

**GUIDELINES FOR ACCEPTABILITY**  
**NIGERIAN HEART FOUNDATION APPROVED PRODUCTS**  
**JANUARY 2016**

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**PRODUCT CATEGORY GUIDELINES FOR ACCEPTABILITY**

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**CERIAL & CEREAL PRODUCTS**

Bread	<ul style="list-style-type: none"><li>* fat: 5% or less</li><li>* Sodium: 350mg/100g or less</li><li>*dietary fiber content: 3g/100g or more</li><li>* added sugar: 5% or less</li></ul>
Breakfast Cereals	<ul style="list-style-type: none"><li>* fat: 5% or less (see note 2f)</li><li>* Sodium: 345mg/100g or less</li><li>* added sugar: 15% or less</li><li>* dietary fiber content: 3g/100g or more</li></ul>
Cakes, Cereal Bars, Cereal and Fruit Bars	<ul style="list-style-type: none"><li>* fat: 5% or less (see note 2f)</li><li>* Sodium: 350mg/100g or less</li><li>* added sugar: 15% or less</li><li>*dietary fiber content: 3g/100g or more</li></ul>
Crispbreads, Crackers, Biscuits	<ul style="list-style-type: none"><li>* fat: 5% or less (see note 2f)</li><li>* Sodium: 350mg/100g or less</li><li>* added sugar: 15% or less</li><li>* dietary fiber content: 3g/100g or more</li></ul>
Flour, self-raising	<ul style="list-style-type: none"><li>* Sodium: 350mg/100g or less</li><li>* dietary fiber content: 5g/100g or more</li></ul>
Flour, Meal	<ul style="list-style-type: none"><li>* sodium: no added sodium</li><li>*dietary fiber: 5g/100g or more</li></ul>
Grains, plain	<ul style="list-style-type: none"><li>* all acceptable</li></ul>
Pasta, Plain	<ul style="list-style-type: none"><li>* all acceptable</li></ul>
Pasta - processed (see note 5b)	<ul style="list-style-type: none"><li>* fat: 5% or less</li><li>* Sodium: 350mg/100g or less</li><li>*dietary fiber content:3g/100g or more</li></ul>

## **VEGETABLES**

	* all acceptable
Frozen and Dried	* fat 5% or less (see note 2b) * Sodium: no added sodium
Canned	* fat: 5% less (see note 2b) * Sodium: 100mg/100g or less
Vegetable Juice	*Sodium: 100mg/100g or less *added sugar: 4% or less
Canned Vegetables in Sauce (includes legumes)	* Sodium 200mg/100g or less * fat: 5% or less (refer note 2b)

## **FRUITS**

Fresh, Frozen and Dried	* fat: no added fat * sugar: no added sugar * Sodium no added sodium
Canned	* sugar: similar to fresh counterpart
Fruit Bars	* fat: 5% or less * Sodium: no added sodium *sugar: no added sugar * dietary fiber content: 3g/100g or more
Fruit Juice	*added sugar: 4% or less
Fruit pies	fat: 5% or less (see note 2a) * Sodium: 350mg/100g or less * added sugar: 15% or less
Fruit Spreads	* sugar: no added sugar

## **SEAFOOD**

Fresh & Frozen                      \* fat: (see note 2c)  
   \* Sodium: no added sodium  
   \* Cholesterol: 120mg/100g or less

Processed & Canned                \* fat: (see note 2d)  
   \* Sodium: 350mg/100g or less  
   \* Cholesterol: 120mg/100g or less

## **MEAT & MEAT PRODUCTS (INCLUDINGPOULTRY)**

Fresh & Frozen                      \* fat: 10% or less  
   \* Sodium: 100mg/100g or less

Meat Pies, Pastries,  
Sausage Rolls                      \* fat: 10% or less (see note 2a)  
   \* Sodium: 350mg/100g or less

Organ Meats                        \* fat: 10% or less  
   \* Sodium: 100mg/100g or less  
   \* Cholesterol: 120mg/100g or less

Processed & Canned                \* fat: 10% or less (see note 2a)  
   \* Sodium: 450mg/100g or less

Poultry: Fresh & Frozen            \* fat: 10g/100g or less  
   \* Sodium: 100mg/100g or less

## **MILK & OTHER DAIRY PRODUFCTS**

Liquid Milk, Dairy Drinks        \* fat: 2% or less  
   \* added sugar: 5% or less

Dried Milk (as reconstituted)    \* fat: 2% or less

Evaporated Milk                    \* fat: 4% or less

Cheese, Processed Cheese,  
Cheese, Spread and Cheese  
substitutes

- \* fat: 15% or less (see note 2a)
- \* Sodium: 600mg/100 or less

Soft cheese e.g. Cottage

- \* fat: 8g/100g or less
- \* Sodium: 600mg/100g or less

Frozen confection, Frozen Dessert,  
Ice Cream & Frozen Yoghurt

- \* fat: 5% or less (see note 2a)
- \* Sodium: 100mg/100g or less
- \* added sugar: 15% or less

Yoghurt

- \* fat: 2% or less
- \* added sugar: 10% or less

## **EGGS**

Egg Products and  
Egg substitutes

- \* fat: 10% or less (see note 2a)
- \* Sodium: 100mg/100g or less
- \* Cholesterol: 120mg/100g or less

## **LEGUMES, NUTS & SEEDS**

Legumes – Dried

- \* all acceptable

Legumes –Canned  
(e.g. baked beans)

- \* fat: 5% or less
- \* Sodium: 100mg/100g or less

Nuts & seeds

- \* fat: (see note 2b)
- \* Sodium: no added

Peanut Butter

- \* Sodium: no added sodium

Soy beverages

- \*fat: 2% or less (see note 2a)
- \*sodium: 100mg/100g or less
- \*added sugar: 7% or less
- \* Calcium: 120mg/100g or more

## **FATS & OILS & RELATED PRODUCTS**

Oils, fats, & fat Spreads

\* Fat (Saturated and Trans fats) and Cholesterol:

**UNDER REVIEW**

\* Sodium: 100mg/100g (i.e salt 1% or less)

\*Claims relating to cholesterol are not Permitted on fats and oils carrying the Nigerian Heart-Check Food labeling Logo.

## **MISCELLANEOUS**

Convenience Meals (see note 5a)

\* fat: 5% or less (see note 2a)

\* Sodium: 100mg/100g or less

\* Cholesterol: 120mg/100g or less

Dips (see note 2e)

\* fat: 5% or less (see note 2a)

\*Sodium: 250mg/100g or less

Meat and fish pastes, pates

\* fat: 5% or less (refer note 2a)

\* Sodium: 100mg/100g or less

Mineral Water

\*Sodium: 15mg/100g or less

\*Sugar: no added sugar

\*bacteria levels: according to NAFDAC Recommendation

Non Dairy Cream

\* fat: 5% or less (see note 2a)

\* Sodium: 100mg/100g or less

\* added sugar: 5% or less

Pizza Bases

\* Sodium: 300mg/100g or less

\* fat: 5% or less (refer note 2a)

Popcorn

\* Sodium: 200mg/100g or less

\* fat: 10% or less

\* added sugar: 15% or less

Salad Dressing and Mayonnaise

\* fat: 10% or less (see note 2a)

Sauces, Pasta

\* fat: 5% or less (see note 2a)

\*Sodium: 100mg/100g or less

Savoury pies

\* fat 10% or less (see note 2a)

Soups (as reconstituted)

\* Sodium: 350mg/100g or less

\* fat: 5% or less (see note 2a )

\* Sodium: 200mg/100g or less

\* fiber 1.5g/100g or more

## **EXPLANATORY NOTES**

### **1. CHOLESTEROL**

This refers to the total cholesterol content of the product contributed by all ingredients

### **2. FAT (UNDER REVIEW)**

The total fat content as a percentage of the product weight will be used as the criteria. In some cases the type of fat will be taken into consideration.

- a. Products in this category with a fat content marginally above the guideline may be approved if the saturated fatty acids are 30% or less of the total fatty acids
- b. Products in this category will only be approved if the saturated fatty acids are 30% or less of total fatty acids
- c. In general, the fatty acid content of fish is acceptable
- d. In general, the fatty acid content of fish is acceptable. Products will be assessed on an individual basis depending on the content of any added fat.
- e. Dips are not to be promoted as Nigerian Heart Foundation's approved in conjunction with high fat foods such as chips and cracker
- f. Products with a fat level of between 5% and 10% will also be approved if the saturated fatty acids are 30% or less of total fatty acids.

### **3. SODIUM**

This refers to the total sodium content of the product contributed by all ingredients.

NO ADDED SODIUM allows for only that sodium naturally present in the product.

### **4. SUGAR**

This refers to the content of sugars and related products in the food product

ADDED SUGAR refers to those sugars, which are added by the food manufacturer.

### **5. MISCELLANEOUS**

- a. Convenience meals are defined as a complete meal such as meal and vegetables. Individual convenience items are classified under their main component.
- b. The guideline for processed pasta refers to the product 'as consumed'. Therefore, the product will be prepared as per the cooking instructions prior to analysis.