



CERTIFIED  
ORGANIC

NEW  
REGULATION  
REGARDING  
FOOD  
LABELING:

**H&H**

## **New regulation regarding food labeling:**

On August 29, 2018, the Executive Branch approved a decree for the labeling of foods that in their process of preparation or in the process of preparation of any of their ingredients contain added sodium, fat or sugars so that in the final composition of those products the content of the referred elements or saturated fats exceed the values set forth in the decree. Foods that meet these parameters must bear the corresponding label established in the decree.

## What is it about?

As of **March 2020**, "packaged foods in the absence of the customer, ready to be offered to consumers in the Uruguayan territory", which have an excessive composition of sodium, sugars, fats and saturated fats, **should print in the main face of the packaging a stamp indicating the exceeding element in its composition.**

The labeling must be incorporated in the front of the packaged products and it will have an octagonal design with black background and white edges **containing the expression "excess" followed by the corresponding nutrient: fat, saturated fats, sugars or sodium.**

This labeling will be available on the Ministry of Public Health (MSP)´ web site and must be downloaded for its inclusion in the packaging. The labeling is exemplified below, based on the provisions of the decree:



## Who must comply with the new regulation?

**Food processors, importers and fractionators "will be responsible for the compliance, truthfulness and readability of the front labeling of packaged foods"**. Medicinal foods, food for weight control diets by partial replacement of meals, dietary and sports supplements, formulas for infants and for children up to 36 months, and tabletop sweeteners are not obliged to use the front labeling.

The decree instructs state public administrations to evaluate the convenience of acquiring foods that contain frontal labeling and asks schools to carry out activities that contribute to developing healthy eating habits. **MSP will be responsible for auditing the compliance with the decree.**

## When does it become effective?

The Decree enters into force as of its publication; notwithstanding the latter, it grants a period of 18 months to the obliged parties to implement the new labeling requirements.

## Which are the values considered excessive?

The decree establishes a "**first step**" of nutritional values considered excessive:

- 1- 8 mg of sodium per kilocalorie or 500 mg per 100 grams of salt;
- 2- for sugars, 20% of the total caloric value and three grams per 100 grams;
- 3- for fats, the limit is 35% of the total caloric value
- 4- for saturated fats, in 12% of the total caloric value.

### A "second step":

- 1- 1 mg of sodium per 1 kcal or 360 mg per 100 g;
- 2- in sugar, 10% of the total caloric value;
- 3- in fat, 30% of the total caloric value;
- 4- in saturated fats, 10% of the total caloric value.

The referred decree does not establish at what moment foods containing elements exceeding the values of this "second step" will have to incorporate the new labeling.

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