

Food labelling and packaging

Contents

- [Overview](#)
(/food-labelling-and-packaging)
 - [Food labelling - what you must show](#)
(/food-labelling-and-packaging/food-labelling-what-you-must-show)
 - [Ingredients list](#)
(/food-labelling-and-packaging/ingredients-list)
 - [Food and drink warnings](#)
(/food-labelling-and-packaging/food-and-drink-warnings)
 - Nutrition, health claims and supplement labelling
 - [Organic food](#)
(/food-labelling-and-packaging/organic-food)
-

Nutrition, health claims and supplement labelling

Nutrition labelling

You must follow [nutrition labelling information rules](#) (/government/publications/technical-guidance-on-nutrition-labelling) for all pre-packed products unless both of the following apply:

- you're a small business with under 10 employees and a turnover of less than £1.4 million
- you supply either direct to consumers or to local retailers - local means within your county, your neighbouring county, or up to 30 miles from your county boundary

Nutrition and health claims

You have to follow [certain rules if you want to make a nutrition claim \(/government/publications/nutrition-legislation-information-sources\)](#) (for example, low fat) or a health claim (for example, calcium helps maintain normal bones).

You cannot claim or imply that food can treat, prevent or cure any disease or medical condition.

Food supplements, fortified foods and foods for specific nutritional uses

You must follow [certain rules \(/government/publications/food-supplements-guidance-and-faqs\)](#) if you are manufacturing, selling or importing:

- a food supplement
- a food fortified with vitamins and minerals

There are also specific rules for ‘parnuts foods’, for example:

- formula milk for infants and young children
- baby food
- meal and total diet replacement for weight control
- medical foods

You must tell the Department for Health if you want to [sell infant formula or medical food \(/government/publications/infant-formula-and-foods-for-particular-nutritional-uses-parnuts-notification-requirements\)](#) in the UK.

← **Previous**
[Food and drink warnings \(/food-labelling-and-packaging/food-and-drink-warnings\)](#)

→ **Next**
[Organic food \(/food-labelling-and-packaging/organic-food\)](#)

[View a printable version of the whole guide \(/food-labelling-and-packaging/print\)](#)