# UK/Europe Food Label Checklist

- What are the European label guidelines, and how do I access them?
- How do I apply those guidelines to Nutritionist Pro™ NexGen?
- How do I make my product stand apart in the marketplace?
- How do I accomplish my goal of providing nutrition info on my final food package?
- How do I print and get my final package ready?

# Food Label Checklist

Topics covered in this document are:

- 📖 What are the European label guidelines, and how do I access them?
- 📖 How do I apply those guidelines to Nutritionist Pro™ NexGen?
- 📖 How do I make my product stand apart in the marketplace?
- 📖 How do I accomplish my goal of providing nutrition info on my final food package?
- 📖 How do I print and get my final package ready?

## What are the European guidelines and how do I access them?

The new EU 1169 FIC rules went into effect Dec 13 2014, which states that Allergens will need to be highlighted.  In addition mandatory nutrition declarations for most pre-packed foods comes into force on December 13th 2016.  Nutritionist Pro NexGen can help meet those compliance rules and makes it easier to calculate Nutrient values and create final label package for your food item.

Details about the EU 1169 rules can be found here.

Another great link with resources on navigating the guidelines

## How do I apply those guidelines to Nutritionist Pro™ NexGen?

Nutritionist Pro™ NexGen is an ingredient, recipe database and labeling software.  What that means for you is that we have built in the nutrient values for over 75,000 foods, ingredients and recipes so that when you build your final recipe you can use the nutrient values from these common ingredients and calculate the nutrition profile for your final recipe.

*\*\*We capture data from 20 different European sources and we recommend that these data sources be used during your recipe creation.*

- ✓ For ex if your final product is a baked item such as a Cookie your main ingredients perhaps are – flour, butter, water, sugar, salt, spices, chocolate chips.
- ✓ Your first step is to contact your ingredient supplier and obtain nutrition specs for some of your items like flour, chocolate chips etc.  The other items like water, salt, sugar and butter if you use generic products then you can use our built in European Data from Italy, France, UK, Greece and more.
  - o To search by the source filter in our applications go to the food search window and under source pick the source and if needed you can make it your default source.
  - o Remember to first pick Axxya Systems as the data source when you are picking the foods and making your filter selections.
- ✓ Our recommendation is to ask your supplier to provide that data in 100 gm unrounded values.
- ✓ Once you have the nutrient data for your products you are then ready to compile your recipe in Nutritionist Pro™ NexGen.

- To get you more comfortable with our application and its features we offer
  - Videos
  - Webinars
  - Visit our website [http://www.nutritionistpro.com/training-for/nutrition-food-labeling/](http://www.nutritionistpro.com/training-for/nutrition-food-labeling/) for more details.

## How do I make my food product stand apart from my competition?

**Off course your end goal is to make a great product for your consumer and that on a grocery shelf it stands apart from your competition.**

- ✓ See if you qualify for any Nutrient content claims like low fat, sugar free etc.  This is very easy to do in Nutritionist Pro™ NexGen.
  - Go to the label section pick your label style and you will see a button for Nutrient Claims this will showcase any claims per EU 1169 guidelines that your food item qualifies for.
- ✓ What will your final product package look like, what does your competitor's package look like?
- ✓ Once you have a good plan in place you can move on to making the final label.

## Highlight and bold the source of the allergens in the ingredient statement.

**To meet 1169 compliance REMEMBER to BOLD the source of your allergens found in your ingredient statement.  For example highlight by bolding the word Wheat in your ingredient statement to meet Gluten Allergen requirements.**

## How do I accomplish my goal of providing nutrition info on my final food package?

A few questions to ask yourself or your team are:

1. What type of package will you have and how much space do you have on that package for nutrition labels.
   a. Once you determine this and you have picked your label style for ex Standard, Linear, etc, you can come to Nutritionist Pro™ NexGen and pick your label format.
      i. Go to the label section of our app and select UK/EU, and the label style.
      ii. Once you have picked the label style you have several language options as well.

2. Final label review
   a. Once you are done selecting the label you have  few choices here
      i. Double check the allergens tagged in your label – this was done when the recipe was made in Nutritionist Pro™ so it's a good idea to see what you want to say about allergens on your final package.
         1. We offer 3 statements – Contains, May Contain, or added during processing.  Pick the one that applies to you.

ii.  Ingredient statement section – make sure and clean up and review your final statement, our application lists all ingredients in descending order by weight, in addition if you added translations during your recipe development part of the application you will see those reflected here as well.

b.  Once you are done click next and see your label format, after you have reviewed the final label you have many editing features in the application such as color, size, pixel options etc.  Adjust your label as needed and when finished save and print your label.

## How do I print and get my final package ready?

We understand that once your label is finished and you have your nutrition values, the next step is how to get a great label printed and how to finish and make your whole product package?

Rest assured we have done the legwork for you.  Check out our partners' page where we have options for your next steps.  Some partners also offer special pricing so be sure to mention the coupon codes or our name *Axxya Systems* to take advantage of the promotions offered by our partners.

If you have any questions remember we offer many resources for assistance – other help files, videos, webinars etc.  Visit our website for more details www.nutritionistpro.com

*Nutritionist Pro™ NexGen meets labeling needs for Canada, USA, China/Hong Kong and more. This gives you an opportunity to export to other regions and easily meet label requirements for your final package.  Grow your business and we will be there to support you with label needs for many other regions.*

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