



# Government Gazette Staatskoerant

REPUBLIC OF SOUTH AFRICA  
REPUBLIEK VAN SUID AFRIKA

Vol. 628

6 October 2017  
Oktober

No. 41164

PART 1 OF 2

N.B. The Government Printing Works will not be held responsible for the quality of "Hard Copies" or "Electronic Files" submitted for publication purposes

ISSN 1682-5843



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## DEPARTMENT OF HEALTH

NO. 1071

06 OCTOBER 2017

FOODSTUFFS, COSMETICS AND DISINFECTANTS ACT, 1972  
(ACT 54 OF 1972)

THE REGULATIONS RELATING TO THE REDUCTION OF SODIUM IN CERTAIN FOODSTUFFS  
AND RELATED MATTERS, R.214 OF 20 MARCH 2013: AMENDMENT

The Minister of Health has amended the regulations set out in the Schedule hereto in terms of subsection 15(7)(b).

## SCHEDULE

- [ ] Words in **[bold type in square brackets]** indicate omissions from existing regulations  
Words underlined with a solid line indicate insertions in existing regulations

## Definitions

1. In these Regulations "the Regulations" means the Regulations published by Government Notice No. R. 214 of 201 March 2013 as amended by Government Notice No. R. 989 of 6 September 2016.

## Amendment of Regulation 1

2. Regulation 1 of the Regulations is hereby amended by-
- (a) The substitution of the definition of "processed meats for the following definition:

"**processed meats**" for the purpose of these Regulations means processed meat products in classes 1[6], 2 [9], 3 [10], 4 [11], and 5 [13] of Annexure 1 [of the South African National Standard SANS 385:2011, edition 3 or any future revision thereof,] that has undergone any action that substantially altered its original state (including, but not limited to, heating, smoking, curing, maturing, drying, marinating, extraction or extrusion or any combination of these processes), but excludes-

- (a) raw processed meat sausages or similar products;
- (b) 'Protected Designation of Origin' products (PDO);
- (c) 'Protected Geographical indication' products (PGI); [ , e.g., Mortadella;]

[(d) "Traditionally speciality guaranteed" products (TSG);] and

(e) speciality products produced using traditional methods such as immersion and dry cured processes."

(b) the substitution of the definition of "ready-to-eat savoury snacks" for the following definition:

"ready-to-eat savoury snacks" means all savoury flavoured extruded / expanded or puffed snacks made from potato, corn, rice or other cereals, savoury flavoured popcorn, filled and unfilled savoury biscuits, flavoured and/or salted peanuts, excluding potato crisps, pretzels and savoury flavoured snacks made from pellets;"

(c) substitution of the definition of "raw-processed meat sausages" for the following definition: "raw-processed meat sausages" means all types of raw-processed meat sausages from all species of meat animals and birds intended for human consumption in South Africa [as per *inter alia* the Regulations Governing the Composition and Labelling of Raw Boerewors, Raw Species Sausage and Raw Mixed-species Sausage, R 2718 of 23 November 1990 and any updates hereafter,] cured or uncured, or a combination thereof or similar products that have not undergone any heat treatment and where any added ingredient and/or additive and added water, including brine, is retained in or on the product as sold, but exclude processed meats in sausage form as defined by these Regulations;

#### Amendment of Regulation 2

3. Regulation 2 is hereby amended by the substitution of Table 1 for the following Table:

**TABLE 1: REDUCTION OF TOTAL SODIUM (NA) CONTENT OF CERTAIN FOODSTUFFS**

	Foodstuff category	Maximum Total Sodium per 100 g foodstuff	Dates on which the total Sodium reduction becomes effective
I	II	III	IV
1.	Bread	400 mg Na	30 June 2016
		380 mg Na	30 June 2019
2.	All breakfast cereals and porridges, whether ready-to-eat, instant or cook up, hot or cold	500 mg Na	30 June 2016
		400 mg Na	30 June 2019
3.	All fat spreads and butter spreads	550 mg Na	30 June 2016
		450 mg Na	30 June 2019
4.	Ready-to-eat savoury snacks, excluding salt-	800 mg Na	30 June 2016



	Foodstuff category	Maximum Total Sodium per 100 g foodstuff	Dates on which the total Sodium reduction becomes effective
I	II	III	IV
	and-vinegar flavoured savoury snacks	700 mg Na	30 June 2019
5.	Flavoured potato crisps, excluding salt-and-vinegar flavoured potato crisps	650 mg Na	30 June 2016
		550 mg Na	30 June 2019
6.	Flavoured, ready-to-eat, savoury snacks and potato crisps – <u>salted and</u> salt-and-vinegar only	1000 mg Na	30 June 2016
		850 mg Na	30 June 2019
7.	Processed meat (classes 1 [6], 4 [11] and 5 [13], where products in category 5 [13] relates to cured <u>as per Annexure 1 [of the South African National Standard SANS 885:2011]-cured</u> )	1300 mg Na	31 March 2017
		1150 mg Na	30 June 2019
8.	Processed meat (classes 2 [9], 3 [10] and 5 [13] where products in category 5 [13] relates to uncured <u>as per Annexure 1 [of the South African National Standard SANS 885:2011]-uncured</u> )	850 mg Na	30 June 2016
		650 mg Na	30 June 2019
9.	Raw-processed meat sausages (all types) and similar products	800 mg Na	30 June 2016
10.	Dry <u>savoury [soup]</u> powders (not the instant type) Includes dry soup/ <u>stew</u> powders intended to be reconstituted, cooked up and consumed as a soup/ <u>stew</u> and /or used to thicken and/or add flavour to any type of savoury dish, <u>where a thickener is a significant ingoing ingredient.</u>	600 mg Na	30 June 2019
		5500 mg Na	30 June 2016
		3500 mg Na	30 June 2019
11.	Dry gravy powders and <u>savoury</u> sauce powders, including all dry savoury gravy/sauce powders that require cooking or which are of the instant type, used as an accompaniment to a meal.	3500 mg Na	30 June 2016
		<del>[1500]</del> <u>2000</u> mg Na	30 June 2019
12.	Dry savoury powders with dry instant noodles to be mixed with a liquid Includes quick cooking Asian style noodles composed primarily of dry noodles with a seasoning sachet.	1500 mg Na	30 June 2016
		800 mg Na	30 June 2019
13.	Stock cubes, Stock powders, stock granules, stock emulsions, stock pastes or stock jellies Includes concentrated stocks / stew products in various formats used <u>primarily</u> to flavour <u>savoury</u> dishes.	18000 mg Na	30 June 2016
		<del>[13000]</del> <u>15000</u> mg Na	30 June 2019

**Substitution of regulation 3****METHODOLOGY OR TESTING OF TOTAL SODIUM:**

4. Regulation 3 of the Regulations is hereby substituted for the following regulation:

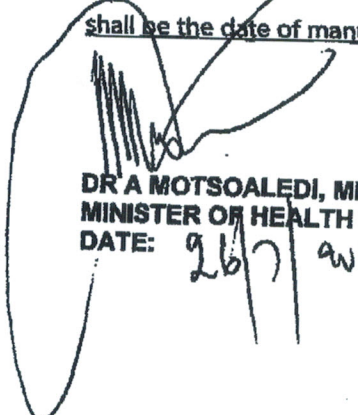
- (1) For all foodstuff categories, suitable sodium potentiometric method or elemental analysis, with either AA (flame atomic absorption spectroscopy) or ICP (inductively coupled plasma), for determining typical total sodium content which shall be applied for monitoring and law-enforcement purposes; provided that these methods shall [may] also be used for routine testing or for the purpose of nutritional information labelling of the typical total sodium content by manufacturers. The samples shall be digested with a microwave digester and not ashing.
- (2) The permitted tolerance for nutrient declaration in the nutrition labeling of sodium where no claim with a nutrition or health message is made, shall be in accordance with the Regulations Relating to the Advertising and Labelling of Foodstuffs [shall be not more than 20% in excess of the targeted sodium value, based on the product formulation or recipe]; Provided that where a claim with any nutrition or health message is made, the sodium value shall be at or below the sodium targets set out in these Regulations.

**Substitution of Regulation 4**

5. Regulation 4 of the Regulations is hereby substituted for the following regulation:

**Effective dates**

- (4) These Regulations, for the purposes of Sodium content monitoring and the law enforcement thereof come into effect on the dates listed in column IV of Table 1 when these foodstuffs are offered for sale on or after the mentioned dates: Provided that in categories 10, 11, 12 and 13 the target date shall be the date of manufacture.

  
DR A MOTSOALEDI, MP  
MINISTER OF HEALTH

DATE: 26/7/2017