

# PRODUCT CRITERIA

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## Most recent product criteria of the Choices Programme

In this document the most recent product criteria are given, as developed by the International Scientific Committee, comprised of independent experts on nutrition, food technology and consumer behaviour from around the world.

The International Scientific Committee periodically evaluates the product criteria in order to incorporate the latest developments in the field of science and technology. In this way, the system stays in line with current insights in the area of nutrition & health and continues to stimulate product innovation. After each review, a transition period is applied to allow product innovation to the new criteria.

Due to differences in the dietary pattern, there might be some small deviations on the criteria per country. This means that the criteria being used in some countries or for some products can deviate from the criteria as described in this document. Please contact the local Choices foundation or the Choices International Foundation for more information on the exact criteria that are being applied in your country.

### Products excluded

A number of products are excluded from eligibility for the stamp:

1. products containing > 0.5% alcohol;
2. food supplements;
3. products for use under medical supervision;
4. foods for children younger than 1 year old.

## Product groups

A product must comply with the product criteria of the product group to which it belongs. There are two sorts of groups defined: basic product groups and non-basic product groups.

### Basic product groups (Table 1)

Basic product groups have been defined on the basis of product group classifications used in more than 20 countries from 5 continents. The products from these food groups significantly contribute to the intake of essential nutrients. Categorised in these basic product groups are:

- fruit and vegetables;
- sources of carbohydrates;
- meat, fish, poultry, eggs, and meat substitutes;
- dairy products;
- oils, fats and fat-containing spreads;
- water;
- main courses and sandwiches.

The criteria for saturated fat, trans fat, sodium and added sugar are determined for these groups. Additional criteria have been drawn up for situations in which the intake of essential or useful nutrients (e.g. bread should contribute to the intake of fibre) or the intake of suitable amounts of energy is of importance.

### Non-basic product groups (Table 2)

Food products from non-basic product groups generally do not provide a substantial contribution to the intake essential nutrients, but have a large product innovation potential. Categorised as non-basic products are:

- soups;
- sauces;
- snacks (sweet and savoury);
- beverages (excluding water);
- bread toppings.

Besides the criteria for saturated fat, trans fat, sodium and added sugar, an extra energy criterion is set for most of these product groups. Generic criteria for saturated fat, trans fat, sodium and added sugar are applied for products that do not fall under any of the basic or non-basic product groups (defined as “all other products” in Table 2).

**Table 1: Criteria for basic product groups**

<b>Product group</b>	<b>Criteria</b>	<b>Definition</b>
<b>Fresh or fresh frozen fruit, vegetables and legumes</b>	All products without additives comply	All types of fresh fruit, vegetables, and legumes without additives, including freshly frozen and/or sliced fruit & vegetables. <i>E.g.: pre-cut leek, pre-sliced melon, cucumber, broccoli, deep-frozen spinach (without added cream), and raspberries.</i>
<b>Processed fruit &amp; vegetables</b>	SAFA: ≤ 1.1 g/100g TFA: ≤ 0.1 g/100g Sodium: ≤ 100mg/100g Added sugar: not added Fibre: ≥ 1.3 g/100kcal*	All types of processed fruit & vegetables, with the exception of fruit juices and frozen or pre-sliced fruit & vegetables without further processing. <i>E.g.: tinned tomatoes, tinned carrots, tinned kidney beans, deep-frozen spinach à la crème, deep-frozen vegetables, tomato juice, dried lentils, pickles, mixed vegetable juices, dried apricots or figs, pine on juice, fruit cocktail in own juice or syrup, apple sauce, candied dates, strawberry purée, olives, mixed fruit &amp; vegetable purées or juices.</i>
<b>Fruit juices</b>	SAFA: ≤ 1.1 g/100g TFA: ≤ 0.1 g/100g Sodium: ≤ 100mg/100g Added sugar: not added Fibre: ≥ 0.75 g/100kcal* Energy: ≤ 48 kcal/100mL	All kinds of fruit juices with a minimum of 98% own juice. <i>E.g.: orange juice, apple juice, multi-fruit juice.</i>
<b>Water (plain)</b>	Sodium: ≤ 20mg/100mL	Includes natural (mineral) waters and other bottled waters, whether non-carbonated or carbonated.
<b>Potatoes (unprocessed)</b>	All products without additives comply	All unprocessed uncooked potatoes, without additives, including peeled, sliced and/or chilled potatoes.
<b>Potatoes (processed), pasta &amp; noodles</b>	SAFA: ≤ 1.1 g/100g TFA: ≤ 0.1 g/100g Sodium: ≤ 100mg/100g Added sugar: not added Fibre: ≥ 1.3 g/100kcal*	All kinds of potato products, pasta and similar grain products, used for a main course. <i>E.g.: boiled/fried potatoes, mashed potato, (wholemeal) pasta.</i>
<b>Rice</b>	SAFA: ≤ 1.1 g/100g TFA: ≤ 0.1 g/100g Sodium: ≤ 100mg/100g Added sugar: not added Fibre: ≥ 0.7 g/100kcal*	All kinds of rice, used for a main course. <i>E.g.: boiled, dried unpolished rice, white rice, whole grain rice.</i>
<b>Bread</b>	SAFA: ≤ 1.1 g/100g TFA: ≤ 0.1 g/100g Sodium: ≤ 500mg/100g Added sugar: ≤ 13 en% Fibre: ≥ 1.3 g/100kcal*	All kinds of bread or substitutes for bread with the exception of breakfast cereals. <i>E.g.: wheat bread, wholemeal bread, crisp bread, croissants, rye bread, speciality rolls, and crackers.</i>

<b>Grains and cereal products</b>	SAFA: ≤ 1.1 g/100g TFA: ≤ 0.1 g/100g Sodium: ≤ 100mg/100g Added sugar: ≤ 2.5g/100g Fibre: ≥ 1.3 g/100kcal*	All kinds of grains and cereal products (other than bread and breakfast cereals). <i>E.g.: flour, breadcrumbs, binding agents, pancake mixes.</i>
<b>Breakfast cereal products</b>	SAFA: ≤ 13 en% TFA: ≤ 0.1 g/100g Sodium: ≤ 500 mg/100g Added sugar: ≤ 28 g/100g** Fibre: ≥ 1.3 g/100kcal*	All kinds of breakfast cereal products. <i>E.g.: muesli, cruesli, oats, cornflakes, rice crispies.</i>
<b>Meat, poultry, eggs (unprocessed)</b>	SAFA: ≤ 1.1 g/100g or ≤ 13 en% TFA: ≤ 0.1 g/100g*** Sodium: ≤ 100 mg/100g Added sugar: not added	All kinds of unprocessed meat, poultry and eggs (including deep-frozen meat without further processing). <i>E.g.: beef, pork, turkey, egg.</i>
<b>Processed meat, meat products and meat substitutes</b>	SAFA: ≤ 1.1 g/100g or ≤ 13 en% TFA: ≤ 0.1 g/100g*** Sodium: ≤ 900 mg/100g Added sugar: ≤ 2.5g/100g	All kinds of processed meat/poultry, meat products and (vegetable) meat substitutes. <i>E.g.: ready-to-eat meatballs, spiced or salted meat (fresh or deep-frozen), salami, smoke-dried beef, grilled ham, tempeh, tofu, dairy-based meat substitute, fungus-based meat substitute.</i>
<b>Fresh or fresh frozen fish, shellfish and crustaceans</b>	SAFA: ≤ 1.1 g/100g or ≤ 30 % of total fat TFA: ≤ 0.1 g/100g Sodium: ≤ 100 mg/100g Added sugar: not added	All kinds of unprocessed fish, crustaceans and shellfish (including deep-frozen, steamed or smoked fish without further processing). <i>E.g.: uncooked herring, cod (fresh or deep-frozen), fresh eel, lobster crab, mussel, and shrimp.</i>
<b>Processed fish or fish products</b>	SAFA: ≤ 1.1 g/100g or ≤ 30 % of total fat TFA: ≤ 0.1 g/100g Sodium: ≤ 450 mg/100g Added sugar: not added	All kinds of processed fish, processed crustaceans and processed shellfish. <i>E.g.: cod parings, fried fillet of haddock, deep-fried octopus/ squid (cephalopod), pickled mussels, herring in tomato sauce, tinned sardines, tinned tuna, spiced or salted fish (fresh or deep-frozen).</i>
<b>Milk (-products)</b>	SAFA: ≤ 1.4 g/100g TFA: ≤ 0.1 g/100g*** Sodium: ≤ 100 mg/100g Added sugar: ≤ 5 g/100g	All kinds of milk and milk products. <i>E.g.: low fat milk, buttermilk semi-skimmed milk, full-cream milk, low fat yoghurt, semi-skimmed yoghurt, yoghurt drink, low fat custard, low fat fruit yoghurt, evaporated milk, coffee cream, cream (for culinary use), milk substitutes like soymilk.</i>
<b>Cheese (-products)</b>	SAFA: ≤ 15 g/100g TFA: ≤ 0.1 g/100g*** Sodium: ≤ 900 mg/100g Added sugar: not added	All kinds of cheese and cheese products. <i>E.g.: 20+ cheese, 30+ cheese, Edam, Brie 50+, 48+ Gouda cheese, blue cheese, gorgonzola, gruyere, soft herb cheese.</i>
<b>Oils, fats and fat containing spreads</b>	SAFA: ≤ 30% of total fat**** TFA: ≤ 1.3 en%*** Sodium: ≤ 1.3 mg/kcal Added sugar: not added	All fats and oils used as spreads on bread and/or the preparation of food. <i>E.g.: oil (all types), low-fat margarine, margarine, butter, oil/fat products for roasting and frying (solid or liquid).</i>

<b>Main course</b>	SAFA: $\leq 1.1$ g/100g or $\leq 13$ en% TFA: $\leq 0.1$ g/100g or $\leq 1.3$ en%*** Sodium: $\leq 2.2$ mg/kcal Added sugar: $\leq 2.5$ g/100g or $\leq 13$ en% Fibre: $\geq 1.25$ g/100kcal* Energy: 400-700kcal/serving	All ready-to-cook meals that are intended to be eaten as a main dish during lunch or dinner. <i>E.g.: meals for steaming, ready-to-cook meals, pizza, deep-frozen meals</i> *****
<b>Sandwiches/rolls</b>	SAFA: $\leq 1.1$ g/100g or $\leq 13$ en% TFA: $\leq 0.1$ g/100g or $\leq 1.3$ en%*** Sodium: $\leq 1.9$ mg/kcal Added sugar: $\leq 2.5$ g/100g or $\leq 13$ en% Fibre: $\geq 0.8$ g/100kcal* Energy: $\leq 350$ kcal/serving	All ready-to-eat filled sandwiches/rolls. *****

\* The fibre source in a product must be naturally occurring in one of the main ingredients of the product group.

\*\* Will be reduced to 24 g/100g in 3 years and to 20 g/100g in 6 years.

\*\*\* Naturally occurring trans fat from meat or milk is excluded.

\*\*\*\* Value only applies to Europe.

\*\*\*\*\* If all the components of the product comply to the criteria in their respective product group and the product is in line with the energy and fibre criterion for its product group, the product also complies to the criteria.

**Table 2: Criteria for non-basic product groups**

Product group	Criteria	Definition
<b>Soups</b>	SAFA: ≤ 1.1 g/100g TFA: ≤ 0.1 g/100g Sodium: ≤ 350 mg/100g Added sugar: ≤ 2.5g/100g Energy: ≤ 100 kcal/100g	All kinds of soups and broths. <i>E.g.: tinned soup, deep-frozen soup, soup in stand-up pouches, soup served by the catering industry.</i>
<b>Meal sauces</b>	SAFA: ≤ 1.1 g/100g TFA: ≤ 0.1 g/100g Sodium: ≤ 450 mg/100g Added sugar: ≤ 2.5g/100g Energy: ≤ 100 kcal/100g	All sauces that constitute a substantial component of the meal (portion size > 35 g). <i>E.g.: pasta sauce, béchamel sauce, vegetable sauce, meat sauce, fish sauce, cheese sauce, mustard sauce, gravy.</i>
<b>Other sauces (on water basis)</b>	SAFA: ≤ 1.1 g/100g TFA: ≤ 0.1 g/100g Sodium: ≤ 750 mg/100g Energy: ≤ 100 kcal/100g	All sauces that constitute only a minor component of the meal (portion size < 35 g) without added emulsifying agent AND have a fat content < 10% w/w. <i>E.g.: ketchup, soy sauce, chocolate sauce, fruit sauce, barbecue sauce.</i>
<b>Other sauces (emulsions)</b>	SAFA: ≤ 1.1 g/100g or ≤ 30 % total fat TFA: ≤ 0.1 g/100g or ≤ 1.3 en% Sodium: ≤ 750 mg/100g Added sugar: ≤ 13 en% or ≤ 2.5g/100g Energy: ≤ 350 kcal/100g	All sauces that constitute only a minor component of the meal (portion size < 35 g) to which an emulsifying agent is added OR have a fat content ≥ 10% w/w. <i>E.g.: mayonnaise, salad dressing, dip sauce, marinade, mustard, vinaigrette.</i>
<b>Snacks (including pastry, edible ice cream, sweet snacks and savoury snacks)</b>	SAFA: ≤ 1.1 g/100g or ≤ 13 en% TFA: ≤ 0.1 g/100g or ≤ 1.3 en% Sodium: ≤ 400 mg/100g Added sugar: ≤ 20 g/100g Energy: ≤ 110 kcal/serving	All kinds of sweet, savoury, and sweet baked products intended to be eaten as a small snack between meals or as a minor component of a meal. <i>E.g.:</i> <ul style="list-style-type: none"> <li>• <i>Savoury products: potato crisps, popcorn.</i></li> <li>• <i>Sweet products: sweets, all types of chocolate, candy bars.</i></li> <li>• <i>Sweet baked products: biscuits, cookies, all types of cake and pastries.</i></li> <li>• <i>Ice cream: vanilla ice cream, sorbet, yoghurt ice, sorbet ice, milkshake.</i></li> </ul>
<b>Beverages</b>	SAFA: ≤ 1.1 g/100g TFA: ≤ 0.1 g/100g Sodium: ≤ 100 mg/100g Energy: ≤ 30 kcal/100 mL*	Liquid food products that are normally consumed from a cup, mug or glass (incl. products packed in portions in packaging, bottles, etc.), with the exception of plain water, dairy products and fruit juices. <i>E.g.: coffee, tea, (light) soft drinks, fruit drinks.</i>

<b>Bread toppings incl. hummus like products</b>	SAFA: ≤ 13 en% TFA: ≤ 1.3 en% Sodium: ≤ 400 mg/100g Added sugar: ≤ 30 g/100g	All kinds of food product that are meant to be put on bread or toast and not fall under earlier mentioned product groups. <i>E.g.: jam, peanut butter, tuna salad, hummus, tahini.</i>
<b>All other products</b>	SAFA: ≤ 1.1 g/100g or ≤ 13 en% TFA: ≤ 0.1 g/100g or ≤ 1.3 en% Sodium: ≤ 100 mg/100g or ≤ 1.3 mg/kcal Added sugar: ≤ 2.5 g/100g or ≤ 13 en%	All kinds of food product that do not fall within any of the above mentioned product groups. <i>E.g.: baking product, seasonings, vinegar.</i>

\* Will be reduced to 20 kcal/100 mL in 3 years.

## Annexes

In Annex I the definitions for the nutrients can be found. Annex II contains descriptions of portion sizes for every product group. Almost all food products can be categorized under one of the specified product groups.

In case of reasonable doubt on the assignment of a product to a basic product group, a product is assessed against the 70% rule: it must constitute for a minimum of 70% of the basic raw material of the main product group. For instance, a dairy product must constitute minimally of 70% dairy. If a product cannot be categorized in any of the product groups, it will then be assessed according to the criteria for “all other products”. In the event of uncertainty about categorisation in a product group, the foundation will be contacted and can, if necessary, contact the Scientific Committee. For convenience, a decision tree has been developed to help assigning a product to the right product group (Annex IV).

Equivalence criteria are defined for situations in which uncertainty arises about the product group in which a more specific food product should be classified. The equivalence criteria are only applied for surrogates of main products like meat- or milk substitutes. For other product groups, like processed fruit & vegetables, these equivalence criteria are guidelines. If the stamp clearance authority doubts that the product should be assigned to the basic product group, the producer has to deliver proof; substantiating the assignment to this product group. The equivalence criteria can be found in Annex III.

## Preparation

Products are in principle registered and assessed as ‘as sold’.

Only in the case of dried products in powder form, concentrated or condensed products, food products may be registered as ‘as prepared’, but only if the method of preparation (rehydration/dilution with fluid) is unambiguous. This refers for example to dried and concentrated soups, broths, sauces in powder form, potatoes in powder form and syrups. The nutrient declaration for these products is registered for the product as ‘as prepared’. The basis for this must be the standard preparation method as marked on the packaging.

- The standard preparation method should be unambiguous, so that consumers do not interpret it their own way. For example: if it is stated that milk should be added, it should be clear if full fat, skimmed or semi-skimmed milk should be added.
- Variable components (in sort or in amount) should **not** be taken into account (for instance the statement that a meal component should be served with rice or pasta).
- For products that are added during the preparation, the nutrient declaration can be calculated using the values from the Dutch NEVO-table (for instance fresh meat or vegetables) or other recognised food composition tables like USDA ARS (<http://www.nal.usda.gov/fnic/foodcomp/search/>).
- Variations on the standard preparation method (like variation tips, suggestions for serving) are not being used for the calculation of the nutrient declaration and are not allowed at the packaging.
- Suggestions for serving that have a clear influence on the criteria nutrients (like the addition of sugar or salt for the taste) are not allowed.
- For products that will be assessed ‘as prepared’, the standard preparation method should be submitted for assessment as well.

## Annex I: Definitions of nutrients

**Added sugars** – All monosaccharides and disaccharides with a calorific value of > 3.5 kcal/g and polyols, from sources other than fresh fruit & vegetables and milk products. Sugar from products that (mainly) contain natural sugars such as honey, syrups and (more than 2 times) concentrated fruit drinks is considered as added sugar. When glucose-fructose syrups are added to a fruit product, the sugars from the syrup have to be counted as added sugars.

Examples of sugars and sugar containing ingredients that are considered as “added sugars”:

- monosaccharides: glucose/dextrose, (liquid) fructose, galactose;
- disaccharides: sucrose, lactose, maltose, trehalose;
- sugars: white sugar, brown sugar, raw sugar, invert sugar, granulated sugar, powdered/solved sugar, fruit sugar, etc.;
- polyols: xylitol, mannitol, etc.;
- syrups: (dried) corn syrup, corn syrup high in fructose, malt syrup, maple syrup, pancake syrup, fructose/glucose syrup, starch syrup, brown-rice syrup, etc.;
- miscellaneous: honey, malt, molasses, fruit and vegetable extracts (of which one or more components of fruit or vegetables are used), fruit concentrates except lemon juice concentrates (> 2 x concentrated).

Examples that do not fall under “added sugars”:

- fruit: fresh fruit, fruit juice, fruit pulp, fruit concentrate (up to a maximum 2x the concentration), tinned fruit, dried fruit, deep-frozen fruit; When glucose-fructose syrups are added to a fruit product, the sugars from the syrup have to be counted as added sugars
- vegetables: fresh or frozen vegetables, vegetable juice, vegetable pulp, tinned vegetables;
- dairy: all kinds of (non isolated) ingredients, in liquid or powdered form, of milk (i.e. milk, powder milk, cream, yoghurt). Lactose may be restored to the original level in dairy products.

**Carbohydrates** – The carbohydrates that are metabolised in the human organism.

**Dietary fibre** – The collective term for those substances that are not digested or taken up by the human small intestine and which have the chemical character of carbohydrates (suitable for human consumption) or compounds analogous to carbohydrates.

Dietary fibre consists of one or more:

- carbohydrates naturally occurring in food products at the moment of consumption;
- carbohydrates that are obtained from the raw materials of food products by means of physical, enzymatic or chemical methods, and;
- synthetic carbohydrates.

Examples of substances that fall under this definition of dietary fibre are: cellulose, hemicellulose, pectin, inulin, galacto-oligosaccharides, non-digestible dextrins, polydextrose, and lignin. The fibre source in a product must be naturally occurring in one of the main ingredients of the product group. This means that added oligosaccharides are

not counted as fibre in fruit or vegetable products and that inulin cannot be counted as fibre in products from for instance the bread or breakfast cereal product group.

The method of analysis is as proposed by the Association of Official Analytical Chemists (AOAC), methods 991.43 and 997.08. Measurement of the total amount of fibre is done by enzymatic-gravimetric method. This is based on digestion resistance. The method uses enzymatic digestion in order to remove non-fibres from the product, after which quantification is carried out by weighing the residues.

**Energy** – The amount of energy from food products that is available for the metabolism of the body, expressed in kJ or kcal.

The following conversion factors should be used in the calculation of the energy value:

- carbohydrates (with the exception of polyols)      4 kcal/g or 17 kJ/g,
- polyols:      2.4 kcal/g or 10 kJ/g,
- protein:      4 kcal/g or 17 kJ/g,
- fat:      9 kcal/g or 37 kJ/g,
- alcohol (ethanol):      7 kcal/g or 29 kJ/g,
- fibre:      2 kcal/g or 8 kJ/g,
- organic acids:
  - » citric acid:      2.5 kcal/g or 10 kJ/g,
  - » lactic acid:      3.6 kcal/g or 15 kJ/g,
  - » malic acid:      2.5 kcal/g or 10 kJ/g,
  - » tartaric acid:      2.5 kcal/g or 10 kJ/g,
  - » oxalic acid:      2.5 kcal/g or 10 kJ/g.

**Energy percentage (energy%)** – The part of the total energy content of a food product that is provided by one nutrient. For example: energy% (SAFA) = [amount of energy from SAFA per 100g / amount of total energy per 100g] \* 100%

**Fat** – All kinds of lipids, including triglycerides and phospholipids.

**Portion** – The portion size of a product as indicated by the supplier (e.g. in separate packets or as indicated on the packaging). In the event that it is not clear from the packaging what is constituted by a portion, use is made of (internationally) available, standardized portion sizes (see Annex II). The logo clearance authority will use either the mentioned standardized portion sizes of the VCN (Voedingscentrum Nederland – Netherlands Nutrition Centre) or of the FNLI (Federatie Nederlandse Levensmiddelen Industrie – Federation of the Dutch Food and Grocery Industry) as points of reference.

**Protein** – The protein content is calculated using the following formula: protein = total Kjeldahl-nitrogen × 6.25. In dairy products, a multiplication factor of 6.38 is applied.

**Saturated fat** – The sum of all types and sources of saturated fatty acids.

**Sodium** – This includes both added sodium (e.g. via salt or monosodium glutamate: MSG) and sodium that is naturally present in one of the ingredients (e.g. in yeast extract or in protein hydrolysates).

**Trans fat** – All the geometric isomers of mono- and polyunsaturated fatty acids with non-conjugated, double carbon-carbon conjugations in the trans-configuration, and which are separated by at least 1 methylene group. Natural trans fatty acids from meat and milk are not included. The amount of TFA present can be calculated by: [total trans fat – natural trans fat from meat/dairy].

## Annex II: Description of portion sizes

The table hereunder gives an overview of the standard portion sizes that can be used if the portion size is not clearly defined on the packaging. The stamp clearance authority can use either the mentioned standardised portion sizes of the VCN (Voedingscentrum Nederland – Netherlands Nutrition Centre) or of the FNLI (Federatie Nederlandse Levensmiddelen Industrie – Federation of the Dutch Food and Grocery Industry) as points of reference.

Product group	Product	Portion	Amount
<b>Bread</b>	Bread, uncut	slice	35 g
	Currant loaf, with or without almond paste	slice	35 g
	Gingerbread, uncut	slice	25 g*
	Spiced gingerbread, uncut*	slice	35 g*
	Luxury pastries, uncut*	slice	32 g*
	Rye bread, light brown	slice	25 g
	Rye bread, dark brown	slice	50 g
<b>Butter and margarine</b>	Fat products used for spreading*	on 1 slice*	5 g
	Oils and liquid fats*	1 tablespoon	15 g*
<b>Sandwich filling, savoury</b>	Hard and semi-hard cheese	on 1 slice*	20 g
	Cheese products, "fresh"*	on 1 slice*	10 g*
	Cheese spread products	on 1 slice*	15 g
	Smoked cheese	on 1 slice*	20 g
	Fish	on 1 slice*	40 g
	Meat products	on 1 slice*	15 g
	Other fillings: peanut butter etc.	on 1 slice*	15 g
<b>Sandwich filling, sweet</b>	For spreading	on 1 slice*	15 g
	For sprinkling	on 1 slice*	20 g*
<b>Milk and milk products</b>	Liquid dairy products, thin*	glass/mug	200 ml*
	Liquid dairy products, thick*	glass/mug	150 ml*
	Solid dairy (dessert) products*	small dish	125 g
	Whipped solid (dessert) products*	small dish	115 ml
	Curd products	small dish	150 ml*
	Cream products, unsweetened*	tablespoon	9 g
	Cream products, sweetened (incl. spray cans)*	tablespoon	10 g
	Sour cream products*	tablespoon	20 g
	Liquid coffee creamers	individual cup	7 ml*
	Powdered coffee creamers*	sachet	2.5 g
	Grated cheese products*	-	20 g*
	Ice dish	small dish (3 scoops)	100 ml / 50 g*



<b>Beverages</b>	Soft drink	glass	250 ml*
	Squash syrup*	glass	200 ml*
	Coffee	cup	6 g*
	Tea	cup	1 g*
	Tomato juice	glass	200 ml
	Fruit juice, fruit drink*	glass	200 ml*
	Water, mineral water	glass	250 ml
<b>Beverages, alcoholic (&lt; 0.5 %)</b>	Beer	glass	200 ml
<b>Soup</b>	Soup	bowl/cup	250 ml
	Broth	mug*	175 ml*
<b>Meat</b>	Meat	slice	100 g
	Meat on the bone	slice	160 g
<b>Fish</b>	Fish	slice	100 g
<b>Sauce</b>	Gravy	gravy ladle	25 ml
	Sauce, savoury, cold/hot	tablespoon*	15 ml*
	Sauce, sweet, dessert	tablespoon*	15 ml*
<b>Vegetables</b>	Vegetables, prepared	4 serving spoons*	200 g
	Leaf vegetables, without dressing, uncooked	small dish	35 g
	Solid vegetables, without dressing, uncooked	small dish	70 g
<b>Fruit</b>	Fruit, prepared	small dish	125 g
	Fruit conserved	small dish	125 g
	Fruit, dried, steeped	small dish	125 g
<b>Potatoes, rice, pasta</b>	Potatoes	200 g peeled* or 4 serving spoons *	200 g* prep. product
	Mashed potatoes	4 serving spoons *	200 g*
	Pasta, dried	80 g uncooked	200 g prepared*
	Chips	135 g deep-frozen*	100 g prepared
	Rice	3 serving spoons *	150 g
<b>Legumes</b>	Legumes	4 serving spoons	200 g
<b>Snacks, savoury snacks, sweets (candy)</b>	Cheese, pâté and other fillings	on Melba toast, large	10 g
	Cheese, pâté and other fillings	on Melba toast, small	5 g
	Seasoned sausage*	slice*	15 g*
	Crips	small dish, 300 ml*	equivalent weight
	Peanuts and nuts	tablespoon	30 g
	Satay (sate) with sauce	3 skewers	150 g
	Chocolate	small piece	10 g
	Liquorice	3-5 pieces	10 g
<b>Cake and pastry</b>	Cake	slice	30 g
<b>Sugar</b>	Sugar	teaspoon	2 g*

\* Differs from the VCN food quantities table.

### Annex III: Equivalence criteria

Equivalence criteria are defined for situations in which uncertainty arises about the product group in which a food product can be classified. If products contain >70% of the main ingredient of a product group, the product is considered as a product of that product group. For instance a yoghurt drink with > 70% milk is a dairy product. If the product contains 50% milk, 25% water and 25% fruit juices, it is considered to be a beverage. Also see Annex IV below. The equivalence criteria are only applied for surrogates of main products like meat- and milk substitutes. For other product groups, these equivalence values are merely indicative for the contents of a product. If the stamp clearance authority doubts that the product should be assigned to the basic product group, the producer has to deliver proof to substantiate the assignment to this product group.

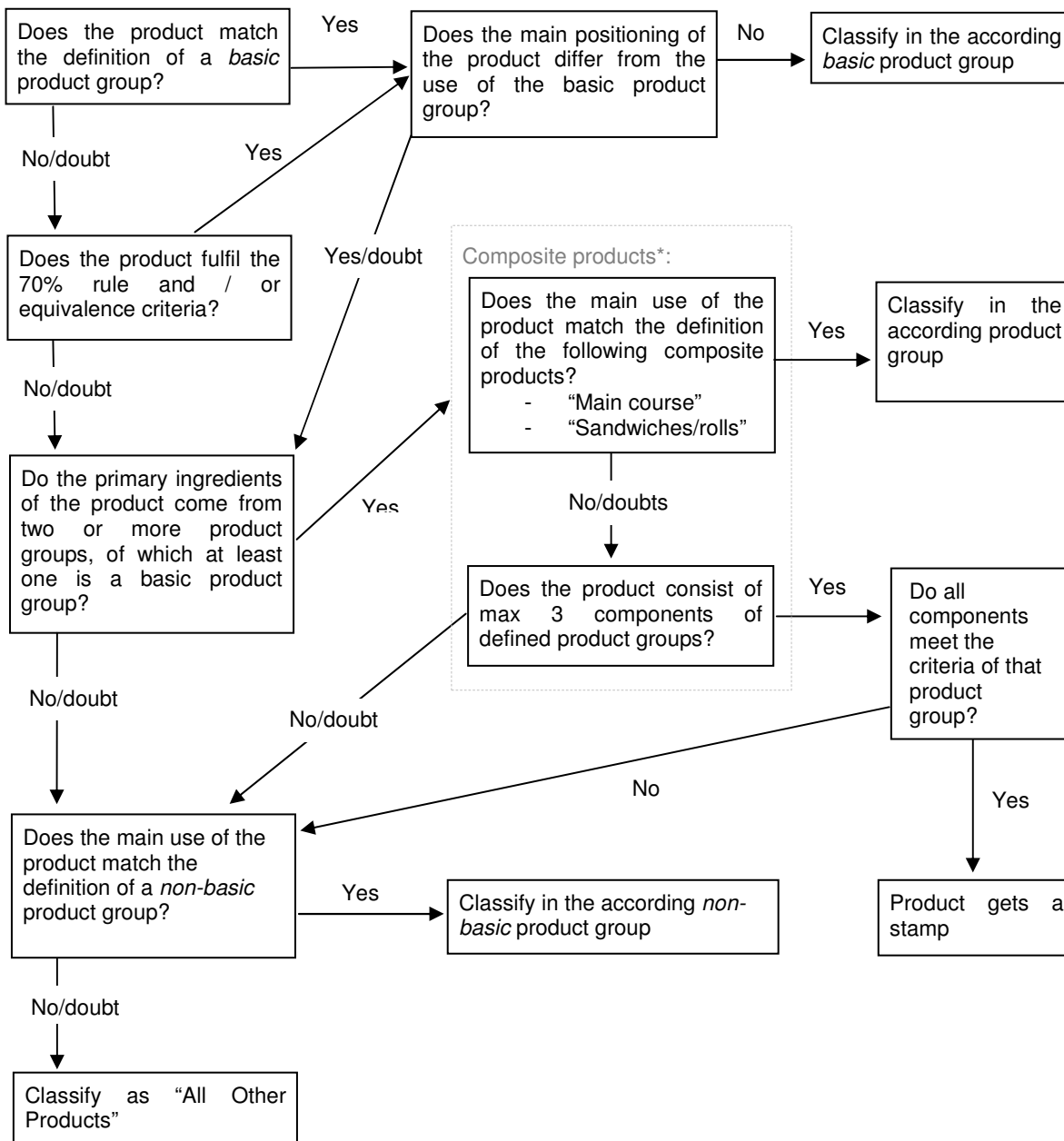
An equivalent food product must contain a minimal quantity of two of the following nutrients:

- for fruit & vegetables: vitamin C, dietary fibre, folic acid and vitamin A.
- for bread and grains: dietary fibre, vitamin B6, folic acid, iron, vitamin B1.
- for milk(-products): calcium, vitamin B2, folic acid, vitamin B12.
- for meat, poultry, fish: vitamin A, vitamin B1, vitamin D, iron, vitamin B12.
- for fats, oils and fat containing spreads: vitamin D, vitamin E, vitamin A.

From two of the above mentioned nutrients, a product has to contain at least the following amount per 100 gram:

Nutrient	Value per 100g
<b>Vitamin A (retinol equivalents)</b>	70 µg
<b>Vitamin E</b>	1.5 mg
<b>Vitamin D</b>	0.5 µg
<b>Vitamin B1</b>	0.11 mg
<b>Vitamin B2</b>	0.11 mg
<b>Vitamin B6</b>	0.13 mg
<b>Vitamin B12</b>	0.24 µg
<b>Folic acid</b>	40 µg
<b>Vitamin C</b>	7.5 mg
<b>Calcium</b>	100 mg
<b>Iron</b>	0.8 mg
<b>Dietary fibre</b>	2.5 g

## Annex IV: Decision tree for product group classification



### Note

- Products are in principle registered and assessed as “as sold”. Only in the case of dried products in powder form, concentrated or condensed products, food products may be registered as “as prepared”, but only if the method of preparation (rehydration) is unambiguous. In this case, in the decision tree, “product” can be referred to as “product as prepared according to the standard preparation method as marked on the packaging”.
- A *main course* is a food that as sold [e.g. based on FDA definition]:
  - » Is representing, or is intended to be eaten as (part of) a main dish during lunch or dinner, and;
  - » Contains per serving (as sold) at least 40 grams of food, or combination of foods, from at least 2 of the 4 main product group clusters: sources of carbohydrates (1), vegetables (2), dairy products (3), meat, fish, poultry, eggs, and meat substitutes (4).

### Decision tree instructions

The decision tree has been developed to support the assignment of a product to a product group. When the product group and the use of the product is clear, this decision tree is not needed. Especially, when the use of the product is doubtful or the composition of the product raises questions, the decision tree can help to assign a product to a certain product group.