

PROCEDURE FOR DETERMINING VALUES FOR CARBOHYDRATE AND ENERGY FOR INSERTION IN NUTRITIONAL INFORMATION TABLES

If the product is one for which no claims are to be made:

1. Determine total carbohydrate for the product by difference using the formula:

Total carbohydrate % = 100 - (% moisture + % protein + % fat + % dietary fibre + % alcohol + % ash + % sugar alcohols). The values used to calculate total carbohydrate may be determined by means of any of the procedures stated in Regulation 52(14).

2. Declare this value in the nutritional table as 'Total carbohydrate'

3. Determine energy value using the following values:

- (a) 1 g of total carbohydrates shall be deemed to contribute 16.7 kJ (rounded off to 17 kJ);
- (b) 1 g of dietary fibre shall be deemed to contribute 7.7 kJ (rounded off to 8 kJ);
- (c) 1 g of protein shall be deemed to contribute 16.8 (rounded off to 17 kJ);
- (d) 1 g of alcohol (ethanol) shall be deemed to contribute 29 kJ;
- (e) 1 g of fat shall be deemed to contribute 37.4 kJ (rounded off to 37 kJ);
- (f) 1 g of sugar alcohol shall be deemed to contribute 10 kJ;
- (g) 1 g of organic acid shall be deemed to contribute 13 kJ;

If the product is one for which claims other than those relating to energy and carbohydrate are to be made:

1. Determine total carbohydrate for the product by difference using the formula:

Total carbohydrate % = 100 - (% moisture + % protein + % fat + % dietary fibre + % alcohol + % ash + % sugar alcohols). The values used to calculate total carbohydrate may be determined by means of the procedures stated in Regulation 52(13).

2. Declare this value in the nutritional table as 'Total carbohydrate'

3. Determine energy value using the following values:

- (a) 1 g of total carbohydrates shall be deemed to contribute 16.7 kJ (rounded off to 17 kJ);
- (b) 1 g of NSP fibre shall be deemed to contribute 7.7 kJ (rounded off to (8 kJ);
- (c) 1 g of fermentable fibre shall be deemed to contribute 11 kJ, excluding synthetic polydextrose, fructo-oligosaccharides, inulin and maize bran;
- (d) 1 g of resistant starch shall be deemed to contribute 11.4 kJ (rounded off to 11 kJ);

- (e) 1 g of synthetic polydextrose (5% glucose) shall be deemed to contribute 6.6 kJ (rounded off to 7 kJ);
- (f) 1 g of isolated Fructo-oligosaccharides shall be deemed to contribute 11.1 kJ (rounded off to 11 kJ);
- (g) 1 g of isolated inulin (pure) shall be deemed to contribute 11.4 kJ (rounded off to 11 kJ);
- (h) 1 g of non-digestible oligosaccharides in general conventional foods shall be deemed to contribute 11.1 kJ (rounded off to 11 kJ);
- (i) 1 g of maize bran shall be deemed to contribute 1,3 kJ;
- (j) 1 g of glycerol shall be deemed to contribute 18 kJ;
- (k) 1 g of polyol not specified hereunder shall be deemed to contribute 10 kJ;
- (l) 1 g of Erythritol shall be deemed to contribute 1.1 kJ (rounded off to 1 kJ);
- (m) 1 g of Isomalt be deemed to contribute 11.2 kJ (rounded off to 11 kJ);
- (n) 1 g of Lactitol shall be deemed to contribute 10.7 kJ (rounded off to 11 kJ);
- (o) 1 g of Maltitol shall be deemed to contribute 13 kJ;
- (p) 1 g of Mannitol shall be deemed to contribute 8.1 (rounded off to 8 kJ);
- (q) 1 g of Polyglycitol shall be deemed to contribute 13.2 (rounded off to 13 kJ);
- (r) 1 g of Sorbitol shall be deemed to contribute 11.7 (rounded off to 12 kJ);
- (s) 1 g of Xylitol shall be deemed to contribute 13.7 kJ; (rounded off to 14 kJ);
- (t) 1 g of protein shall be deemed to contribute 16.8 (rounded off to 17 kJ);
- (u) 1 g of alcohol (ethanol) shall be deemed to contribute 29 kJ;
- (v) 1 g of fat shall be deemed to contribute 37.4 kJ (rounded off to 37 kJ);
- (w) Novel fats:
 - Salatrim, general family: 1 g shall be deemed to contribute 22 kJ;
 - Olestra: 1 g shall be deemed to contribute 0 kJ;
- (x) 1 g of organic acid shall be deemed to contribute 13 kJ;

3. Quantities of the above nutrients for energy value calculations shall be determined by analysis where this is technically feasible and be determined from the product formulation where analysis is not possible (e.g. individual polyols)

If the product is one for which claims relating to energy and carbohydrate are to be made:

1. Determine glycaemic carbohydrate by analysis
2. Determine values for dietary fibre (by analysis) and for polyols and prebiotics (from the product formulation)

3. Determine total carbohydrate value by addition of the values for glycaemic carbohydrate, dietary fibre, polyols and prebiotics and declare this value in the nutritional table as 'Total carbohydrate'

4. Determine energy value using the following values:

- (a) 1 g of glycaemic carbohydrates shall be deemed to contribute 16.7 kJ (rounded off to 17 kJ);
- (b) 1 g of NSP fibre shall be deemed to contribute 7.7 kJ (rounded off to 8 kJ);
- (c) 1 g of fermentable fibre shall be deemed to contribute 11 kJ, excluding synthetic polydextrose, fructo-oligosaccharides, inulin and maize bran;
- (d) 1 g of resistant starch shall be deemed to contribute 11.4 kJ (rounded off to 11 kJ);
- (e) 1 g of synthetic polydextrose (5% glucose) shall be deemed to contribute 6.6 kJ (rounded off to 7 kJ);
- (f) 1 g of isolated Fructo-oligosaccharides shall be deemed to contribute 11.1 kJ (rounded off to 11 kJ);
- (g) 1 g of isolated inulin (pure) shall be deemed to contribute 11.4 kJ (rounded off to 11 kJ);
- (h) 1 g of non-digestible oligosaccharides in general conventional foods shall be deemed to contribute 11.1 kJ (rounded off to 11 kJ);
- (i) 1 g of maize bran shall be deemed to contribute 1,3 kJ;
- (j) 1 g of glycerol shall be deemed to contribute 18 kJ;
- (k) 1 g of polyol not specified hereunder shall be deemed to contribute 10 kJ;
- (l) 1 g of Erythritol shall be deemed to contribute 1.1 kJ (rounded off to 1 kJ);
- (m) 1 g of Isomalt be deemed to contribute 11.2 kJ (rounded off to 11 kJ);
- (n) 1 g of Lactitol shall be deemed to contribute 10.7 kJ (rounded off to 11 kJ);
- (o) 1 g of Maltitol shall be deemed to contribute 13 kJ;
- (p) 1 g of Mannitol shall be deemed to contribute 8.1 (rounded off to 8 kJ);
- (q) 1 g of Polyglycitol shall be deemed to contribute 13.2 (rounded off to 13 kJ);
- (r) 1 g of Sorbitol shall be deemed to contribute 11.7 (rounded off to 12 kJ);
- (s) 1 g of Xylitol shall be deemed to contribute 13.7 kJ; (rounded off to 14 kJ);
- (t) 1 g of protein shall be deemed to contribute 16.8 (rounded off to 17 kJ);
- (u) 1 g of alcohol (ethanol) shall be deemed to contribute 29 kJ;
- (v) 1 g of fat shall be deemed to contribute 37.4 kJ (rounded off to 37 kJ);
- (w) Novel fats:
 - Salatrims, general family: 1 g shall be deemed to contribute 22 kJ;
 - Olestra: 1 g shall be deemed to contribute 0 kJ;
- (x) 1 g of organic acid shall be deemed to contribute 13 kJ;

