

Annexure 2: Nutrition labelling for fortified foods in Nigeria (example fact sheet)



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Nutrition labelling for fortified foods in Nigeria

Mandatory fortification of sugar, vegetable oil, margarine and butter with vitamin A (varying levels per kg); wheat flour, composite flour, maize flour, wheat semolina and whole maize meal with vitamins A, B1, B2, B3, B6, B9, B12, iron and zinc; food-grade salt with iodine (except in certain cases). Other foods may be voluntarily fortified per Food Fortification Regulations, 2021.

1. TAKEAWAYS

Labels on fortified foods in Nigeria must include a nutrient declaration (section 3). Where foods are fortified in line with regulations, nutrition and health claims can be made (section 4) and/or a fortification logo can be displayed (section 5). On page 2, wheat flour is provided as a pictorial case study product (section 6) as well as a summary of key regulations (section 7) and links to further information (section 8)

2. GENERAL

- It is an offence to label food in a false or misleading manner (e.g., to include B12 in the food's ingredients list when no B12 is present) or to label food in a way that indicates it has medicinal properties.
- Labelling must be in English and may include any other language and must be clear, prominent, and legible.
- All fortified foods, all processed foods (for sale, import, distribution, manufacture, etc.) and any foods to be advertised (includes "labelling") in Nigeria must be registered with the National Agency for Food and Drug Control (NAFDAC), with registration renewal required. NAFDAC has created an online portal for registration of foods and other items (<https://registration.nafdac.gov.ng>).

3. NUTRIENT DECLARATION

Nutrient declarations are mandatory on all pre-packaged foods (incl. fortified foods and iodised salt) though NAFDAC can prescribe exceptions for some foods (e.g., single ingredient foods, spices and herbs, small units with a surface area <10cm², nutritionally insignificant foods etc).

- Where a nutrient declaration is included on a label, it must:
 - Be presented in a tabular (or table) format
 - Express nutrition information in columns per serve or per 100g (solids) / 100mL (liquids)
- Include minimum mandatory nutrition information: energy (kJ/kcal); fat (g); saturated fat (g); trans-fat (g); carbohydrate (g); sugar (g); protein (g); salt (mg); and the amount of any other nutrient for which a nutrition or health claim is made.
- Express vitamins and minerals per 100g/ml and as a % Nutrient Reference Value (NRV) – but only if they are present in an amount $\geq 5\%$ of the NRV per 100g/ml as quantified on the label.
 - **For fortified foods:** vitamins and minerals can only be declared where they meet the requirements of the Food Fortification Regulations; the vitamin or mineral must be present in $\geq 5\%$ of the NRV per serve; and be expressed as a % NRV per 100g/ml or per package if it only contains a single serve, plus as a % daily value.
- *Products containing fats and oils, including emulsions alone or as part of processed foods:* cholesterol (g), monounsaturated fat (g), and polyunsaturated fat (g) should also be declared.

In addition, where labelling of food places special emphasis on the: a) presence of ≥ 1 ingredients, the mass must be declared in the final product; b) low content of ≥ 1 ingredients, the % of the ingredient must be declared.

4. NUTRITION AND HEALTH CLAIMS + FORTIFICATION CLAIMS

- You may include nutrition and health claims on the label if they meet conditions (e.g., health claims must be supported by evidence).
- If fortified foods are fortified in line with the Food Fortification Regulations:
 - Nutrition claims are allowed for vitamins and minerals if they meet a % of a NRV (e.g., "Source of [vitamin or mineral]" $\geq 5\%$ of NRV per 100g/ml/serve, with increasing %'s of NRVs to claim, "A good source of" and "Excellent source of").
 - In advertising or labelling of the relevant food, the label must state a) calcium or phosphorous is a factor in the normal development and maintenance of bones and teeth, especially in infants and children; and b) calcium, phosphorous or iron is a factor in the maintenance of good health.
- When salt is fortified, it must be labelled as such. E.g., "salt fluoridated", "salt iodated", "salt iodized", "salt fortified with iron", "salt fortified with vitamins", or included in ingredient list. Further, salt cannot be represented as "Reduced in Sodium" unless it contains $\leq 25\%$ less sodium than regular table salt and satisfies other conditions.
- Food product claims on labels must be: Adequately substantiated before approval (e.g., 'natural' claims) and accurately interpret research findings. Any reference in a label (advertisement) needs to be verified by NAFDAC. Terms like "source", "dietary source" etc re energy and/or protein must meet specifications. Terms such as "nutritious" must meet nutrient profiling criteria (i.e., at least four vitamins and two minerals excluding sodium of an amount that meet criteria for claim as source).
- Fortified foods cannot specifically be sold or advertised among other things as a treatment, preventative or curative of diseases, disorders or abnormal physical states as specified in the regulations (e.g., Goitre, mental conditions). Similar claims are prohibited for all foods.

5. FORTIFICATION LOGOS

You must include the Vitamin A fortification logo (below left) on sugar, wheat and maize flour, vegetable oil, margarine and butter, that are subject to mandatory fortification. You must include the iodised salt logo on mandatorily iodised salt (below centre).

The regional 'Enrichi' logo (below right) can be used on wheat flour and cooking oil fortified with vitamin A as part of the 'Fortify West Africa' program that ran throughout ECOWAS countries in conjunction with development partners between 2011 and 2017.

The logo must be a specified format and size. E.g., printed in a prominent position on the main panel in bold print against a contrasting or clear background, and be clearly visible, legible and indelible.

6. PICTORIAL CASE STUDY PRODUCT – WHEAT FLOUR

This case study product only details the three nutrition label types outlined in this fact sheet – nutrient declaration, fortification claim and fortification logo – along with a product name. Figures used are provided as an example only and may not be accurate. Other details are required on food labels (e.g., ingredient list and weight) but not shown here.



7. MORE DETAIL ON THE LABELLING REGULATIONS

Food and Drugs Act of 2004 sets out enforcement provisions and the Minister for Health's stance in relation to food and other substances covered by the Act and requires certification for imported foods. The Act also prohibits false or misleading labelling and labelling that indicates food with medicinal properties.

National Agency for Food and Drug Administration and Control Act 2004 (NAFDAC Act) establishes NAFDAC, its functions and powers, including to regulate and administer food labelling.

Food Products Advertisement Regulations 2021 sets out requirements for registration of all food products manufactured, imported, distributed or sold in Nigeria with NAFDAC prior to advertisement (that includes labelling) and prohibits misleading or deceptive advertisements. The regulations also limit nutrition and health claims that can be made in food advertisements.

Processed Food Registration Regulations 2005 sets out requirements for processed food products and labelling to be registered with NAFDAC and sets out registration requirements.

Food, Drug and Related Products (Registration) Act 2004 prohibits manufacture, import, export, advertisement, sale or distribution of food (and other products) in Nigeria unless they have been registered with NAFDAC. The Act also establishes the Food and Drug Registration Committee that advises NAFDAC on applications for registration.

Regulations made under both the Food, Drugs and Related Products (Registration) Act and the NAFDAC Act:

Pre-Packaged Food (Labelling) Regulations, 2022 set out labelling requirements for all pre-packaged foods manufactured, imported, exported, sold or distributed in Nigeria, including general requirements (e.g., name of food, ingredients). The Regulations mandate nutrient declarations and prohibit false and misleading labelling, non-compliant labelling and medicinal claims. These regulations revoke the previous food labelling regulations and bottled water labelling regulation – and apply to products fortified under the two fortification regulations.

Food Fortification Regulations 2021 alongside mandatory fortification requirements, the Regulations specify via schedule, other foods to which vitamins, minerals, nutrients or other amino acids "may" be added, though the schedule lists both mandatory and voluntary fortification and applicable fortificants (e.g., enriched alimentary pasta must be fortified with thiamine, riboflavin, niacin, folic acid and iron, and can be voluntarily fortified with pantothenic acid, vitamin B6 and magnesium).



Requirements for inclusion of vitamins and minerals in nutrient declarations and for nutrition and health claims and SNI for foods fortified with vitamin A are set out. The regulations also require registration of all fortified foods manufactured, imported, exported, distributed, advertised, sold or used in Nigeria with NAFDAC.

Food Grade (Table or Cooking) Salt Regulations 2021 alongside iodisation requirements, set out labelling requirements for food grade salt, including a SNI and specific claims for iodised salt. The regulations also require registration of all iodised salt manufactured, imported, exported, distributed, advertised, sold or used in Nigeria with NAFDAC.

As a Member State of the **Economic Community of West African States (ECOWAS)**, Nigeria is bound by the **1975 Treaty of the Economic Community of West African States** that establishes a common market and requires the harmonisation of national policies and standards and promotion of regional integration. It is also bound by other decisions and ECOWAS strategies and plans apply to it. However, while these require harmonisation and seek to strengthen regional cooperation and coordination, no documents were identified that appeared to directly affect the regulatory environment described in this fact sheet.

8. REGULATORS, USEFUL CONTACTS AND WHERE TO GET MORE INFORMATION



The **National Agency for Food and Drug Administration** implements the regulations above. NAFDAC regulations can be searched at <https://www.nafdac.gov.ng/about-nafdac/nafdac-laws/>.

Government regulations can be searched at <http://www.nigeria-law.org/>.

The US Department of Agriculture's (USDA) Foreign Agricultural Service issues a Food and Agricultural Import Regulations and Standards Country Report for Nigeria on a regular basis. See their **Nigeria page** to access the latest report.

The Global Fortification Data Exchange's **Nigeria Fortification dashboard** provides more detail about food fortification in the country.