

Reading a New Zealand Honey Label

Ministry for Primary Industries
Manatū Ahu Matua



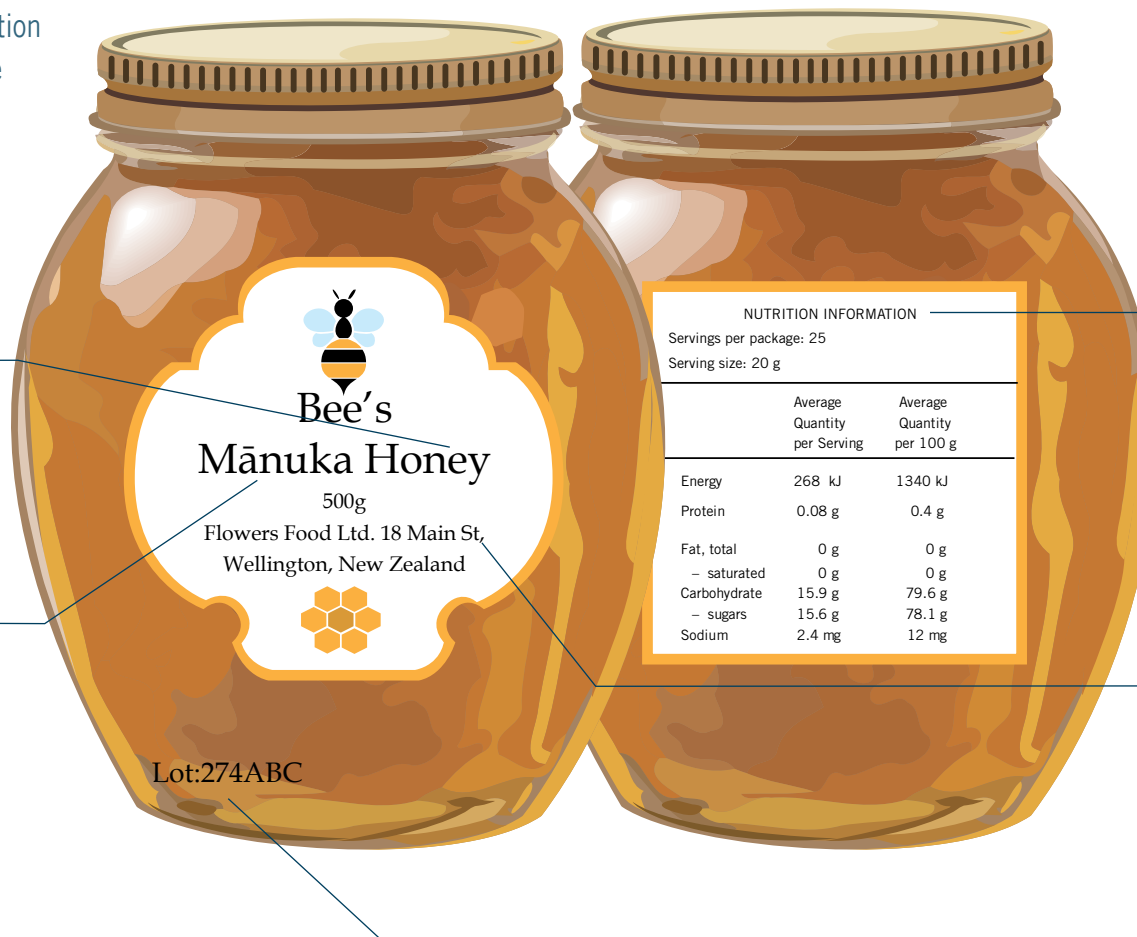
Under New Zealand food labelling rules, honey labels must include certain information to help you know what you are buying. The information can appear anywhere on the label, front or back, but it has to be there. Here's a list of what to look out for:

Name or description of the food

Only product which meets source and content requirements can be called honey. These products must use the word "honey" and not variations such as "bees nectar" etc.

Floral source of the honey (optional)

Honey is made by bees using nectar from flowers. If the honey producer is confident in the floral source (the type of flowers that the nectar is collected from by the bees) and wants to include this information, they can. Honey "blends" or "multifloral honey" indicate the honey is a mix of different floral sources.



NUTRITION INFORMATION

Servings per package: 25
Serving size: 20 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	268 kJ	1340 kJ
Protein	0.08 g	0.4 g
Fat, total	0 g	0 g
– saturated	0 g	0 g
Carbohydrate	15.9 g	79.6 g
– sugars	15.6 g	78.1 g
Sodium	2.4 mg	12 mg

Nutrition Information Requirements

Nutrition information panels provide information on the average amount of key nutrients, as well as any other nutrients about which a nutrition claim is made.

Name and address of the business

If you have any questions or quality concerns about the product, use this information to get in touch with the honey producer. Make sure you have the lot number.

Honey Facts



Honey as a food:

- Honey should not be given to infants younger than one year old.
- Honey doesn't have to have a list of ingredients because it is a single ingredient food.
- Honey doesn't have to have a date mark because it has a shelf life longer than 2 years. Some honey producers choose to include a "best before" date, but they don't have to.
- Currently, no honey producers have met the legislative requirements to include "health claims" on honey sold as food. This means claims such as "aids digestion" or "soothes sore throats" are not allowed.

Honey as a medicine or medical device:

- Honey is sometimes sold for medicinal purposes. Medical grade honey has been shown to be effective for topical use (use on skin) due to its anti-bacterial properties. There is no scientifically substantiated evidence that these anti-bacterial properties are effective when honey is eaten/drunk. Honey sold as food cannot carry any of these claims.

Grading Honey:

- Grading systems help producers market their products. Any grading system must be clearly explained on the label and associated advertisements. If you do not understand a grading system, contact the honey producer.
- In the past, some grading systems have been based on properties associated with honey when topically applied. Such grading systems are not allowed.

Questions or Concerns?

First, check:

www.mpi.govt.nz/food/food-safety/manuka-honey

If you need more help:

- Questions about the honey or quality concerns:
call the honey producer.
- To make a food complaint:
www.foodsafety.govt.nz/food-complaint/
or call MPI on **0800 00 83 33**
or email: **manuka.honey@mpi.govt.nz**
- Questions about a honey product as a medicine or medical device:
email Medsafe: **askmedsafe@moh.govt.nz**
- Concerns about the product or advertising being misleading:
call the Commerce Commission **0800 94 36 00**