

# For informed food choices

## Food Labeling Act

Food Labeling plays an important role in ensuring consumer safety and creating an opportunity for consumers to make autonomous and reasonable choices, which are regarded as consumer rights in the Basic Consumer Act.

To achieve these objectives, the Food Labeling Act sets out specific labeling rules for each category: processed foods, fresh foods, and food additives.

### Items required on the labels of processed food containers and packaging

Processed foods in containers or packaging are required to display the following items.

General name of the product

All ingredients listed in descending order by weight  
Country of origin of the ingredient used in the largest amount (the main ingredient by weight)  
Allergen labeling is mandatory for 8 items (e.g., eggs, milk [**indicated in bold**]), and recommended for 20 items (e.g., soybeans, gelatin [indicated with underlining])

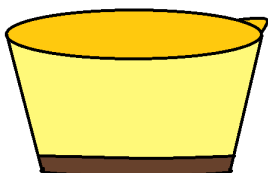
Use-by date or best-before date

- Use-by date: The date after which the product should not be consumed
- Best-before date: The date until which the product can be enjoyed at its best quality

Storage Conditions

(Examples of prescribed storage methods include "Keep refrigerated," "Keep frozen," and "Store at room temperature." Please be sure to follow the indicated storage method.)

It is mandatory to display the calories (energy), protein, fat, carbohydrates, and salt-equivalent content.



Product Name	Western-style confectionery
Ingredients	<b>Eggs</b> (Japan), sugar, fresh cream ( <b>contains milk</b> ), vegetable oils and fats ( <b>contains soybeans</b> ), <b>dairy products</b> , caramel sauce, <u>gelatin</u>
Additives	Flavoring, emulsifier, pH adjuster, thickening polysaccharides
Volume	80 g
Use-by date	December 31, 20XX
Storage Conditions	Keep refrigerated (at 10°C or below)
Distributor	ABC Corporation 1-2, XX town, YY City, Tokyo
Manufacturing site	XYZ Corporation, Saitama Plant YY Town, XX City, Saitama Prefecture

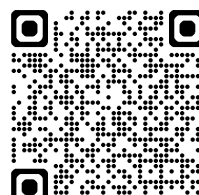
#### Nutrition Facts (per 1 piece [80 g])

Calories	71 kcal
Protein	3 g
Fat	3 g
Carbohydrates	8 g
Salt equivalent	0.1 g

▶ [Information on the Country-of-Origin Labeling System for Ingredients](#)



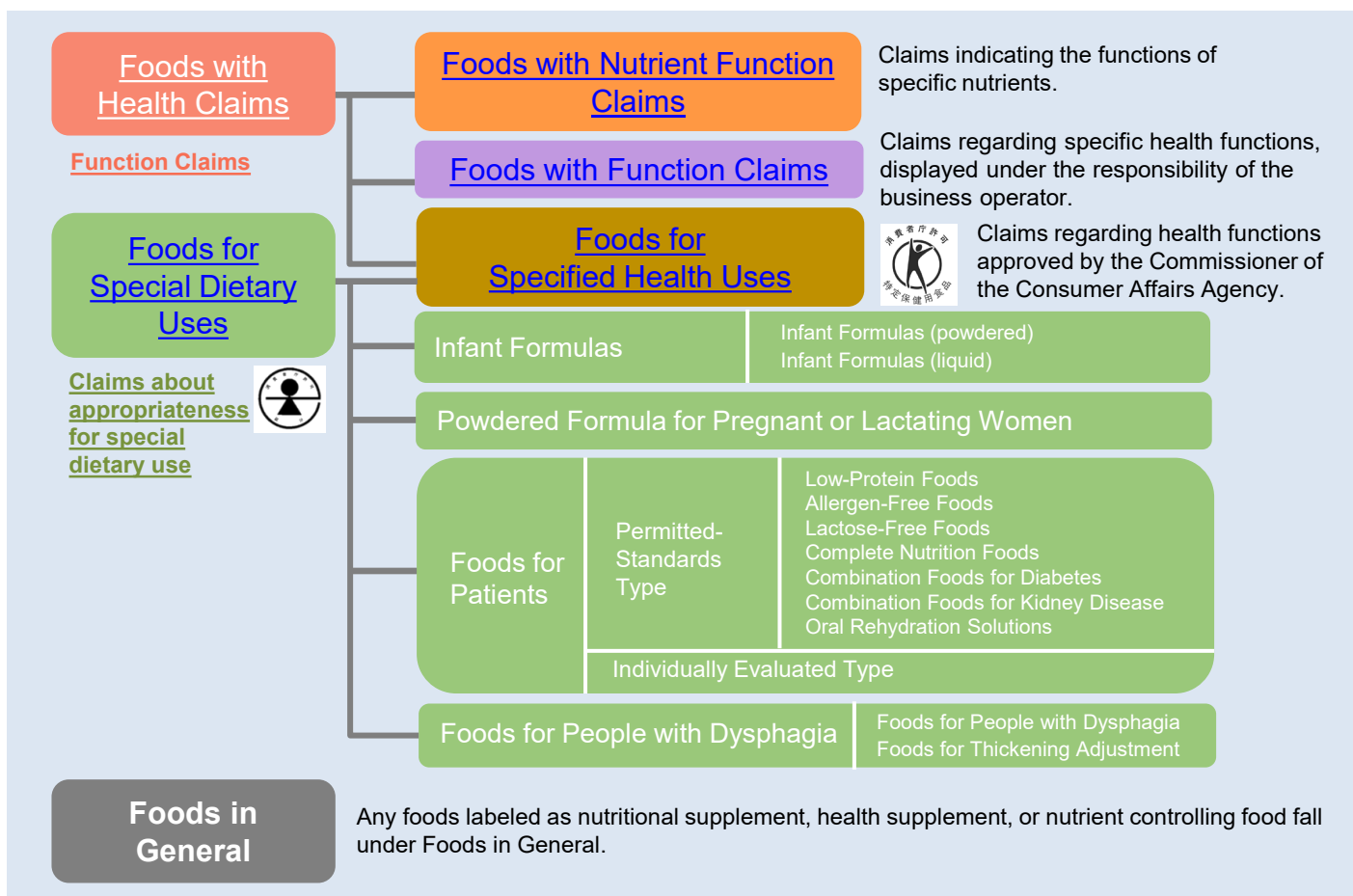
▶ [Labeling of Nutrition Facts](#)



# Labeling system for Foods with Health Functions

## Foods with Health Claims

There are three types of Foods with Health Claims: Foods with Nutrient Function Claims (FNFC), Foods for Specified Health Uses (FOSHU), and Foods with Function Claims. These are foods whose functions are labeled in accordance with government-established standards relating to safety and effectiveness. Unlike pharmaceuticals, they are not intended to be consumed for the treatment or prevention of disease.



## Types of Foods with Health Claims

### Foods with Nutrient Function Claims

Foods with Nutrient Function Claims can be used to supplement or complement daily nutrients (vitamins/minerals) that tend to be insufficient in everyday diet. Given that a food product contains certain amounts of nutrient whose function meets Food Labeling Standards, it can bear a nutrient function claim as prescribed by the Standards without submitting a notification to the government.

### Foods with Function Claims

Foods with Function Claims are foods allowed to bear a scientific, evidence-based claim that the functional ingredients can be beneficial to improvements of specific health under the responsibility of its manufacturer. Information about the safety of and justification for the efficacy gained from the functional ingredients must be submitted to the Commissioner of the Consumer Affairs Agency before the product is launched. However, unlike Foods for Specified Health Uses (FOSHU), these products have not undergone individual review by the Commissioner of the Consumer Affairs Agency. In light of the health damage cases involving Foods with Function Claims that occurred in 2024, the Food Labeling Standards were amended on September 1 of the same year to mandate the provision of health-damage information, require compliance with Good Manufacturing Practice (GMP), and revise labeling methods. Information on the safety and functional claims of Foods with Function Claims is published through the Search System for Notification Information on Foods with Function Claims.

Note: A transitional period is in place until August 31, 2026 for the implementation of the GMP requirement and the revised labeling methods.

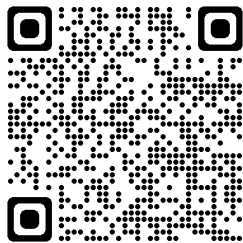
### Foods for Specified Health Uses

Foods for Specified Health Uses are foods allowed to bear claims that users can expect improvements of specific health such as "help keep your digestive system healthy." To launch a product as Foods for Specified Health Uses, it is essential to obtain permission from the Commissioner of the Consumer Affairs Agency after the government evaluates the claimed effects and safety.

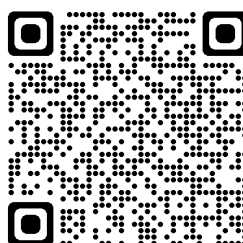
### Foods for Special Dietary Uses

Foods for Special Dietary Uses are foods allowed to have claims about special purposes of use such as support for infant growth and the health care or recovery of pregnant/lactating women, patients with dysphagia, and other patients. It is essential to obtain permission from the Commissioner of the Consumer Affairs Agency to market foods with such claims.

#### ▶ [Pamphlets and brochures on food labeling systems](#)



#### ▶ [Videos on food allergies in restaurant and take-out settings](#)



#### ▶ [Search system for notification information on Foods with Function Claims](#)



#### ▶ [Pamphlets and brochures Foods with Health Functions](#)



#### ▶ [Foods for Special Dietary Uses](#)

