

Labeling on nutritional information in food, including olive oil, required from this December 13

Labeling on nutrition information will be required for most processed foods from December 13, according to the European standard, which entered into force at the end of 2014, and which lays down new requirements in the labeling of foods to ensure consumers more "clear, complete and accurate" information on the contents of products, including olive oil.

In particular, the elements to be declared in a mandatory manner will be: energy value, fats, saturated fats, carbohydrates, sugars, proteins and salt. All these elements must be presented in the same field of vision.

In addition, information on the energy value may be repeated in the main visual field only or together with the amounts of fats, saturated fats, sugars and salt.

The declaration must be made compulsorily "per 100 gr. or per 100 ml.", which allows, according to the Spanish Agency of Consumption, Food Safety and Nutrition (Aecosan), the comparison between products, also allowing the declaration "per serving" on an additional basis and on a voluntary basis.

Compulsory nutritional information can be supplemented voluntarily with the values of other nutrients such as: monounsaturated and polyunsaturated fatty acids, polyalcohols, starch, dietary fiber, vitamins or minerals.

It should be recalled that this Regulation (EU) No 1169/2011 emphasizes that labeling must be "clear and legible". For this, among its main novelties, a minimum font size is established for mandatory information of 1.2 mm. However, if the maximum area of a container is less than 80 cm², the minimum size is reduced to 0.9 mm.

In the case of oils or fats of vegetable origin, another novelty is that they can be included in the list of ingredients under the designation "vegetable oils" or "vegetable fats", followed by the indication of the specific vegetable origin.

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