

# Emirates Authority For Standardization & Metrology (ESMA) - UAE

## Figure illustrating the approved nutritional information label as per UAE.S GSO 2233 issued by ESMA & effective from 01/08/2020

### Serving Size

- **'Serving Size'** in larger, clear and legible font
- Serving size was updated to reflect current consumption patterns.

### Calories

- **'Calories'** in larger, clear and legible font.

### Fat

- 'Calories from fat' is removed.

### Added sugar

- Added sugar and its percent daily value is added as a mandatory requirement to the nutritional information table and is expressed in grams.
- **Added sugars:** includes mono- and disaccharides including sucrose, fructose, glucose, glucose syrup, high fructose syrup and other sugars added during the food preparation and manufacturing

Nutrition Facts		
Number of servings per container	8	
Serving size	2/3 cups (55 grams)	
Amount per serving or 100millilitres or 100grams		
<b>Calories</b>	<b>230</b>	
* % Daily Value		
<b>Total Fat</b>	8 grams	10%
Saturated Fats	1 gram	5%
Trans Fats	0 g	
<b>Cholesterol</b>	0 milligram	0%
<b>Sodium</b>	160 milligrams	7%
<b>Total Carbohydrates</b>	37 grams	13%
Dietary Fibers	4 grams	5%
Total Sugars	12 grams	
Includes 10 grams of added sugar		20%
<b>Protein</b>	5 grams	
*% Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2000 calories a day		

### Footnote

The footnote at the bottom of the nutrition information table is changed to provide a better clarification of the % Daily Value based on a 2000 calorie daily diet for a normal person, in addition to adding the statement (%DV is a based on a 2000 calorie diet).

### Vitamins and minerals

- Adhere to the addition of vitamins and minerals stated in approved Saudi technical regulations such as the addition of vitamins A and D to pasteurized milk.

### Mandatory nutritional table requirements

- Serving size
- Calories
- Protein content
- Total fats
- Saturated fats
- Trans fats
- Cholesterol
- Sodium
- Total Carbohydrates content
- Dietary fibers
- Total sugars
- Added sugar