

SAFEGUARDS

SGS CONSUMER TESTING SERVICES

FOOD

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NEW FOOD LABELLING REGULATION IN SOUTH AFRICA

South Africa established a new labelling regulation (R146)¹ which will be enforceable for national and international food manufacturers beginning 1 March, 2012. This legislation attempts to assist consumers with their food purchasing decision by preventing the propagation of misleading and ambiguous messages on foodstuff labels.

The South African Department of Health (DoH) found that the existing food labeling regulation (R2034), established in 1993, was outdated in regard to scientific research as well as international Codex standard and guidelines. Hence, DoH replaced the existing regulation with the new regulation R146 after considerable debating, compiling and amending. A brief summary of some sections of the regulations (R146) pertaining to labeling and advertising are shown:

MANDATORY INFORMATION

- Name and address of manufacturer or importer or distributor
- Instructions of use
- Net content
- Country of origin
- Batch identification
- Use by date
- Nutrient analysis (it must be reported in table form per 100 g of product as eaten (or if not, clearly stating per 100 g of dry product) or per 100 ml of liquids
- List of Ingredients: The label must be contained the content of foodstuff e.g. colorants, preservative, herbs & spices, etc. Ingredients must be listed in order of descending mass (not volume). The ingredient weighing the most will be listed first and the ingredient weighing the least will be listed last.
- Common allergens such as gluten, milk, eggs, soy, peanuts, tree nuts, shellfish or crustacean, or significant cereals (wheat, rye, barley, and oats)



¹ [New regulations relating to the labelling and advertising of foodstuffs becomes law](#)

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PROHIBITED INFORMATION AND CLAIM ON LABELS ²

- Words, pictorial representation, marks, logo or description which create an impression that foods are endorsed by health practitioner, organizations, foundations and other (excluding religious certification organization, Fauna & Flora certification, and organization accredited by South African National Accreditation System (SANAS))
- Individual endorsement or testimony implies a nutritional claim
- An endorsement of manufacturer or seller (inform of a logo, mark, symbol, written or verbal statement)
- Forbidden word for nutrient content claim including "rich in", "excellent source", "good source", "enrich with X", "with added X", "X free" or similar wording
- Prohibited word "nutritious" or "healthy" or "wholesome", "complete nutrition" or "balance nutrition" or other words or symbols which implying health giving properties
- The word "cure" or any other medicinal claim
- Misleading descriptions e.g. "grain fed", "Karoo lamb", "natural lamb", "country reared", "free range", "pure", and "organic"
- Not contain statements to effect of being fresh, natural, pure, traditional, original, authentic, real, genuine, homemade, farm house, handmade, selected, premium, finest, quality or best or any other words or pictures which convey similar concepts unless the products are compliant with United Kingdom Food Standards Agency (FSA) criteria.

² [Foodstuffs, Cosmetics and Disinfections Act, 1972 \(Act 54 of 1972\), Regulations Relating to the Labelling and Advertising of Foodstuffs](#)



With SGS Food Safety Services available worldwide, we are able to provide you with a range of services including auditing, inspection, nutritional analysis, food labeling reviews, and technical assistance for food products according to worldwide food regulations. Please do not hesitate to contact us for further information.

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