Nutrition Toolkit for Healthcare Catering

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Summary

What is it?
The BDA Food Services Specialist Group has compiled the following toolkit about the steps that must be taken in order to comply with the nutrition labelling requirements set out in Regulation (EU) No. 1169/2011 on the provision of Food Information to Consumers (EU FIC), due to come into force on the 13th December 2016. The key requirements have been expressed as a simple flow chart at the end of the toolkit. Links to more detailed information can be found within the document.

Who is it for?
All individuals involved in food service provision but particularly for hospital catering services and dietetic teams, it clarifies their responsibilities if the decision is made to provide nutrition information for non-prepacked foods voluntarily.

Why do we need it?
To ensure compliance with EU FIC 1169/2011, which will guarantee nutrition information will be provided in a uniform way across the UK. This will enable customers and patients to make more informed decisions on food and beverage items.

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Allergen Labelling
Since December 2014, it has been mandatory for the 14 allergens, identified by the EU as most likely to cause harm, to be made known to consumers buying any prepacked or non-prepacked food and/or beverage item. For prepacked items there are strict guidelines as to how and where the allergen information must be displayed. Further information on this subject can be found here www.bda.uk.com/publications/professional/food_allergen_toolkit_food_counts
The provision of allergen information is now an ingrained part of the day-to-day running of all hospital catering services across the UK.

Nutrition Labelling
Since December 2014, it has also been a mandatory requirement for prepacked foods with a nutrition or health claim to provide nutrition information in accordance with EU FIC. But from 13th December 2016 it will be a mandatory requirement to provide nutrition information on all prepacked food, regardless of whether a nutrition or health claim is made.
There is no requirement under **EU FIC** for nutrition information to be provided for food sold *non-prepacked* and there are no current plans to introduce mandatory nutrition labelling for non-prepacked foods.

* Non-prepacked foods are classified as:
  * Foods offered for sale to the final consumer or mass caterers without prepackaging;
  * Foods packed on the sales premises at the consumer’s request; and
  * Foods prepacked for direct sale, for example, foods packaged and then sold on the same premises or local sites trading under the same name (e.g. sandwiches or salad boxes).

However, in many hospital catering services, nutrition information for non-prepacked foods is often:

  * Voluntarily displayed (in restaurant settings) so that,
    o Companies can uphold their Responsibility Deal obligations
    o Staff and visitors can make informed decisions when making food choices
  
  OR

  * Provided to Trust Dietetic or Clinical teams (in patient settings) so that,
    o The nutritional capacity of the menu can be assessed
    o Menus can be given appropriate dietary codes based on the nutritional content of the dishes
    o Advice can be given to patients about which meals or products best meet their nutritional needs

**REMEMBER**
If hospital catering services do decide to provide nutrition information for non-prepacked foods voluntarily then from December 2016 it must be provided in a **specific format**.
**EU FIC Nutrition Requirements December 2016: What do you need to provide?**

**YES**

**Do you provide prepacked foods?**

**NO**

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Provision of nutrition labelling on product packaging is mandatory under **EU FIC** *(On pack labelling is mandatory when for direct sale to consumers. When Business to Business this information can be provided on the pre-packaging or on a label attached thereto or on the commercial documents referring to the foods)*

Nutrition information must be provided in the format below:

*Energy value (both in kJ and kcal) + fat (g), saturates (g), carbohydrate (g), sugars (g), protein (g) and salt (g)*

Nutrients must be provided in this order in a tabular format with the numbers aligned. Where space does not permit, the declaration must appear in a linear format.

The nutrition information must be per 100g or per 100ml but in addition it can also be provided per portion

*Energy must be calculated using the formula:*

\[
\text{kcal} = (\text{Fat} \times 9) + (\text{Carbohydrate} \times 4) + (\text{Protein} \times 4) + (\text{Fibre} \times 2)
\]

\[
\text{kJ} = (\text{Fat} \times 37) + (\text{Carbohydrate} \times 17) + (\text{Protein} \times 17) + (\text{Fibre} \times 8)
\]

Salt is sodium \( \times 2.5 \)

If a nutrition and/or health claim is made or if vitamins and/or minerals are added to a foodstuff, a nutrition declaration should be made in accordance with EU FIC from 13th December 2014.

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**YES**

Nutrition information must be provided in one of the following formats:

1. Energy value (both kJ and kcal) + fat (g), saturates (g), carbohydrate (g), sugars (g), protein (g) and salt (g)
2. Energy value (both kJ and kcal) only
3. Energy value (both kJ and kcal) + fat (g), saturates (g), sugars (g) and salt (g)

This information can be provided:

1. per 100g or per 100ml only
2. per 100g or per 100ml plus per portion
3. per portion only (only if you are providing energy value alone or energy + fat, saturates, sugars and salt)

There is no stipulation as to where this nutrition information is placed but hospital catering services need to ensure they are adhering to any contractual or voluntary responsibilities they may have.

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**NO**

Provision of nutrition information for non-prepacked foods is not mandatory.

**Do you wish to provide voluntary nutrition information to your customers or Trust Dietitians?**

**YES**

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No further action is required.

Further guidance can be found at [http://bit.ly/1Vs52jT](http://bit.ly/1Vs52jT)