

UNOFFICIAL

NOTIFICATION OF THE MINISTRY OF PUBLIC HEALTH

No. 121 (B.E.2532(1989))

Re : Weight Control Food.

(1) shall have no microorganisms that cause disease

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(6) shall have no toxic substances from microorganisms or other toxic substances in the quantity that may be hazardous to health

Whereas it is deemed appropriate to control the quality or standards of weight control food :

By virtue of Section 5 and Section 6 (1), (2), (4), (5), (6) and (10) of the Food Act B.E.2522(1979), the Minister of Public Health hereby notifies that :

No. 1. Weight control food shall be specific controlled food.

All regulations on weight control food under the Notification of the Ministry of Public Health No. 90 (B.E.2528(1985))¹ which have already been prescribed herein or which are contradictory hereto, shall be superseded by this Notification.

No. 2. Weight control food means food used specifically to control or reduce weight, divided into 2 categories, as follows :

(1) food consumed by the person wishing to control weight in lieu of normal food for 1 meal or more than 1 meal or in substitution of whole-day food.

(2) food consumed by the person wishing to control weight in lieu of some food, namely :

(a) energy-reduced food;

(b) low energy food.

However, it shall not include beverages under the Notification of the Ministry of Public Health No. 62² (B.E.2524(1981)) Re Beverages in Sealed Container, dated 7th September 1981, which contain sweetening agent in lieu of sugar.

The food under paragraph one shall include sweetening agent that gives out strong sweet taste and substance derived from the mixture of sweetening agent that gives out strong sweet taste and other substance which when combined gives out more sweet taste than that of sugar in the same quantity.

No. 3. The food under No. 2 shall have the following standards or qualities :

(1) shall have taste and odour according to specific characteristic of such food;

(2) shall have moisture not more than 8 percent of the weight for dried food;

(3) shall have no hormone or penicillin substances;

1. Vide M.I. No. 7293

2. Vide M.I. No. 6656

- (4) shall have no yeast or mold;
- (5) shall have no microorganisms that cause diseases;
- (6) shall have no toxic substances from microorganisms or other toxic substances in the quantity that may be hazardous to health.

No. 4. The food under No. 2(1), when in the form ready to be consumed, other than having the qualities or standards under No. 3, shall also have the following qualities or standards :

- (1) shall have energy between 200-400 kilocalories (836-1, 672 kilojules) per 1 meal.
- (2) shall have energy obtained from protein not less than 20 percent and not more than 50 percent of the total energy.
- (3) existing protein shall have nutrition value equivalent to casein.
 - (a) In case other protein substance that has nutrition value not equivalent to casein is to be used, such protein shall have the protein efficiency ration (PER) not less than 85 percent of casein and the quality thereof must be improved to have equal value as that of casein.
 - (b) The addition of essential amino acid to improve the quality of protein may be made in necessary quantity according to the objective and it must be L-amino acid, however, it shall also be approved by the Food and Drug Administration.
- (4) shall have energy obtained from fat not more than 30 percent of the total energy and it must come from linoleic acid in the form of glyceride not less than 3 percent of the total energy.
- (5) shall have carbohydrate in the form of sugar and/or sugar alcohol not more than 30 percent of the weight, except weight control food of liquid type.
- (6) shall have vitamins per 1,000 kilocalories (4,180 kilojules) in the following quantity :
 - (a) Vitamin A not less than 5,000 international units or β -carotene in equivalent quantity.
 - (b) Vitamin E not less than 30 international units.
 - (c) Vitamin C not less than 60 mg.
 - (d) Vitamin B1 not less than 1.5 mg.
 - (e) Vitamin B2 not less than 1.7 mg.
 - (f) Niacin not less than 20 mg.
 - (g) Vitamin B6 not less than 2 mg.
 - (h) Vitamin B12 not less than 6 micrograms.

- (i) Folic acid not less than 0.4 mg.
- (j) Biotin not less than 0.3 mg.
- (k) Pantothenic acid not less than 10 mg.

(7) shall have minerals per 1,000 kilocalories (4,180 kilojoules) in the following quantity :

- (a) Calcium not less than 1 gm.
- (b) Phosphorus not less than 1 gm.
- (c) Iron not less than 18 mg.
- (d) Iodine not less than 150 micrograms.
- (e) Magnesium not less than 400 mg.
- (f) Copper not less than 2 mg.
- (g) Zinc not less than 15 mg.
- (h) Potassium not less than 1.2 gm.
- (i) Manganese not less than 2 mg.
- (j) Sodium not less than 1 gm.

No. 5. The food under No. 2 (2) (a), other than having the qualities or standards under No. 3, shall also have the following qualities or standards :

- (1) shall have full nutrition value according to the characteristics of such food.
- (2) shall have energy not more than 66 2/3 percent of such food before the energy is reduced.
- (3) shall have other qualities or standards as approved by the Food and Drug Administration.

No. 6. The food under No. 2(2) (b), other than having the qualities or standards under No. 3, shall have the following qualities or standards :

- (1) shall have energy not more than 40 kilocalories (167.2 kilojoules) per specified serving.
- (2) shall have other qualities or standards as approved by the Food and Drug Administration.

No. 7. The food under No. 2, paragraph two, other than having the qualities or standards under No. 3, shall have the qualities or standards as approved by the Food and Drug Administration as well.

No. 8. The usage of food colours, food additives and container shall be in accordance with the Notifications of the Ministry of Public Health Re Food colours, Food Additives and Containers, as the case may be.

No. 9. The display of label of weight control food shall be in accordance with Notification of the Ministry of Public Health No. 68 (B.E. 2522(1979)) Re Label dated 29th April 1982 amended by the Notification of the Ministry of Public Health No. 95² (B.E.2528 (1985)) Re Label (No.2) dated 30th September 1985 and shall also be subject to the prescription under this Notification.

No. 10. The label of food under No. 2(1) sold directly to consumers shall be in Thai language, however, a foreign language may be included, and it shall contain the following particulars :

(1) statement reads : "อาหารควบคุมหรือลดน้ำหนัก" (weight control or weight reducing food), in characters of not less than 3 mm. high, at the name of the food, except the food using the said statement as the name of the food.

(2) statement reads : "กินอาหารนี้โดยมิให้อยู่ภายใต้การดูแลของแพทย์ผู้เชี่ยวชาญด้านโภชนาการเกิดอันตราย" (Consumption of This Food Not Under Supervision of Nutrition Specialist Physician May Be Hazardous), in red bold characters of not less than 5 mm. high.

(3) statement reads : "ใช้สำหรับผู้ใหญ่เท่านั้น" (For Adults Only).

(4) type and quantity of non nutritive ingredients.

(5) nutrition value and energy obtained for 1 consumption.

(6) statement reads : "ควรกินวันละไม่ต่ำกว่า 800 กิโลแคลอรี (3,344 กิโลจูล)" (Should Consume Not Less Than 800 Kilocalories (3,344 kilojoules) per day).

(7) detailed direction and recommendation or correct compliance according to nutrition principle; in case such can not be made in the label, a hand book or accompanying leaflet must be provided.

No. 11. The label of food under No. 2(2) (a) sold directly to consumers shall be in Thai language, however, a foreign language may be included, and it shall contain the following particulars :

(1) statement reads : "อาหารลดพลังงาน" (energy-reduced food), in characters of not less than 3 mm. high at the name of the food, except the food using such statement as the name of the food.

(2) statement reads : "ห้ามกินแทนอาหารมื้อใดมื้อหนึ่ง" (Do Not Consume In Lieu of Any Meal), in red bold characters of not less than 5 mm. high.

(3) statement reads : "กินอาหารนี้โดยมิให้อยู่ภายใต้การดูแลของแพทย์ผู้เชี่ยวชาญด้านโภชนาการเกิดอันตราย" (Consumption Or This Food Not Under Supervision of Nutrition Specialist Physician May Be Hazardous), in red bold characters not less than 5 mm. high.

(4) statement reads : "ใช้สำหรับผู้ใหญ่เท่านั้น" (For Adult Only).

(5) type and quantity of non nutritive ingredient.

(6) nutrition value of the food.

(7) detailed direction and recommendation or correct compliance according to nutrition principle; in case such can not be made in the label, a hand book or accompanying leaflet must be provided.

1 Vide M.I. No. 6759

2 Vide M.I. No. 7338

No. 12. The label of food under No. 2 (2-b) sold directly to consumers shall be in Thai language, however, a foreign language may be included, and it shall display the following particulars :

- (1) statement reads: "อาหารพลังงานต่ำ" (low-energy food), in characters of not less than 3 mm. high at the name of the food, except the food using such statement as the name of the food.
- (2) statement reads : "ห้ามกินแทนอาหารมื้อใดมื้อหนึ่ง" (Do Not Consume In Lieu of Any Meal), in red bold characters of not less than 5 mm. high.
- (3) statement reads : "กินอาหารนี้โดยมิให้อยู่ภายใต้การดูแลของแพทย์ผู้เชี่ยวชาญด้านโภชนาการอาจเกิดอันตราย" (Consumption Of This Food Not Under Supervision of Nutrition Specialist Physician May Be Hazardous), in red bold characters of not less than 5 mm. high.
- (4) statement reads : "ใช้สำหรับผู้ใหญ่เท่านั้น" (For Adults Only).
- (5) type and quantity of non nutritive ingredients.
- (6) nutrition value of the food.
- (7) detailed direction and recommendation or correct compliance according to nutrition principle; in case such can not be made in the label, a hand book or accompanying leaflet must be provided.

No. 13. The label of food under No. 2, paragraph two, sold directly to consumers shall be in Thai language, however, a foreign language may be included, and it shall contain the following particulars :

- (1) statement reads : "วัตถุให้ความหวานแทนน้ำตาล" (Sweetening Agent), in characters of the size not less than 3 mm. high at the name of the food, except the said statement is used as the name of the food.
- (2) statement reads: "ใช้สำหรับผู้ใหญ่เท่านั้น" (For Adults Only).
- (3) type and quantity of non-nutritive ingredients.
- (4) detailed direction and recommendation or correct compliance according to nutrition principle; in case such can not be made in the label, a hand book or accompanying leaflet must be provided.

This Notification shall be enforced after the lapse of ninety days from the day following the date of its publication in the Government Gazette.

Notified this 23rd day of May 1989

CHUAN LEEKPAI
Minister of Public Health

(Ref. : Government Gazette, Volume 106, Part 103, of 1st July 1989)