

## NUTRIENTS IN FOODS

### 1.1 NUTRITION LABELLING

No.	NUTRIENT CONTENT	SERVICES PROVIDED BY
1	“PROXIMATE ANALYSIS” – FAT (BY GRAVIMETRIC: DIRECT OR SOXHLET EXTRACTION), PROTEINS (BY KJEDAHN DIGESTION), CARBOHYDRATE: DETERMINED BY DIFFERENCE IE 100GM –(GM MOIST + GM ASH + GM PROTEIN + GM DIETARY FIBRE) <i>NOTE; DIETARY GIBRE DONE BY AOAC 985.29 AND 991.43</i> ENERGY: BY CALCULATION (GM FAT X 9KCAL, GM PROTEIN X 4KCAL, GM CARBOHYDRATE X 4KCAL)	ALL JKM LABS
2	TOTAL SUGAR BY LANE EYNON TITRATION OR HPLC- ELSD ((FOR BEVERAGES AND SOFT DRINKS)	ALL JKM LABS
3*	VITAMINS – A, D, C, E VITAMINS – B6, B12, THIAMINE, RIBOFLAVIN, NIACIN, FOLIC ACID	HQ, JOHOR AND SABAH
4	MINERALS – CA, MG, FE, ZN  IODINE	HQ, JOHOR AND SABAH  HQ*
5*	FATTY ACIDS AMOUNT AND TYPE: MONOUNSATURATED POLYUNSATURATED SATURATED AND TRANS FATTY ACID	HQ, JOHOR AND SABAH

### 1.2 NUTRIENT CONTENT CLAIM

No.	COMPONENT	CLAIM	CONDITIONS (NOT MORE THAN)	SERVICES PROVIDED BY
1	ENERGY BY CALCULATION (GM FAT X 9KCAL, GM PROTEIN X 4KCAL, GM CARBOHYDRATE X 4KCAL)	Low  FREE	40 KCAL (170 KJ) PER 100 G (SOLIDS) OR 20 KCAL (80 KJ) PER 100ML (LIQUIDS)  4 KCAL PER 100 ML (LIQUIDS)	ALL JKM LABS
2	FAT	Low  FREE	3G PER 100G (SOLIDS) 1.5 G PER 100 ML (LIQUIDS)  0.15 G PER 100G OR PER 100 ML	ALL JKM LABS
3*	SATURATED FAT	Low  FREE	1.5 G PER 100 G (SOLIDS) 0.75 G PER 100 ML (LIQUIDS) AND 10% OF TOTAL ENERGY OF THE FOOD  0.1 G PER 100 G (SOLIDS) 0.1 G PER 100 ML (LIQUIDS)	HQ, JOHOR AND SABAH
4*	CHOLESTEROL	Low  FREE	0.02 G PER 100 G (SOLIDS) 0.01 G PER 100 ML (LIQUIDS)  0.005 G PER 100 G (SOLIDS) 0.005 G PER 100 ML (LIQUIDS)	HQ, JOHOR AND SABAH
5*	TRANS FATTY ACID	Low	1.5 G PER 100 G (SOLIDS) 0.75 G PER 100 ML (LIQUIDS) AND 10% OF TOTAL ENERGY OF THE FOOD	HQ, JOHOR AND SABAH

NO.	COMPONENT	CLAIM	CONDITIONS (NOT MORE THAN)	SERVICES PROVIDED BY
		FREE	0.1 G PER 100G (SOLIDS) 0.1 G PER 100 ML (LIQUIDS)	
6	SUGARS	FREE	0.5 G PER 100G OR PER 100 ML	HQ AND SABAH*
7	SODIUM	LOW	0.12 G PER 100G	HQ, JOHOR AND SABAH
		VERY LOW	0.04 G PER 100G	
		FREE	0.005 G PER 100G	

\* COMMENCEMENT OF SERVICES TO BE INFORMED LATER

### 1.3 OTHER NUTRIENT CONTENT CLAIM

NO	COMPONENT	CLAIM	CONDITIONS (NOT LESS THAN)	SERVICES PROVIDED BY
1	PROTEIN BY KJEDAH L DIGESTION	SOURCE  HIGH (AT LEAST 2 TIMES THE VALUES FOR "SOURCE")	10% OF NRV PER 100 G (SOLIDS) 5% OF NRV PER 100 ML (LIQUIDS)  OR 5% OF NRV PER 100 KCAL	ALL JKM LABS
2*	VITAMINS  MINERALS: CA, MG, BY FLAME PHOTOMETRY FE, ZN, BY AAS/ICP  IODINE BY HPLC-ECD	SOURCE  HIGH (AT LEAST 2 TIMES THE VALUES FOR "SOURCE")	15% OF NRV PER 100 G (SOLIDS) 7.5% OF NRV PER 100 ML (LIQUIDS)  OR 5% OF NRV PER 100 KCAL	HQ, JOHOR AND SABAH  HQ, JOHOR AND SABAH  HQ