

**National Food Administration's
Regulations on the Use of a Particular
Symbol¹ ;**

LIVSFS 2005:9

(as last amended
by
LIVSFS 2009:6)

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.

This version contains amendments made up to June 2009 (LIVSFS 2009:6).

§ 1 Labelling of foodstuffs with a symbol which refers to the content of fat, sugars, salt or dietary fibre 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.



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 § 1 may only be carried out on

- pre-packaged foodstuffs specified in the *Annex* to these Regulations and on
- unpackaged foodstuffs referred to under food groups 12, 18 and 19 of the *Annex* to these Regulations.

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.

¹ These Regulations 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.)

These Regulations (LIVSFS 2005:9) enter into force on 1 June 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at which time the National Food Administration's Regulations and General Advice on the Use of a Particular Symbol are repealed (SLVFS 1989:2).

However, hard cheese, in the "other cheese and margarine cheese" group labelled before 30 November 2006 may be placed on the market in accordance with the older Regulations until stocks run out.

These provisions (LIVSFS 2009:6)² enter into force on 17 June 2009. However, foodstuffs put on the market or labelled in accordance with older Regulations before 17 December 2010 may be placed on the market until stocks run out.

² Mainly amendments of the Annex.

Foodstuffs that may be labelled with the symbol

A) Conditions applicable to all food groups:

- 1) No foodstuffs may contain sweeteners or authorized novel foods or novel food ingredients with sweetening properties.
- 2) Industrially produced trans fatty acids may not exceed 2 g per 100 g oil and/or other fats used in any product.
- 3) In this Regulation the following definitions apply:
whole grain: the whole grain of cereals (bran, germ and endosperm). The grain may be ground, crushed or similarly treated; however, in this case, the original proportions of the respective kind of cereal shall be retained.
cereal: wheat, spelt, rye, oats, barley, maize, rice, millet and durra and other *Sorghum* species.

B) Conditions applicable to individual food groups:

Food groups	Condition(s)
1. Milk and corresponding fermented products.	- fat maximum 0.7 g/100 g
2. Flavoured fermented milk products.	- fat maximum 0.7 g/100 g - total sugars maximum 9 g/100 g
3. Vegetable products intended for the same uses as the products in Group 1.	- fat maximum 1.5 g/100 g - saturated fatty acids maximum 33 % of total fat content - total sugars maximum 5 g/100g - sodium maximum 0.04 g/100 g
4. Products consisting of a mixture of milk and cream and intended for the same uses as cream, and the corresponding fermented products. The products may be flavoured.	- fat maximum 5 g/100 g - total sugars maximum 5 g/100 g - sodium maximum 0.1 g/100 g
5. Products wholly or partially of vegetable origin and intended for the same uses as the products in Group 4.	- fat maximum 5 g/100 g - saturated fatty acids maximum 33 % of total fat content - total sugars maximum 5 g/100 g - sodium maximum 0.1 g/100 g
6. Fresh cheese and corresponding flavoured products.	- fat maximum 5 g/100 g - sodium maximum 0.35 g/100 g

Food groups	Condition(s)
7. Margarine cheese (products wholly or partially of vegetable origin and intended for the same uses as the products in Group 8), and corresponding flavoured products.	<ul style="list-style-type: none"> - fat maximum 17 g/100 g - saturated fatty acids maximum 20 % of total fat content - sodium maximum 0.5 g/100 g
8. Other cheese and corresponding flavoured products.	<ul style="list-style-type: none"> - fat maximum 17 g/100 g - sodium maximum 0.5 g/100 g
9. Edible fats and blends falling within the scope of Council Regulation (EC) No 2991/94 on spreadable fats ³ , and corresponding flavoured products.	<ul style="list-style-type: none"> - fat maximum 41 g/100 g - saturated fatty acids maximum 33 % of total fat content - sodium maximum 0.5 g/100 g
10. Oils and liquid margarine and liquid blends.	<ul style="list-style-type: none"> - saturated fatty acids maximum 20 % of total fat content - sodium maximum 0.5 g/100 g
11. Untreated meat (muscle tissue) and liver of cattle, pig, horse, sheep, goat, poultry or game; however, they may have been divided into pieces, sliced, boned, parted, trimmed, ground, chilled, deep-frozen and thawed.	<ul style="list-style-type: none"> - fat maximum 10 g/100 g
12. Untreated fish, shellfish, shell and other molluscs; however, they may have been divided into pieces, sliced, boned, minced, parted, cleaned, trimmed, ground, chilled, deep-frozen and thawed.	

³ 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).

Food groups	Condition(s)
<p>13 a) Products containing at least 50 % meat (muscle tissue), liver or blood of cattle, pig, horse, sheep, goat, poultry or game.</p> <p>13 b) Products containing at least 50 % fish, shellfish, shell and/or other molluscs.</p> <p>13 c) Products intended as the main protein component in a meal or as a spread and containing at least 95 % vegetable ingredients.</p> <p>The products under 13 a), b) and c) shall not be covered by coating of e.g. bread crumbs and/or eggs but may contain sauce or stock.</p> <p>The 50 % content of the products under a) and b), and the 95 % content under c) apply to the part of the product intended for consumption.</p>	<ul style="list-style-type: none"> - fat maximum 10 g/100 g - total sugars maximum 5 g/100 g <ul style="list-style-type: none"> - fat not originating from fish must not exceed 10 g/100 g - total sugars maximum 5 g/100 g <ul style="list-style-type: none"> - fat maximum 10 g/100 g - total sugars maximum 5 g/100 g <p>The conditions apply to the part of the product intended for consumption.</p>
<p>14. Ready-prepared products (with the exception of products in Groups 15, 16 and 17) intended to constitute a main meal and containing</p> <ul style="list-style-type: none"> - 400-750 kcal (1670-3140 kJ) per portion and - per 100 g product: minimum 25 g root vegetables, leguminous plants other than peanuts, other vegetables and/or fruit and berries (potatoes excluded). 	<ul style="list-style-type: none"> - maximum 30 % of the energy value may come from fat. <p>If the product contains fish consisting of more than 10 % fat, maximum 40 % of the energy value may come from fat; however, the non-fish fat must not exceed 10 g per portion.</p> <ul style="list-style-type: none"> - refined sugars maximum 3 g/100 g - sodium maximum 0.4 g/100 g
<p>15. Pirogues, pizzas and non-dessert pies based on cereals and containing</p> <ul style="list-style-type: none"> - minimum 250 kcal (1050 kJ) per portion and - per 100 g product: minimum 25 g root vegetables, leguminous plants 	<ul style="list-style-type: none"> - maximum 30 % of the energy content may come from fat - refined sugars maximum 3 g/100 g - sodium maximum 0.5 g/100 g

<p>other than peanuts, other vegetables and/or fruit and berries (potatoes excluded). The cereal part shall contain minimum 15 % whole grain calculated on the dry matter basis.</p>	
<p>16. Sandwiches, baguettes, wraps and similar products, based on cereals and containing</p> <ul style="list-style-type: none"> - minimum 250 kcal (1050 kJ) per portion and - per 100 g product: minimum 25 g root vegetables, leguminous plants other than peanuts, other vegetables and/or fruit and berries (potatoes excluded). <p>The cereal part shall contain minimum 25 % whole grain calculated on the dry matter basis.</p>	<ul style="list-style-type: none"> - maximum 30 % of the energy content may come from fat - refined sugars maximum 3 g/100 g - sodium maximum 0.4 g/100 g
<p>17. Soups (ready-prepared products and products prepared according to the manufacturer's instructions) containing</p> <ul style="list-style-type: none"> - minimum 150 kcal (625 kJ) per portion and - per 100 g product: minimum 25 g root vegetables, leguminous plants other than peanuts, other vegetables and/or fruit and berries (potatoes excluded). 	<ul style="list-style-type: none"> - maximum 30 % of the energy content may come from fat - refined sugars maximum 3 g/100 g - sodium maximum 0.4 g/100 g
<p>18. Fruit and berries which have not been processed; however, they may have been cleaned, sliced, chilled, deep-frozen and thawed.</p>	
<p>19. Potatoes, root vegetables, leguminous plants other than peanuts and other vegetables which have not been processed; however, they may have been blanched, dried, sliced, chilled, deep-frozen, thawed or preserved in water. The products may be flavoured with spices.</p>	<ul style="list-style-type: none"> - refined sugars maximum 1 g/100 g - sodium maximum 0.2 g/100 g

Food groups	Condition(s)
<p>20. Soft bread and bread mixes where only water and yeast is to be added, containing minimum 25 % whole grain calculated on the dry matter basis.</p> <p>As regards bread mixes, the conditions apply to the prepared product.</p>	<ul style="list-style-type: none"> - fat maximum 7 g/100 g - total sugars maximum 5 g/100 g - sodium maximum 0.5 g/100 g - dietary fibre minimum 5 g/100 g
<p>21. Hard bread and rusks containing minimum 50 % whole grain calculated on the dry matter basis.</p>	<ul style="list-style-type: none"> - fat maximum 7 g/100 g - total sugars maximum 5 g/100 g - sodium maximum 0.5 g/100 g - dietary fibre minimum 6 g/100 g
<p>22. Pasta (unfilled) containing minimum 50 % whole grain calculated on the dry matter basis.</p>	<ul style="list-style-type: none"> - sodium maximum 0.04 g/100 g calculated on the dry matter basis - dietary fibre minimum 6 g/100 g calculated on the dry matter basis
<p>23. Breakfast cereals and muesli containing minimum 50 % whole grain calculated on the dry matter basis.</p>	<ul style="list-style-type: none"> - fat maximum 7 g/100 g - refined sugars maximum 10 g/100 g - total sugars maximum 13 g/100 g - sodium maximum 0.5 g/100 g - dietary fibre minimum 6 g/100 g
<p>24. Cereal flour, flakes and grains and crushed cereals containing 100 % whole grain calculated on the dry matter basis, and cereal bran.</p>	<ul style="list-style-type: none"> - dietary fibre minimum 6 g/100 g
<p>25. Porridge and porridge powder containing minimum 50 % whole grain calculated on the dry matter basis.</p> <p>As regards porridge powder, the values apply to the prepared product.</p>	<ul style="list-style-type: none"> - fat maximum 5 g/100 g - total sugars maximum 5 g/100 g - sodium maximum 0.2 g/100 g - dietary fibre minimum 6 g/100 g