

NORMATIVE INSTRUCTION – IN NO. 75 OF 8 OCTOBER 2020

Establishes the technical requirements for declaring the nutrition labeling of packaged foods.

The Collegiate Board of Directors of the Brazilian Health Regulatory Agency, in the use of the attributions vested in it under Article 15, items III and IV, and Article 7, items III and IV of Law no. 9,782 of 26 January 1999, and item VII, paragraphs 1 and 3 of Article 53 of the Internal Regulation approved by the Collegiate Board Resolution – RDC no. 255 of 10 December 2018, in a meeting held on 7 October 2020, hereby determines:

Article. 1. This Normative Instruction establishes the technical requirements for the nutrition labeling declaration of packaged foods.

Sole paragraph. This Normative Instruction supplements Resolution – RDC No. 429 of 8 October 2020.

Article. 2. Annex I defines the list of foods for which the nutrition facts label declaration is voluntary, provided that the requirements established in Resolution – RDC No. 429 of 2020 are met.

Article. 3. Annex II defines the daily reference values (DRVs) for the purposes of nutrition labeling of foods in general.

Article. 4. Annex III defines the rules related to rounding and expressing quantities on the nutrition facts label.

Article. 5. Annex IV defines the insignificant amounts of energy value and nutrients and how they shall be expressed on the nutrition facts label.

Article. 6. Annex V defines food serving sizes for the purposes of declaring the nutrition labeling.

Article. 7. Annex VI defines the rules related to rounding and expressing the number of servings on the nutrition facts label.

Article. 8. Annex VII defines the types of household utensils and their capacities for declaring the common measure of foods on the nutrition facts label.

Article. 9. Annex VIII defines the DRVs for the purposes of nutrition labeling of foods for special dietary uses not contemplated in paragraph 6 of article 8 of Resolution – RDC No. 429 of 2020, which are recommended for specific population groups on its label, and of dietary supplements.

Article. 10. Annex IX defines the models for the nutrition facts label declaration.

Article. 11. Annex X defines the specific formatting requirements for the simplified nutrition facts declaration.

Article. 12. Annex XI defines the names of the constituents or their alternative names and the respective abbreviations, order, indentation, and units of measure for the nutrition facts label declaration.

Article. 13. Annex XII defines the specific formatting requirements for the nutrition facts label.

Article. 14. Annex XIII defines the linear display model for the nutrition facts label declaration.

Article. 15. Annex XIV defines the specific formatting requirements for the linear display model for the nutrition facts label declaration.

Article. 16. Annex XV defines the limits for added sugars, saturated fats, and sodium for the purposes of front-of-package nutrition labeling declaration.

Article. 17. Annex XVI defines the list of foods whose declaration on the front-of-package nutrition label is prohibited.

Article. 18. Annex XVII defines the models for the front-of-package nutrition label declaration.

Article. 19. Annex XVIII defines the formatting rules for the front-of-package nutrition label.

Article. 20. Annex XIX defines the authorized terms to declare nutrition claims.

Article. 21. Annex XX defines the composition and labeling criteria that shall be complied with to declare nutrition claims.

Article. 22. Annex XXI defines the amino acid profile to declare nutrition claims of proteins.

Article. 23. Annex XXII defines the conversion factors to determine the energy value of foods.

Article. 24. Annex XXIII defines the conversion factors of nutrients to determine the nutritional value of foods.

Article. 25. This Normative Instruction comes into force twenty-four (24) months after its publication.

ANTONIO BARRA TORRES

Deputy Director-President

ANNEX I

LIST OF FOODS FOR WHICH THE NUTRITION FACTS LABEL DECLARATION IS VOLUNTARY, PROVIDED THAT THE REQUIREMENTS ESTABLISHED IN RESOLUTION – RDC No. 429 of 2020 ARE MET.

1. Food in packaging whose visible surface for labeling is less than or equal to 100 cm ² .
2. Food packaged at points of sale at the consumer's request.
3. Packaged foods that are prepared or fractionated and sold at the establishment itself.

4. Alcoholic beverages.
5. Ice intended for human consumption.
6. Spices, coffee, yerba mate, and vegetable species for the preparation of teas, provided that they are not added with ingredients that add significant nutritional value to the product, according to Annex IV of this Normative Instruction.
7. Vinegars, provided that they are not added with ingredients that add significant nutritional value to the product, according to Annex IV of this Normative Instruction.
8. Fruits, vegetables, tubers, cereals, nuts, chestnuts, seeds, and mushrooms, provided that they are not added with ingredients that add significant nutritional value to the product, according to Annex IV of this Normative Instruction.
9. Packaged, refrigerated, or frozen meat and fish, provided that they are not added with ingredients that add significant nutritional value to the product, according to Annex IV of this Normative Instruction.

ANNEX II

DRV FOR THE PURPOSES OF NUTRITION LABELING OF FOODS IN GENERAL.

Constituents	DRV (unit)
Energy value	2,000 kcal
Carbohydrates	300 g
Added sugars	50 g
Proteins	50 g
Total fat	65 g
Saturated fat	20 g
<i>Trans</i> fat	2 g
Monounsaturated fat	20 g
Polyunsaturated fat	20 g
Omega-6	18 g
Omega-3	4,000 mg
Cholesterol	300 mg
Dietary fiber	25 g
Sodium	2,000 mg
Vitamin A	800 µg RAE
Vitamin D	15 µg
Vitamin E	15 mg
Vitamin K	120 µg
Vitamin C	100 mg
Thiamine	1.2 mg
Riboflavin	1.2 mg

Niacin	15 mg NE
Vitamin B6	1.3 mg
Biotin	30 µg
Folic acid	400 µg DFE
Pantothenic acid	5 mg
Vitamin B12	2.4 µg
Calcium	1,000 mg
Chloride	2,300 mg
Copper	900 µg
Chromium	35 µg
Iron	14 mg
Fluorine	4 mg
Phosphorus	700 mg
Iodine	150 µg
Magnesium	420 mg
Manganese	3 mg
Molybdenum	45 µg
Potassium	3,500 mg
Selenium	60 µg
Zinc	11 mg
Choline	550 mg

ANNEX III

RULES RELATED TO ROUNDING AND EXPRESSING QUANTITIES ON THE NUTRITION FACTS LABEL.

Range of nutrition quantities	Rounding rules for nutrition quantities	Expression of nutrition quantities
Values greater than or equal to 10.	When the first decimal place is less than 5, keep the whole number. When the first decimal place is greater than or equal to 5, round the whole number up by 1 unit.	Declare the values in whole numbers.
Values lower than 10 and greater than or equal to 1.	When the second decimal place is less than 5, keep the first decimal place unchanged. When the second decimal place is greater than or equal to 5, round the first decimal place up by 1 unit.	When the first decimal place is 0, declare the values in whole numbers. For all other cases, declare the values with one decimal digit.

Values lower than 1 expressed in grams (g).	<p>When the second decimal place is less than 5, keep the first decimal place unchanged.</p> <p>When the second decimal place is greater than or equal to 5, round the first decimal place up by 1 unit.</p>	Declare the values with one decimal digit.
Values lower than 1 expressed in milligrams (mg) or micrograms (µg).	<p>When the third decimal place is less than 5, keep the second decimal place unchanged.</p> <p>When the third decimal place is greater than or equal to 5, round the second decimal place up by 1 unit.</p>	<p>When the second decimal place is 0, declare the values with one decimal digit.</p> <p>For all other cases, declare the values with two decimal digits.</p>

ANNEX IV

INSIGNIFICANT AMOUNTS OF ENERGY VALUE AND NUTRIENTS AND HOW THEY SHALL BE EXPRESSED ON THE NUTRITION FACTS LABEL.

Constituents	Insignificant amounts	Conditions of insignificant amount in the product	Expression of insignificant amounts
Energy value	Less than or equal to 4 kcal.	Dietary supplements with insignificant amounts per serving.	0
		<p>Other foods with insignificant amounts per 100 g or 100 ml and per serving.</p> <p>In the case of foods that require preparation with addition of other ingredients, use 100 g or 100 ml of the ready-to-eat food, considering the nutritional value of the added ingredients, according to the manufacturer's package instructions.</p>	0
Carbohydrates	Less than or equal to 0.5 g.	Dietary supplements: (1) with insignificant amounts per serving; and (2) with insignificant amounts of total sugars expressed as zero; and (3) without another carbohydrate declared whose value is other than zero.	0

		<p>Other foods: (1) with insignificant amounts per 100 g or 100 ml and per serving; and (2) with insignificant amounts of total sugars per 100 g or 100 ml and per serving expressed as zero; and (3) without another carbohydrate declared as a value other than zero.</p> <p>In the case of foods that require preparation with addition of other ingredients, use 100 g or 100 ml of the ready-to-eat food, considering the nutritional value of the added ingredients, according to the manufacturer's package instructions.</p>	0
Total sugars	Less than or equal to 0.5 g.	<p>Dietary supplements: (1) with insignificant amounts per serving; and (2) without added sugars; and (3) without another sugar declared whose value is other than zero.</p>	0
		<p>Other foods: (1) with insignificant amounts per 100 g or 100 ml and per serving; and (2) without added sugars; and (3) without another sugar declared whose value is other than zero.</p> <p>In the case of foods that require preparation with addition of other ingredients, use 100 g or 100 ml of the ready-to-eat food, considering the nutritional value of the added ingredients, according to the manufacturer's package instructions.</p>	0
Added sugars	Without added sugars.	Product meets the criteria established for the nutritional attribute without added sugars	0

		defined in Annex XX of this Normative Instruction.	
Lactose	Less than or equal to 0.1 g.	Dietary supplements: (1) with insignificant amounts per serving of the ready-to-eat product; and (2) with insignificant amounts per 100 g or 100 ml of the product as displayed for sale.	0
		Foods for special dietary uses for lactose-restricted diets with insignificant amounts per 100 g or 100 ml of the ready-to-eat food.	0
		All other foods with insignificant amounts per 100 g or 100 ml of the food as displayed for sale. In the case of foods that require preparation with addition of other ingredients, use 100 g or 100 ml of the ready-to-eat food, considering the nutritional value of the added ingredients, according to the manufacturer's package instructions.	0
Proteins	Less than or equal to 0.5 g.	Dietary supplements: (1) with insignificant amounts per serving; and (2) without amino acids naturally present in proteins whose declared value is other than zero.	0

		<p>Other foods: (1) with insignificant amounts per 100 g or 100 ml and per serving; and (2) without amino acids naturally present in proteins whose declared value is other than zero.</p> <p>In the case of foods that require preparation with addition of other ingredients, use 100 g or 100 ml of the ready-to-eat food, considering the nutritional value of the added ingredients, according to the manufacturer's package instructions.</p>	0
Total fat	Less than or equal to 0.5 g.	<p>Dietary supplements: (1) with insignificant amounts per serving; and (2) with insignificant amounts of saturated fats expressed as zero; and (3) with insignificant amounts of <i>trans</i> fats expressed as zero; and (4) without other fat, including cholesterol, whose declared value is other than zero.</p>	0

		<p>Other foods: (1) with insignificant amounts per 100 g or 100 ml and per serving; and (2) with insignificant amounts of saturated fats per 100 g or 100 ml and per serving expressed as zero; and (3) with insignificant amounts of <i>trans</i> fats per 100 g or 100 ml and per serving expressed as zero; and (4) without other fat, including cholesterol, whose declared value is other than zero.</p> <p>In the case of foods that require preparation with addition of other ingredients, use 100 g or 100 ml of the ready-to-eat food, considering the nutritional value of the added ingredients, according to the manufacturer's package instructions.</p>	0
Saturated fat	Less than or equal to 0.1 g.	Dietary supplements with insignificant amounts per serving.	0
		<p>Other foods with insignificant amounts per 100 g or 100 ml and per serving.</p> <p>In the case of foods that require preparation with addition of other ingredients, use 100 g or 100 ml of the ready-to-eat food, considering the nutritional value of the added ingredients, according to the manufacturer's package instructions.</p>	0
<i>Trans</i> fat	Less than or equal to 0.1 g.	Dietary supplements with insignificant amounts per serving.	0
		<p>Other foods with insignificant amounts per 100 g or 100 ml and per serving.</p> <p>In the case of foods that require preparation with</p>	0

		addition of other ingredients, use 100 g or 100 ml of the ready-to-eat food, considering the nutritional value of the added ingredients, according to the manufacturer's package instructions.	
Cholesterol	Less than or equal to 5 mg.	Dietary supplements with insignificant amounts per serving.	0
		Other foods with insignificant amounts per 100 g or 100 ml and per serving. In the case of foods that require preparation with addition of other ingredients, use 100 g or 100 ml of the ready-to-eat food, considering the nutritional value of the added ingredients, according to the manufacturer's package instructions.	0
Dietary fiber	Less than or equal to 0.5 g.	Dietary supplements with insignificant amounts per serving.	0
		Other foods with insignificant amounts per 100 g or 100 ml and per serving. In the case of foods that require preparation with addition of other ingredients, use 100 g or 100 ml of the ready-to-eat food, considering the nutritional value of the added ingredients, according to the manufacturer's package instructions.	0
Sodium	Less than or equal to 5 mg.	Dietary supplements with insignificant amounts per serving.	0
		Other foods with insignificant amounts per 100 g or 100 ml and per serving. In the case of foods that require preparation with addition of other ingredients,	0

		use 100 g or 100 ml of the ready-to-eat food, considering the nutritional value of the added ingredients, according to the manufacturer's package instructions.	
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ANNEX V

FOOD SERVING SIZES FOR THE PURPOSES OF DECLARING THE NUTRITION LABELING.

Group I: Bakery products, cereals, vegetables, roots, tubers, and their derivatives (Average energy value per serving is 150 kcal).		
Products	Serving size (g or ml)	Suggested common measures
Starches	20	Tablespoons
Raw rice	50	Cups
Oat flakes without other ingredients	30	Tablespoons
Cereal bar with up to 10% fat	30	Units
Potato, cassava, and other tubers, cooked in water and vacuum packed	150	Units or cups
Frozen pre-fried potato and cassava	85	Units or cups
Pre-fried or frozen tuber-based and cereal-based products	85	Units
Salty wholegrain biscuits and grissini	30	Units
Cakes, all types without filling	60	Slice or fraction
<i>Canjica</i> (similar to hominy – raw grain)	50	Cups
Breakfast cereal weighing up to 45 g per cup	30	Cups
Breakfast cereal weighing more than 45 g per cup	40	Cups
Raw whole grains	45	Cups
Cereal and tuber flours, all types	50	Cups
Cereal bran and wheat germ	10	Tablespoons
Milk flour supplement	30	Tablespoons
Ready-to-eat toasted cassava or corn flour (<i>farofa</i>)	35	Tablespoons
Dry pasta	80	Dishes or cups
Dehydrated stuffed pasta	70	Dishes or cups
Fresh pasta with and without fillings	100	Dishes or cups
Packaged breads, sliced or not, with or without filling	50	Units or slices

Packaged breads (individual serving size), Paraguayan <i>chipa</i>	50	Units
Sweet bread without fruit	40	Units
<i>Croissant</i> , other salty or sweet baked goods, without filling	40	Units
Potato bread, cheese bread, and other cold and frozen stuffed bread, and bread dough	40	Units or slices
Potato bread, cheese bread, and other cold and frozen bread without filling, Paraguayan <i>chipa</i>	50	Units or slices
Popcorn	25	Cups
Toast	30	Units
<i>Tofu</i>	40	Slices
Wheat for kibbeh and textured soy protein	50	Cups
Dried legumes, all	60	Cups
Flan and dessert powder mix	Quantity enough to prepare 120 g	Tablespoons
<i>Sago</i>	30	Tablespoons
Dough for <i>pastel</i> (fried dough with filling) and pancakes	30	Units
Dough for salty pies	30	Fractions
Pizza dough	40	Slices
Breadcrumbs	30	Tablespoons
Soy-based meals (such as breaded steak, meatballs, and hamburger)	80	Units
Paraguayan soup mix and <i>chipaguazú</i>	Quantity enough to prepare 150 g	Slices
<i>Bori-bori</i> pre-mix	Quantity enough to prepare 80 g	Tablespoons
Pre-mix to prepare the Paraguayan <i>chipa</i> , <i>mbeyu</i> and other breads	Quantity enough to prepare 50 g	Tablespoons
Dehydrated mix for tuber purée	Quantity enough for 150 g	Tablespoons or cups
Cake and pie powder mix	Quantity enough to prepare 60 g	Tablespoons
Group II: Vegetables, greens, and pickled vegetables (Average energy value per serving is 30 kcal).		
Products	Serving size (g or ml)	Suggested common measures
Triple vegetable concentrate (extract)	30	Tablespoons
Vegetable concentrate	15	Tablespoons

Vegetable purée or pulp, including tomatoes	60	Tablespoons
Tomato sauce or tomato-based and other vegetable-based sauce	60	Tablespoons
Pickles and capers	15	Tablespoons
Vegetable, fruit, and soy juices	200	Cups
Canned dehydrated vegetables (sun-dried tomatoes)	40	Tablespoons
Dehydrated vegetables for soup	40	Tablespoons
Dehydrated vegetables for purée	Quantity enough to prepare 150 g	Tablespoons
Pickled vegetables (artichoke, asparagus, mushroom, pepper, cucumber, and heart of palm) in brine, vinegar, and olive oil	50	Units or cups
Jardiniere and other canned vegetables and legumes (carrot, peas, corn, peeled tomato, and others)	130	Cups
Breaded vegetables	80	Units
Group III: Fruits, juices, nectars, and fruit drinks (Average energy value per serving is 70 kcal).		
Products	Serving size (g or ml)	Suggested common measures
Fruit pulp for juice, concentrated fruit juices, and dehydrated juice	Quantity enough to prepare 200 ml	Tablespoons
Fruit pulp for dessert	50	Tablespoons
Juice, nectar, and fruit drinks	200	Cups
Dehydrated fruits (pear, peach, pineapple, plum, edible parts)	50	Units or tablespoons
Raisin	30	Tablespoons
Canned fruit, including fruit salad	140	Units or tablespoons
Group IV: Milks and derivatives (Average energy value per serving is 125 kcal).		
Products	Serving size (g or ml)	Suggested common measures
Dairy beverage	200	Cups
Fermented milks, yogurt, all types	200	Cups
Fluid milk, all types	200	Cups
Evaporated milk	Quantity enough to prepare 200 ml	Tablespoons
Grated cheese	10	Tablespoons

Cottage cheese, skim ricotta cheese, <i>minas</i> cheese (cheese made in the Brazilian state of Minas Gerais), skim creamy cheese, and petit-suisse	50	Tablespoons
Other cheeses (ricotta, semi-hard, white, creamy, melted, and paste cheese)	30	Tablespoons or slices
Powdered milk	Quantity enough to prepare 200 ml	Tablespoons
Dairy desserts	120	Units or cups
Dairy dessert powder mix	Quantity enough to prepare 120 g	Tablespoons
Ice cream powder mix	Quantity enough to prepare 50 g	Tablespoons
Group V: Meat and eggs (Average energy value per serving is 125 kcal).		
Products	Serving size (g or ml)	Suggested common measures
Meatballs	80	Units
Canned anchovies	15	Tablespoons
Ham and corned beef	30	Slices
Tuna, sardines, fish, shellfish, other canned fish with or without sauces	60	Units or tablespoons
Caviar	10	Tablespoons
Jerky	30	Fractions or dishes
Meat hamburger	80	Units
Pork sausage, sausage, all types	50	Units or fractions
<i>Kani-kama</i>	20	Units or tablespoons
Seasoned meat, smoked meat, cooked or not	100	Units
Meat with flour or breaded meat	130	Units
Sausages and ham	40	Units or slices
Turkey breast	60	Units or slices
Pâté (ham, liver, bacon, etc.)	10	Tablespoons
Egg	x grams	Units
Group VI: Oils, fats, and oilseeds (Average energy value per serving is 100 kcal).		
Products	Serving size (g or ml)	Suggested common measures
Vegetable oils, all types	13	Tablespoons
Olive	20	Units

Bacon in pieces – smoked or fresh	10	Slices
Lard and animal fats	10	Tablespoons
Vegetable fat	10	Tablespoons
Mayonnaise and mayonnaise sauces	12	Tablespoons
Butter, margarine and similar products	10	Tablespoons
Oil-based salad dressings (all types)	13	Tablespoons
Whipped cream	20	Tablespoons
Table cream	15	Tablespoons
Coconut milk	15	Tablespoons
Grated coconut	12	Tablespoons
Oilseeds (mixed, cut, chopped, whole)	15	Tablespoons
Group VII: Sugars and products with energy from carbohydrates and fats (Average energy value per serving is 100 kcal).		
Products	Serving size (g or ml)	Suggested common measures
Sugar, all types	5	Teapoons
Chocolate milk powder, cocoa based powder, chocolate powder and cocoa powder	20	Tablespoons
Cut deserts (guava, quince, fig, potato, etc.)	40	Slices
Paste desert (pumpkin, guava, milk, banana, <i>mocotó</i> (calf's foot jelly))	20	Tablespoons
Various jellies	20	Tablespoons
Corn glucose, honey, molasses, fruit topping, condensed milk, and other syrups (cassis, blackcurrant, raspberry, blackberry, guarana, etc.)	20	Tablespoons
Gelatin mix	Quantity enough to prepare 120	Tablespoons
Ready-to-eat gelatin dessert	120	Units
Whole fruit conserves used as ornaments (maraschino cherry, raspberry)	20	Units
Candies, lollipops, and pastilles	20	Units
Chewing gum	3	Units
Chocolates, chocolate truffles, and similar products	25	Units or fractions
Chocolate confectionery and dragées in general	25	Units or tablespoons
Ice creams	60 g or 130 ml	Scoops or units
Individual ice creams	60 g or 130 ml	Units

Cereal bar with more than 10% fat, nougats, <i>pé de moleque</i> , and <i>paçoca</i> (peanut candies)	20	Units or fractions
Non-alcoholic drinks, carbonated or not (teas, soy-based drinks, and soft drinks)	200	Cups
Soft drink mix	Quantity enough to prepare 200 ml	Tablespoons
Sweet biscuit, with or without filling	30	Units
Brownies and <i>alfajores</i>	40	Units
Candied fruit	30	Units or tablespoons
Panettone	80	Units or slices
Fruit cake	60	Units or slices
Cakes and similar items with filling or icing	60	Units or slices
Croissant, other baked goods, savorys, or sweets with filling or icing	40	Units
Cereal snacks and snack flours	25	Cups
Mix for making sweets, icing for cakes, pies, ice cream, etc.	20	Tablespoons
Group VIII: Sauces, seasonings, broths, soups, semi-ready or ready-to-eat meals, and alcoholic beverages.		
Products	Serving size (g or ml)	Suggested common measures
Broth (meat, chicken, vegetables, etc.) and soup mix (including <i>bori-bori</i> , <i>pirá</i> broth, <i>shoyu</i>)	Quantity enough for 250 ml	Units, tablespoons, or fractions
Ketchup and mustard	12	Tablespoons
Soy or vinegar based sauces	x grams	Tablespoons
Dairy product or broth based sauces	x grams	Tablespoons
Sauce powder mix	Quantity enough to prepare 2 tablespoons	Tablespoons
<i>Misso</i>	20	Tablespoons
<i>Missoshiro</i>	Quantity enough for 200 ml	Tablespoons
Soy extract	30	Tablespoons
Ready-to-eat and semi-ready meals not included in other items in the table	100	Units or fractions
Complete seasoning	5	Teaspoons
Alcoholic beverages	Quantity equivalent to 10 g of ethanol	Units or cups

ANNEX VI

RULES FOR ROUNDING AND EXPRESSING THE NUMBER OF SERVINGS ON THE NUTRITION FACTS LABEL.

Number of servings in the package	Rules for rounding servings	How servings are expressed
Packages with 3 or more whole servings.	Non-applicable.	Servings per package: (whole numbers).
Packages with more than 2 non-whole servings.	When the first decimal place is less than 5, keep the whole number. When the first decimal place is greater than or equal to 5, round the whole number up by 1 unit.	Servings per package: Approximately (whole numbers).

ANNEX VII

TYPES OF HOUSEHOLD UTENSILS AND THEIR CAPACITIES FOR DECLARING THE COMMON MEASURE OF FOODS ON THE NUTRITION FACTS LABEL.

Types of household utensils	Capacities
Tea cup	200 cm ³ or ml
Cup	200 cm ³ or ml
Tablespoon	10 cm ³ or ml
Teaspoon	5 cm ³ or ml
Dinner plate	22 cm in diameter
Soup plate	250 cm ³ or ml

ANNEX VIII

DRVs FOR THE PURPOSES OF NUTRITION LABELING OF FOODS FOR SPECIAL DIETARY USES NOT CONTEMPLATED IN PARAGRAPH 6 OF ARTICLE 8 OF RESOLUTION – RDC NO. 429 OF 2020, WHICH ARE RECOMMENDED FOR SPECIFIC POPULATION GROUPS ON ITS LABEL, AND OF DIETARY SUPPLEMENTS.

Constituents	Units	0 to 6 months old	7 to 11 months old	1 to 3 years old	4 to 8 years old	9 to 18 years old	≥ 19 years old	Pregnant women	Lactating women
Energy value	kcal	550	700	1,000	1,500	2,500	2,000	2,300	2,600
Carbohydrates	g	60	95	150	225	375	300	345	360
Added sugars	g	-	-	25	35	60	50	55	65
Proteins	g	9	11	25	35	60	50	55	65
Total fat	g	30	27	33	50	80	65	75	85

Saturated fat	g	-	-	11	16	27	20	25	28
Trans fat	g	-	-	1	1.5	2.5	2	2.5	2.5
Monounsaturated fat	g	-	-	11	16	27	20	25	28
Polyunsaturated fat	g	-	-	11	16	27	20	25	28
Omega-6	g	-	-	9	13	22	18	20	23
Omega-3	mg	-	-	2,000	3,000	5,000	4,000	5,000	5,000
Cholesterol	mg	-	-	300	300	300	300	300	300
Dietary fiber	g	-	-	19	25	38	25	28	29
Sodium	mg	120	370	1,000	2,000	2,000	2,000	2,000	2,000
Vitamin A	µg RAE	400	500	300	400	900	800	770	1,300
Vitamin D	µg	10	10	15	15	15	15	15	15
Vitamin E	mg	4	5	6	7	15	15	15	15
Vitamin K	µg	2	2.5	30	55	75	120	90	90
Vitamin C	mg	40	50	15	25	75	100	85	120
Thiamine	mg	0.2	0.3	0.5	0.6	1.2	1.2	1.4	1.4
Riboflavin	mg	0.3	0.4	0.5	0.6	1.3	1.2	1.4	1.6
Niacin	mg NE	2	4	6	8	16	15	18	17
Vitamin B6	mg	0.1	0.3	0.5	0.6	1.3	1.3	1.9	2
Biotin	µg	5	6	8	12	25	30	30	35
Folic acid	µg DFE	65	80	150	200	400	400	600	500
Pantothenic acid	mg	1.7	1.8	2	3	5	5	6	7
Vitamin B12	µg	0.4	0.5	0.9	1.2	2.4	2.4	2.6	2.8
Calcium	mg	200	260	700	1,000	1,300	1,000	1,300	1,300
Chloride	mg	180	570	1,500	1,900	2,300	2,300	2,300	2,300
Copper	µg	200	220	340	440	890	900	1,000	1,300
Chromium	µg	0.2	5.5	11	15	35	35	30	45
Iron	mg	0.27	11	7	10	15	14	27	10
Fluorine	mg	0.01	0.5	0.7	1	3	4	3	3
Phosphorus	mg	100	275	460	500	1,250	700	1,250	1,250
Iodine	µg	110	130	90	90	150	150	220	290
Magnesium	mg	30	75	80	130	410	420	400	360
Manganese	mg	0.003	0.6	1.2	1.5	2.2	3	2	2.6
Molybdenum	µg	2	3	17	22	43	45	5	50

Potassium	mg	400	700	3,000	3,500	3,500	3,500	3,500	3,500
Selenium	µg	15	20	20	30	55	60	60	70
Zinc	mg	2	3	3	5	11	11	12	13
Choline	mg	125	150	200	250	550	550	450	550

ANNEX IX

MODELS FOR THE NUTRITION FACTS LABEL DECLARATION

1. Vertical model

INFORMAÇÃO NUTRICIONAL			
Porções por embalagem: 000 porções			
Porção: 000 g (medida caseira)			
	100 g	000 g	%VD*
Valor energético (kcal)			
Carboidratos totais (g)			
Açúcares totais (g)			
Açúcares adicionados (g)			
Proteínas (g)			
Gorduras totais (g)			
Gorduras saturadas (g)			
Gorduras trans (g)			
Fibra alimentar (g)			
Sódio (mg)			

*Percentual de valores diários fornecidos pela porção.

2. Horizontal model

INFORMAÇÃO NUTRICIONAL		100 ml	000 ml	%VD*
Valor energético (kcal)				
Porções por emb.: 000	Carboidratos (g)			
Porção: 000 ml (medida caseira)	Açúcares totais (g)			
	Açúcares adicionados (g)			
	Proteínas (g)			
	Gorduras totais (g)			
	Gorduras saturadas (g)			
	Gorduras trans (g)			
	Fibras alimentares (g)			
	Sódio (mg)			

*Percentual de valores diários fornecidos pela porção.

3. Broken vertical model

INFORMAÇÃO NUTRICIONAL							
Porções por embalagem: 000 porções • Porção: 000 g (medida caseira)							
	100 g	000 g	%VD*		100 g	000 g	%VD*
Valor energético (kcal)				Gorduras totais (g)			
Carboidratos (g)				Gorduras saturadas (g)			
Açúcares totais (g)				Gorduras trans (g)			
Açúcares adicionados (g)				Fibras alimentares (g)			
Proteínas (g)				Sódio (mg)			

*Percentual de valores diários fornecidos pela porção.

4. Broken horizontal model

INFORMAÇÃO NUTRICIONAL		100 ml	000 ml	%VD*		100 ml	000 ml	%VD*
Valor energético (kcal)					Gorduras totais (g)			
Porções por emb.: 000 • Porção: 000 ml (medida caseira)	Carboidratos (g)				Gorduras saturadas (g)			
	Açúcares totais (g)				Gorduras trans (g)			
	Açúcares adicionados (g)				Fibras alimentares (g)			
	Proteínas (g)				Sódio (mg)			

*Percentual de valores diários fornecidos pela porção.

5. Aggregate model

INFORMAÇÃO NUTRICIONAL	Produto 1			Produto 2			Produto 3		
	Porções por emb.: 000			Porções por emb.: 000			Porções por emb.: 000		
	Porção: 000 ml			Porção: 000 ml			Porção: 000 ml		
	100 ml	000 ml	%VD*	100 ml	000 ml	%VD*	100 ml	000 ml	%VD*
Valor energético (kcal)									
Carboidratos (g)									
Açúcares totais (g)									
Açúcares adicionados (g)									
Proteínas (g)									
Gorduras totais (g)									
Gorduras saturadas (g)									
Gorduras trans (g)									
Fibras alimentares (g)									
Sódio (mg)									

*Percentual de valores diários fornecidos pela porção.

ANNEX X

SPECIFIC FORMATTING REQUIREMENTS FOR THE SIMPLIFIED NUTRITION FACTS DECLARATION.

1. SIMPLIFIED DECLARATION OF ENERGY VALUE AND NUTRIENTS, EXCEPT MINERALS AND VITAMINS		
Parameter	Formatting requirement	
Reference model	Applicable to the models defined in Annex IX.	
Information location	Below the last grid line.	
Separation line	Inclusion of a line separating the simplified declaration from the text immediately below.	
Simplified declaration text	It does not contain significant amounts of (add the names of constituents present in insignificant amounts).	
Text typography	Standard Formatting	Reduced Formatting
	Font type: same type used for declaring other information. Style: regular. Size: 8 pt. Alignment: left.	Font type: same type used for declaring other information. Style: regular. Size: 6 pt. Alignment: left.
2. SIMPLIFIED DECLARATION OF MINERALS AND VITAMINS		
Parameter	Formatting requirement	
Reference model	Applicable to the models defined in Annex IX.	
Information location	Below the last grid line or the simplified declaration of energy value and nutrients, when this information is included.	
Separation line	Inclusion of a line separating the simplified declaration of minerals from the simplified declaration of vitamins. Inclusion of a line separating the simplified declaration of vitamins from the footnote.	

How to declare minerals	MINERALS. Per 100 g (Serving , %DV): Calcium 00 mg (00 mg , 0%) ● Chloride 00 mg (00 mg , 0%) ● Copper 00 µg (00 µg , 0%) ● Chromium 00 µg (00 µg , 0%) ● Iron 00 mg (00 mg , 0%) ● Fluorine 00 mg (00 mg , 0%) ● Phosphorus 00 mg (00 mg , 0%) ● Iodine 00 µg (00 µg , 0%) ● Magnesium 00 mg (00 mg , 0%) ● Manganese 00 mg (00 mg , 0%) ● Molybdenum 00 µg (00 µg , 0%) ● Potassium 00 mg (00 mg , 0%) ● Selenium 00 µg (00 µg , 0%) ● Zinc 00 mg (00 mg , 0%).	
How to declare vitamins	VITAMINS. Per 100 g (Serving , %DV): Vitamin A 00 µg (00 µg , 0%) ● Vitamin D 00 µg (00 µg , 0%) ● Vitamin E 00 mg (00 mg , 0%) ● Vitamin K 00 µg (00 µg , 0%) ● Vitamin C 00 mg (00 mg , 0%) ● Vitamin B1 00 mg (00 mg , X%) ● Vitamin B2 00 mg (00 mg , 0%) ● Vitamin B3 00 mg (00 mg , 0%) ● Vitamin B5 00 mg (00 mg , 0%) ● Vitamin B6 00 mg (00 mg , 0%) ● Vitamin B7 00 µg (00 µg , 0%) ● Vitamin B9 00 µg (00 µg , 0%) ● Vitamin B12 00 µg (00 µg , 0%).	
Separator symbol	Font: normal text. Subset: Geometric shapes. Name: Black Circle.	
Text typography	Standard Formatting	Reduced Formatting
Typography of the words "MINERALS" and "VITAMINS"	Font type: same type used to declare other information. Style: bold, uppercase. Size: 8 pt. Alignment: left.	Font type: same type used to declare other information. Style: bold, uppercase. Size: 6 pt. Alignment: left.
Typography of the names and values of minerals and vitamins	Font type: same type used to declare other information. Style: regular, combination of upper and lower case. Size: 8 pt. Alignment: left.	Font type: same type used to declare other information. Style: regular, combination of upper and lower case. Size: 6 pt. Alignment: left.

ANNEX XI

NAMES OF THE CONSTITUENTS OR THEIR ALTERNATIVE NAMES AND THE RESPECTIVE ABBREVIATIONS, ORDER, INDENTATION, AND UNITS OF MEASURE FOR THE NUTRITION FACTS LABEL DECLARATION.

Name and order of constituents	Alternative names	Abbreviations	Indentation	Units of measure
Energy value			Non-applicable	kcal
Carbohydrates			Non-applicable	g
Total sugars			First level	g
Added sugars		Ad sugars	Second level	g
Names of specific disaccharides			Second level	g

Names of specific monosaccharaides			Second level	g
Total polyols			First level	g
Names of specific polyols			Second level	g
Names of other specific carbohydrates			First level	g
Proteins			Non-applicable	g
Names of specific amino acids			First level	mg
Total fat			Non-applicable	g
Saturated fat		Sat fat	First level	g
<i>Trans</i> fat		<i>Trans</i> fat	First level	g
Monounsaturated fat		Monounsat fat	First level	g
Omega-9			Second level	g
Oleic acid			Third level	g
Polyunsaturated fat		Polyunsat fat	First level	g
Omega-6			Second level	g
Linoleic acid		Linoleic ac	Third level	g
Arachidonic acid	ARA	Arachidonic ac	Third level	g
Omega-3			Second level	mg
Linolenic acid		Linolenic ac	Third level	mg
Eicosapentaenoic acid	EPA	Eicosapentaenoic ac	Third level	mg
Docosahexaenoic acid	DHA	Docosahexaenoic ac	Third level	mg
Cholesterol			First level	mg
Dietary fiber	Fiber		Non-applicable	g
Names of specific dietary fibers			First level	g
Sodium			Non-applicable	mg
Vitamin A		Vit A	Non-applicable	µg
Vitamin D		Vit D	Non-applicable	µg
Vitamin E		Vit E	Non-applicable	mg
Vitamin K		Vit K	Non-applicable	µg

Vitamin C		Vit C	Non-applicable	mg
Vitamin B1	Thiamine	Vit B1	Non-applicable	mg
Vitamin B2	Riboflavin	Vit B2	Non-applicable	mg
Vitamin B3	Niacin	Vit B3	Non-applicable	mg
Vitamin B5	Pantothenic acid	Vit B5 or Pantothenic ac	Non-applicable	mg
Vitamin B6	Pyridoxine	Vit B6	Non-applicable	mg
Vitamin B7	Biotin	Vit B7	Non-applicable	µg
Vitamin B9	Folic Acid	Vit B9 or Folic ac	Non-applicable	µg
Vitamin B12	Cyanocobalamin	Vit B12	Non-applicable	µg
Calcium			Non-applicable	mg
Chloride			Non-applicable	mg
Copper			Non-applicable	µg
Chromium			Non-applicable	µg
Iron			Non-applicable	mg
Fluorine			Non-applicable	mg
Phosphorus			Non-applicable	mg
Iodine			Non-applicable	µg
Magnesium			Non-applicable	mg
Manganese			Non-applicable	mg
Molybdenum			Non-applicable	µg
Potassium			Non-applicable	mg

Selenium			Non-applicable	µg
Zinc			Non-applicable	mg
Choline			Non-applicable	mg
Taurine			Non-applicable	mg
Nucleotides			Non-applicable	mg
Names of specific bioactive substances			Non-applicable	g, mg, or µg

ANNEX VII

SPECIFIC FORMATTING REQUIREMENTS FOR THE NUTRITION FACTS LABEL.

Formatting parameters	Formatting requirements	
Height of inner grid lines	All lines must be the same height.	
Indentation	Reference: letter "n", in lower case, with the same type of font and size used for the name of constituents. First level: indentation equal to "n". Second level: indentation equal to "nn". Third level: indentation equal to "nnn".	
Symbol for subtitle separator (broken vertical model)	Font: normal text. Subset: Geometric shapes. Name: Black Circle.	
Typography and alignment	Standard Formatting	Reduced Formatting
Font types	Arial Helvetica	Arial Helvetica Arial Narrow Helvetica Condensed
Typography of the heading "NUTRITION FACTS"	Style: bold, uppercase. Size: 10 pt. Alignment: centralized.	Style: bold, uppercase. Size: 8 pt. Alignment: centralized.
Typography of subtitles: "Servings per package:" and "Serving: Xg or ml (common measure)"	Style: regular, combination of upper and lower case. Size: 8 pt. Alignment: centralized	Style: regular, combination of upper and lower case. Size: 6 pt. Alignment: centralized.
Typography of column headings: "100g", "Xg or ml" and "%DV*"	Style: regular, combination of upper and lower case. Size: 8 pt.	Style: regular, combination of upper and lower case. Size: 6 pt.

	Horizontal and vertical alignment: centralized.	Horizontal and vertical alignment: centralized.
Typography of the name of constituents	Style: regular, combination of upper and lower case. Size: 8 pt. Horizontal alignment: left. Vertical alignment: centralized.	Style: regular, combination of upper and lower case. Size: 6 pt. Horizontal alignment: left. Vertical alignment: centralized.
Typography of nutritional values	Style: regular, combination of upper and lower case. Size: 8 pt. Horizontal and vertical alignment: centralized.	Style: regular, combination of upper and lower case. Size: 8 pt. Horizontal and vertical alignment: centralized.
Footnote typography: "*Percentage of daily values contained in a serving."	Style: regular, combination of upper and lower case. Size: 6 pt. Horizontal alignment: left.	Style: regular, combination of upper and lower case. Size: 6 pt. Horizontal alignment: left.
Footnote typography: "***In ready-to-eat food."	Style: regular, combination of upper and lower case. Font size: 6 pt. Horizontal alignment: left.	Style: regular, combination of upper and lower case. Font size: 6 pt. Horizontal alignment: left.

ANNEX XIII

LINEAR DISPLAY MODEL FOR THE NUTRITION FACTS LABEL DECLARATION.

<p>INFORMAÇÃO NUTRICIONAL</p> <hr/> <p>Porções por embalagem: 000 porções • Porção: 000 g (medida caseira)</p> <hr/> <p>Por 100 g (00 g, %VC*): Valor energético 000 kcal (00 kcal, 0%) • Carboidratos 00 g (00 g, 0%), dos quais: Açúcares totais 00 g (00 g, 0%), Açúcares adicionados 00 g (00 g, 0%) • Proteínas 00 g (00 g, 0%) • Gorduras totais 00 g (00 g, 0%), das quais: Gorduras saturadas 00 g (00 g, 0%), Gorduras trans 00 g (00 g, 0%) • Fibra alimentar 00 g (00 g, 0%) • Sódio 00 g (00 g, 0%).</p> <hr/> <p>*Percentual de valores diários fornecidos pela porção.</p>

ANNEX XIV

SPECIFIC FORMATTING REQUIREMENTS FOR THE LINEAR DISPLAY MODEL FOR THE NUTRITION FACTS LABEL DECLARATION.

Formatting parameters	Formatting requirements
Font types	Arial

	Helvetica Arial Narrow Helvetica Condensed
Typography of the heading "NUTRITION FACTS"	Style: bold, uppercase. Size: 8 pt. Alignment: left.
Typography of subtitles: "Servings per package:" and "Serving: Xg or ml (common measure)"	Style: regular, combination of upper and lower case. Size: 6 pt. Alignment: left.
Symbol separating subtitles and constituents without indentation.	Font: normal text. Subset: Geometric shapes. Name: Black Circle.
Declaration typography: "Per 100 g or ml (Serving ,% DV*):"	Style: combination of regular and bold and of upper and lower case. Size: 6 pt. Alignment: left.
Typography of the name of constituents	Style: regular, combination of upper and lower case. Size: 6 pt. Alignment: left.
Typography of nutritional values in 100 g, in a serving, and of % DV	Style: combination of regular and bold and of upper and lower case. Size: 6 pt. Alignment: left.
Footnote typography: "**Percentage of daily values contained in a serving."	Style: regular, combination of upper and lower case. Size: 6 pt. Horizontal alignment: left.
Footnote typography: "***In ready-to-eat food."	Style: regular, combination of upper and lower case. Font size: 6 pt. Horizontal alignment: left.

ANNEX XV

LIMITS FOR ADDED SUGARS, SATURATED FATS, AND SODIUM FOR THE PURPOSES OF FRONT-OF-PACKAGE NUTRITION LABELING DECLARATION.

Nutrients	Solid or semi-solid foods	Liquid foods
Added sugars	Amount greater than or equal to 15 g of added sugars per 100 g of food.	Amount greater than or equal to 7.5 g of added sugars per 100 ml of food.
Saturated fat	Amount greater than or equal to 6 g of saturated fats per 100 g of food.	Amount greater than or equal to 3 g of saturated fats per 100 ml of food.

Sodium	Amount greater than or equal to 600 mg of sodium per 100 g of food.	Amount greater than or equal to 300 mg of sodium per 100 ml of food.
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ANNEX XVI

LIST OF FOODS WHOSE DECLARATION ON THE FRONT-OF-PACKAGE NUTRITION LABEL IS PROHIBITED.

1. Fruits, vegetables, tubers, cereals, nuts, chestnuts, seeds, and mushrooms, provided that they are not added with ingredients that add added sugars or significant nutritional value of saturated fats or sodium to the product, according to Annex IV of this Normative Instruction.
2. Flours, provided that they are not added with ingredients that add added sugars or significant nutritional value of saturated fats or sodium to the product, according to Annex IV of this Normative Instruction.
3. Packaged, refrigerated, or frozen meat and fish, provided that they are not added with ingredients that add added sugars or significant nutritional value of saturated fats or sodium to the product, according to Annex IV of this Normative Instruction.
4. Eggs, provided that they are not added with ingredients that add added sugars or significant nutritional value of saturated fats or sodium to the product, according to Annex IV of this Normative Instruction.
5. Fermented milks, provided that they are not added with optional ingredients that add added sugars or significant nutritional value of saturated fats or sodium to the product, according to Annex IV of this Normative Instruction.
6. Cheese, provided that they are not added with optional ingredients that add added sugars or significant nutritional value of saturated fats or sodium to the product, according to Annex IV of this Normative Instruction.
7. Milks from all mammal species.
8. Powdered milk.
9. Olive oil and other vegetable oils, cold pressed or refined.
10. Salt intended for human consumption.
11. Infant formulas.
12. Enteral nutrition formulas.
13. Weight control foods.
14. Dietary supplements.
15. Alcoholic beverages.
16. Products intended exclusively for industrial processing.
17. Products intended exclusively for food services.
18. Food additives and processing agents.

ANNEX XVII

MODELS FOR FRONT-OF-PACKAGE NUTRITION LABEL DECLARATION.

1. Models to be used in foods whose amounts of added sugars, saturated fats, and sodium are equal to or greater than the limits defined in Annex XV of this Normative Instruction.



2. Models to be used in foods whose amounts of added sugars and saturated fats are equal to or greater than the limits defined in Annex XV of this Normative Instruction.



3. Models to be used in foods whose amounts of added sugars and sodium are equal to or greater than the limits defined in Annex XV of this Normative Instruction.



4. Models to be used in foods whose amounts of saturated fats and sodium are equal to or greater than the limits defined in Annex XV of this Normative Instruction.



5. Models to be used in foods whose amounts of added sugars are equal to or greater than the limits defined in Annex XV of this Normative Instruction.



6. Models to be used in foods whose amounts of saturated fats are equal to or greater than the limits defined in Annex XV of this Normative Instruction.



7. Models to be used in foods whose amounts of sodium are equal to or greater than the limits defined in Annex XV of this Normative Instruction.



ANNEX XVIII

SPECIFIC FORMATTING REQUIREMENTS FOR THE FRONT-OF-PACKAGE NUTRITION LABEL.

1. Position and size, thickness, and distance ratios	
Reference measures	Y: equivalent to the height of letter "H" in the text "ALTO EM" (HIGH IN). Z: equals the width of letter "I" in the text "SODIUM".
Outside border	Thickness: 1Z. With round corners.
Inside margin	2Z.
Distance between information blocks	2Z.
Heading and nutrient module	Height: 3Y. Width: 8Y. With round corners.

Position of magnifying glass	Position: Left side of the "ALTO EM" (HIGH IN)" information block. Distance between the border and the "ALTO EM" (HIGH IN)" information block: 1Z. Inclination: 30 degrees. Height: 3Y.		
Magnifying glass cable size	Length: 1.3Y. Thickness: 2.6Z. With round corners.		
Magnifying glass circular element size	Diameter: 1.7Y. Thickness: 1.4Z. Height of the element connecting the cable to the magnifying glass circumference: 1.2Z.		
Element connecting the cable to the magnifying glass circumference	Length: 1.2Z. Thickness: 1.5Z.		
2. Typography and alignment			
Font types	Arial Narrow		
Typography of the "ALTO EM" (HIGH IN)" information block	Font color: black, on white background. Style: bold, uppercase. Vertical alignment: centralized. Horizontal alignment: text at a 2Y distance from the right border.		
Typography of the "ADDED SUGAR", "SATURATED FAT", and "SODIUM" information block	Font color: white, on black background. Style: bold, uppercase. Vertical and horizontal alignment: centralized.		
3. Font size			
3.1 - Packages with main panel area equal to or greater than 35 cm² up to 100 cm²			
Font size	Minimum	Maximum	
	Non-applicable.	9 points.	
3.2 - Packages with main panel area greater than 100 cm²			
Font size	Minimum	Maximum	
	9 points.	15 points.	
4. Percentage of area occupied in front-of-package nutrition label			
4.1 - Packages with main panel area equal to or greater than 35 cm² up to 100 cm²			
Number of information blocks	2 blocks	3 blocks	4 blocks
Percentage of area occupied	3.5%	5.25%	7%
4.2 - Packages with main panel area greater than 100 cm²			
Number of information blocks	2 blocks	3 blocks	4 blocks
Percentage of area occupied	2%	3%	4%

ANNEX XIX

AUTHORIZED WORDING FOR NUTRITION CLAIMS DECLARATION.

Nutritional attributes	Authorized wording for nutrition claims
Low	baixo em..., pouco..., baixo teor de..., leve em...
Very low	muito baixo em..
Does not contain	não contém..., livre de..., zero (0 or 0%)..., sem..., isento de...
No added	sem adição de..., zero adição de..., sem adicionado
High content	alto conteúdo em..., rico em..., alto teor...
Source	Fonte de..., com..., contém...
Reduced	reduzido em..., menos..., menor teor de..., light em...
Increased	aumentado em..., mais...

ANNEX XX

COMPOSITION AND LABELING CRITERIA THAT SHALL BE COMPLIED WITH TO DECLARE NUTRITION CLAIMS.

1. Energy value		
Nutritional attributes	Composition criteria	Labeling criteria
Does not contain	4 kcal maximum per serving, per 100 g or ml, and per individual package, when applicable.	The words calories, kilocalories, or kcal may be used to replace 'energy value'.
Low	40 kcal maximum per serving, for servings greater than 30 g or ml, and per individual package, when applicable; or 40 kcal maximum per 50g or ml, for reference servings lower than or equal to 30 g or ml, and per individual package, when applicable.	The words calories, kilocalories, or kcal may be used to replace 'energy value'.
Reduced	Minimum reduction of 25%; and The reference food does not meet the criteria for the nutritional attribute low in energy value.	The words calories, kilocalories, or kcal may be used to replace 'energy value'.
2. Sugars		
Nutritional attributes	Composition criteria	Labeling criteria

Does not contain	<p>0.5 g maximum per reference serving, per 100 g or ml, and per individual package, as applicable; and</p> <p>No sugar with values greater than zero is declared on the nutrition facts label.</p>	<p>If the food has added sugars or ingredients with sugars, an asterisk must be inserted after its name for reference to the following note after the list of ingredients: "(*) contains insignificant amounts of sugar"; and</p> <p>If the food does not meet the criteria for the nutritional attributes 'low in or reduced energy value', the following shall be declared with the nutritional claim: "This food is not low in nor has reduced energy value". It shall have the same font of the nutritional claim and at least 50% of its size, in a color contrasting the color of the label background, and which ensures visibility and legibility of the information.</p>
Low	<p>The product may not have quantities of added sugars equal to or greater than the limits defined in Annex XV of this Normative Instruction, except for the categories considered an exception in Annex XVI of this Normative Instruction; and</p> <p>5 g maximum per serving, for servings greater than 30 g or ml, and per individual package, when applicable; or</p> <p>5 g maximum per 50 g or ml, for reference servings lower than or equal to 30 g or ml, and per individual package, when applicable.</p>	<p>If the food does not meet the criteria for the nutritional attributes 'low in or reduced energy value', the following shall be declared with the nutritional claim: "This food is not low in nor has reduced energy value". It shall have the same font of the nutritional claim and at least 50% of its size, in a color contrasting the color of the label background, and which ensures visibility and legibility of the information.</p>

No added	<p>The food does not contain added sugars; and</p> <p>The food does not contain ingredients that contain added sugars; and</p> <p>The food does not contain ingredients that naturally contain sugars and that are added to foods as sugar substitutes for sweetening purposes; and</p> <p>No means are used during processing, such as the use of enzymes, which could increase the sugar content in the final product.</p>	<p>If the food does not meet the criteria for the nutritional attribute 'does not contain sugars', the following shall be declared with the nutritional claim: "contains sugars specific to the ingredients". It shall have the same font of the nutritional claim and at least 50% of its size, in a color contrasting the color of the label background, and which ensures visibility and legibility of the information; and</p> <p>If the food does not meet the criteria for the nutritional attributes 'low in or reduced energy value', the following shall be declared with the nutritional claim: "This food is not low in nor has reduced energy value". It shall have the same font of the nutritional claim and at least 50% of its size, in a color contrasting the color of the label background, and which ensures visibility and legibility of the information.</p>
Reduced	<p>The product may not have quantities of added sugars equal to or greater than the limits defined in Annex XV of this Normative Instruction, except for the categories considered an exception in Annex XVI of this Normative Instruction; and</p> <p>Minimum reduction of 25%; and</p> <p>The absolute difference in relation to the reference food must be at least 5 g of sugars per reference serving.</p>	<p>If the food does not meet the criteria for the nutritional attributes 'low in or reduced energy value', the following shall be declared with the nutritional claim: "This food is not low in nor has reduced energy value". It shall have the same font of the nutritional claim and at least 50% of its size, in a color contrasting the color of the label background, and which ensures visibility and legibility of the information.</p>
3. Lactose		
Nutritional attributes	Composition criteria	Labeling criteria
Does not contain	0.1 g maximum per 100 g or ml of the product displayed for sale.	The amount of galactose must be declared on the nutrition facts label in accordance with Annex XI of this Normative Instruction.
4. Total fat		

Nutritional attributes	Composition criteria	Labeling criteria
Does not contain	<p>0,5 kcal maximum per reference serving, per 100 g or ml and per individual package, as applicable; and</p> <p>Complies with the criteria for the nutritional attributes 'does not contain saturated fats, <i>trans</i> fats, cholesterol'; and</p> <p>No type of fat is declared with values greater than zero on the nutrition facts label.</p>	<p>If the food has added fats, oils or ingredients with fats, an asterisk must be inserted after its name for reference to the following note after the list of ingredients: "(*) contains insignificant amounts of fat"; and</p> <p>If the food does not meet the criteria for the nutritional attributes 'low in or reduced energy value', the following shall be declared with the nutritional claim: "This food is not low in nor has reduced energy value". It shall have the same font of the nutritional claim and at least 50% of its size, in a color contrasting the color of the label background, and which ensures visibility and legibility of the information.</p>
Low	<p>The product may not have quantities of saturated fats equal to or greater than the limits defined in Annex XV of this Normative Instruction, except for the categories considered an exception in Annex XVI of this Normative Instruction; and</p> <p>3 g maximum per reference serving, for servings greater than 30 g or ml, and per individual package, when applicable; or</p> <p>3 g maximum per 50 g or ml, for reference servings lower than or equal to 30 g or ml, and per individual package, when applicable.</p>	<p>If the food does not meet the criteria for the nutritional attributes 'low in or reduced energy value', the following shall be declared with the nutritional claim: "This food is not low in nor has reduced energy value". It shall have the same font of the nutritional claim and at least 50% of its size, in a color contrasting the color of the label background, and which ensures visibility and legibility of the information.</p>

No added	<p>The product may not have quantities of saturated fats equal to or greater than the limits defined in Annex XV of this Normative Instruction, except for the categories considered an exception in Annex XVI of this Normative Instruction; and</p> <p>The food does not contain added animal or vegetable fats or oils; and</p> <p>The food does not contain added butter, margarine, and vegetable creams; and</p> <p>The food does not contain table cream and added derivatives; and</p> <p>The food does not contain ingredients containing the aforementioned added ingredients.</p>	<p>If the food does not meet the criteria for the nutritional attribute 'does not contain fat', the following shall be declared with the nutritional claim: "contains fat specific to the ingredients". It shall have the same font of the nutritional claim and at least 50% of its size, in a color contrasting the color of the label background, and which ensures visibility and legibility of the information; and</p> <p>If the food does not meet the criteria for the nutritional attributes 'low in or reduced energy value' the following shall be declared with the nutritional claim: "This food is not low in nor has reduced energy value". It shall have the same font of the nutritional claim and at least 50% of its size, in a color contrasting the color of the label background, and which ensures visibility and legibility of the information.</p>
Reduced	<p>The product may not have quantities of saturated fats equal to or greater than the limits defined in Annex XV of this Normative Instruction, except for the categories considered an exception in Annex XVI of this Normative Instruction; and</p> <p>Minimum 25% reduction in total fat content; and</p> <p>The reference food does not meet the criteria for the nutritional attribute 'low in total fat'.</p>	<p>If the food does not meet the criteria for the nutritional attributes 'low in or reduced energy value', the following shall be declared with the nutritional claim: "This food is not low in nor has reduced energy value". It shall have the same font of the nutritional claim and at least 50% of its size, in a color contrasting the color of the label background, and which ensures visibility and legibility of the information.</p>
5. Saturated fats		
Nutritional attributes	Composition criteria	Labeling criteria

Does not contain	<p>0.1 g maximum per reference serving, per 100 g or ml and per individual package, as applicable; or</p> <p>In the case of skimmed milk, skimmed fermented milk, and skimmed cheeses, 0.2 g maximum per reference serving; and</p> <p>Complies with the criteria for the nutritional attribute 'does not contain <i>trans</i> fats'.</p>	
Low	<p>The product may not have quantities of saturated fats equal to or greater than the limits defined in Annex XV of this Normative Instruction, except for the categories considered an exception in Annex XVI of this Normative Instruction; and</p> <p>1.5 g maximum of the sum of saturated fats and <i>trans</i> fats per reference serving, for servings greater than 30 g or ml, and per individual package, when applicable; or</p> <p>1.5 g maximum of the sum of saturated fats and <i>trans</i> fats per 50 g or ml, for reference servings lower than or equal to 30 g or ml, and per individual package, when applicable; and</p> <p>Complies with the criteria for the nutritional attribute 'does not contain <i>trans</i> fats'; and</p> <p>Maximum of 10% of the total energy value of the food from saturated fats.</p>	

Reduced	<p>The product may not have quantities of saturated fats equal to or greater than the limits defined in Annex XV of this Normative Instruction, except for the categories considered an exception in Annex XVI of this Normative Instruction; and</p> <p>Minimum reduction of 25%; and</p> <p>The reference food does not meet the criteria for the nutritional attribute 'low in saturated fats'.</p> <p>The reduction shall not result in an increase in the amounts of <i>trans</i> fatty acids; and</p> <p>The energy from saturated fats does not represent more than 10% of the food total energy value.</p>	
6. Trans fats		
Nutritional attributes	Composition criteria	Labeling criteria
Does not contain	<p>0.1 g maximum per reference serving, per 100 g or ml and per individual package, when applicable; and</p> <p>Complies with the criteria for the nutritional attribute 'low in saturated fats'.</p>	
7. Cholesterol		
Nutritional attributes	Composition criteria	Labeling criteria
Does not contain	<p>5 g maximum per reference serving, per 100 g or ml and per individual package, when applicable; and</p> <p>Complies with the criteria for the nutritional attribute 'low in saturated fats'.</p>	<p>The amount of monounsaturated fats, polyunsaturated fats, and cholesterol shall be declared on the nutrition facts label in accordance with Annex XI of this Normative Instruction.</p>

Low	<p>20 mg maximum per reference serving, for servings greater than 30 g or ml, and per individual package, when applicable; or</p> <p>20 g maximum per 50g or ml, for reference servings lower than or equal to 30 g or ml, and per individual package, when applicable; and</p> <p>Complies with the criteria for the nutritional attribute 'low in saturated fats'.</p>	The amount of monounsaturated fats, polyunsaturated fats, and cholesterol shall be declared on the nutrition facts label in accordance with Annex XI of this Normative Instruction.
Reduced	<p>Minimum reduction of 25%; and</p> <p>The food meets the conditions established for the nutritional attribute 'low in saturated fats'; and</p> <p>The reference food does not meet the criteria for the nutritional attribute 'low in cholesterol'.</p>	The amount of monounsaturated fats, polyunsaturated fats, and cholesterol shall be declared on the nutrition facts label in accordance with Annex XI of this Normative Instruction.

8. Sodium

Nutritional attributes	Composition criteria	Labeling criteria
Does not contain	5 mg maximum per reference serving, per 100 g or ml, and per individual package, when applicable.	
Very low	<p>The product may not have quantities of sodium equal to or greater than the limits defined in Annex XV of this Normative Instruction, except for the categories considered an exception in Annex XVI of this Normative Instruction; and</p> <p>40 mg maximum per reference serving, for servings greater than 30 g or ml, and per individual package, when applicable; or</p> <p>40 mg maximum per 50 g or ml, for reference servings lower than or equal to 30 g or ml, and per</p>	

	individual package, when applicable.	
Low	<p>The product may not have quantities of sodium equal to or greater than the limits defined in Annex XV of this Normative Instruction, except for the categories considered an exception in Annex XVI of this Normative Instruction; and</p> <p>80 mg maximum per reference serving, for servings greater than 30 g or ml, and per individual package, when applicable; or</p> <p>80 mg maximum per 50 g or ml, for reference servings lower than or equal to 30 g or ml, and per individual package, when applicable.</p>	
Reduced	<p>The product may not have quantities of sodium equal to or greater than the limits defined in Annex XV of this Normative Instruction, except for the categories considered an exception in Annex XVI of this Normative Instruction; and</p> <p>Minimum reduction of 25%; and</p> <p>The reference food does not meet the criteria for the nutritional attribute 'low in sodium'.</p>	
9. Salt		
Nutritional attributes	Composition criteria	Labeling criteria

No added	The food does not contain added salt (sodium chloride); and	The product may not have sodium declared on the front-of-package nutrition label.
	The food does not contain other added sodium salts; and	If the food does not meet the criteria for the nutritional attribute 'does not contain sodium', the following shall be declared with the nutritional claim: "contains sodium specific to the ingredients". It shall have the same font of the nutritional claim and at least 50% of its size, in a color contrasting the color of the label background, and which ensures visibility and legibility of the information.
	The food does not contain ingredients that contain added sodium salts; and	
	The reference food contains salt (sodium chloride) or another added sodium salt.	

10. Omega-3 fatty acids

Nutritional attributes	Composition criteria	Labeling criteria
Source	<p>Minimum of 300 mg of alpha linolenic acid per reference serving and per individual package, when applicable; or</p> <p>Minimum of 40 mg of the sum of EPA and DHA per reference serving and per individual package, when applicable.</p>	<p>The amount of monounsaturated fats, polyunsaturated fats, omega-3, linolenic acids, EPA and DHA, and cholesterol shall be declared on the nutrition facts label in accordance with Annex XI of this Normative Instruction; and</p> <p>If the food does not meet the criteria for the nutritional attributes 'low in or reduced saturated fats', the following shall be declared with the nutritional claim: "This food is not low in nor has reduced saturated fats". It shall have the same font of the nutritional claim and at least 50% of its size, in a color contrasting the color of the label background, and which ensures visibility and legibility of the information.</p>
High content	<p>Minimum of 600 mg of alpha linolenic acid per reference serving and per individual package, when applicable; or</p> <p>Minimum of 80 mg of the sum of EPA and DHA per reference serving and per individual package, when applicable.</p>	<p>The amount of monounsaturated fats, polyunsaturated fats, omega-3, linolenic acids, EPA and DHA, and cholesterol shall be declared on the nutrition facts label in accordance with Annex XI of this Normative Instruction; and</p> <p>If the food does not meet the criteria for the nutritional attributes 'low in or reduced saturated fats', the following shall be declared with the nutritional claim: "This food is not low in nor has reduced saturated fats". It shall have the same font of the nutritional claim and at least 50% of its size, in a color contrasting the color of the label background, and which ensures visibility and legibility of the information.</p>

11. Omega-6 fatty acids

Nutritional attributes	Composition criteria	Labeling criteria
Source	Minimum of 1.5 g of linolenic acid per reference serving and per individual package, when applicable; and Minimum of 45% of fatty acids present in the food correspond to linoleic fatty acid; and More than 20% of the food total energy value is from linoleic acid.	The amount of monounsaturated fats, polyunsaturated fats, omega-6, and cholesterol shall be declared on the nutrition facts label in accordance with Annex XI of this Normative Instruction; and If the food does not meet the criteria for the nutritional attributes 'low in or reduced saturated fats', the following shall be declared with the nutritional claim: "This food is not low in nor has reduced saturated fats". It shall have the same font of the nutritional claim and at least 50% of its size, in a color contrasting the color of the label background, and which ensures visibility and legibility of the information.
High content	Minimum of 3 g of linolenic acid per reference serving and per individual package, when applicable; and Minimum of 45% of fatty acids present in the food correspond to linoleic fatty acid; and More than 20% of the food total energy value is from linoleic acid.	The amount of monounsaturated fats, polyunsaturated fats, omega-6, and cholesterol shall be declared on the nutrition facts label in accordance with Annex XI of this Normative Instruction; and If the food does not meet the criteria for the nutritional attributes 'low in or reduced saturated fats', the following shall be declared with the nutritional claim: "This food is not low in nor has reduced saturated fats". It shall have the same font of the nutritional claim and at least 50% of its size, in a color contrasting the color of the label background, and which ensures visibility and legibility of the information.

12. Omega-9 fatty acids

Nutritional attributes	Composition criteria	Labeling criteria
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Source	<p>Minimum of 2 g of oleic acid per reference serving and per individual package, when applicable; and</p> <p>Minimum of 45% of fatty acids present in the food correspond to oleic fatty acid; and</p> <p>More than 20% of the food total energy value is from oleic acid.</p>	<p>The amount of monounsaturated fats, omega-9, polyunsaturated fats, and cholesterol shall be declared on the nutrition facts label in accordance with Annex XI of this Normative Instruction; and</p> <p>If the food does not meet the criteria for the nutritional attributes 'low in or reduced saturated fats', the following shall be declared with the nutritional claim: "This food is not low in nor has reduced saturated fats". It shall have the same font of the nutritional claim and at least 50% of its size, in a color contrasting the color of the label background, and which ensures visibility and legibility of the information.</p>
High content	<p>Minimum of 4 g of oleic acid per reference serving and per individual package, when applicable; and</p> <p>Minimum of 45% of fatty acids present in the food correspond to oleic fatty acid; and</p> <p>More than 20% of the food total energy value is from oleic acid.</p>	<p>The amount of monounsaturated fats, omega-9, polyunsaturated fats, and cholesterol shall be declared on the nutrition facts label in accordance with Annex XI of this Normative Instruction; and</p> <p>If the food does not meet the criteria for the nutritional attributes 'low in or reduced saturated fats', the following shall be declared with the nutritional claim: "This food is not low in nor has reduced saturated fats". It shall have the same font of the nutritional claim and at least 50% of its size, in a color contrasting the color of the label background, and which ensures visibility and legibility of the information.</p>
13. Proteins		
Nutritional attributes	Composition criteria	Labeling criteria
Source	<p>Minimum of 10% of DRV from proteins defined in Annex II of this Normative Instruction per reference serving and per individual package, when applicable; and</p> <p>The amounts of essential amino acids from added protein comply with those defined in Annex XXI of this Normative Instruction.</p>	

High content	<p>Minimum of 20% of DRV from proteins defined in Annex II of this Normative Instruction per reference serving and per individual package, when applicable; and</p> <p>The amounts of essential amino acids from added protein comply with those defined in Annex XXI of this Normative Instruction.</p>	
Increased	<p>Minimum increase of 25%; and</p> <p>The reference food meets the criteria for the nutritional attribute 'source of protein'; and</p> <p>The amounts of essential amino acids from added protein comply with those defined in Annex XXI of this Normative Instruction.</p>	

14. Dietary fibers

Nutritional attributes	Composition criteria	Labeling criteria
Source	Minimum of 10% of DRV from dietary fibers defined in Annex II of this Normative Instruction per reference serving and per individual package, when applicable.	Nutrition claims for specific dietary fibers cannot be declared.
High content	Minimum of 20% of DRV from dietary fibers defined in Annex II of this Normative Instruction per reference serving and per individual package, when applicable.	Nutrition claims for specific dietary fibers cannot be declared.
Increased	<p>Minimum increase of 25%; and</p> <p>The reference food meets the criteria for the nutritional attribute 'source of dietary fibers'.</p>	Nutrition claims for specific dietary fibers cannot be declared.

15. Vitamins and minerals

Nutritional attributes	Composition criteria	Labeling criteria
Source	Minimum of 15% of DRV from the respective vitamin or mineral defined in Annex II of this	

	Normative Instruction per reference serving and per individual package, when applicable.	
High content	Minimum of 30% of DRV from the respective vitamin or mineral defined in Annex II of this Normative Instruction per reference serving and per individual package, when applicable.	
Increased	Minimum increase of 25%; and The reference food meets the criteria for the nutritional attribute 'source of vitamin or mineral', as claimed.	

ANNEX XXI

AMINO ACID PROFILE TO DECLARE NUTRITION CLAIMS OF PROTEINS.

Amino acids	Reference Composition (milligram of amino acid per gram of protein).
Histidine	15
Isoleucine	30
Leucine	59
Lysine	45
Methionine and cysteine	22
Phenylalanine and tyrosine	38
Threonine	23
Tryptophan	6
Valine	39

ANNEX XXII

CONVERSION FACTORS TO DETERMINE THE ENERGY VALUE OF FOODS.

Nutrients	Conversion factor (kcal/g)
Carbohydrates, except polyols	4
Proteins	4
Fats	9
Alcohol (ethanol)	7

Organic acids	3
Lactitol	2
Xylitol	2.4
Maltitol	2.1
Sorbitol	2.6
Mannitol	1.6
Erythritol	0
Isomalt	2
Tagatose	3
Soluble dietary fibers, except polydextrose	2
Polydextrose	1

ANNEX XXIII

CONVERSION FACTORS OF NUTRIENTS TO DETERMINE THE NUTRITIONAL VALUE OF FOODS.

Nutrients	Conversion factors
Vitamin A	1 µg retinol activity equivalent (RAE) = 3.33 IU vitamin A = 1 µg retinol = 12 µg beta-carotene = 24 µg other provitamin A carotenoids.
Vitamin D	1 µg cholecalciferol = 40 IU vitamin D.
Vitamin E	1 mg alpha-tocopherol = 1 mg d-alpha-tocopherol (natural) = 2 mg synthetic alpha-tocopherol = 1.49 IU
Niacin	1 mg niacin equivalent (NE) = 1 mg niacin = 60 mg tryptophan.
Folic acid	1 µg dietary folate equivalent (DFE) = 1 µg folate naturally present in the food = 0.6 µg folic acid = 0.6 µg L-methylfolate of supplement.
Proteins	When determined by the Kjeldahl method, apply the formula "Protein = total nitrogen content x factor", using the following factors: (1) 6.25 for soy and corn proteins; (2) 5.75 for other vegetable proteins; (3) 6.38 for dairy proteins; and (4) 6.25 for meat proteins or protein mix.

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