

Republic of Colombia



MINISTRY OF HEALTH AND SOCIAL PROTECTION

RESOLUTION NUMBER 0000810/2021

(JUNE 16TH, 2021)

Whereby the Technical Regulation is Established on the Nutrition Facts and Front-Of-Package Labeling that Packaged Foods for Human Consumption Shall Comply With.

THE MINISTRY OF HEALTH AND SOCIAL PROTECTION

In exercise of its legal powers, particularly those conferred as per Articles 267 of Act 09/1979, 10 of Act 1355/2009, and 2 paragraphs 4, 7 and 30 of Decree-Law 4107/2011, and,

WHEREAS

Article 78 of the Political Constitution provides that “(...) *those who in the production and marketing of goods and services, threaten the health, safety and proper use of consumers and users, shall be liable, in accordance with the law*”.

The Agreement on Technical Barriers to Trade - TBT of the World Trade Organization, which Colombia joined through Act 170/1994, as well as Decision 419 of the Commission of the Comunidad Andina (Andean Community)-CAN, establish that countries have the right to adopt the necessary measures to ensure the quality of their exports, or for the protection of the health and life of people, for the protection of the environment, or for the prevention of practices that may induce to error, wherefore, as established therein, they may adopt technical regulations that include prescriptions regarding terminology, symbols, packaging, tagging or labeling, applicable to products.

That Decision 562 of the Commission of the Andean Community-CAN, provides guidelines for the formulation, adoption and application of technical regulations in the member countries of the Andean Community and at the community level, establishing in Article 4 that the technical regulation "*is a document adopted to address problems or threats of issues that could affect safety, health, environmental protection or national security*"; and Decision 506/2001 issued by the CAN ruled on the recognition and acceptance of certificates of products to be marketed in the Andean Community.

That in accordance with the provisions of Article 28 of Andean Decision 850 of 2019, technical regulations are established to ensure, inter alia, the following legitimate objectives: the imperatives of national security, the protection of human health or safety, life, animal or plant health, the environment and the prevention of practices that may mislead consumers.

(Hereunder, the header below is found throughout the whole document)

RESOLUTION NUMBER 000810 OF JUNE 16TH//2021

Continuity of the Resolution "Whereby the technical regulation is established on the requirements for the nutritional and front labeling requirements that packaged foods for human consumption must comply with"

Act 1480/2011 issues the Consumer Statute and dictates other provisions, which defines a producer as "*Whoever, habitually, directly or indirectly, designs, produces, manufactures, assembles or imports products. It is also considered a producer who designs, produces, manufactures, assembles, or imports products subject to technical regulations or sanitary and phytosanitary measures*" and also states in Article 6 on quality, suitability and safety of products that "*Every producer must ensure the suitability and safety of the goods and services offered or placed on the market, as well as the quality offered. Quality shall by no means be inferior to or contrary to the provisions of technical regulations and sanitary or phytosanitary measures.*"

That Decree 1074 of 2015, Sole Regulatory Decree of the Commerce, Industry and Tourism Sector defines the technical guidelines to adopt good practices of technical regulation and in Chapter VII, Section 5 of Chapter 7 of Title 1 of Part 2 of Book 2 dictates rules relating to the National Quality Subsystem, with emphasis on the regulatory procedures necessary for the issuance of national standards.

That the guidelines for the development, adoption, and implementation of technical regulations in the Member Countries of the Andean Community and at the Community level are contained in Decision 827/2018 of the Andean Community and the administrative procedure for the development, adoption and implementation of technical regulations, sanitary and phytosanitary measures in the agri-food area, in Article 2.13.2.1.1. and s.s. of Decree 1071/2015, which has been followed in the drafting of this technical regulation.

That according to the study "Estimation of the global burden of disease in Colombia 2017: new methodological aspects" conducted by the Institute of Assessment and Measurement of the University of Washington for Colombia, excess weight is related to serious health complications and years of healthy life lost (YLL). High Body Mass Index (excess weight) has a higher attributable risk with cardiovascular disease (3.15%), and with endocrine diseases (2.32%), likewise, hypertension plays a fundamental role in cardiovascular disease (6.68%) and dietary factors contribute with 5.96% of attributable risk for cardiovascular disease.

That according to the study on the health effects of dietary risks in 195 countries, 1990-2017: Global Burden of Disease Study 2017, and published in 2019, worldwide dietary factors and elevated consumption of sodium, sugary drinks and trans fatty acids have a direct relationship with deaths caused by cardiovascular disease, cancer, and diabetes.

That according to the vital statistics of the National Administrative Department of Statistics of 2018, cardiovascular diseases are among the top ten causes of mortality in the country and caused 27.6% of all deaths. Among the main risk factors for cardiovascular disease are arterial hypertension and hypercholesterolemia; according to the 2007 National Health Survey, 22.82 % of the population aged 18 to 69 years presented elevated blood pressure rates and 7.82% presented hypercholesterolemia (total cholesterol above 240 mg/dl). It is estimated that approximately 62% of cases of hypertension are related to excessive salt intake in the diet, while hypercholesterolemia is related to excessive intake of saturated and trans fats and is the second most prevalent risk factor for cardiovascular disease.

That the latest Food and Nutrition Situation Survey in Colombia - ENSIN (From its name in Spanish, 2015), showed relevant results regarding the high prevalence of consumption of processed foods in all age groups, above 50% of the population, and even reaching up to 91.4% and the increase in the prevalence of overweight and obesity, especially in school children, in whom it increased from 18.8% in 2010 to 24.4% in 2015. Likewise, one in three youths and adults is overweight (37.7%), while one in five is obese (18.7%). In this regard, 56.4% of the population is overweight, an increase of 5.2 percentage points compared to 2010. In addition, more than half of adult women, 59.6%, and 39.3% of men have abdominal obesity, a situation that promotes the

development of cardiovascular diseases and insulin resistance.

The World Health Organization - WHO and the World Cancer Research Fund (WCRF) agree that the most important factors that promote weight gain and obesity, as well as non-communicable diseases (NCDs), are the increase in the consumption of products of low nutritional value and with a high content of added sugars, fats, and salt, such as snacks and fast food, the regular intake of sugary drinks, and the decrease in physical activity.

That the World Health Organization WHO recommends in the 2016 Report on Ending Childhood Obesity *“to implement easy-to-interpret front-of-package labeling, supported by public education so that both adults and children have basic nutritional knowledge”*.

That the Pan American Health Organization - PAHO, in strategic line 3 of the Plan of Action for the Prevention of Obesity in Children and Adolescents (2014-2019), urges governments to *“develop and establish standards for front-of-package labeling that promote healthy choices by allowing the identification of foods with high caloric content and low nutritional value in a quick and simple way”*, likewise, this organization states in its report: *“Front-of-pack labeling as a 2020 policy tool to prevent non-communicable diseases in the Region of the Americas”*, states that in order to help the population of the Region to comply with the recommendations of the World Health Organization (WHO) and protect them against the main risk factors that harm their health and development, the regulatory objective of front-of-pack labeling should be that: *“consumers can correctly, quickly and easily identify products containing excessive amounts of critical nutrients of public health concern (including sugars, saturated fats, trans fats and sodium), as their inadequate and/or excessive intake is largely the result of the widespread availability, affordability and promotion of processed and ultra-processed food products containing excessive amounts of these nutrients”*.

That in accordance with the provisions of Article 3 on Rights and duties of consumers and users, of Act 1480 of 2011, the consumer has 1: (...) 1.3. *Right to receive information: Obtain complete, truthful, transparent, timely, verifiable, understandable, accurate and suitable information regarding the products offered or placed into stock, as well as on the risks that may arise from their consumption or use, the mechanisms for the protection of their rights and the ways to exercise them.*

That according to the Food and Agriculture Organization of the United Nations - FAO in the document *“Influir en los entornos alimentarios en pro de dietas saludables (Influencing Dietary Environments for Healthy Diets) – 2016”*, states that labels should be changed so that: 1) they are easy to understand, 2) do not require prior knowledge of nutrition, and 3) consumers can easily find them on the package, with the goal of making the food environment healthy and ensure that healthy and nutritious foods are available, affordable, acceptable and desirable to all people.

That in accordance with the UN Special Rapporteur's Statement on the Right to Health in 2020, States were urged to address the global impact of non-communicable diseases by adopting front-of-package labeling policies as a warning of foods and beverages containing excessive amounts of critical nutrients, recognizing it as an appropriate regulatory measure, contributing to State human rights obligations and enabling consumers to make informed choices about their diets, without requiring additional efforts or requiring qualified knowledge.

That according to the results of the regulatory impact analysis, with projections to 25 years, the cost of the implementation of this administrative act, would be \$697,758 billion pesos (COP), which implies, consumer studies, new labels, product designs, Inspection, Surveillance and Control actions, compliance assessment processes. While health savings, established as benefits, are estimated at \$2,787,180 billion pesos (COP), which implies a mitigation of the prevalence of excess weight and its contribution to non-communicable diseases and the associated cost thereto, such as direct and indirect health costs, out-of-pocket indirect health costs, out-of-pocket expenses, reduction of premature deaths and, therefore, improvement of productivity in the country, thus, this measure results in a cost-benefit ratio of 3.99, indicating that it is the best alternative compared to information campaigns and the status quo.

That the nutritional information contained in food packaging is an element that supports the country's food policies, and therefore, it is necessary to establish with this technical regulation the requirements in terms of nutritional and front-of-package labeling as a measure of consumer protection, to convey clear and understandable information on the label.

That, in compliance with Decrees 210/2003, 1471/2014, 1595/2015 and 1468/2020, this Ministry requested prior concept to the Ministry of Commerce, Industry and Tourism, rendered through the Directorate of Regulation by means of 2-2021-003113 in such a way that the draft resolution in principle will not restrict trade beyond what is necessary to achieve the legitimate objective mentioned therein.

That the technical regulation adopted herein was notified to the World Trade Organization (WTO) under the signature of G/TBT/N/COL/246 of February 16th, 2021.

That regarding the draft resolution, the concept of advocacy of competence referred to in Article 7 of Act 1340/2009, regulated by Decree 1074/2015 wherein the Delegated Superintendent for the Protection of Competence of the Superintendence of Industry and Commerce, by means of the file number 21-92948-1-0 dated March 17th, 2021 from that Agency, concluded that: based on the description of the Project and the aforementioned analysis, this Superintendence is allowed to recommend to the MinSalud (MoH): * To express, in the considerations part of the administrative act, the technical reasons why the food categories indicated in Paragraphs 1 and 2 of Article 2 of the Project are exempted. * Specify the reasons justifying the exclusion of the food categories indicated in paragraphs a), b), c), f) and i) of Paragraph 1 of Article 2 of the Draft, as well as those indicated in paragraphs a), b), c), f), i) and m) of Paragraph 2 of Article 2 of the Draft. * Remove from the final articles of the Project the paragraphs a), b), c), f) and i) of Paragraph 1 of Article 2, as well as paragraphs a), b), c), f), i) and m) of Paragraph 2 of Article 2, in the event that, in accordance with the previous recommendation, the technical reasons for their inclusion are not found. * To define the elements that are strictly understood to fall within the category "syrups" in the framework of the definition of "added sugars" contained in Article 3 of the Draft. * Use the expressions "0", "zero", "does not contain", "free of", "without" and "exempt from" used in the Draft when referring to the nutrient content of foods, only for those foods that have no content of the nutrient referred to. * Use the wording "low in" in those cases wherein tolerance ranges are defined for certain nutrients or components contained in foods, in order to avoid possible conflicts with information generated by an erroneous declaration of the nutritional content that confuses the consumer.

That in view of findings made by the SIC (Superintendency of Industry and Commerce), it is necessary to point out that Colombia is signatory to the Agreement on Technical Barriers to Trade, article 2 whereof considers the use of international standards or elements of such standards through its technical regulations as the least trade-restrictive means to achieve a legitimate objective. The Codex Alimentarius is an international normative reference for food, and *there is currently no Codex reference standard for the type of front labeling to which the measure in question refers*. However, according to the CAC/GL-2-1985 guideline, nutrition labeling comprises two components: nutrient declaration and supplementary nutrition information.

That the technical reasons for exempting the above food categories are based on the fact that the Codex regulations on nutrition labeling were considered for the drafting of this administrative act, resulting in the exceptions of having nutrition and front labeling for the products indicated in article 2: paragraph 1, sections: a), b), c), d), h), i) and j); and for the products indicated in article 2: sections of paragraph 2: a), b), c), d), g), i), j), k) and m); and the reasons that justify their exception have to do with the fact that they are foods that differ in their composition from a conventional food, for being foods of special regime use and on the other hand, foods wherein their nutritional content is insignificant and their declaration is unnecessary. On the other hand, for paragraph 1: e), f) and k) and paragraph 2: e), f) and l), it is important to mention that PAHO states that: the decision not to include unprocessed or minimally processed foods with no added sodium, fats or sugars and dishes freshly prepared with these foods and ingredients is based on population studies conducted in several countries of the Americas that show that diets based on these foods, ingredients and dishes in general are in line with the WHO population nutrient intake targets, thus Colombia adopted these guidelines. Finally, for the exception: g) of paragraph 1 and h) of paragraph 2, it is based on the inability to include nutritional information in a package of natural origin, as happens in a plantain leaf. The descriptors "0", "zero", "does not contain", "free of", "without", "exempt from", "low in", were taken from the Codex CAC/GL-2-1985

standard and result from the impossibility of a food to reach an absolute zero in such nutrients; however, the limits used in these expressions are the lowest that can be reached. On the other hand, to conclude with all the recommendations, the SIC's observation to include the definition of syrups in this regulation is accepted.

That according to paragraph 2 of Article 1 of Act 962/2005, amended by Article 39 of Decree Law 019/2012 and Article 3 of Decree 2106/2019, this Ministry requested the opinion of the Administrative Department of Public Services, which submitted its opinion under file number 20215010144911 and asserts the following: *“on this technical regulation it is found that it does not correspond with a procedure, but with the conditions and specifications that must be followed in the nutritional and front labeling that applies to all packaged or packed food for human consumption, national and imported that are marketed in the national territory, with the exceptions provided in the aforementioned regulation; and the Ministry may continue with the steps related to its issuance”*.

That in accordance with the above, it is necessary to establish a technical regulation that guarantees the sanitary requirements to be met by packaged foods for human consumption, as a necessary measure to provide consumers with clear and understandable nutritional information, in order to promote balanced and healthy nutrition and to protect human health and prevent possible damage to human health.

In light of the foregoing,

IT IS HEREBY RESOLVED AS FOLLOWS:

Chapter I

Purpose, scope, and definitions

Article 1. Purpose. The purpose of this resolution is to establish the technical regulation whereby the conditions and requirements to be met by the nutritional and front-of-pack labeling or tagging warnings of foods and beverages packaged or packed for human consumption are established, in order to provide the final consumer with clear and understandable enough nutritional information about the product, to prevent deceptive or misleading practices and to allow the consumer to make an informed choice.

Article 2. Field of application. The provisions herein apply to all packaged or packed, domestic, and imported foods for human consumption marketed in the national territory.

Paragraph 1. The following foods are exempted from the application of nutrition labeling: ·

- a) Infant formula for children from 0 to 6 months of age.
- b) Infant formula for children between 6 and 12 months of age.
- c) Special infant formula.
- d) Food for Special Medical Purposes (APMES from its name in Spanish, FSMP).
- e) Fruits, vegetables, grains, eggs, fishery products, meats, and edible meat products in their natural state.
- f) Single-ingredient products and containing no additional additives.
- g) Foods with packaging of natural origin materials.
- h) Herbal and fruit infusions, tea, decaffeinated tea, instant or soluble tea, or tea extract; or decaffeinated tea extract and decaffeinated coffee, instant or soluble coffee, or coffee extract; or decaffeinated coffee extract, which do not contain added ingredients.
- i) Bulk foods.
- j) Food used as raw material for industry and secondary ingredients that are not sold directly to the consumer.
- k) Spices or vegetable seasonings, which have not been added with salt/sodium or additives containing sodium, fats and/or sugars.

Paragraph 2. The following foods are exempted from the application of front warning labeling:

- a) Infant formula for children from 0 to 6 months of age.
- b) Infant formula for children between 6 and 12 months of age.
- c) Special infant formula.
- d) Food for Special Medical Purposes (APMES from its name in Spanish, FSMP).
- e) Fruits, vegetables, grains, eggs, fishery products, meats, and edible meat products in their natural state.
- f) Single-ingredient products and containing no additional additives.
- g) Iodized and fluoride salt, and salt substitutes.
- h) Foods with packaging of natural origin materials.
- i) Herbal and fruit infusions, tea, decaffeinated tea, instant or soluble tea, or tea extract; or decaffeinated tea extract and decaffeinated coffee, instant to soluble coffee, or coffee extract; or decaffeinated coffee extract, which do not contain added ingredients.
- j) Bulk foods.
- k) Food used as raw material for industry and secondary ingredients that are not sold directly to the consumer.
- l) Packaged foods with no added salt/sodium, fats and/or sugars.
- m) Hydrating-energy drinks for sportsmen and women.

Paragraph 3. Packaged raw meat to which food products, seasonings or additives containing salt or sodium have been added, must only declare the sodium content and if this exceeds the limit established in Article 32 of this administrative act; it must label the front sodium warning seal.

Paragraph 4. In the case of the foods excluded above and the manufacturer still wishes to make nutrient, nutritional and/or health properties claims, he may do so, but must comply with the provisions of this technical regulation.

Article 3. Definitions. For the application of this resolution, the following definitions are adapted and adopted:

Essential fatty acids: nutrients that the human organism requires and cannot synthesize, so they must be supplied in the diet. The essential fatty acids are linoleic and alpha-linolenic, as well as the EPA and the DHA, which, due to their very low conversion rate, must be supplied in the diet.

Total available printing area: total label area minus back seals.

Total sugars: monosaccharide and disaccharide type carbohydrates naturally present in foods and/or added to them.

Added sugars: are added or aggregated sugars, including sugars that are added during food processing or packaged as such, and include sugars such as monosaccharides and disaccharides, those contained in syrups and those naturally present in honey and fruit or vegetable juice concentrates. They do not include intrinsic sugars found in milk, fruits and vegetables and non-glycemic carbohydrates.

Total carbohydrates: all mono-, di-, oligo- and polysaccharides, including polyalcohol and fiber contained in the food.

Available or glycemic carbohydrates: total carbohydrate of the food minus the content of dietary fiber, polyalcohol and nonglycemic carbohydrates.

Non-available or non-glycemic carbohydrates: carbohydrates that have various chemical forms and, although digested, do not provide glucose for cellular metabolism. They must demonstrate a glycemic index of less than 15, corresponding to the lowest value presented by a glycemic carbohydrate (fructose).

Cholesterol: sterol-like substance present in fats of animal origin.

Nutrient Function Claims: are statements of properties that describe the physiological function of the nutrient in the growth, development, and normal functions of the organism.

Nutrient declaration: standardized list or ranking of the nutrient content of a food.

Nutritional claims of other functions: concern specific beneficial effects of the consumption of foods and their constituents (nutritive and non-nutritive) on physiological functions or biological activities, but do not include nutrient function statements. Such property statements relate to a positive contribution to health or a health-related condition, or to the improvement of a function, or to the modification or preservation of health.

Health Properties Claims: any representation that states, suggests, or implies that there is a relationship between a food product or a constituent/component of such a food product, and health.

Nutritional claims: any representation that states, suggests or implies that a product has particular nutritional properties, including, but not limited to, its energy value and protein, fat, carbohydrate, and dietary fiber content, as well as its vitamin and mineral content. The reference to substances in the list of ingredients, the name or trademark of the packaged food or the reference to nutrients as a mandatory part of nutrition labelling or the quantitative or qualitative declaration of certain nutrients or ingredients on the label or tag shall not constitute a nutrition claim.

Disease risk reduction claims: are claims related to the consumption of a food or a component of such food in the context of a total diet, which may assist in the reduction of the risk of a disease or health-related condition. Risk reduction means significantly altering a major risk factor or factors recognized as being involved in the development of a chronic disease or adverse health-related condition.

Total diet: usual diet of an individual or population.

Packaging made of natural materials: element designed to contain a food item including, but not limited to plantain leaves, bijao (*Calathea lutea*) leaves, corn leaves, totumos (Calabash tree husk).

Dietary fiber: edible carbohydrates that are not digested or absorbed in the human small intestine. Dietary fiber consists of one or more of the following carbohydrates: edible carbohydrates found naturally in foods in the form wherein they are consumed, carbohydrates obtained from food raw materials by physical, enzymatic, or chemical means, and synthetic carbohydrates.

Insoluble fiber: is the fraction of dietary fiber that does not dissolve in water.

Soluble fiber: the fraction of dietary fiber that dissolves in water.

Infant formula for children from 0 to 6 months of age: product in liquid or powder form intended for the feeding of children from 0 to 6 months of age, used when prescribed by a health professional, which by itself, covers the nutritional needs of the child, as the main liquid source of nutrition until the introduction of complementary feeding, in cases where breastfeeding is not possible.

Infant formula for children between 6 and 12 months of age: product in liquid or powder form, specially manufactured according to the nutritional needs of children between 6 and 12 months of age, used when prescribed by a health professional, in conjunction with complementary feeding.

Special infant formula: product in liquid or powder form whose composition has been modified to address certain physiological disorders or conditions during the first months of life or even after the introduction of complementary feeding.

Voluntary nutrient fortification: the process whereby food manufacturers decide to add specific essential nutrients to particular foods or categories of foods.

Total fat: Total saturated fat, monounsaturated fat, polyunsaturated fat and includes trans fats.

Fats or lipids: substances insoluble in water and soluble in organic solvents, consisting especially of fatty acid esters. This term includes triglycerides, phospholipids, glycolipids, waxes, and sterols.

Saturated fat or saturated fatty acids: those that do not have double bonds in their hydrocarbon chain.

Monounsaturated fats or monounsaturated fatty acids: those that exhibit a double bond in its hydrocarbon chain. For labeling or tagging purposes, monounsaturated fat shall be understood as that which presents a double bond in its Cis configuration.

Polyunsaturated fats or polyunsaturated fatty acids: those that present two or more double bonds in its hydrocarbon chain. For labeling and tagging purposes, polyunsaturated fat will be understood as that which presents double bonds in its Cis configuration.

Trans-isomer or trans-fat or trans fatty acids: all geometric isomers of monounsaturated and polyunsaturated fatty acids having, in the trans configuration, one or more unconjugated carbon-carbon double bonds. For labeling or labeling purposes, trans fat shall be understood as the sum of all monounsaturated and polyunsaturated isomers in trans configuration as described above.

Glycemic index: is defined as the incremental area under the blood glucose response curve from a 50 g serving of carbohydrate from a test food, expressed as a percentage of the response to the same amount of carbohydrate from a standard food (white bread or glucose) consumed by the same subject. This value is only considered valid when it is determined directly following the official protocol established by the FAO/WHO Expert Panel, as it is a biological test sensitive to different factors.

Syrups: viscous liquids consisting of a solution of sugars in water or in fruit juices or a mixture of these, with or without authorized flavoring agents and additives.

Homemade measure: are utensils or containers commonly used by the consumer to measure food, including, but not limited to: cup, glass, slice, unit, spoon, teaspoon.

Minerals: inorganic substances that are necessary for physiological processes and are not a source of energy.

Nutrient: any chemical substance normally consumed as a component of a food that is necessary for growth, development and/or maintenance of health, or the deficiency whereof will lead to the occurrence of characteristic chemical or physiological changes.

Essential nutrient: nutrient that is not synthesized by the body or is synthesized in insufficient quantities and must be consumed to ensure growth, development and/or maintenance of health.

Serving: is the amount of a food normally consumed on one occasion by persons aged 4 years or older and adults or by children aged 6 months or older and under 4 years, which must be declared on the label and expressed using common household measures appropriate for that food.

Prebiotics: substrates that are selectively utilized by host microorganisms providing health benefits.

Probiotics: live microorganisms that, when administered in appropriate amounts, provide a health benefit to the host.

Single ingredient product: packaged food wherein the list of ingredients contains only one ingredient, including but not limited to: bottled water, coffee, ground coffee beans, sugar, olive oil, inter alia.

Reconstituted product: that which by its nature of consumption must be reconstituted in some edible solvent either to obtain a solid, semi-solid or liquid product, ready to be consumed.

Protein: are polymers of L-alpha amino acids linked by peptide bonds. Proteins are called simple when they consist only of amino acids, and compound when they include other substances such as lipids, carbohydrates, minerals, inter alia.

Glycemic response: the degree of change or gradient in blood glucose content after consumption of a test carbohydrate in a beverage or food, relative to a standard such as glucose.

Nutritional labeling: any description contained on a food label or label intended to inform the consumer about the nutrient content, nutritional claims, and health properties of a food product.

Front warning labeling: information system located on the main display surface, which shows in a truthful, clear, fast, and simple way, when a packaged product has a high content of nutrients of public health concern (added sugars, saturated fat, sodium).

Positive seal: approval logo indicating that the food contains low levels of nutrients of public health concern (added sugars, saturated fat, and sodium) and that no sweeteners are used in the formulation.

Symbiotics: is understood as the combination of prebiotic substances with probiotic cultures that are found in the same food.

Main mealtime: in the framework of daily food planning, it refers to the periods wherein food is distributed in greater proportions: breakfast, lunch, and dinner.

Nutrient Reference Values (NRVs) or Reference value: are a set of numerical values that are based on scientific data for the purposes of nutrition labeling and relevant nutritional claims. These two types of NRVs comprise:

- Nutrient reference values - Requirements (NRV-R): are those that refer to NRVs based on nutrient levels associated with nutrient requirements.
- Nutrient reference values - non-communicable diseases (NRV NCD): are those that refer to NRVs based on nutrient levels associated with reduced risk of diet-related noncommunicable diseases, excluding diseases or disorders caused by nutrient deficiencies.

Vitamins: organic substances essential for the maintenance of health, growth, and normal body functioning. They are required in small quantities and are not a source of energy.

Article 4. Scope: Nutrition labeling comprises nutrient claims and supplementary nutrition information, which includes nutrition claims, health claims and front-of-pack labeling.

Article 5. Purposes and characteristics of nutrition labeling. The nutritional labeling shall be made in compliance with the following characteristics:

- 5.1 To provide an effective means of indicating the nutrient content of the food on the label, making it easier for the consumer to make an informed decision.
- 5.2 The information shall not describe or portray the food in a manner that is false, misleading, or deceptive or is likely to create an erroneous impression regarding its nutritional content, nutritional and health properties in any aspect.
- 5.3 The information should not lead consumers to believe that there is an exact quantitative knowledge of what people should eat in order to maintain health but should disclose the amount of nutrients contained in the product. A more exact quantitative delimitation for individuals is not valid, because there is no meaningful way that the knowledge about individual requirements can be used in labeling.
- 5.4 Apply nutritional principles based on strong scientific evidence and under ethical and social responsibility, without conflicts of interest in the design, production, and processing of food products, for the benefit of public health.
- 5.5 All information presented on the label must be complete, truthful, verifiable, avoid misleading or confusing.
- 5.6 Ensure that the information displayed on the label does not contradict the promotion of healthy eating habits in accordance with existing public health policies for this purpose.

Article 6. Prohibitions on nutritional labeling. The use of the following nutritional claims is prohibited in nutrition labeling:

- 6.1 Nutritional or health properties, which are not based on scientific evidence.
- 6.2 That indicate, represent, suggest, or imply that the food is useful, suitable, or effective in relieving, treating, or curing any disease or physiological disorder.
- 6.3 That Associations (medical or health associations) endorse food products for advertising and marketing purposes.
- 6.4 That promote the excessive consumption of any food,
- 6.5 That it is contrary to the healthy eating habits established in the existing public health policies for such purpose.
- 6.6 Claim that the food by itself fully meets the recommended energy and nutrient intakes, or that the food by itself can replace some portion of the main meals.

6.7 That express or suggest that the intake of food, any of its ingredients or nutrients provide people with extraordinary characteristics or abilities.

Chapter II Nutrient claims

Article 7. Application of nutrient declaration: The declaration of nutrients shall be mandatory for all packaged or packed foods subject to this resolution and shall comply with the provisions of this chapter including the table of nutritional information referred to in Chapter VI of these regulations, unless for foods exempted in Article 2.

Article 8. Nutrient declaration and form of presentation. The table of nutritional information only allows: the declaration of the mandatory nutrients, of the optional ones, according to the provisions herein. The declaration of nutrient content must be made in numerical form.

Article 9. Expression of values. Nutrients shall be stated in accordance with the following table. The mathematical approximation to the nearest whole number or decimal number shall be used, as shown in table 1 below:

Table 1. Expression of values

Value ranges	Format of expression	Mathematical approximation (example)
Values greater than or equal to 1000	are stated in whole numbers with four digits	1136.4 approaches 1136 1136.6 approaches 1137
Values greater than or equal to 100	are stated in whole numbers with three digits	237.8 approaches 238 237.3 approaches 237
Values less than 100 and greater than or equal to 10	are stated in whole numbers with two digits	54.6 approaches 55 54.2 approaches 54
Values less than 10 and greater than or equal to 1	is declared with a decimal number	9.82 approaches 9.6 9.87 approaches 9.9
Values less than 1	Vitamins and minerals should be declared with two decimal digits and with one decimal digit for other nutrients	0.843 approaches 0.84 0.848 approaches 0.85

Paragraph 1. If the value is exactly half of the set interval, it is approximated to the nearest higher number.

Paragraph 2. In the nutritional information, "zero" or "0" or "does not contain" will be expressed for energy value and/or nutrients, when the food contains amounts less than or equal to those established as "negligible" according to the following table:

Table 2 Negligible quantities

Energy or nutrient value	Negligible amounts per 100 g or 100 ml (expressed in kcal, g or mg)
Calories	Less than or equal to 4 kcal or less than 17 kJ
Total carbohydrates	Less than or equal to 0.5 g
Total sugars	Less than or equal to 0.5 g
Protein	Less than or equal to 0.5 g
Total fat	Less than or equal to 0.5 g

Saturated fat	Less than or equal to 0.1 g
Trans fat	Less than or equal to 100 mg
Cholesterol	Less than or equal to 5 mg
Dietary fiber	Less than or equal to 0.5 g
Sodium	Less than or equal to 5 mg

Article 10. General conditions for nutrient claims. The nutrient claim shall meet the following general requirements:

- 10.1 Nutrient claims should be made per 100 g of food and per serving for solid and semi-solid foods, and per 100 ml of product and per serving for liquid foods.
- 10.2 In case of reconstituted products, it shall be understood as solid, semi-solid and liquid according to the conditions of use defined and recommended by the manufacturer. Two statements may be included in cases where several liquids are suggested for reconstitution (for instance, water and milk).
- 10.3 The nutrient content claims should be made on the basis of the expressions set forth in Article 9.
- 10.4 The number of servings per package shall be stated on the main display surface of the label, together with the net contents of the food or beverage. The size of this label must be consistent with the size of the net content, set forth in the technical annex of Resolution 5109/2005 or that which amends or supersedes it.
- 10.5 The nutrient values appearing in the Nutrition Facts table should be average values obtained from sample analyses or values of a sample that are representative of the product to be labeled or taken from the ICBF (From its name in Spanish, Colombian Institute of Family Welfare) Colombian Food Composition Table, international publications, or other sources of information such as specifications of the nutritional content of ingredients used in the formulation of the product. However, nutrient values that support nutritional or health claims should be determined by analytical testing. This process must be repeated when there is any modification in the nutritional contribution and technical data sheet, previously authorized by the Invima (From its name in Spanish, Colombian National Food and Drug Surveillance Institute). The manufacturer is liable for the accuracy of the stated values.
- 10.6 The following criteria must be met:
- a) Nutrients added to the food: The content of vitamins, minerals, protein, dietary fiber, monounsaturated or polyunsaturated fat, must be at least 80% of the value declared on the label.
 - b) Nutrients naturally contained in the food: The content of vitamins, minerals, protein, total carbohydrate, dietary fiber, other carbohydrate, monounsaturated to polyunsaturated fat, must be at least 80% of the value declared on the label. In case of calories, sugars, total fat, saturated fat, trans fat, cholesterol and sodium, an excess of not more than 20% of the declared value on the label is acceptable.
 - c) To determine the nutrient content, it must be ensured that the analytical methods used comply with the particular requirements for their specific use, using methodologies endorsed by international, regional, or national organizations qualified in this field, which will be verified by the sanitary authority.
 - d) In foods packaged or packed in water, brine or oil, whose liquid is not usually consumed, the declaration of nutrients must be made based on the drained mass or drained solid.

10.7 Nutrients subject to mandatory declaration:

It is mandatory to declare in the nutritional facts table, the energy value and the amounts of the nutrients indicated below, per 100 g of food and per serving for solid foods, and per 100 ml of product

and per serving for liquid foods and with the provisions of article 9 of this technical regulation. In case of reconstituted products, it shall be declared considering the product prepared under conditions of consumption recommended by the manufacturer:

Table 3. Forms of expression of mandatory notifiable nutrients

Nutrient	Form of Expression	Additional Requirements
Energy	The energy value should be expressed in kilocalories (kcal) and optionally in kilojoules (kJ). The terms or expressions energy, energy value, energy content, kilocalories, calories, total calories may be used for declaration	The number of total calories shall be the sum of calories from fat, total carbohydrates, protein and dietary fiber, plus other energy sources considered in Article 11 of this regulation, resulting from the amounts of these nutrients declared in the nutritional table according to the criteria of section 10.4
Protein	Must be expressed in grams	
Total fat	Must be expressed in grams	When a nutrition claim is made with respect to the amount or type of fatty acids, the amounts of saturated, monounsaturated, polyunsaturated, trans fatty acids and cholesterol should be indicated immediately next to the statement of total fat content.
Saturated fat	Must be expressed in grams	The declaration of saturated fat is not mandatory for foods containing less than 0.1 g of saturated fat per 100 g or 100 ml unless nutrition claims are made for total fat, fatty acids, or cholesterol content. If saturated fat is not declared, the words "It is not a significant source of saturated fat" shall appear at the end of the Nutrition Facts table
Trans fat	Must be expressed in milligrams	
Total carbohydrates	Must be expressed in grams	
Total sugars	Must be expressed in grams	The declaration of total sugars is not mandatory for foods containing less than 0.5 g of sugars per 100 g of food, except in the case where a claim or reference to artificial sweeteners, sugars or polyols is made on the label; in this case sugar is declared as zero (0). If sugars are not declared, the words "It is not a significant source of sugars" shall appear at the end of the Nutrition Facts table
Added sugars	Must be expressed in grams	
Dietary fiber	Must be expressed in grams	The dietary fiber claim is not mandatory for foods containing less than 0.5 g of dietary fiber per 100 g of food. When a nutrition claim is made for dietary fiber, the amount of its soluble and insoluble fractions should be indicated
Sodium	Must be expressed in milligrams	
Vitamin A	Must be expressed in micrograms of ER	The declaration of vitamin A, vitamin D, iron and zinc is not mandatory for foods containing less than 2% of the guideline value per 100 g of the food. If these vitamins and minerals are not declared, the statements either "contains less than 2% of..." or "It is not a significant source of..." followed by the vitamins and
Vitamin D	Must be expressed in micrograms or International Units	
Iron	Must be expressed in milligrams	

Zinc	Must be expressed in milligrams	minerals that are not declared should appear at the end of the Nutrition Facts Table
Calcium	Must be expressed in milligrams	

Paragraph. If the food contains less than a significant amount of the above nutrients, in accordance with table 2 of these regulations, it is not necessary to declare them.

10.7.1. Vitamins and minerals other than vitamin A, vitamin D, iron, calcium, and zinc. Vitamins and minerals other than vitamin A, vitamin D, iron, calcium, and zinc may be declared when reference values have been established in Chapter III of these regulations and have been added or are naturally contained in the food in amounts equal to or greater than 2% of the reference value per 100 g or 100 ml of the food.

10.8 Nutrients for optional declaration. The nutrients listed below may be declared optionally. However, any declaration of nutritional property about them implies that the declaration of the nutrient is no longer optional and becomes mandatory, which implies compliance with the provisions of this administrative act.

Paragraph. In the case of nutrients that do not have a reference value and the manufacturer wishes to declare them, a request must be made to the Specialized Chamber of Food and Beverage of the Invima, in order to seek its approval to include the declaration.

10.8.1 Monounsaturated fat, polyunsaturated fat, soluble and insoluble fiber and polyalcohol, cholesterol, and potassium. The amounts of monounsaturated fat, polyunsaturated fat, soluble and insoluble fiber, and polyols must be expressed in grams and cholesterol and potassium in milligrams, per serving and per 100 g of solid food and in grams per serving and per 100 ml of liquid food, as established in article 9 herein. In case of reconstituted products, nutrient declaration shall be made considering the product prepared under conditions of consumption recommended by the manufacturer.

Article 11. Energy and nutrient calculations. The number of total calories will be the sum of calories from fat, carbohydrates, protein, and dietary fiber, derived from the amounts of these nutrients declared in the nutritional table. For the calculation of energy and nutrients, the following criteria shall be considered:

11.1 **Energy.** The amount of energy to be declared must be calculated using the following conversion factors:

Table 4. Conversion factors

Available carbohydrates	4 kcal/g (17 kJ/g)
Proteins	4 kcal/g (17 kJ/g)
Fats	9 kcal/g (37 kJ/g)
Alcohol (Ethanol)	7 kcal/g (29 kJ/g)
Organic acids	3 kcal/g (13 kJ/g)
Non-glycemic carbohydrates	See section C) herein

- a) For dietary fiber, the manufacturer shall use the caloric conversion factors provided for in national or international scientific reference documents;
- b) For polyalcohol such as sorbitol, mannitol, xylitol and others, the manufacturer shall use the calorie conversion factors specified in national or international scientific reference documents.
- c) As for non-glycemic carbohydrates, the manufacturer shall use the calorie conversion factors specified in documents endorsed by national or international scientific organizations qualified in this field. If these references do not exist, the manufacturer shall make the request to the Specialized Food and Beverage Chamber of INVIMA, with the relevant scientific evidence regarding the conversion factor.

11.2 . Proteins. The amount of protein to be declared should be calculated using the following formula: Protein= total nitrogen content Kjeldahl x 6.25 unless a different factor is given in international standards or in the method of analysis for a food product.

11.3 . Total Carbohydrates. Total carbohydrates are calculated by subtracting protein, total fat, moisture, and ash from the total mass of the food product.

Article 12. Serving sizes and characteristics. In order to achieve standardization of the serving size to be used in nutrition labeling per serving, it should be done in accordance with the following requirements:

12.1 The serving size declared on the label of a food shall be determined from the reference amounts normally consumed on one occasion or customary usual servings as set out in the following tables (5 and 6). A tolerance of -30% to +30% of the reference amount will be accepted, if the manufacturer exceeds 30%, the number of servings per package in the product should be calculated.

Table 5. Benchmark Quantities for Foods under 4 years of age

Food	Reference Amount
Instant dry cereals to prepare starch	10 g
Instant cereals to prepare porridge	20 g
Cookies	10 g
Compote	60 g
Milk (From one year old)	80 mL
Yogurt	60 g

Table 6. Benchmark Amount for Foods in General (Older than 4 years old)

Food	Reference Amount
Corn, potato, cassava starch	10 g
Raw rice	50 g
Oat flakes (1)	24 g
Oat flour	25 g
Wheat flour	25 g
Corn flour	25 g
Soup noodles (1)	15 g
Simple grains, for instance, barley (1)	45 g
Flour as main ingredient (1)	50 g
Flour as secondary ingredient (1)	20 g
Dough for pies, cakes, and pancakes	30 g
Pizza dough	40 g
Common bread	50 g
White sliced bread	22 g

Whole wheat bread	32 g
Toast	30 g
Tofu	40 g
Bread cubes/croutons	7 g
Crackers	24 g
French bread	35 g
Breadcrumbs	30 g
Short and long uncooked pasta (As a single dish) (1)	64 g
Fresh pasta with or without stuffing (for instance, ravioli, tortellini)	100 g
Dehydrated pasta with stuffing	70 g
Prepared lasagna	140 g
Dried lasagna	55 g
Semolina as main ingredient (1)	70 g
Semolina as secondary ingredient (1)	15 g
Wheat for kibe and texturized soy protein	50 g
Corn or wheat/tacos tortillas	30 g
Waffles	85 g
BAKERY PRODUCTS	
Cereal bars	30 g
Brownies and biscuits	40 g
Doughnuts, muffins	55 g
Cookies	30 g
Fruit, vegetable, cheese, or similar cakes/pies	125 g
Muffins	50 g
Cake stuffing or topping	35 g
Shortcake	80 g
Cakes prepared without stuffing or with stuffing	60 g
Baked goods, salted or sweet, without stuffing	40 g
Baking mix	30 g
Baking powder	0.6 g
BREAKFAST CEREALS	
Ready-to-reconstitute cereal-based drink mix (instant flavored drink type)	Amount needed to prepare a 200 mL glass
Breakfast cereal (hot cereal type), corn flakes	40 g dry, 55 g flavored and sweetened
Breakfast cereal (hot cereal type), oat flakes	1 cup prepared with 22 g of plain dry cereal
Ready-to-eat breakfast cereals	30 g
Breakfast cereals, ready-to-eat, weighing less than 20 g per cup, for instance, plain expanded cereal grains	15 g
Oat bran	21 g
Wheat bran or wheat germ	10 g
Wheat or corn flakes	30 g
POTATOES	
Pre-fried frozen French fries	80 g
Fresh or frozen potatoes	80 g
FRESH OR FROZEN VEGETABLES WITHOUT SAUCE	
Fresh or frozen vegetables (3)	85 g
Chili, onion (3)	30 g
OTHER VEGETABLES	
Vegetables used mainly for seasoning (for instance, pepper, parsley) (1)	4 g
All vegetables without sauce canned in liquid	130 g
Canned vegetables (artichoke, asparagus, mushrooms, chili peppers, cucumber, and palm hearts) in brine, vinegar, and oils	50 g
Canned dehydrated vegetables (dried tomatoes)	40 g
Vegetable juice	200 mL
Olives, capers (2)	15 g
Pickles, all types (2)	30 g

Vegetable paste (for instance, tomato paste)	30 g
Vegetable sauce (for instance, sauce)	15 g
FROZEN READY MEALS	
Mixed dish (meat, chicken with addition)	250 g
Mixed vegetable dish	135 g
OTHER READY MEALS	
Measurable in cups (for instance, spaghetti with sauce, etc.)	1 cup
Not measurable in cups (for instance, burrito, pizza, sandwiches, etc.)	140 g (add 55 g for products containing some kind of sauce)
PROCESSED FRUITS	
All canned or frozen fruits, fruit cocktail, except those listed in separate categories	140 g
Dehydrated plums (dried)	40 g
Dehydrated peaches (dried)	60 g
Figs in syrup	100 g
Raisins	30 g
Peach halves (2)	85 g
Peach slices (2)	85 g
Raspberries (1)	85 g
Fruits for garnish or flavor (for instance: cherries)	20 g
Fruits for dressing (for instance: sauce or plum puree)	70 g
Other fruits used as main ingredient	55 g
Juices, nectars, and fruit drinks	200 mL
Juices used as ingredients (for instance: lemon juice)	5 mL
Fruits in syrup or pickled fruits (2)	30 g
Fruit-based sauce (for instance: raspberry sauce, strawberry sauce)	30 g
DAIRY PRODUCTS	
Sweetened Condensed Milk Caramel/White caramel	30 g
Chantilly cream	10 g
Milk cream	15 g
Buttermilk spread	30 g
Ice cream	45 g (1 small scoop)
Single-serving ice cream (for instance, popsicles, cup, cone, ice cream sandwich, etc.)	1 unit
Koumiss	150 mL/g
Creamy Yogurt	150 g
Liquid yogurt	200 mL
Fermented milk drinks	200 mL
Sweetened condensed milk	20 g
Evaporated milk	30 g
Milk powder	Amount needed to prepare one 200 mL glass (without ice)
Liquid milk	200 mL
Milk drinks	200 mL
Cheese	30 g
Cottage cheese	110 g
Fresh cheese or Queso campesino (a kind of cheese curd)	30 g
Cheese spread	15 g
Grated cheese	18 g
Cheeses except those listed in separate categories	30 g
Petit Suisse cheese	30 g
Dairy dessert	80 g
Dairy dessert with fruit	145 g
FISHERY PRODUCTS, MEATS AND THEIR DERIVATIVES	
Canned anchovies	15 g
Caviar	10 g

Sausage meats	50 g
Meat-based meatballs	80 g
Chorizo and Longaniza (sausage and jammed meat)	50 g
Sliced Ham and Sliced Bologna	30 g
Sausage	40 g
Hamburger	70 g
Pâté	15 g
Bacon	10 g
Smoked fish and seafood	55 g
Canned fish (for instance, salmon, horse mackerel or other)	100 g
Fish (for instance, tuna, sardines), canned seafood (2)	60 g
Pâtés (ham, liver, bacon etc.)	10 g
EGGS	
Fresh egg (1)	50 g
Egg products (egg powder)	Quantity to replace one 50 g egg
DRIED GRAIN LEGUMES	
Peas, chickpeas, lentils, beans, lima beans (1)	60 g
CANNED LEGUMES	
Peas, chickpeas, lentils, beans	120 g
OILS AND FATS	
Oils	10 mL
Butter	7 g
Powdered butter substitutes	2 g
Margarine	10 g
Mayonnaise	12 g
Spray oil (spray type)	0.25 g
NUTS AND SEEDS	
Shredded coconut	15 g
Nuts	30 g
Peanuts	30 g
Almonds	30 g
Mixtures of them	30 g
Nut pastes and nut spreads (for instance, peanut paste)	2 tablespoons 20 g
Oilseeds (mixed, cut, chopped, minced, whole)	15 g
SUGAR, CHOCOLATE PRODUCTS AND OTHER SWEET PRODUCTS	
Milk sweetened condensate caramel, delicacy	20 g
Sugar	5 g
Sugar substitutes	Amount equivalent to the reference amount of sugar for sweetening
Corn syrup, honey, fruit topping, and other syrups (cassis, currant, raspberry, blackberry, guarana, etc.).	20 g
Carbonated beverages	200 mL
Non-carbonated beverages	200 mL
Hydrating beverages	200 mL
Hydrating beverages in powder	20 g – 30 g
Candies, toffees (4)	20 g
Mix to prepare ready to reconstitute beverage (instant flavored drink type)	Amount needed to prepare a 200 mL glass
Fruit toffees (guava, quince, fig, sweet potato, etc.).	40 g
Chewing gum (4)	3 g
Marshmallows	30 g
Marmalade	20 g
Bee's honey	10 g
Honey for pancakes	10 g
Chocolate sauce	30 g
Chocolate for direct consumption	25 g
Unsweetened table chocolate	8 g

Sweetened table chocolate	20 g
Chocolate-based powder, cocoa-based powders, chocolate powder and cocoa powder	20 g
Panela (unrefined sugar cane)	25 g
Garnishes for baked goods, cakes, cookies (for instance, colored sugar, chocolate chips)	One teaspoon or 4 g if it cannot be measured in teaspoons
MISCELLANEOUS	
Soluble coffee	Amount needed to prepare one cup
Ground coffee	Amount needed to prepare one cup
Achiras (Colombian crackers)	25 g
Extruded corn	15 g
Corn tortillas	30 g
Mixed (potato-plantain slice-pork rinds)	40 g
Popcorn	25 g
Snack products based on cereals, flours, tubers, roots and other extruded or non-extruded products	25 g
Expanded or pelleted flour/pork rinds products	15 g
Frozen flavored and sweetened water popsicles	85 g
Powdered mixes for precooking beverages (non-alcoholic)	Amount needed to prepare one glass (without ice)
Dry mixes for meat and fish dressings, seasoning mixes	12 g
Spices, herbs (other than dietary supplements)	1/4 teaspoon or 0.5 g if it cannot be measured in teaspoons
Spaghetti sauces	125 g
Worcestershire sauce, soy sauce, gravy, meat sauce	5 mL
Tartar sauce	15 g
Spicy sauces	6 g
Salad dressing	30 g
Mustard	10 g
Vinegar	5 mL
Cooking wine	5 mL
DEHYDRATED PRODUCTS	
Dehydrated and concentrated broth cubes	3 g or enough to prepare 250 ml
Prepared seasonings, including dehydrated seasonings (For instance, dried chili, panka chili, merken, etc.)	5 g
Seasonings and dehydrated blends typical of each country for various preparations. Includes Umami seasoning.	3 g
Powdered creams and dehydrated soups	20 g or enough quantity to prepare 250 ml

Explanatory notes to the table with supplementary indexes 1, 2, 3 and 4:

1. The reference amounts refer to foods as marketed, such as raw or processed products (cereals, legumes, etc.).
2. For foods packaged with a liquid, the reference quantity refers to the solids drained, except for foods in which both solids and liquids are consumed.
3. Reference amounts for ready-to-eat, or nearly ready-to-eat foods (for instance, heat and serve or brown and serve).
4. The serving size on the label for all candies, sweets and chewing gums with a weight different from the reference quantity shall be considered a serving, provided it meets the definition set forth herein.

Paragraph 1. If the whole content of the package sold individually can reasonably be consumed on one occasion or is a customary serving, it may be labeled as a single (1) serving.

Paragraph 2. For foods that are not defined in the tables of this annex, it shall be the responsibility of the manufacturer to establish the serving size declared on the label and its equivalence with respect to home measurements and units of the international system. In these cases, the portion must comply with the definition provided herein.

12.2 Food producers are required to convert the reference quantity to the serving size on the label into a home measurement appropriate for their specific product, using the procedures set out in Chapter 11 herein.

12.3 Common homemade measurements are the mandatory basis for portion size declarations and include: the cup; the glass, tablespoon; the teaspoon; slice or cut; unit fraction: the containers commonly used at home such as the jar, tray, or other common homemade measure for food packaging. However, in those foods where it is not possible to express a portion in these measures, a slice, a fraction of a unit, ounces or the number of units that most closely approximates the reference quantity may be used as a homemade measure.

12.4 The declaration of the size of the portion must be expressed in homemade measurements and in parentheses the quantity in units according to the International System of Units (value of the magnitude with its respective unit).

- a) Liquids must be declared using milliliters (ml) and any other food in grams (g). Grams should be approximated to the nearest whole number, except for amounts less than 5 g. For amounts between 2 g and 5 g the numbers should be approximated to the nearest 0.5 g and amounts less than 2 g should be approximated to the nearest 0.1 g.
- b) Serving sizes may also be declared in ounces (oz) and fluid ounces (fl oz), in parentheses, after the measurement of the international system of units, separated by a diagonal line, when other common homemade measurements constitute the principal declaration for the serving of the food stuff.

12.5 Declaration of homemade measurements: The homemade measurements should be expressed as follows:

- a) Cup: Expressed in 1/4 to 1/3 cup increasing intervals:
- b) Tablespoon: Expressed as 1, 1 1/3, 1 1/2, 1 2/3, 2, or 3 tablespoons;
- c) Teaspoon: Expressed as 1/8, 1/4, 1/2, 3/4, 1, or 2 teaspoons.

12.6 Number of servings per packaging: if a package contains more than one serving, the manufacturer shall make the calculation based on the reference quantity defined in tables 5 and 6. The number of servings declared on the label may be expressed to the nearest whole number and use the word "approximately" or its abbreviation "approx". However, the following exceptions are acceptable:

- a) Packages containing between 1 and 5 servings may be expressed by the nearest 0.5 serving number and the word "approximately". For example: approximately 3.5 servings.
- b) When the serving size is calculated based on drained solids and the number of servings changes due to natural variation in unit size (pickled gherkins, inter alia), the usual number of servings in a package may be declared. For example, "usually 5 servings".

12.7 Serving sizes of foods in individual units (for instance, cookies, muffins, sliced bread, sliced cake): the serving size shall be determined in accordance with the sizes set out in tables 5 and 6 and a tolerance of -30% or +30% of the reference value.

Paragraph. Exceptions to the above criterion are foods with a natural variation in size, such as canned fruits in syrup (maraschino cherries, figs, peaches), vegetables in liquid containers, marinated products, and other similar products, wherein the size of one (1) serving by weight that most closely approximates the corresponding reference quantity must be declared.

12.8 Food servings in large units usually divided for consumption (Examples: cakes, pies, pizza): The size of a serving is the slice or cut, expressed as a fraction of the total closest to the reference quantity. Slices may be expressed as 1/2, 1/3, 1/4, 1/5, 1/6, or smaller fractions that can be expressed by dividing these values by 2 or 3. 1/8, 1/12 and 1/16 are allowed but the fractions 1/7, 1/11, 1/13 and 1/14 are not allowed.

12.9 Food servings in presentations not covered in section 12.1 (Examples: flour, sauces in general, spreadable products), and ready-to-eat and ready-to-serve meals, beverages, and prepared dishes for direct serving to the public and prepared meals and dishes that require cooking:

- a) The size of a serving is the amount expressed in homemade measurements that most closely approximates the reference quantity of the food stuff;
- b) For ready-to-eat meals, beverages, and prepared dishes to be served directly to the public and prepared meals and dishes that necessarily require cooking, packed, or packaged in individual servings and complying with the provisions for individual servings, the serving size shall be the whole edible contents of the container;

12.10 Assorted food packages: for products containing an assortment of individual servings or two or more compartments, with a different food in each compartment, shall include nutrition labeling for each variety of food, per serving size and per 100 g or ml, calculated on the basis of the relevant reference quantity. The above does not apply to assorted food packages wherein the nutritional information of the products contained therein can be read through their packaging.

Article 13. *Equivalences of common homemade measurements.* For the declaration of the size of the servings, the following equivalences are provided for in the international system of units:

- 1 teaspoon (tsp) is equivalent to 5 ml
- 1 tablespoon (tbsp) is equivalent to 15 ml
- 1 cup equals 200 ml or 240 ml
- 1 glass is equivalent to 200 ml or 240 ml
- 1 fluid ounce (fl oz) = 30 ml
- 1 ounce weight (oz) = 28 g

Paragraph 1. Exceptions are made for food stuffs that have their own unit of measure included in the packaging.

Paragraph 2. For dry products consider the density in order to determine the relative ratio.

Article 14. *Allowed abbreviations.* For the declaration of energy, nutrients and serving sizes in this chapter, only the following abbreviations may be used:

Table 7. Abbreviations allowed in nutrients

Nutrients	Abbreviations allowed
Total fat	Fat
Saturated fat/Saturated fatty acids	Grasa sat. (Sat. fat)
Polyunsaturated fat	Grasa poliinsat. (Polyunsat. fat.)
Monounsaturated fat	Grasa monoinsat. (Monounsat. Fat)

Trans Fat/Trans Fatty Acids	Trans
Total Carbohydrates	Carb. Total (Total Carb.)
Added Sugars	Az. Añadidos (Added Sgr.)
Dietary Fiber	Fibra (Fiber)
Vitamin	Vit.

Table 8. Allowable abbreviations in serving sizes

Serving sizes	Abbreviations allowed
Teaspoon	Cdta (Tbsp)
Tablespoon	Cda (Tsp)
Fluid ounce	Oz fl (Oz fl)
Ounce	Oz
Grams	a
Milliliter	ml
Serving Size	Porción (Serving)
Servings per container	Porciones (Servings)
Approximately	Aprox. (Approx.)

Chapter III Nutrient reference daily values.

Article 15. Nutrient reference daily values. For compliance with nutrition labeling on foods, the following daily reference values of nutrients are provided for children over 6 months and under four (4) years of age and for children over four (4) years of age and adults.

Table 9. Nutrient reference daily values – requirements (NRVS-R)

Energy/Nutrients	Unit of Measurement	Children over 6 months and under 4 years of age	Children over 4 years old and adults
Energy / Calories	Kcal	1000 kcal	2 000 kcal
Total fat	Grams	33 g	66 g
Monounsaturated fat	Grams	NE	NE
Polyunsaturated fat	Grams	NE	NE
Total Carbohydrates	Grams	150 g	300 g
Dietary fiber	Grams	14 g	28 g
Protein	Grams	25 g	50 g
Vitamin A	µg ER	300 µg ER	800 µg ER
Vitamin C/Ascorbic Acid	Milligrams	15 mg	83 mg
Calcium	Milligrams	700 mg	1 000 mg
Iron	Milligrams	11 mg	20 mg
Vitamin D	micrograms/Units International	15 µg /600 UI	15 µg/ 600 UI
Vitamin E	Milligrams ET	5 mg	9 mg
Vitamin B1/Thiamine	Milligrams	0.5 mg	1.15 mg
Vitamin B2/Riboflavin	Milligrams	0.5 mg	1.2 mg
Niacin/Nicotinic Acid	Milligrams	6 mg	15 mg
Vitamin B6/Pyridoxine	Milligrams	0.5 mg	1.3 mg
Folic Acid /Folacin/Folate	Micrograms	150 µg	400 µg
Vitamin B12/Cobalamin	Micrograms	0.9 µg	2.4 µg
Phosphorus	Milligrams	460 mg	700 mg
Iodine	Micrograms	90 µg	150 µg
Magnesium	Milligrams	80 mg	310 mg

Zinc	Milligrams	3 mg	11 mg
Copper	Micrograms	340 µg	900 µg
Pantothenic Acid	Milligrams	2 mg	5 mg
Vitamin K	Micrograms	25 µg	65 µg
Selenium	Micrograms	20 µg	70 µg
Potassium	Milligrams	3000 mg	4700 mg

NE: Not specified for nutrition labeling.

ER: Retinol Equivalent

ET: a-tocopherol equivalent

Table 10. Nutrient reference values – non-communicable diseases (NRVS-NCD)

Nutrients	Unit of Measurement	Children over 7 months and under 4 years of age	Children over 4 years old and adults
Max. sodium	Milligrams	1000 mg	2 000 mg
Max. saturated fat	Grams	NE	20 g
Max. Trans fat.	Milligrams	NE	2200 mg
Max. added sugars	Grams	25 G	50 g
Max. Cholesterol	Milligrams	NE	300 mg

NE: Not specified for nutrition labeling.

Paragraph 1. For Vitamin A, 1 RE is = 1 µg of Retinol or 6 µg of β-carotene or 12 µg of other carotenoids. When the content of provitamin A carotenoids (α-carotene, β-carotene, β-cryptoxanthin) in foods is available, the µg Retinol Equivalent Activity (µg RAE) should be used. 1 µg RAE = 1 µg of Retinol or 12 µg of β-carotene or 24 µg of α-carotene and β-cryptoxanthin.

Paragraph 2. For Folate, 1 EFD = 1 µg of dietary folate = 0.6 µg of folic acid added to food or as a supplement taken with meals = 0.5 µg of folic acid from supplements taken on with empty stomach.

Chapter IV

Nutritional Properties Claims

Article 16. Requirements. All food stuffs that make use of nutritional claims must comply with the following requirements:

16.1 General Requirements:

16.1.1 The only nutrition claims allowed shall be those made on the basis of the daily reference values established in these technical regulations, and to the fatty acids set forth in Articles 19.1 and 19.2.

Paragraph. The nutrition claims that had already been approved by the Specialized Food and Beverage Chamber of the Invima, will remain in force for this technical regulation. Additionally, if another claim is required for a nutrient that does not have a reference value, the manufacturer must request it to the Specialized Food and Beverage Chamber of the Invima.

16.1.2 The font size of terms or descriptors used for nutrition claims shall not exceed twice the size of the letters used in the name of the food.

16.1.3 When a product bears 1 or more front warning labels, it may not make nutritional claims related to the content of these nutrients, comparison and non-addition claims related to the content of the nutrients referred to in the front warning label(s). For example: High in added sugars and bearing a reduced sugars claim.

16.1.4 When a product has 1 or more front warning labels, nutrition claims other than those set out in section 16.1.3 may only be made on the side whereupon the Nutrition Facts table is displayed.

Article 17. Types of nutrition claims. The nutritional claims are as follows:

- 17.1 Nutrient Content Claim: means a nutrient content claim that describes the level of a particular nutrient contained in a food stuff. (Examples: “Source of calcium”; “excellent fiber content and low in fat”; “fortified”).
- 17.2 Nutrient Comparison Claim: means a claim that compares the nutrient levels and/or energy value of two or more food stuffs. (Examples: “reduced”; “less than”; “less”; “more than”; “increased”; “more”; “double”).
- 17.3 Claim of non-addition means any claim that an ingredient has not been added to a food stuff, either directly or indirectly. The ingredient is one whose presence or addition is allowed in the food and which consumers would typically expect to find in the food. For example, "no sugar added" on a cookie.

Article 18. General conditions for the nutrient content-related claims. The general conditions for the declaration of properties related to nutrient content are as follows:

- 18.1 The claim shall use terms or descriptors that are consistent with the nutrient, dietary fiber, or energy content of the food. Terms, descriptors, or synonyms other than those allowed herein may not be used.
- 18.2 The term "salt-free" must comply with the "sodium-free" criterion and the **“No salt/sodium added”** criteria.
- 18.3 For the purposes of nutrition claims, a food stuff shall be understood to be solid or liquid according to the unit of measurement used in the declaration of the net content of the food, namely, it shall be solid if its net content is expressed in grams or other equivalent measure, or liquid if its net content is expressed in milliliters or other equivalent measure. For products intended to be reconstituted or requiring preparation before consumption, the nutrition declaration should be made in accordance with the manufacturer's recommended instructions on the label.

Article 19. Allowable terms or descriptors for claims related to nutrient content: Excellent source, good source, Free from, Low, very low, Lean, Extra-lean, Fortified.

19.1 Excellent source: must meet the following requirements:

Table 11. Conditions for the descriptor "Excellent Source":

Component	Conditions: not less than
Protein	20 % of NRV for 100 g (solids) 10 % of NRV for 100 ml (liquids) or 20 % of NRV per food stuff serving
Vitamins and minerals	30% of NRV per 100 g (solids) 15% of NRV per 100 ml (liquids) or 30% of NRV per food stuff serving
Fiber	6 g per 100 g or ml or 20% of the daily reference value per serving
Omega-3 fatty acids	0.6 g of alpha-linolenic acid or at least 80 mg of the sum of eicosapentaenoic acid and docosahexaenoic acid. Per 100 g or 100 ml
Monounsaturated fats	At least 45% of the fatty acids found in the food come from monounsaturated fats and monounsaturated fats provide more than 20% of the energy value of the product
Polyunsaturated fats	At least 45% of the fatty acids present in the food

	come from polyunsaturated fats and polyunsaturated fats provide more than 20% of the energy value of the product.
Unsaturated fats	At least 70% of the fatty acids found in the food come from unsaturated fats and unsaturated fats provide more than 20% of the energy value of the product

Paragraph 1. Foods that meet the descriptor "excellent source of" may also use the following synonym: "rich in".

Paragraph 2. When the food complies with the descriptor "excellent source" for 3 or more vitamins and/or minerals, the descriptor "excellent source of vitamins and/or minerals" may be used.

19.2 Good source: must meet the following requirements:

Table 12. Conditions for the descriptor "Good source":

Component	Conditions: not less than
Protein	10% of NRV for 100 g (solids) 5% of NRV for 100 ml (liquids) or 10% of NRV per food stuff serving
Vitamins and minerals	15% of NRV per 100 g (solids) 7.5% of NRV per 100 ml (liquids) or 15% of NRV per food stuff serving
Fiber	3 g per 100 g or ml or 10% of the daily reference value per serving
Omega-3 fatty acids	At least 0.3 g of alpha-linolenic acid or at least 40 mg of the sum of eicosapentaenoic acid and docosahexaenoic acid. Per 100 g or 100 ml

Paragraph 1. Food stuffs that meet the descriptor "good source" may also use the following synonyms: "provides", "source", "contains", or "with".

Paragraph 2. When the food naturally has some nutrient in an amount sufficient to declare this descriptor, the term "naturally with" may be used.

Paragraph 3. When the food meets the descriptor "good source of" for 3 or more vitamins and/or minerals, the descriptor "good source of vitamins and/or minerals" may be used.

19.3 Free from: to use the descriptor "free from", the food must meet the following requirements:

Table 13. Requirements for the descriptor "free from":

Nutrient	Requirements for the descriptor "free from" (per 100 g for solid foods or 100 mL for liquid foods)
Calories:	<ul style="list-style-type: none"> - Contains no more than 4 kcal (For liquids only). - If a food stuff meets this condition without special processing or modification, formulation, or reformulation to reduce the caloric content, the label must include a statement indicating that the food is naturally calorie-free
Fat:	<ul style="list-style-type: none"> - Contains no more than 0.5 g of total fat. - The food shall not contain ingredients that are fats, which may be interpreted by the consumer as containing fat.

	<ul style="list-style-type: none"> - If the food meets the above conditions without special processing or modification, formulation, or reformulation to reduce the fat content, the label shall include a statement that the food is naturally fat-free. - The term "fat-free" may be used on skim milk, provided that it meets the requirements set out in this paragraph.
Saturated fat:	<ul style="list-style-type: none"> - Contains no more than 0.1 g of saturated fat. - The food shall not contain ingredients that are fats, which may be interpreted by the consumer as containing fat. - If the food meets the above conditions without special processing or modification, formulation, or reformulation to decrease the saturated fat content, the label shall include a statement indicating that the food is naturally free of saturated fat.
Trans fatty acids:	<ul style="list-style-type: none"> - Contains no more than 100 mg of trans fat. - The food must not contain ingredients that are fats, which can be interpreted by the consumer as containing fat. - If the food meets the above conditions without special processing or modification, formulation, or reformulation to decrease the trans fatty acid content, the label must include a statement indicating that the food is naturally trans-fat free.
Total sugars:	<ul style="list-style-type: none"> - Contains no more than 0.5 g of sugars.
Cholesterol:	<ul style="list-style-type: none"> - Contains less than 5 mg per 100 g (solids) or per 100 ml (liquids) and, for both claims, less than: 1.5 g of saturated fat per 100 g (solids), 0.75 g of saturated fat per 100 ml (liquids) and less than 10% of energy from saturated fat. - If the food meets the above conditions without special processing or modification, formulation, or reformulation to lower the cholesterol content, the label shall include a statement indicating that the food is naturally free of cholesterol.
Sodium:	<ul style="list-style-type: none"> - Contains no more than 5 mg of sodium. - The food must not contain sodium chloride or any other sodium-containing ingredient or additive. - If the food meets the above conditions without special processing or modification, formulation, or reformulation to reduce the sodium content, the label must include a statement that the food is naturally sodium free.

19.3.1. Foods that meet the descriptor "free of" may also use the following synonyms: "does not contain"; "zero" (or its numerical expression); "free of" or "non-significant source of", "without".

19.3.2. The use of the terms "free" or "low" implies that the food has been modified in some way and may be used only for foods that have been specially processed, modified, or formulated to decrease or remove an amount of a nutrient contained in the food. For example: Canned peas usually contain sodium, therefore, if this food is processed in such a way that it meets the requirements to be considered "low" or "free" in sodium, it may be referred to as "low" or "free" in sodium.

19.3.3. Concerning foods that by their nature are low in or free of the nutrient to which the claim refers, the terms used to describe the level of the nutrient should not imply that it is an exclusive quality of that product, but rather that it is a natural quality of the food.

19.4 Low in: in order to use the descriptor "low in", foods must meet the following requirements:

Table 14. Requirements for the descriptor "low in":

Nutrient	Requirements for the descriptor "low in" (per 100 g or 100 mL)
Calories:	<ul style="list-style-type: none"> - Contains a maximum of 40 kcal per 100 g or 100 mL.
Fat:	<ul style="list-style-type: none"> - Contains a maximum of 3 g per 100 g (solids) or 1.5 g per 100 ml (liquids).

	The term "low-fat" may be used in semi-skimmed milk, as long as it meets the requirements established in this item
Saturated fat:	- Contains a maximum of 1.5 g per 100 g (solids), 0.75 g per 100 ml (liquids). No more than 10% of energy comes from saturated fat.
Cholesterol:	- Contains a maximum of 0.02 g per 100 g (solids) 0.01 g per 100 mL (liquids).
Sodium:	- Contains a maximum of 80 mg per 100 g or 100 mL of food. The term "low in salt" may be used if the product meets the criteria "low sodium".

Paragraph. Foods that meet the descriptor "low in" may also use the following synonyms: "low", "few", "low source of" or "contains a small amount of", "low intake" and "low content".

19.5 Very low in: only allowed for sodium if it contains a maximum of 40 mg per 100 g or 100 ml of food.

19.6. Lean: only applies to meats and fish, must contain less than 10 g of total fat, less than 4.5 g of saturated fat and less than 95 mg of cholesterol per labeled serving.

Paragraph: As for cheese, this descriptor is allowed in compliance with the provisions of resolutions 2310/1986 and 1804/1989, or the regulation that amends or supersedes them.

19.7. Extra-lean meat: only applies to meat and fish. Must contain a maximum of 5 g of total fat, 2 g of saturated fat and 95 mg of cholesterol per serving as stated on the label.

19.8. Fortified: for the use of this descriptor, the following requirements must be met:

19.8.1 General principles for the use of the fortified descriptor on foods. Voluntary fortification of foods with essential nutrients shall comply with the following general principles:

- a) Nutrients derived from foods included in the daily diet should be considered in concentrations that do not result in an excessive or negligible intake of the fortified essential nutrient; with respect to that which is already contained in the daily diet.
- b) The fortification of an essential nutrient must not result in adverse effects on metabolism by interaction with any other nutrient contained in the food.
- c) Sources of essential nutrients may be natural or synthetic, and their selection should be based on considerations such as safety and bioavailability. In addition, purity criteria should consider national regulations or, in their absence, FAO/WHO standards, internationally recognized standards and, in their absence, international pharmacopoeia books.
- d) The essential nutrient shall be stable and available in the food under the usual conditions of packaging, processing, storage, and distribution.
- e) The essential nutrient should be bioavailable.
- f) The fortification of foods with essential nutrients shall not be used to mislead or deceive the consumer as to the nutritional value of the food.
- g) Standardized measurement methods internationally accepted by relevant agencies should be available to control and/or monitor the concentrations of fortified essential nutrients in foods.

19.8.2 **Essential nutrients that can be added to fortify foods.** Foods may be fortified with one or more of the essential nutrients listed below, the vitamin and mineral compounds should be those specified in the following table:

Table 15. Vitamin and/or mineral compounds allowed for fortification

Nutrient	Vitamin and/or mineral compound
Vitamin A	- retinol - retinyl acetate - retinyl palmitate

	- beta-carotene
Vitamin D	- cholecalciferol - ergocalciferol
Vitamin E	- D-alpha-tocopherol - DL-alpha-tocopherol - D-alpha tocopheryl acetate - DL-alpha tocopheryl acetate - D-alpha-tocopheryl acid succinate - DL-alpha-tocopheryl succinate polyethylene glycol 1000 ALPHA-tocopherol < 20 - beta-tocopherol < 10 % gamma-tocopherol - gamma-tocopherol 50 % - 70 - delta-tocopherol 10 % - 30 %.
Vitamin K	- phyloquinone (phytomedianone) - menaquinone-7 menaquinone-6
Vitamin B1	- thiamine hydrochloride - thiamine mononitrate - thiamine monophosphate chloride - thiamine pyrophosphate chloride
Vitamin B2	- riboflavin - riboflavin 5'-sodium phosphate
Niacin	- nicotinic acid - nicotinamide - Inositol hexanicotinate (inositol hexaniacinate)
Pantothenic acid	- Calcium D-pantothenate - Sodium D-pantothenate - Dexpanthenol - Pantethine
Vitamin B6	- pyridoxine hydrochloride - Pyridoxine 5'-phosphate - pyridoxine dipalmitate
Folic acid	- pteroylmonoglutamic acid - calcium L-methylfolate
Vitamin B12	- Cyanocobalamin - Hydroxocobalamin - 5'-deoxyadenosylcobalamin - methylcobalamin
Vitamin C	- L-ascorbic acid - sodium L-ascorbate - Calcium L-ascorbate - potassium L-ascorbate - L-ascorbyl 6-palmitate - Magnesium L-ascorbate - Zinc L-ascorbate.
Calcium	- calcium carbonate - calcium chloride - calcium salts of citric acid - calcium gluconate - calcium glycerophosphate - calcium lactate - calcium salts of orthophosphoric acid - calcium hydroxide - calcium malate - calcium oxide - calcium sulfate - calcium citrate malate - calcium acetate - calcium l-ascorbate - calcium bisglycinate - calcium pyruvate - calcium succinate - calcium l-lysinate

	<ul style="list-style-type: none"> - calcium L-pidolate - calcium L-trednate - Calcium phosphorylated oligosaccharides
Magnesium	<ul style="list-style-type: none"> - magnesium acetate - magnesium carbonate - magnesium chloride - magnesium salts of citric acid - magnesium gluconate - magnesium glycerophosphate - magnesium salts of orthophosphoric acid - magnesium lactate - magnesium hydroxide - magnesium oxide - magnesium sulfate - magnesium citrate and potassium citrate - magnesium L-ascorbate - magnesium bisglycinate - magnesium L-lysinate - magnesium malate - magnesium L-pidolate - magnesium pyruvate - magnesium succinate - magnesium taurinate - magnesium acetyl taurate - magnesium hydrogen carbonate
Iron	<ul style="list-style-type: none"> - ferrous carbonate - ferrous citrate - ammonium ferric citrate - ferrous gluconate - ferrous fumarate - sodium ferric diphosphate - ferrous lactate - ferrous sulfate - ferric diphosphate (ferric pyrophosphate) - ferrous ammonium phosphate ferric saccharate - elemental iron (carbonyl + electrolytic + dehydrogenated) - iron bisglycinate - Ferro-sodium ethylenediaminetetraacetate (III) trihydrate - ferrous succinate - Iron pyrophosphate - Ferric orthophosphate - Elemental iron (carbonyl or electrolytic or dehydrogenated or reduced iron)
Copper	<ul style="list-style-type: none"> - cupric carbonate - cupric citrate - cupric gluconate - cupric sulfate - copper-lysine complex - ferrous L-pidolate - ferrous phosphate - iron (II) taurinate
Chromium	<ul style="list-style-type: none"> - chromium chloride (III) - chromium lactate (III) trihydrate - chromium nitrate - chromium picolinate (III) - Chromium sulfate (III) - Chromium nicotinate - Chromium amino acid chelate - Chromium chloride hexahydrate - Chromium polynicotinate
Zinc	<ul style="list-style-type: none"> - zinc acetate

	<ul style="list-style-type: none"> - zinc bisglycinate - zinc chloride - zinc citrate - zinc gluconate - zinc lactate - zinc oxide - zinc carbonate - zinc sulfate - zinc L-ascorbate - zinc L-aspartate - zinc L-lysinate - zinc malate - zinc mono-L-methionine-sulfate - zinc L-pidolate - zinc picolinate - zinc methionine - zinc histidine
Selenium	<ul style="list-style-type: none"> - sodium selenite - sodium acid selenite - sodium selenate - selenium-enriched yeast* - Selenomethionine
Potassium	<ul style="list-style-type: none"> - potassium bicarbonate - potassium carbonate - potassium chloride - potassium citrate - potassium gluconate - potassium glycerophosphate - potassium lactate - potassium hydroxide - potassium salts of orthophosphoric acid

*Selenium-enriched yeast: yeast produced by culture in the presence of sodium selenite as a source of selenium and containing, in the marketed dry form, a maximum of 2.5 mg Se/g. The predominant organic selenium species present in the yeast is selenomethionine (between 60% and 85% of the total extracted selenium contained in the product). The content of other organic selenium compounds, including selenocysteine, will not exceed 10% of total extracted selenium. Typically, levels of inorganic selenium shall not exceed 1% of the total extracted selenium. Different degrees of hydration of the constituents are considered as included.

Paragraph. Vitamin compounds and mineral salts not specified in Table 15 must be approved by the Specialized Food and Beverage Chamber of the Invima.

19.8.3 **Reference value range for the use of the "Fortified" descriptor.** Foods that voluntarily undergo the fortification process must comply with the range of 20% to 100% of the NRV established in Table 9 herein, per claimed serving, without exceeding the Maximum Tolerable Intake Level (UL), as determined in Resolution 3803/2016, or the standard that amends or supersedes it, for the youngest age group that the product is intended for.

Paragraph 1. Foods whose fortification is mandatory are excluded from compliance with this article. However, if a manufacturer voluntarily adds micronutrients in addition to the mandatory addition, the food may be declared as fortified.

Paragraph 2. The statement of the descriptor "fortified", can be made as follows: "Fortified with Vitamins X and Minerals X", "Plus Vitamins X and Minerals X". Which must comply with the established ranges, per serving declared on the label. When the food is fortified with more than three (3) vitamins and/or minerals, the expression "Fortified with vitamins and/or minerals" may be used".

Article 20. General conditions for the nutritional comparative claims. The general conditions for the declaration of comparative nutritional properties are as follows:

- 20.1 The comparative nutrition claim should be based on the food as offered for sale. In the case of packaged foods which are to be prepared or consumed in reconstituted form, further preparation required for consumption in accordance with the instructions for use given on the label should be considered.
- 20.2 The foods being compared must correspond to different versions of the same or similar foods and the foods being compared must be clearly identified and in the same serving size or declared quantity.
- 20.3 The amount of the difference in energy value or nutrient content should be stated in accordance with the following:
- 20.3.1 The value of the difference expressed as a percentage, as a fraction or as an absolute amount.
- 20.3.2 The identity of the food or foods against which the food in concern is compared, in such a way that the consumer can easily identify them.
- 20.3.3 The information indicated in items 20.3.1 and 20.3.2 must appear next to or immediately below the descriptor term used for the comparative statement and in a font size no smaller than half of the descriptor term.
- 20.4 Food reduced in saturated fat should not increase the trans fatty acid content.
- 20.5 The food reduced in trans fatty acids should not increase the saturated fatty acid content.

Article 21. Allowed terms or descriptors for comparative nutrient content claims.

21.1 Reduced in: the comparison shall be based on a relative difference of at least 25% in energy value or nutrient content respectively between the foods compared and a minimum absolute difference per each 100g for solid or semi-solid foods and per each 100 mL for liquid foods, as shown in the table below:

Table 16. Requirements for the descriptor "Reduced in"

Nutrient	Minimum relative difference	Minimum absolute difference based on 100 g ml or mL
Calories	25%	40 kcal (Solids)
		20 kcal (Liquids)
Fat	25%	3 g (Solids)
		1.5 g (Liquids)
Saturated Fat	25%	1.5 g (Solids)
		0.75 g (Liquids)
Sugars	25%	3 g (Solids)
		1.5 g (Liquids)
Sodium	25%	80mg
Cholesterol	25%	20mg (Solids)
		10 mg (Liquids)

Paragraph 1. The term "Reduced" cannot be used if the reference food qualifies as a "Low" food intake.

Paragraph 2. The term "Reduced" must appear on the label immediately followed by the preposition "in" and the nutrient or calories that have been reduced. For example, "Reduced in calories"; "Reduced in fat".

Paragraph 3. Foods meeting this descriptor may also use the following synonyms: "less" or "lower in", "light", "lighter", "lower", "less than".

Paragraph 4. The term light can only be used for reduced calories.

21.2 *Increased/more/more than/double*: the comparison should be based on a relative difference of at least 25 % in nutrient content respectively between the compared foods per serving.

Article 22. *Terms or descriptors allowed for non-addition type claims.* Refers to the characteristics for using the "no addition" type nutrition claim when foods have no added sugars or salt/sodium, as indicated below:

22.1 *"No added sugars", "no additional sugars", "no additives sugars"*: the descriptor is allowed if it meets the following characteristics:

- a) No sugars of any kind have been added to the food, including, but not limited to: sucrose, glucose, honey, molasses, syrups or syrups, maltodextrins, panela, molasses, agave nectar, cane juice, dextrose, turbinado sugar, blackstrap molasses, cane juice crystals, evaporated cane juice, fruit concentrate, fruit juice concentrate, corn syrup solids, maltose, D-ribose, sucrose, glucose solids, malt barley, brown sugar, caramel, crystalline fructose.
- b) The food does not contain any ingredient that contains sugars as an ingredient, including, but not limited to: jams, jellies, chocolate with caloric sweeteners, fruit pieces with caloric sweeteners, sweetened cereals, unreconstituted fruit juice concentrates.
- c) No means, such as the use of enzymes, are used during processing, which can increase the sugar content in the final product (for instance, using enzymes to hydrolyze starches and release sugars):

22.2 *"No salt/sodium added"*: descriptor is allowed if it meets the following characteristics:

- a) The food must not contain salt or other salts or additives containing sodium.
- b) The food does not contain salt/sodium containing ingredients, including, but not limited to sauces, dehydrated broths, canned foods, sausages, salt substitutes, seaweed, marinated meats, inter alia.
- c) Must comply with the "low sodium" requirement.

Chapter V Health claims.

Article 23. *Requirements.* Any food that is the subject of health claims shall comply with the requirements for nutrient declaration and nutrition claims of these regulations. The use of health claims must comply with the following:

- 1) They must be based on scientific evidence and the level of evidence must be sufficient to establish the type of effect claimed and its relationship to health, as recognized by generally acceptable scientific data, and the evidence must be reviewed in the light of new data.

- 2) They should be done in a way that allows the public to understand the information provided and the meaning of that information in relation to a daily diet.
- 3) The amount of the food to be consumed to obtain the claimed benefit must be reasonable in the context of a daily diet.
- 4) If there are other determining factors to meet the health effects, they should be stated. Example: "Regular physical exercise and calcium intake".
- 5) If there are other factors associated with the disease or health disorder, it should be mentioned that it depends on other associated factors. Example: "Cardiovascular disease depends on many factors. Low-fat and low-cholesterol diets can help reduce the risk of cardiovascular disease".
- 6) If the claimed benefit is attributed to a nutrient in the food, for which a reference value has been established, the food must be: a) "Excellent in", "good source of" the nutrient, in the case where an increase in consumption is recommended; or b) "Low in", "reduced in", or "free of" the nutrient, in the case where a reduction in consumption is recommended.
- 7) If the claimed effect in health claims is attributed to a nutrient or constituent of the food, the validated and internationally recognized analytical methods for quantifying the claimed nutrient or constituent should be available.
- 8) The food claiming health properties must meet the levels that achieve the stated or associated health effect, established according to scientific evidence.
- 9) The expression of health claims should be made in conditional terms, using words such as: "may"; "could"; "helps"; "contributes to".
- 10) The information related to health claims included in the product label must be complete, true, not confusing, or misleading, in accordance with the provisions of this regulation.

Paragraph: The health claims that had already been approved by the Food and Beverage Specialized Chamber of Invima will remain in force under this technical regulation.

Article 24. Types of health claims: Nutrient claims entails three types: 1. Nutrient function claims, 2. Other function claims, and 3. Claims of disease risk reduction properties:

24.1 Nutrient function claims: describes the physiological role of the nutrient in the growth, development, and normal functions of the organism.

Example:

"Nutrient A (naming a physiological role of nutrient A in the body with respect to maintaining health and promoting normal growth and development). Food X is a source of/excellent in nutrient A", within a complete diet.

24.2 Other function claims: These claims concern specific beneficial effects of regular consumption of foods or their constituents in the context of a total diet on the normal biological functions or activities of the body. Such claims are related to a positive contribution to health or to the improvement of a function or the modification or preservation of health.

Example:

"Substance A (naming the effects of substance A on improving or modifying a physiological function or biological activity associated with health). Food Y contains X grams of substance A".

For the purposes of this technical regulation, some statements of properties of other functions and their general characteristics are as follows:

24.2.1 Statements associating the consumption of probiotics with improved digestive function:

a) The microorganism or bacteria must meet the following requirements:

- It must be alive, non-pathogenic and its natural environment is the human digestive tract.
- Be able to survive in the intestinal tract, namely, be resistant to gastric juices and bile acids.
- Have the ability to adhere to the intestinal mucosa.
- Have the ability to colonize the intestine.
- Have the ability to survive throughout the useful life of the product to which it is added.

b) The food must contain a greater than or equal number of viable bacteria of probiotic origin to 1 x 10⁶ UFC/g in the finished product until the end of shelf life.

c) The statement should indicate that the adequate and regular consumption of probiotic microorganisms is not the only factor to improve digestive functions and that there are other additional factors to consider such as physical exercise and type of diet.

d) Claim model: a proper diet and regular consumption of foods with probiotic microorganisms can help normalize digestive functions and regenerate intestinal flora".

24.2.2. Health claims associating the consumption of prebiotics with improved intestinal function:

a) The substance considered as a prebiotic must meet the following requirements:

- The amount of food to be consumed to obtain the beneficial effect must be reasonable in the context of the daily diet.
- To be a substance preferred by one or more species of beneficial bacteria in the large intestine or colon.
- To be resistant to gastric acids (to gastric acidity).
- To be fermentable by gut microbiota.
- To be resistant to endogenous enzymatic hydrolysis.
- To have the ability to produce changes in the lumen of the large intestine or in the host organism that show health benefits.
- Selectively stimulate the growth and/or activity of those bacteria that are associated with health and well-being.

b) The claim should indicate that adequate and regular consumption of prebiotics is not the only factor in improving digestive functions and that there are other additional factors to consider such as physical exercise and type of diet.

c) Sample claim: "A proper diet and regular consumption of at least X g per day of Y prebiotics promotes a healthy/good/balanced gut flora"; "benefits gut flora"; "aids in intestinal improvement/digestive function"

24.3 Disease risk reduction claims: The claim consists of two parts: (i) information about the physiological role of the nutrient on a known relationship between health and diet; followed by (ii) information about the composition of the product relevant to the physiological role of the nutrient in this relationship unless the relationship is based on a whole food or foods that research does not tie to specific constituents of the food.

Paragraph 1: The claimed benefit should arise from the regular consumption of a serving of a food stuff, (as defined in Article 12 herein), or food constituent in the context of a healthy diet. If the claimed benefit is attributed to a constituent in the food whereof a Nutrient Reference Value (NRV) has been established, the food in question should be:

(i) an excellent source of the constituent in the case where an increase in consumption is recommended; or, (ii) low in, reduced in, or free from the constituent in the case where a reduction in consumption is recommended.

Paragraph 2: Where applicable, the conditions for nutrition and comparative claims will be used to establish the levels for "excellent source", "low in", "reduced in", or "free from", accompanied by: "in a healthy diet may reduce risk".

Article 25. Prohibitions on health claims. The following claims are prohibited:

25.1 Health claims should not suggest that the food by itself is enough for the daily diet, nor should they suggest that a balanced diet based on common foods does not provide all nutrients in sufficient quantities.

25.2 Health claims should not promote the excessive consumption of any food, nor be contrary to the good eating habits established in the *Guías Alimentarias Basadas en Alimentos* (Food-Based Dietary Guidelines) for the Colombian population.

25.3 Health claims should not raise doubts about the safety and quality of similar foods.

25.4 When a product has 1 or more front warning labels, it may not make health claims with respect to the nutrient listed as "High in" for any of the following nutrients: sodium, saturated fats and/or added sugars.

25.5 When a product has 1 or more front warning labels, health claims other than those set forth in section 25.4 may only be made on the side whereupon the table of nutritional information is displayed.

25.6 It is not allowed to quantify the degree of risk reduction.

25.7 Health claims should not imply any healing, medicinal or therapeutic properties at all.

25.8 The term "healthy" or any term derived therefrom, such as "health", "wholesome", "healthily", "wholesomeness", "good health", "sanitary condition", may not be used in the labeling or tagging of a food stuff to describe it as "healthy" or render it in such a way as to imply that the food itself communicates "health".

25.9 The terms "whole meal", "balanced nutrition", "complete nutrition" or equivalents, whereby it may be assumed that a meal by itself is sufficient for daily nutrition, shall not be used.

Article 26. Authorization for other health claims. Prior to marketing the product, claims that have already met the criteria for health claims of nutrient function established in the minutes of the SEAB (Specialized Food and Beverage Chamber) No. 4 and 13 of 2017 will be accepted, if they do not meet the criteria mentioned therein, they must comply with the approval protocol defined in Resolution 684/2012.

Chapter VI

Specifications and formats of the nutrition facts table and front labeling.

Article 27. Specifications of the Nutrition Facts Table. The table of nutritional information shall comply with the general and specific conditions set forth below:

27.1 **General conditions.**

27.1.1 The nutritional information shall appear grouped, displayed in a box, in a visible place on

the label, with a minimum size of 25% of the area available for printing on the side where it is located (preferably the back side), in legible characters and in a contrasting color with the background where it is printed.

27.1.2 The nutritional information shall include figures and units for each nutrient declared.

27.1.3 The nutritional information must appear in Spanish and may additionally appear in another language. In case the original label shows the information in another language or in Spanish, a complementary label must be used and attached in a visible place, with the translation and requirements of this technical regulation.

This supplementary label may be used on imported products with original label in Spanish that need to express the nutritional information, in accordance with the requirements set forth herein, and its adjustment may be made before, during or after the nationalization process, which may be placed anywhere on the product.

27.1.4 The font of the nutritional information should be Arial or Helvetica, easy to read.

27.1.5 Information on energy, nutrients may be declared using the abbreviations allowed in accordance with the provisions of Chapter II herein.

27.1.6 As for imported products, the use of nutritional table formats from another country is allowed; however, the nutritional table for Colombia must be included, complying with all the requirements established in this technical regulation, if the product and/or raw material has regulatory scope in this resolution.

Article 28. Specific conditions.

28.1 The title of the Nutrition Facts Table shall be stated as "Nutrition Facts" or "Nutrition Data" or "Nutritional Information" using Arial or Helvetica font, in a minimum font size of 10 points. The titles and names of the following nutrition facts: calories, saturated fat, trans fat, added sugars and sodium, should appear in boldface, and have a font size 1.3 times larger to distinguish them from the other nutrients.

28.2 The name of each nutrient should appear in a column followed immediately by the amount by weight of the nutrient, using "g" for grams or "mg" for milligrams, "µg" for micrograms or IU (international units), as appropriate.

28.2.1 The declaration of saturated fat, monounsaturated fat, polyunsaturated fat (where omega-3 acids are applicable) and trans-fat shall appear in this order in indented form immediately below the declaration of total fat.

28.2.2 The statement of dietary fiber and where applicable of polyalcohol, in turn, the statement of added sugars (where applicable) indented immediately below the total sugars and the total sugars should appear in indented form immediately below the statement of total carbohydrates and, where applicable, the statement of soluble and insoluble fiber should appear in this order in indented form immediately below the statement of dietary fiber.

28.3 Information on vitamins and minerals, except sodium and potassium, should be separated from information on other nutrients by one line and displayed vertically on one or two lines, using Arial to Helvetica font, in a minimum size of 5 points. If potassium is declared, its information should appear immediately below that of sodium.

28.4 Nutritional data shall appear in the following order: calories, total fat, saturated fat, trans fat, carbohydrate, dietary fiber, total sugars, added sugars, protein, and sodium. The relevant names and their nutritional data for the following nutrients: calories, sodium, saturated fat, trans fat and added sugars, must be in boldface and 1.3 times larger in size than the other nutrients. When only the vitamins and minerals of mandatory declaration are declared, the order shall be: Vitamin A, Vitamin D, Iron, Calcium and Zinc, otherwise, if more vitamins and minerals are declared, then they shall follow the order of display as in Table 9.

28.5 For the serving size and number of servings per container fields, Arial to Helvetica font shall be used in a minimum size of 10 points.

Article 29. Nutritional Information Table Format. The Nutrition Facts table should be displayed in one of the following types of formats, depending on the area of print available on the label, nutrients declared, forms and other food considerations:

- a) Standard vertical;
- b) Simplified;
- c) Tabular and linear.

Article 30. Specifications of the Nutritional Information Table Formats. The following are the specifications that must be met by each of the nutritional information table formats:

Paragraph: In the case of packaged foods that are consumed reconstituted, according to the conditions of consumption defined by the manufacturer, the table of nutritional information shall be presented as solid (per 100 g) or liquid (per 100 ml) and per ready-to-eat serving. The column headings shall be indicated in their order: for 100 g or for 100 ml and for ready-to-eat serving.

30.1 **Standard vertical format.** The standard vertical format must present the information indicated in Article 10 of these regulations in column format, as shown in the example in Image 1. The thickness of the lines of the segment and nutrient separation lines defined for this format may vary, and will also apply when using the tabular, linear, and simplified formats.

IMAGE 1 Standard vertical format

Nutritional Information		
Serving size: 1 unit (40 g)		
Number of servings per package: Approx. 2		
Calories (kcal)	By 100 g	By serving
	261	101
Total fat	13 g	5.2 g
Polyunsaturated fat	3.0 g	1.2 g
Saturated fat	6.0 g	2.4 g
Trans fat	820 mg	328 mg
Total carbohydrates	31 g	12 a
Dietary fiber	0.8 g	0.3 g
Total sugars	5.0 g	2.0 g
Added sugars	2.0 g	0.8 g
Protein	5.0 g	2.0 g

Sodium	560 mg	224 mg
Vitamin A	3.0 µg ER	1.2 µg ER
Calcium	400 mg	160 mg
Iron	4.0mg	1.6 mg
Vitamin D	5.0 µg	2.0 µg
Vitamin B1	1.01 mg	0.41 mg
Zinc	4.0mg	1.6 mg

Paragraph. As for raw meat to which foodstuffs, seasonings or additives containing sodium have been added, the declaration of sodium content shall be made in the following manner:

IMAGE 2 Format for raw meats with added foodstuffs, seasonings or additives that contain sodium

Nutritional Information		
Serving size: 1 unit (40 g)		
Number of servings per package: Approx. 2		
Sodium (mg)	By 100 g	By serving
	560	224

30.2 Simplified format. The simplified format may be used when a food contains non-significant amounts or is not a significant source of six (6) or more of the following nutritional data: calories/kilocalories, total fat, saturated fat, trans fat, sodium, total carbohydrate, dietary fiber, total sugars, added sugars, protein, vitamin A, vitamin D, iron, calcium, and zinc. To this end, "is not significant amount" or "not a significant source" is established in Chapter II herein.

The simplified format should have the same columns graphical presentation as the standard vertical format, as shown in image 3, and include:

- a) The following information:
 - Total calories, total fat, saturated fat, trans fat, total carbohydrates, protein, sodium, total sugars, and added sugars.
 - Any other mandatory notifiable nutrient if contained in amounts greater than non-significant.
- c) The phrase "Not a significant source of (...)" indicating in the space of the ellipses those nutrients identified as non-significant amounts at the bottom of the Nutrition Facts table; -

IMAGE 3 **Simplified format**

Nutritional Information		
Serving size: 1 unit (40g)		
Number of servings per package: Approx. 2		
Calories (kcal)	By 100g	Per serving
	241	96
Total fat	13 g	5.2 g
Saturated fat	6.0 g	2.4 g
Trans fat	820 mg	328 mg
Total carbohydrates	31 g	12 g
Total sugars	5.0 g	2.0 g

Added sugars	2.0 g	0.8 g
Sodium	560 mg	224 mg
It is not a significant source of Protein, Vitamin D, Iron, Calcium, Zinc, Vitamin A, and fiber.		

30.3 **Tabular and linear formats.** The tabular or linear formats can be used in case of packages whose available printing area on the product label is less than 225 cm.

30.4 **Tabular Format.** The Tabular Format should present the nutritional information horizontally arranged in four columns, as shown in Image 4

4 IMAGE Tabular format

Nutritional Information	Calories	By 100 a	Per serving
			261 kcal
	Total fat	13 g	5.2 g
	Saturated fat	6.0 g	2.4 g
	Trans fat	820 mg	328 mg
Serving size: 1 unit (40 g) Number of servings per package: Approx. 2	Sodium	560 mg	224 mg
	Total carbohydrates	31 g	12 g
	Dietary fiber	0 g	0 g
	Total sugars	5.0 g	2.0 g
	Added sugars	2.0 g	0.8 g
	Protein	5.0 g	2.0 g
	Calcium	400 mg	160 mg

Is not a significant source of Vitamin A, Vitamin D, Iron, Calcium and Zinc.

Nutritional information (100 g or 100 ml): **Calories 261**, Total Fat 13.0 g, **Sodium 560 mg**, Total Carbohydrate 31 g, **Added Sugars 2.0 g**, Protein 5.0 g, Vitamin A 4.0 µg ER, Vitamin D 5.0 µg, Iron 4.0 mg and Zinc 3.0 mg.
Nutritional Information (Serving): **Serving Size: 1 piece (40 g) Number of Servings Per Container: Approx. 2 servings** **Calories 101**, Total Fat 5.2 g, **Sodium 224 mg**, Total Carbohydrate 12.0 g, **Added Sugars 0.8 g**, Protein 2.0 g, Vitamin A 1.2 µg ER, Vitamin D 2 µg, Iron 1.6 mg and Zinc 1.6 mg. It is not a significant source of saturated fat, trans fat, calcium, and fiber.

Linear format

The linear format can be used only when it is not possible, due to size and shape, to include the tabular format on the label. Nutrients per 100 g - ml and per serving should be listed. Calories and the following nutrients should be bolded: saturated fat, trans fat, sodium and added sugars.

Nutrients should be in sequence, separated by commas.

IMAGE 5 Linear Format

Article 31. Table of nutritional information for products in secondary packaging, multipacks, assortments or mixed: must comply with the following specifications:

31.1 Products in secondary packaging:

- a) For foods that are marketed in individual primary packages contained in the same secondary package, intended for sale to the public, the nutrition facts table, warning labeling, and positive seal, if applicable, of each food shall appear on the outer package offered to the public. The maximum size of each such table shall be the same as that of the table to be placed on each of the primary packages, in proportion to the quantity of products in the secondary package.
- b) For those foods whose individual packaging is in containers of natural origin materials, the secondary packaging shall be the one that displays the table of nutritional information, the warning labeling, and the positive seal, if applicable.

31.2 Products in multiple packages. For products consisting of two or more individually packaged foods, contained in an outer package, and intended for separate consumption, the nutrition information, the front warning labeling, and the positive seal if applicable, must be specified for each food in a place clearly visible to the consumer. In addition, the secondary packaging shall have the nutritional table for each of the product references contained in such packaging. In the latter case, the maximum size of such table should be the same as the table that would be placed on each of the primary packages in proportion to the amount of products in the secondary package.

31.3 Products in assorted or mixed packaging: they must meet the following characteristics:

- a) For food products consisting of two or more individual packages of ingredients, both contained in another outer package, intended for sale to the public, the nutrition facts table, warning labeling and positive seal, if applicable, shall appear on the outer package offered to the public, clearly identifying the information for each of the ingredients;
- b) When assorted products are individually packaged, with the intention that the consumer eats them at the same time, the nutritional information, warning labeling and positive seal, if applicable, must be specified for each product or for their mixture.

31.4 Small packages and pyrography.

Foods in small packages, with a total labeling surface of less than 77 cm², must include the Nutrition Facts table, the warning label, and the positive seal, if applicable on the secondary package, when it contains it. These packages must include an electronic address or telephone number, or any other means, that the consumer can use to consult the nutritional information. For the application of this exception, total surface area shall be understood as the sum of the areas of all printed surfaces of the packaging material excluding the sealing areas.

31.5 Returnable packages: Products in returnable glass containers whose total labeling area is greater than 77 cm² must include: a QR code, an e-mail address or telephone number, where the consumer can view the nutrition facts table, warning labeling and the positive seal, if applicable and/or nutrition claims for the product.

Article 32. Front warning labeling: When salt/sodium, sugars or fats have been added to a packaged food, and their content exceeds the value established in Table No. 17, the nutritional characteristic(s) related to the added nutrient must be labeled.

Table No. 17 Nutrient content limits for the implementation of warning labels

Nutrient	Solid (100 g)	Liquid (100 mL)
Sodium (mg)	>= 400	>= 150
Added sugars (g)	>= 10	>= 5.0
Saturated fat (g)	>= 4.0	>= 3.5

- a) For the purposes of this article, a food shall be understood to be solid or liquid according to the unit of measurement used in the declaration of the net content of the food, namely, it shall be solid if its net content is expressed in grams or other equivalent measure, or liquid if its net content is expressed in milliliters or other equivalent measure. In the case of packaged foods that are consumed reconstituted, it shall be understood as solid or liquid, depending on whether the product is ready to eat, according to the reconstitution instructions defined by the manufacturer. These instructions may include cooking.
- b) Packaged or packed foods to which salt/sodium has been added shall mean foods to which any salt or sodium-containing additive or any ingredient containing added sodium salts has been used as an ingredient or additive during the manufacturing process.
- c) Packaged or packed foods with added sugars shall be understood as those that meet the definition of added sugars established in Article 3 of this regulatory act.
- d) Packaged or packed foodstuffs to which fats have been added are those to which vegetable or animal fats, partially hydrogenated vegetable oils (vegetable shortening, vegetable cream or margarine) and ingredients containing added fats have been used as an ingredient during the manufacturing process.

32.1 Shape of the warning seal: The way to highlight the nutritional characteristics indicated in the first paragraph of this article shall be by including stamps on the label, which shall consist of a circular symbol with a black background and white border, and inside the text "HIGH IN", followed by: "SATURATED FATS" or "SALT/SODIUM" and/or "ADDED SUGARS" individually or with 2 or 3 stamps (as appropriate). The letters in the text of the stamps must be capital letters and white in color, ARIAL BOLD font. In addition, in the same symbol, the word "Minsalud" must be written in black letters, according to image 6 of this article.

IMAGE 6. Shape of the front warning seal



Paragraph: No other front labeling format or type of warning seal shape may be used, nor may the text, typeface, diagram, or drawing be changed.

32.2 Warning seal dimensions and location: The referenced symbol(s) shall be located on the upper right side of the front face (or main display face) of the product label. The dimensions of the referenced symbol(s) shall be determined according to the area of the main display face of the label, according to the following table:

Table 18. Warning seal dimensions

Area of the main label face (cm ²)	Symbol dimensions (diameter)
< 30	Label on secondary packaging
$\geq 30 \vee < 60$	1.6 cm
$\geq 60 \vee < 100$	2.1 cm
$\geq 100 \vee < 200$	2.7 cm
$\geq 200 \vee < 300$	3.3 cm
> 300	3.8 cm

When more than one symbol with the descriptor "HIGH IN" is to be labeled, they should be arranged side by side or one below the other, considering the forms described in item d) of article 32.3. If all 3 seals apply, they should be labeled in the following order: added sugars, salt/sodium, and saturated fat. The symbol(s) shall be labelled in a conspicuous, indelible, and easily readable manner under normal circumstances of purchase and use. Under no circumstances may they be covered in whole or in part.

32.3 Warning seal proportions: All elements (text and icons) must be centered on the y-axis of the black square. Below are the proportions:

- a) Added sugars. The letter "x" represents the unit of proportion on which the seal icon is built.



- b) Salt/sodium. The letter "x" represents the unit of proportion whereupon the seal icon is built.



c) Saturated fats. The letter "x" represents the unit of proportion whereupon the seal icon is built.



d) Distance between 1 or more seals. The letter "x" represents the unit of proportion whereupon the seal icon is built.





Paragraph. Stickers may also be used on the label in an indelible manner, provided that they meet the requirements of characteristics, size and location defined in the regulatory proposal. The sticker must be securely affixed by means of adhesion, printing, sewing, embossing, silk-screen printing, heat sealing, or other similar means, in such a way as to ensure that it does not become detached from the product under normal conditions of use, preservation, storage, transport and remains affixed until the time of marketing and shelf life.

Article 33. Positive seal. When the packaged food meets all the following technical criteria, it may voluntarily include the positive seal, complying with the characteristics, sizes and location defined herein.

33.1 Comply with the following maximum levels for sodium, saturated fat and added sugars:

Table 19. Maximum contents for sodium, added sugars and saturated fats

Nutrient	Solids (100 g)	Liquids (100 ml)
Sodium (mg)	≤ 80	≤ 60
Added sugars (g)	≤ 2.0	≤ 1.0
Saturated fats (g)	≤ 2.0	≤ 2.0

33.2 Its first ingredient in the list of ingredients cannot be: sodium or additives with sodium, added fats and/or sugars.

33.3 Caloric and/or non-caloric sweeteners are not used in the formulation.

33.4 Positive seal shape: The way of highlighting the nutritional characteristics indicated in paragraphs 33.1, 33.2 and 33.3, shall be labeled with an RGB (34, 55, 98) or CMYK (100%, 87%, 33%, 22%) color checkmark symbol and a white checkmark symbol on its outer side, as shown in the following figure:

IMAGE 7. Positive seal shape



Paragraph. No other positive seal shape may be used, nor may the color be changed, add letters or sentences, nor sizes, nor location.

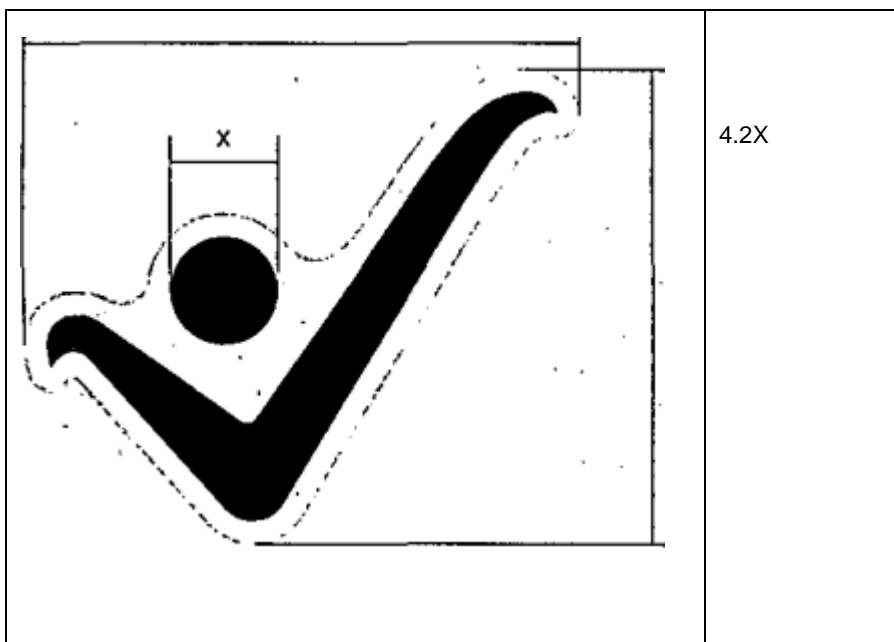
33.5 Positive seal dimensions and location. The referenced symbol(s) shall be located on the lower left side of the front face of the product label. The dimensions of the referenced symbol(s) shall be determined according to the area of the main display face of the label, according to the following table:

Table 20. Dimensions of positive seal

Area of the main face of the label (cm ²)	Symbol dimensions (longest side)
< 30	Label on the larger packaging containing the seals
>= 30 and <60	1.4 cm
>= 60 and <100	1.8 cm
>=,100 and <200	2.5 cm
>-200 and <300	3.0cm
>= 300	3.5 cm

Proportions

5.2X



The letter "x" corresponds to the unit of proportion whereupon the seal icon is built.

Chapter VII Compliance Assessment

Article 34. *Compliance Assessment Procedure.* For the purposes of conformity assessment of this technical regulation, the information in the nutrition claims, health claims and front labeling will be established as a first party claim made by the producer, marketer, or importer, or whoever appropriate. This declaration presumes that the declarant has carried out the required verifications, inspections, and tests at its own expense, and therefore provides under its responsibility that the packed or packaged food complies with the provisions of this technical regulation.

Chapter VIII Liability, inspection, surveillance, and control

Article 35. *Liability.* Natural or legal persons engaged in the processing, marketing and/or importation of packed and packaged foods for human consumption shall be liable for compliance with the sanitary requirements set forth in the sanitary regulations and the provisions of this technical regulation.

Article 36. *Inspection, surveillance and control.* The National Institute for Drug and Food Surveillance (INVIMA) is responsible for exercising the functions of inspection, surveillance and control, in coordination with the territorial entities of the departmental or district level, and in development of the Model of Inspection, Surveillance and Sanitary Control, defined by the Ministry of Health and Social Protection through Resolution 1229/2013 or the rule that amends or supersedes it, for which they may apply security measures and impose the appropriate penalties, in keeping with the provisions of Act 9/1979 and the administrative disciplinary procedure provided for in Act 1437/2011.

Chapter IX Final Provisions

Article 37. *Authorization for label stock-outs and use of adhesives.* The depletion of labels and the use of adhesives must be authorized by INVIMA, in accordance with the procedure established by this agency.

Paragraph 1. During the transitional period of this resolution, the exhaustion of labels will not require prior authorization by the Invima.

Paragraph 2. Those responsible for packed or packaged foods may use stickers on the label, as established in article 32 and with regard to front warning labeling, as long as the stickers comply exactly with the provisions contained in this technical regulation. This alternative shall not require prior authorization by Invima.

Paragraph 3. After the transition period of this resolution, the labels and tags of all products manufactured or imported or marketed after that date must comply with all the requirements thereto. Therefore, the depletion of stock of labels under Resolution 333/2011 will not be authorized.

Paragraph 4. For imported products, prior issuance, provided that they have the CIS Sanitary Inspection Certificate by Invima, the use of a label or complementary label containing the information required in this resolution will be allowed, which must be attached on a visible place. Its adjustment may be made before, during or after the nationalization process and prior to its commercialization. The label or complementary label regulated in this paragraph is different from the stickers on the label with respect to the front warning labeling, which must comply with paragraph 2 of this article.

Article 38. Review and update. In order to keep the provisions of the technical regulation established by this resolution up to date, the Ministry of Health and Social Protection, in accordance with national and international scientific and technological developments and existing evidence, will proceed to its revision in a term not exceeding five (5) years, starting from the effective date, or earlier, if it is identified that the causes that led to its issuance were amended or disappeared.

Article 39. Notification. This technical regulation shall be notified through the TBT (Technical Barriers to Trade) contact point of the Ministry of Trade, Industry and Tourism to the member countries of the World Trade Organization (WTO).

Article 40. Validity and derogations. In keeping with section 12 of Article 10 of the Andean Decision 827/2018, the provisions set forth in this technical regulation, shall enter into force eighteen (18) months following the date of its publication in the *Diario Oficial* (Official Gazette), period wherein, producers, importers, and marketers of packaged foods for human consumption and other sectors bound to comply with the provisions herein, must adapt their processes and/or products to the conditions set forth herein. From eighteen (18) months following the date of publication of this resolution, Article 3 of Resolution 4135/1976, Resolution 333/2011, section 5.2, and Article 6 of Resolution 2508 /2012 are derogated.

Paragraph 1. For a maximum period of ten (18) months, counted from the date of publication of this resolution in the Official Gazette, manufacturers, importers, and traders of packed and packaged food for human consumption and other sectors bound to comply with the provisions herein, will continue to abide by the provisions of Resolution 333/2011 and articles 5.2 and 6 of Resolution 2508/2012.

Paragraph 2. The packaged and packed foods that after eighteen (18) months of entry into force of this standard and that at such date do not comply with the nutritional labeling and front warning labeling established herein, regardless of the date of manufacture, and in the event that the products are not out of stock during this term, they must be recalled by the manufacturer, marketer, or importer.

Paragraph 3. In case of manufacturers who wish to adjust the nutritional information on the labels before the transitional period (18 months), they may do so, however, they must fully comply with the requirements herein.

Paragraph 4. For returnable packaging, there will be an additional time of 5 years counted from eighteen (18) months after the date of publication, to comply with the provisions of this administrative act. However, from eighteen (18) months from the date of entry into force of this regulation, as a transitory measure, the front warning seal must be placed on the lid for returnable packages that cannot be labeled on the front side, or with a sticker on the secondary package.

BE PUBLISHED, NOTIFIED AND ENFORCED

Issued in Bogotá, DC, on the day June 16th, 2021

(Signed)
FERNANDO RUIZ GÓMEZ
 Minister of Health and Social Protection

Approved by:

Vice Minister of Public Health and Service Provision (Signed)
 Director of Promotion and Prevention (Signed)