

ANNEX

	<b>LOW</b>	<b>NO ADDED</b>	<b>X FREE</b>
<b>FAT</b>	No more than 3g per 100g for solids or per 100ml for liquids. <sup>i</sup>  <i>In the case of a food naturally low in fat the claim must be made in the form “a low fat food”.</i>		No more than 0.15g per 100g or 100ml.  <i>“% fat free” claims should not be made.</i>
<b>SATURATES</b>	No more than 1.5g per 100g for solids or per 100ml for liquids and should not make up more than 10% of the total energy of the product. <sup>i</sup>  <i>In the case of a food naturally low in saturates the claim must be made in the form “a low saturates food”.</i>		No more than 0.1g per 100g or 100ml.
<b>SUGAR(S)</b>	No more than 5g per 100g or 100ml.  <i>In the case of food naturally low in sugar(s) the claim must be made in the form “a low sugar(s) food”.</i>	No sugars or foods composed mainly of sugars added to the food or to any of its ingredients. <sup>ii</sup>	No more than 0.2g per 100g or 100ml.
<b>SALT/SODIUM</b>	No more than 40mg sodium per 100g or 100ml.  <i>In the case of a food naturally low in salt/sodium the claim must be made in the form “a low salt/sodium food”.</i>	No salt or sodium shall have been added to the food or to any of its ingredients.	No more than 5mg sodium per 100g or 100ml.

	<b>SOURCE</b>	<b>INCREASED</b>	<b>HIGH</b>
<b>FIBRE</b>	Either 3g per 100g or 100ml <i>or</i> at least 3g in the reasonable expected daily intake of the food.  <i>In the case of a food naturally high in fibre, the claim must take the form “a high fibre food”.</i>	At least 25% more than a similar food for which no claim is made and at least 3g in either the reasonable daily intake of a food for which this is lower than 100g or 100ml <i>or</i> in 100g or 100ml.	Either at least 6g per 100g or 100ml or at least 6g in the reasonable expected daily intake of the foods

<sup>i</sup> There are specific EU Regulations relating to spreadable fats. Please note that these guidelines do not relate to these products.

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<sup>ii</sup> This claim includes the use of the term “unsweetened” except in accordance with the provision of the Condensed Milk and Dried Milk (England) Regulations 2003 and separate but similar legislation in the devolved administrations.

This publication precedes the establishment of the Food Standards Agency, but the information remains valid.