

fssai



सत्यमेव जयते

FOOD SAFETY AND STANDARDS
AUTHORITY OF INDIA

Inspiring Trust, Assuring Safe & Nutritious Food
Ministry of Health and Family Welfare, Government of India

GUIDANCE NOTE ON
**DISPLAY OF INFORMATION IN
FOOD SERVICE ESTABLISHMENTS
(MENU LABELLING)**



*Eating on the go?
Calories are now on the menu*

Menu labelling is aimed at informing consumers about the calorific value and nutritional content of the food. In India, eating out is a common practice nowadays. It is important for consumers to understand what they eat. Menu labelling is a crucial step towards helping citizens make informed choices while ordering food. Menu labelling will:

- Provide customers with information to help them make well informed choices about what they eat and feed their children when dining out.
- Help consumers to choose smaller portions.
- Promote public health.
- Help maintain market share of Restaurants & QSRs and to gain a competitive advantage as a healthy place to eat.

This document is intended to help and guide regulated food service premise owners and operators understand and implement menu labelling requirements as per aforementioned regulations.

Regulatory Provisions

Sub-Regulation 2.4.6 of Food Safety and Standards (Packaging and Labelling) First Amendment Regulations, 2020 dated 21st August 2020 specifies the requirements for 'Display of information in Food Service Establishments' with effect from 1st January 2022. FSSAI issued directions dated 28.12.2021 under Section 16(5) of the FSS Act vide which it has been conveyed to all the Food Safety Commissioners and Central Licensing Authorities that samples of the food items listed on the menu cards/boards/booklets by the FBOs shall not be taken up to check/verify the respective declarations of calorific value and nutritional information till 30th June, 2022, in order to grant additional time to the FBOs to adopt the practice of Menu Labelling in a self-compliant manner.

Eligible Food Service Establishments

Menu Labelling shall apply to the following food service establishments:

- Having Central License
- Outlets at ten or more locations.
- E-Commerce FBOs selling food products of those FBOs mandated for declaration under Menu Labelling for such foods.

Explanatory Notes:

A few examples of Food Service Establishments that fall under the ambit of these Regulations are as follows:

- All Five Star Hotels (Central Licenses);
- One/Two/Three/Four Star Hotels with State License but having outlets at 10 or more locations;
- Restaurants having Central license;
- Restaurants/Clubs/Canteens with State Licenses having outlets at 10 or more locations;
- Flight/Railway Caterers having Central License;
- Departmental Canteens at the premises of Central Govt. Institutions;
- Cloud Kitchens/Dhabas with State Licenses having outlets at 10 or more locations;
- E-Commerce FBOs selling food products of those FBOs mandated for declaration under Menu Labelling for such foods.

Exempted Food Service Establishments

Event caterers and food service premises that operate for less than sixty days in a calendar year (consecutively or non-consecutively) are exempted from the scope of these regulations.

Explanatory Notes:

- Food Service Establishments such as temporary stall holders/Food Stalls/arrangements in religious gatherings, fairs, etc. which operate for less than sixty days in a calendar year are exempted from the provisions of these regulations.
- Mid-Day Meal Caterers/Canteens, since it is a Centrally sponsored scheme for a targeted population, where food is served on the basis of a pre-determined calorific value.
- Restaurants/Clubs/Canteens with State Licenses having outlets at less than 10 locations

Where to display the information?

The calorific value of the food product/dish, allergen information and logo of vegetarian/non-vegetarian food is to be displayed on Menu Cards/ Menu Boards/Display Boards/Booklets

In addition, the handouts/booklets/website/digital application/advertisement material (both digital and printed) where the menu/dish/product is displayed for information or ordering shall contain detailed nutritional information and other declarations as mentioned in the regulations.

What information must be displayed?

I. Food Menu Card/Menu Board/Digital Menus/Display Boards/Booklets (MANDATORY INFORMATION)

1. Calorific Value and Serving size:

The serve size of the food product/dish should also be mentioned clearly against the food items in the menu. Calorific value or energy (in kcal per serving and serving size) against the food items needs to be displayed, adjacent to its name or price.

In addition, the reference information on calorie requirements shall also be displayed clearly and prominently in the form of this statement,

“An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary”.

However, flexibility in the wordings of the above statement is acceptable, provided that the meaning of the statement is not altered.

Note: Deviation of 25 percent in case of calorific value is tolerable.

2. Allergen information;

Information relating to allergens is to be declared, if food consists of or are made of the following:

- (i) Cereals containing gluten; i.e., wheat, rye, barley, oats, spelt or their hybridized strains and products of these;
- (ii) Crustacean and their products;
- (iii) Milk and milk products;
- iv) Eggs and egg products;
- (v) Fish and fish products;
- (vi) Groundnut, tree nuts and their products;
- (vii) Soybeans and their products;
- (viii) Sulphite in concentrations of 10mg/kg or more:

The allergen information may be declared in the form of easy to understand symbols or as text. Few suggestions of possible symbols for allergens are as follows:

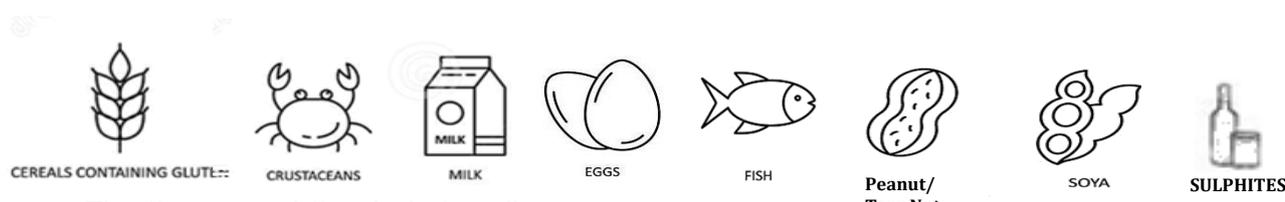


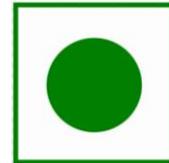
Fig: Suggested Symbols for allergens

3. Logo for vegetarian or non-vegetarian

As per FSS (Packaging and Labelling) Regulations, 2011 following are the symbols for

a. Vegetarian Food Items or dishes:

For dishes or food products prepared from vegetarian sources such as cereals, pulses and legumes, vegetables, fruits, milk and milk products, a **Dark Green color filled circle inside a square with green outline** should appear in front of the name of the dish.



b. Non-vegetarian food products

For dishes or food products containing egg, meat, fish and seafood and or products derived from these food items a **Brown color filled triangle inside a square with brown outline** should appear in front of the name of the dish.



Note: The information so provided as mentioned above shall be unobstructed and readily legible to customers (see sample displays).

Exempted food products/dishes/meals

The Food Service Establishments need not declare the information for:

- Self-serve condiments that are free of charge and not listed on the menu;
- Special-order items or modified meals and menu items prepared as per request of the customer;

II. Booklet or Hand-out or Website or Digital Application

(ADDITIONAL INFORMATION TO BE GIVEN UPON CUSTOMER REQUEST)

Food Service Establishments are also required to keep written nutritional information for the food items sold by them in the form of a booklet or hand-out which shall be provided to the consumer upon request.

1. Nutritional Information

Nutritional Information or nutritional facts per 100 gm or 100ml or per serving of the product should be given as under-

- (i) energy value in kcal;
- (ii) the amounts of protein, carbohydrate (specify quantity of sugar) and fat in gram (g) ;
- (iii) the amount of any other nutrient for which a nutrition or health claim is made.
- (iv) Wherever, numerical information on vitamins and minerals is declared, it shall be expressed in metric units
- (v) Where the nutrition declaration is made per serving, the amount in gram (g) or milliliter (ml) shall be included for reference beside the serving measure.
- (vi) Every package of edible oils, inter-esterified vegetable fat, both hydrogenated or partially hydrogenated oils, edible fats, margarine and fat spreads (mixed fat spread and vegetable fat spread) and package of food in which fats, oils and fat emulsions is used as an ingredient shall declare the quantity of trans fat content and saturated fat content.

Provided further that, a health claim of 'trans-fat free' may be made in cases where the trans-fat is less than 0.2 gm per serving of food and the claim 'saturated fat free' may be made in cases where the saturated fat does not exceed 0.1 gm per 100 gm or 100 ml of food.

Note: Deviation of 25 percent in case of nutritional information is tolerable.

Exempted food products/dishes/meals

Nutritional information may not be necessary, in case of foods such as:

- Raw agricultural commodities, like, wheat, rice, cereals, spices, spice mixes, herbs, condiments, table salt, sugar, jaggery.
- Non–nutritive products, like, soluble tea, coffee, soluble coffee, coffee-chicory mixture.
- Packaged drinking water, packaged mineral water, packed alcoholic beverages or fruit and vegetables beverages, processed and prepackaged assorted vegetables, fruits, vegetables, Pickles, Papads
- Products that comprise of single ingredient
- Food shipped in bulk which is not for sale in that form to consumers.

2. Declarations for specific ingredients

If any of the following items are added in the dish/ food item, then the following declaration should be included against that particular dish/food item:

Ingredient	Declaration
Added Monosodium Glutamate	Contains Added MONOSODIUM GLUTAMATE” NOT RECOMMENDED FOR INFANTS BELOW -12 MONTHS
Artificial Sweetener	CONTAINS ARTIFICIAL SWEETENER AND FOR CALORIE CONSCIOUS
Added Caffeine	CONTAINS CAFFEINE
Polyols	Polyols may have laxative effects
Polydextrose	Polydextrose may have laxative effects
Plant Stanol Esters in fat spread, milk products, milk based fruit drink, fermented milk products, soy and rice drink, cheese products, yoghurt products, spice sauces, salad dressings, juices and nectars containing plant stanol esters	“Contains Plant Stanol Esters (as Plant Stanols)---gm/100 gm or 100ml.” “Patients on cholesterol lowering medication should use the product under medical supervision.” “May not be nutritionally appropriate for pregnant and lactating women and children under the age of five years.” “CONSUMPTION OF MORE THAN 3g. PER DAY, TOTAL OF STEROL, STANOLS OR COMBINATION THEREOF SHALL BE AVOIDED.”

3. Information relating to organic food or ingredients, if claimed.

For the products/dish containing organic ingredients or Organic food, full and accurate information on the organic status of the product through FSSAI’s organic logo shall be given.



G. Methods to determine nutritive value of food items

Calorie and nutrition information for all food items/meal/platter/portion-wise being prepared and sold by the food businesses covered under the ambit of aforesaid regulations should be calculated. Various methods of calculating nutritive value are:

- Laboratory testing and a nutrient analysis method- This method may be used by QSRs, Coffee Chains, Restaurants with standardized recipes which are producing standardized food items and beverages at various outlets.
- Calculation using the nutritive values of various food products by using nutritive/calorific values of each of the ingredients provided by a credible scientifically-backed source. The FBOs need to keep documentation/records of all such sources used for calculation either in physical or soft copy form and may show to the Food Safety Officers, as and when requested for.

SAMPLE CALCULATION

How to calculate nutrition content of a recipe ?

1. Write the amount of ingredients being used per serve/portion while cooking a dish (if no standardized recipe available, then approximate amounts may be mentioned). Example: Ingredients of **Masala Peas Corn** per portion/serve are:

Ingredients	Amount per portion/serve
Onion	30gm
Tomato	20gm
Corn	30gm
Green Peas	30 gm
Refined oil	10 ml
Cashew	10gm
Ginger	5gm
Garlic	5gm
Red chilly powder	2gm
Garam masala	2gm
Salt	25gm
Coriander leaves	20gm

2. Use the selected ingredients of Masala Peas Corn (spices and condiments not included) for calculation of Energy/Calories and macro nutrients like Fat, Protein and Carbohydrates.

Ingredients	Amount per portion/serve
<i>Onion</i>	<i>30gm</i>
<i>Tomato</i>	<i>20gm</i>
<i>Corn</i>	<i>30gm</i>
<i>Green Peas</i>	<i>30 gm</i>
<i>Refined oil</i>	<i>10 ml</i>

3. Calculation Method:

a) For calculation of energy use the following energy conversion factors:

Component	kcal/g
<i>Protein</i>	4
<i>Fat</i>	9
<i>Available Carbohydrate</i>	4
<i>Fibre</i>	2

Further, to convert energy in kJ to kcal, divide kJ value by 4.186.

b) Calculation of energy from refined oil –

100ml of oil provides 900 Kcal of energy (1g of fat provides 9kcal)

Then, 10 ml will provide $900/100 \times 10 = 90$ Kcal Energy

c) Calculation of energy and other nutrients:

Energy/calorie and nutrients for other ingredients may be calculated as depicted below using the standard values of energy/calories and macronutrients per 100g of food in various food items as provided in the Book: Indian Food Composition Tables, 2017 by National Institute of Nutrition (ICMR).

Energy:

Ingredients	Amount per portion/serve	Energy per 100g	Energy per portion/ Serve	Energy per portion/ serve*
		(kJ)	kJ	kcal
<i>Onion</i>	30gm	201±9	60.3	14.4
<i>Tomato</i>	20gm	87±7	17.4	4.2
<i>Corn</i>	30gm	306±18	91.8	21.9
<i>Green Peas</i>	30 gm	340±19	102	24.4
<i>Refined oil</i>	10ml	-	-	90
<i>Cashew</i>	10gm	1024	102.4	24.5
TOTAL				179.4 ≈ 179 kcal

*1 kJ = 0.239006 kcal

Other Nutrients

<i>Ingredients</i>	<i>Amount per portion/serve</i>	<i>Protein per 100g</i>	<i>Protein per portion/serve</i>	<i>Fat per 100 g</i>	<i>Fat per portion/serve</i>
			(g)	(g)	
<i>Onion</i>	<i>30gm</i>	1.50±.10	0.5	0.24±0.03	0.1
<i>Tomato</i>	<i>20gm</i>	0.76±0.03	0.2	0.25±0.02	-
<i>corn</i>	<i>30gm</i>	2.69±0.23	0.8	1.33±0.23	0.4
<i>Green Peas</i>	<i>30 gm</i>	20.43±0.79	6.1	0.13±0.02	0.1
<i>Refined oil</i>	<i>10ml</i>	-	-		10
<i>Cashew</i>	<i>10gm</i>	18.78±0.58	1.9	45.20±0.07	4.5
<i>TOTAL</i>			9.5 g		15.1

Hence, one portion of masala peas corn provides 179 kcal energy, 9.5 g protein, 15.1g fat.

Note: The sample calculation has been done on the basis of values provided by NIN-ICMR (Book Reference: Indian Food Composition Table, 2017)

SAMPLE MENU DISPLAYS

Sample Menu

Paneer Preparations

Serving Size = 1 Bowl of 250 ml

	A	Calorie per serving	Price per pc.
Paneer Butter Masala		297 kcal	390
Shahi Paneer		340 kcal	410
Paneer Lababdar		310 kcal	290
Matar Paneer		244 kcal	240
Paneer Sashlik		255 kcal	320

Cereal Preparations

	A	Serving Size	Calories per serving	Price per pc.
Plain Naan		1 pc.	262 kcal	45
Butter Naan		1 pc.	313 kcal	60
Garlic Naan		1 pc.	313 kcal	90
Roti		1 pc.	63 kcal	15
Missi Roti		1 pc.	125 kcal	35
Tandoori Roti		1 pc.	102 kcal	40

Desserts

	A	Serving Size	Calories per serving	Price per pc.
Gulab Jamun		2 pc.	300 kcal	210
Ras Malai		2 pc.	331 kcal	280
Ice Cream (Vanilla/Chocolate)		1 scoop	137 kcal	180
Rabri		1 small bowl (120 ml)	238 kcal	190

A

ALLERGEN INFORMATION KEY



Contains cereals containing gluten



Contains Nuts



Contains crustacean or their products;



Contains milk or its products



Contains eggs or its products



Contains fish or its products



Contains groundnut, tree nut or their products



Contains Soya or its products



Contains sulphites in concentrations of 10mg/kg or more

Note: An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary".

SAMPLE DISPLAY FOR WEBSITE/MOBILE APPLICATION



Masala Paneer Tikka Wrap ADD +
customizable

★★★★☆ 183 votes

₹150 282 kcal | Contains Milk Product and cereal containing gluten

We dont have any pun for paneer, but we do have a lot of surprises in this exciting snack that we roll into this wrap. Fresh paneer is smoked to perfection & drizzled with minty, spicy mayonnaise & wrapped in soft roti.

[Detailed Nutritional Information](#)

Detailed Nutritional Information (Popup/dropdown)

Masala Paneer Tikka Wrap

Ingredient	Quantity	Energy (kcal)	Carbohydrate (g)	Protein (g)	Fat(g)
Paneer	50 g	129.1	6.2	9.4	7.4
Wrap	58 g	153.3	27.5	4.9	2.7
Total		282.4	33.7	14.3	10.1

SAMPLE BUFFET DISPLAY

Palak Paneer 

Serving Size = 1 bowl (250 gm)

355 Calories

Allergen Information:
Contains Milk & Milk Products
Contains Tree Nuts