

# National Food Administration's Regulations on the Use of a Particular Symbol<sup>1</sup> ;

LIVSFS 2005:9

*Translation by the Swedish National Food Administration March 2006*

*This translation is provided for information and guidance only and is not itself a legal document. While every care has been taken to translate the original Swedish text as accurately as possible, it must be emphasized that differences in conditions, legislation and terminology in various countries may create difficulties in the correct interpretation of information of this kind. Consequently, the Swedish National Food Administration cannot accept responsibility for any loss or damage arising from the misinterpretation of this English translation.*

## § 1 Labelling of foodstuffs with a symbol which

- implies a low fat, sugar or salt content, or
- implies a high dietary fibre content

may only be carried out using a symbol which is formulated in accordance with the example below and represented in green or black.

The symbol shall be followed by the ® mark.



**Figur 1** picture of Keyhole

The first paragraph shall not apply to other symbols on foodstuffs which are lawfully labelled or placed on the market in another Member State of the EU or in Norway, Iceland, Liechtenstein or Turkey.

## § 2 Labelling in accordance with Section 1 may only be carried out on

- pre-packaged foodstuffs specified in the *Annex* to these provisions and on
- unpackaged foodstuffs referred to under items 13, 18 and 19 of the *Annex* to these provisions.

---

<sup>1</sup> Order reprinted 1990:310. Most recent wording of § 25 2000:692 and of § 55 1998:133. These administrative provisions have been notified in accordance with Directive 98/34/EC of the European Parliament and of the Council of 22 June 1998 laying down a procedure for the provision of information in the field of technical standards and regulations and of rules on Information Society Services (OJ L 204, 21.7.1998, p. 37, Celex 31998L0034, as amended by European Parliament and Council Directive 98/48/EC, OJ L 217, 5.8.1998, p. 18, Celex 31998L0048.)

Foodstuffs may be labelled in accordance with paragraph 1 only if they satisfy the conditions specified in the *Annex*.

Foodstuffs intended for children up to the age of 36 months must not be labelled with the symbol.

---

These provisions shall enter into force on June 1, 2005, at which time the National Food Administration's Regulations and General Advice on the Use of a Particular Symbol are repealed (SLVFS 1989:2).

The General Advice in the older statute (SLVFS 1989:2) may be applied until November 30, 2006. However, the following foodstuffs labelled before that date may be placed on the market in accordance with the older provisions until June 30, 2007:

- the breakfast cereal group,
- gruel, in the “gruel and porridge” group,
- deep-frozen ready-prepared food in the group “ready-prepared food (except desserts; except food intended for children), consisting of a product containing meat, fish or vegetables with potatoes, rice, pasta or other cereal products and where appropriate sauce, greens or root bulbs”.

The General Advice relating to advertising and other types of marketing and to indications related to ready-prepared food served in institutional caterings and restaurants may continue to be applied.

## Foodstuffs which may be labelled with the symbol

Foodstuffs	Conditions
1. Skimmed milk and other low-fat milk ["minimjök" and "lättmjök"] and the equivalent fermented products	- maximum fat content 0.5 g/100 g
2. Flavoured fermented milk products without sweeteners	- maximum fat content 0.5 g/100 g - total mono- and disaccharides maximum 9 g/100 g
3. Vegetable products without sweeteners intended as alternatives to products under item 1	- maximum fat content 1.5 g/100 g - saturated fatty acids and trans fatty acids not more than 0.3 g/100 g - no refined mono- and disaccharides added
4. Products consisting of a mixture of milk and cream only, intended as an alternative to cream	- maximum fat content 5 g/100 g
5. Products wholly or partially of vegetable origin intended to be used as alternatives to products under item 4	- maximum fat content 5 g/100 g - no refined mono- and disaccharides added - no added sodium
6. Fermented milk products and the equivalent products wholly or partially of vegetable origin and not covered under items 1 – 3. The products may contain added flavourings and shall primarily be intended for cooking.	- maximum fat content 5 g/100 g - no refined mono- and disaccharides added - no added sodium
7. Processed cheese and the equivalent flavoured products ( <i>in Swedish: smältost</i> )	- maximum fat content 10 g/100 g - no refined mono- and disaccharides added - maximum sodium content 1 200 mg/100 g
8. Fresh cheese and the equivalent flavoured products ( <i>in Swedish: färskost</i> )	- maximum fat content 5 g/100 g - no refined mono- and disaccharides added - maximum sodium content 350 mg/100 g
9. Other cheese and margarine cheese and the equivalent flavoured products	- maximum fat content 17 g/100 g - maximum sodium content 480 mg/100 g
10. Edible fats and mixtures of edible fats subject to Council Regulation (EC) No 2991/94 on spreadable fats <sup>2</sup> and the equivalent flavoured products	- maximum fat content 41 g/100 g - saturated fatty acids and trans fatty acids not more than 33% of the total fat content - maximum sodium content 600 mg/100 g
11. Spreadable products not covered under items 7-10, produced from milk and/or vegetable oils and fats and/or fish oil, intended mainly to be used as a spread	- maximum fat content 17 g/100 g - saturated fatty acids and trans fatty acids not more than 33% of the total fat content - no refined mono- and disaccharides added - maximum sodium content 600 mg/100 g
12. Meat (muscle tissue) of cattle, pigs, sheep, poultry or game which has not been treated; however, it may have been skewered, sliced, boned, cut up, trimmed, ground, refrigerated, deep frozen and defrosted	- maximum fat content 10 g/100 g
13. Fish that has not been treated; however, it may have been divided into pieces, sliced, boned, minced, cut up, cleaned, trimmed, ground, refrigerated, deep-frozen and defrosted	

<sup>2</sup> Council Regulation (EC) No 2991/94 of 5 December 1994 laying down standards for spreadable fats (OJ L 316, 9.12.1994, p. 2, Celex 31994R2991).

Foodstuffs	Conditions
<p>14. a) Products which are made primarily of the meat (muscle tissue), liver or blood of cattle, pigs, sheep, poultry or game or of fish or crustaceans, and b) products resembling meat, fish or crustaceans and based entirely on vegetable raw ingredients (except cereals), intended as alternatives to the products under a). The products under a) and b) may contain sauce or stock. The products must not be covered by coating of e.g. bread crumbs and/or eggs.</p>	<ul style="list-style-type: none"> <li>- maximum fat content 10 g/100 g</li> </ul>
<p>15. Ready-prepared products (with the exception of products under item 16) intended to constitute a main meal and which, per portion, contain</p> <ul style="list-style-type: none"> <li>- 1670-3140 kJ (400-750 kcal) and</li> <li>- minimum 80 g of root vegetables, leguminous plants and other vegetables and/or fruit and berries; potatoes excluded</li> </ul>	<ul style="list-style-type: none"> <li>- a maximum of 30% of the energy value may come from fat</li> <li>- added refined mono- and disaccharides must not exceed 3 g/100 g</li> <li>- maximum sodium content 400 mg/100 g</li> </ul>
<p>16. Pies (except dessert pies), pirogi and pizzas</p>	<ul style="list-style-type: none"> <li>- a maximum of 30% of the energy value may come from fat</li> <li>- added refined mono- and disaccharides must not exceed 3 g/100 g</li> <li>- maximum sodium content 600 mg/100 g</li> </ul>
<p>17. Soups (ready-prepared products and products prepared according to the manufacturer's instructions) containing 835-1570 kJ (200-375 kcal) per portion</p>	<ul style="list-style-type: none"> <li>- a maximum of 30% of the energy value may come from fat</li> <li>- added refined mono- and disaccharides must not exceed 3 g/100 g</li> <li>- maximum sodium content 400 mg/100 g</li> </ul>
<p>18. Fruit and berries which have not undergone any form of processing; however, they may have been cleaned, sliced, refrigerated, deep frozen and defrosted</p>	<ul style="list-style-type: none"> <li>- no refined mono- and disaccharides added</li> </ul>
<p>19. Potatoes, root vegetables, leguminous plants and other vegetables which have not undergone any form of processing; however, they may have been seasoned, blanched, dried, refrigerated, deep-frozen or defrosted</p>	<ul style="list-style-type: none"> <li>- added refined mono- and disaccharides must not exceed 1 g/100 g</li> <li>- maximum sodium content 200 mg/100 g</li> </ul>
<p>20. Soft bread and bread mixes to which only water and yeast is to be added (for bread mixes, the conditions relate to the prepared product)</p>	<ul style="list-style-type: none"> <li>- maximum fat content 7 g/100 g</li> <li>- total mono- and disaccharides maximum 10 g/100 g</li> <li>- maximum sodium content 600 mg/100 g</li> <li>- dietary fibre minimum 4.5 g/1000 kJ (1.9 g/100 kcal)</li> </ul>
<p>21. Hard bread and rusks</p>	<ul style="list-style-type: none"> <li>- maximum fat content 8 g/100 g</li> <li>- maximum sodium content 600 mg/100 g</li> <li>- dietary fibre minimum 4.5 g/1000 kJ (1.9 g/100 kcal)</li> </ul>
<p>22. Pasta</p>	<ul style="list-style-type: none"> <li>- dietary fibre minimum 4 g/1000 kJ (1.7 g/100 kcal)</li> </ul>
<p>23. Breakfast cereals and muesli</p>	<ul style="list-style-type: none"> <li>- maximum fat content 7 g/100 g</li> <li>- total mono- and disaccharides not more than 13g/100g</li> <li>- maximum sodium content 500 mg/100 g</li> <li>- dietary fibre minimum 4.5 g/1000 kJ (1.9 g/100 kcal)</li> </ul>
<p>24. Cereal flour, flakes and grains</p>	<ul style="list-style-type: none"> <li>- dietary fibre minimum 4.5 g/1000 kJ (1.9 g/100 kcal)</li> </ul>

<b>Foodstuffs</b>	<b>Conditions</b>
25. Porridge and porridge powder (for the powder, the values relate to the prepared product)	<ul style="list-style-type: none"><li>- maximum fat content 5 g/100 g</li><li>- maximum sodium content 200 mg/100 g</li><li>- dietary fibre minimum 4.5 g/1000 kJ (1.9 g/100 kcal)</li></ul>
26. Gruel powder	<ul style="list-style-type: none"><li>- maximum fat content 10 g/100 g powder</li><li>- maximum sodium content 500 mg/100 g powder</li><li>- dietary fibre minimum 3 g/1000 kJ (1.25 g/100 kcal)</li></ul>