

FOOD LABELLING

H. Lalrochama
Mifco

Food Labelling kan tih hian a awmzia ber chu ei tur funna pawn lama a siamtu leh a thil siam sawi chianna a ni ber a. Labelling a tarlan tur chi hrang hrang Dan-in a sawi a awm a, chung chu thil siamtu reng rengin an zawm tur a ni a. Chu lama hma latu chu **Food Safety and Standard Authority of India (FSSAI)**, Ministry of Health & Family Welfare a ni. He Dan hi thil leitute himna leh an thil lei tur hriat chian nana thil \angkai leh pawimawh tak a ni a, mipuite'n kan chhiar chian fo a pawimawh hle a ni. Food label- a tarlan ngei ngei ngaite han sawi ta ila, ei tur siamtu (manufacturer) te pawh kan pung zel a, label-ah hengte hi chuantir tur a ni.

Thilsiam hming (Name of Food):

Ei leh in tur siam reng reng chiang takin Label-ah hian tarlan tur a ni a. |henkhat chuan hming phuah bik (brand name) te pawh an nei a; mahse, thil siam hming kha a chiang tawh tur a ni.

Thil siam a telhte (List of Ingredients):

Thil siamna atan thil chi hrang hrang chawhpawlh a nih chuan chungte chu label-ah hian tarlan vek tur a ni. Mihring ei leh in atana tlak leh phal chauh hman tur a ni.

Taksa tana a \hatna (nutritional information):

Ei leh in tur siam chhuah chuan taksa tana \hatna keng a ni tih chianna atan nutritional information tarlan tur a ni a. Taksa mamawh chi hrang hrang vitamin, fat, fibre, protein, *adt* tarlan a nih khan a leitu (consumer) te a hip thei a. Tin, a ngeih lo leh insum ngai tan pawh hriat chianna a nih avangin a pawimawh hle a ni.

Sa tel leh tel lo chhinchhiahna (Vegetarian/Non-Vegetarian declaration):

Mihring a zirin sa ei leh ei lo an awm a. Tin, sakhuana avanga sa lam khawih lo leh ei lo hrim hrim pawh an awm bawh. Chuvang chuan, thil siamah khan sa lam a tel leh tel loh chiang taka tarlanna sign a awm tur a ni. Sa lam tel lo (vegetarian) a nih chuan label sirah rin pali (square) chhungah rawng hring (green color) bial (circle) in tarlan tur a ni a. Sa lam tel (Non-Vegetarian) a nih chuan rin pali (square) chhungah a sen-uk (brown color) in a bial (circle) in chuantir kalh tur a ni.

A rawng/vawn \hatna/a tuina atan a telh (food additives):

Thil siam reng reng hi a lei turte (consumer) duh dana siam a ngai \hin a. Tin, vawn \hat a ngai fo bawh. Chung atan chuan ei tur siamna atana siam bik telh tur (food

additives) a awm \hin a, telh a ni bawk \hin. Chung a vawn \hatna, a tuina tibelhtu leh a rawng tinalhtu telh reng rengte chu label-ah hian tarlan bawk tur a ni.

Thil siamtu address kim chang:

Label-ah hian thil siamtu address chiang tak a ziak tur a ni. Hei hian a leitu (consumer) leh a siamtu (manufacturer) te inkarah fakna leh sawiselna a awm pawhin a \angkai em em a ni.

A chhunga awm zat (net quantity):

Ei leh in tur siamna bur (pack/box/bottle/can) chhungah khan eng zat nge awm tih chiang taka tarlan tur a ni a. Thil siam leh a man a\angin a leitute'n a hlawk leh hlawk loh an lo hre thei dawn a ni.

Thil siam Code No/Lot No/batch No:

Label-ah thil siam code no/Lot No/batch no adt tarlan tur a ni a. Tunlaiah chuan laser/electronic printing a awm tak avangin Label-ah ni lovin packaging material remchangah chhut kai a ni tlangpui a. Chutiang ang khawl nei lo chuan Label-ah chhut emaw, bel emaw talin tarlan tur a ni.

Siam ni , thla leh kum bakah ei/in theih hun chung (Manufacture date & Best before):

Thil siam ni, thla leh kum (date of manufacture) leh mihring ei/in atana a him hun chung chiang takin Label-ah hian tarlan tur a ni a. Hei hian a leitu tana a pawimawh bakah a siamtu tan pawh hrah chhuah tlak a nih leh nih loh hriatna awlsam tak a ni a, a pawimawh em em a ni.

Hman dan/Siam dan(Instruction for use):

Ei leh in tur tam tak hi a siam dan hriat loh chuan hriselna atan a pawl thei a, a tuina a hloh thei bawk. Chuvang chuan, label-ah hian a siam dan leh ei/in dan tur tawi fel taka tarlan ngei ngei tur a ni bawk.

License No:

Ei tur siam chhuah reng rengah chiang takin FASSAI number tarlan tur a ni a. Chutiang a tarlang lo chu dan anga hrem theih an ni. Tin, hemi bakah hian Certification ngai a nih chuan Certification number pawh tarlan bawk tur a ni.

Heng kan han tarlante hi a tlangpui a ni a, a kimchang zawk hre duh leh chiang zawka zir duh tan Food Safety & Standard Authority of India (FASSAI), Ministry of Health & Family Welfare website www.fssai.gov.in a\angin hmuh theih a ni.

Industry Meichher

Jul-Sep, 2020