

Quick guide to jam

This quick guide provides a summary of the Jam and Similar Products (Scotland) Regulations 2004. It is for small and medium sized businesses that produce jams and similar foodstuffs and need guidance on their compositional and labelling requirements.

What types of products are covered by The Jam and Similar Products (Scotland) Regulations 2004?

- Jam and extra jam
- Jelly and extra jelly
- Marmalade
- Fruit curd
- Mincemeat
- Reduced sugar jam, jelly and marmalade

What are the main requirements of the Regulations?

Jam and similar products listed above must comply with the reserved descriptions as set out in the Regulations. These include minimum fruit and sugar requirements and specific labelling requirements. If you use one of the reserved descriptions then your product must be made according to the defined compositional criteria.

What are the minimum fruit requirements?

The minimum whole fruit content required depends on the product and the type of fruit used.

Jam and jelly		Standard jam/jelly per kg	Extra jam/jelly per kg
	All fruit except:	350g	450g
	Cashew apples	160g	230g
	Ginger	150g	250g
	Passion fruit	60g	80g
	Blackcurrants, quince, rosehips, redcurrants, rowanberries, sea buckthorns	250g	350g
Marmalade	Minimum of 200g of citrus fruit per kg , of which at least 75g must come from the endocarp (fruit segments).		
Curd	Minimum of 40g of fat per kg , 6.5g of egg solids per kg and enough flavouring material, such as fruit pulp, extract or essential oil to characterise the finished product.		

What about when mixing fruits?

When jam contains more than one fruit, the minimum quantities of each type of fruit are reduced in proportion to the relative quantities of the fruit used. For example, for 'Raspberry and quince standard jam' where the two mixed fruits are present in equal proportions, the requirement will be a minimum of 175g raspberries and a minimum of 125g quince per kg. Be aware that some fruits cannot be mixed in extra jam – see FSA Guidance Notes (web address at end of document).

What about the soluble solids (sugar content) requirements?

The sugar content should always be measured by a refractometer, a device used for measuring sugar levels in jam, at 20°C, the sugar content shown being accurate to ±3 refractometric degrees.

Standard and extra jam and jelly; marmalades	In all cases products must have a minimum soluble solids (which can be any type of sugar or honey) content of 60g per 100g.
Reduced sugar products	When the product is labelled as 'reduced sugar' the soluble solids content should be between 25g and 50g per 100g.
Curds; mincemeat	Products must have a minimum soluble solids content of 65g per 100g

Authorised additional ingredients and treatments

Only certain additional ingredients, specified in Schedule 2 of the Regulations, are permitted in jams and similar products. However, these restrictions do not apply to curds and mincemeat. Restrictions on the types of treatments that the fruit and fruit derivative can undergo also apply. Please check the Regulations carefully.

What are the labelling requirements?

- A reserved description taken from Schedule 1 of the Regulations.
- An indication of the fruit or fruits should be given in the product name (in descending order of weight of raw materials used). If three or more fruits are used, the term 'mixed fruit' or similar wording can be used or, alternatively, it can be replaced by the number of fruits used.
- A declaration of the quantity of fruit used in the manufacture in the form 'prepared with Xg of fruit per 100g of finished product'.
- A declaration of the sugar content in the form 'total sugar content Xg per 100g'. An exception to this is where a nutritional claim as regards sugar content is made - see food.gov.uk/foodindustry/guidancenotes/labelregsguidance/nutlabelguid
- A declaration of the residual sulphur dioxide content where this is more than 10mg per kg.
- General provisions required by the Food Labelling Regulations 1996 (as amended) including:
 - a list of ingredients (in descending order of weight) including a declaration of any allergens that are present
 - an appropriate 'best before' or 'use by' date
 - any special storage conditions or conditions of use
 - the name or business name and an address or registered office
 - place of origin of the food if failure to give it would mislead the purchaser

Customary names

The reserved descriptions may also be used in a food name where it is clear that the specified product is an ingredient, for example, jam sandwich; or where it would be considered a customary name, for example, jelly babies, or jam tarts.

What is not covered by the Regulations?

Jams destined for use by the baking industry, sometimes termed 'bakery jams'.

Further information

See the FSA's detailed Guidance Notes at

food.gov.uk/foodindustry/guidancenotes/labelregsguidance/jamregguidnotes2003

or contact the Food Standards Agency in Scotland on **01224 285100**