„	156	„
	16 – 18 „	54.0	2150	[9000]	66 (43)	500	21	„	1.1	1.3	14	„	162	„
# All ranges of age starts at given figure in months or years and ends one decimal point short of the given figure (e.g. 3 – 6 months = 3 – 5.99 months) ## Body weight is as at the mid point of the age														

### SCHEDULE V

**Explanatory Notes :**

**(a) Nutrition claim –**

- (i) Nutrient content claim is a nutrition claim that describes the level of a nutrient contained in a food. (Example : “source of calcium”, “high in fiber”, “low in fat”) Comparative claim is a claim that compares the nutrient levels or energy value of two or more foods. (Example : “reduced”, “less than”, “fewer”, “increased”, “more than”)
- (ii) Nutrient function claim is a nutrition claim that describes the physiological role of the nutrient in growth, development and normal functions of the body. (Examples : “Calcium aids in the development of strong bones and teeth”, “Protein helps build and repair body tissues”, “Iron is a factor in red blood cell formation”, “Vitamin E protects the fat in body tissues from oxidation”, “Contains folic acid : folic acid attributes to the normal growth of the fetus”).

**(b) When a nutrient content claim is made, the conditions specified for that claim in Table A shall apply.**

**(c) Where a food is by its nature low in or free of the nutrient that is the subject of the claim, the term describing the level of the nutrient should not immediately precede the name of the food but should be in the form “a low (naming the nutrient) food” or “a (naming the nutrient) – free food”.**

**(d) Nutrient function claims relating to the function of a nutrient in the body are permitted provided the following conditions are fulfilled :**

- (i) Only those essential nutrients for which a Nutrient Reference Value (NRV) has been established under Schedule IV of these regulations ;
- (ii) The food for which the claim is made shall be a significant source of the nutrient in the diet ;
- (iii) The nutrient function claim shall be based on the scientific consensus which is supported by the Chief Food Authority ;
- (iv) The claim shall not imply or include any statement to the effect that the nutrient would afford a cure or a treatment for or protection from, any disease.

**TABLE A**

*[Regulation 13(3)]*

<i>Component</i>	<i>Claim</i>	<i>Conditions Not more than</i>
Energy	Low	40 kcal (170 kJ) per 100 g (solids) or
	Free	20 kcal (85 kJ) per 100 ml (liquids) 4 kcal per 100ml (liquids)
Fat	Low	3 g per 100 g (solids) 1.5 g per 100 ml (liquids)
	Free	0.5 g per 100 g (solids) or 100 ml (liquids)
Saturated fat	Low	1.5 g per 100 g (solids) 0.75 g per 100 ml (liquids) and 10% of energy
	Free	0.1 g per 100 g (solids) 0.1 g per 100 ml (liquids)

<i>Component</i>	<i>Claim</i>	<i>Conditions</i> <i>Not more than</i>
Cholesterol	Low	0.02 g per 100 g (solids) and 1.5 g saturated fat per 100 g (solids) 0.01 g per 100 ml (liquids) and 0.75 g saturated fat per 100 ml (liquids) and 10% of energy of saturated fat
	Free	0.005 g per 100 g (solids) and 1.5 g saturated fat per 100 g (solids) 0.005 g per 100 ml (liquids) and 0.75 g saturated fat per 100 ml (liquids) and 10% of energy of saturated fat
Sugar	Free	0.5 g per 100 g (solids) 0.5 g per 100 ml (liquids)
Sodium	Low	0.12 g per 100 g
	Very Low	0.04 g per 100 g
	Free	0.005 g per 100 g

<sup>1</sup> In the case of claim “low in saturated fat”, trans-fatty acids should be taken into account where applicable. This provision consequently applies to foods claimed to be “low in cholesterol” and “Cholesterol free”.