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# GOVERNMENT NOTICE

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## DEPARTMENT OF HEALTH

**No. R. 214****20 March 2013****FOODSTUFFS, COSMETICS AND DISINFECTANTS ACT, 1972 (ACT 54 OF 1972)****REGULATIONS RELATING TO THE REDUCTION OF SODIUM IN CERTAIN FOODSTUFFS AND  
RELATED MATTERS.**

The Minister of Health made, under section 15 (1) of the Foodstuffs, Cosmetics and Disinfectants Act, 1972 (Act 54 of 1972), the regulations set out in the Schedule hereto.

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## SCHEDULE

### DEFINITIONS

1. In these regulations, any expression to which a meaning has been assigned in the Act shall bear such meaning and, unless inconsistent with the context –

**“bread”** means white bread, brown bread, whole-wheat bread and speciality bread as defined by the Regulations Relating to the Grading, Packing and Marking of Wheat Products intended for sale in the Republic of South Africa, R186 of 22 February 2008 under the Agricultural Products Standards Act 1990, (Act No 119 of 1990) and any future revision thereof, naked or prepacked, including buns and rolls, pre-packed, part-baked or baked and bread which is subjected to the provisions of the Regulations Related to the Fortification of Certain Foodstuffs published under the Act, excluding rye bread where rye is the only or major cereal present, as well as bread to which high salt ingredients have been added;

**“butter spread”** means all categories of modified butter spreads referred to in the Regulations Relating to Dairy Products and Imitation Dairy Products, No. R. 2581 of 20 November 1987, as amended, which were published under the Agricultural Product Standards Act, 1990 (Act No. 119 of 1990);

**“fat spread”** means any category of fat spreads referred to in Regulations Relating to the Classification, Packing and Marking of Fat Spreads Intended for Sale in the Republic of South Africa, R. 194 of 9 March 2012, or any future revision thereof, published under the Agricultural Products Standards Act, 1990 (Act No. 119 of 1990), excluding vanaspati and mixed vanaspati;

**“processed meats”** for the purpose of these Regulations means processed meat products in classes 6, 7, 10, 11, 12, and 14 of the South African National Standard SANS 885:2011, 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, fermenting, maturing, drying, marinating, extraction or extrusion or any combination of these processes), but excludes raw processed meat sausages or similar products;

**“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;

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

**“the Act”** means the Foodstuffs, Cosmetics and Disinfectants Act, 1972 (Act No. 54 of 1972);

**“total Sodium”** means Sodium from all sources (added and intrinsic) including Sodium Chloride and Sodium from any other ingredient or additive source.

## REDUCTION OF TOTAL SODIUM CONTENT OF CERTAIN FOODSTUFFS

2. Any foodstuff, listed in column II of Table 1 below, which are offered for sale on the dates mentioned in column IV shall comply with the corresponding reduced total Sodium levels mentioned in column III:

**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-and-vinegar flavoured savoury snacks	800 mg Na	30 June 2016
		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 – salt-and-vinegar only	1000 mg Na	30 June 2016
		850 mg Na	30 June 2019

7.	Processed meat (classes 6, 12 or 14 of the South African National Standard SANS 885:2011) – uncured	850 mg Na	30 June 2016
		650 mg Na	30 June 2019
8.	Processed meat (classes 7,10, or 11 of the South African National Standard SANS 885:2011) – cured	950 mg Na	30 June 2016
		850 mg Na	30 June 2019
9.	Raw-processed meat sausages (all types) and similar products	800 mg Na	30 June 2016
		600 mg Na	30 June 2019
10.	Dry soup powder (not the instant type)	5500 mg Na	30 June 2016
		3500 mg Na	30 June 2019
11.	Dry gravy powders and dry instant savoury sauces	3500 mg Na	30 June 2016
		1500 mg Na	30 June 2019
12.	Dry savoury powders with dry instant noodles to be mixed with a liquid,	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	18000 mg Na	30 June 2016
		13000 mg Na	30 June 2019

### METHODOLOGY OR TESTING OF TOTAL SODIUM

3. Subject to the tolerance level range for analytical total Sodium values and the sampling plan indicated by the Regulations Relating to the Labelling and Advertising of Foodstuffs as amended, published under the Act, and the accompanying Guidelines as amended, the following methodology for determining typical total Sodium content shall apply for monitoring purposes; Provided that these methods may also be used for routine testing or for the purpose of nutritional information labelling of typical total Sodium content by manufacturers:
  - i. For all foodstuff categories except bread suitable potentiometric method or elemental analysis with AA (Flame atomic absorption spectroscopy) or ICP (Inductively Coupled Plasma).

ii. For bread: chemical analysis by using Atomic Absorption Spectrometry, RSD (toleration) of 10%. Subject to the provisions of Regulations Relating to the Fortification of Certain Foodstuffs, R504 of 7 April 2003 and any subsequent amendments thereof published under the Act, in particular but not limited to Regulation 11(a) which relates to the final minimum level of micronutrients. The results shall be reported on 39% moisture basis.

#### COMMENCEMENT

4. These regulations shall come into effect on the dates listed in column IV of Table 1 when these foodstuffs are offered for sale to consumers on or after the mentioned dates.



**DR A MOTSOALEDI, MP**

**MINISTER OF HEALTH**

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