

The guidelines of nutrient content claims for Sugar in Malaysia, Indonesia, China, Taiwan, Singapore and Thailand are as follows:

Malaysia		
Component	Claim	Not more than
Sugars*	Free	0.5g per 100g (solid) or 0.5g per 100ml (liquid)
*Refers to all monosaccharides and disaccharides.		

Source: *Guide to Nutrition Labelling and Claims (as at December 2010)*

Indonesia		
Component	Claim	Not more than
Sugars*	Free	0.5g per 100g (solid) or 0.5g per 100ml (liquid)
*1. Refers to all monosaccharides and disaccharides. 2. Applies to these products: candy, syrup, powdered drinks, juices, jellies, jams and beverages.		

Source: *Pengawasan Klaim Pada Label dan Iklan Pangan Olahan (Nomor 13 Tahun 2016)*

China		
Component	Claim	Condition
Sugars	Sugar free or without sugar	≤ 0.5 g /100g (solid) or 100ml (liquid)

Source: *Standard for Nutrition Labelling of Prepackaged Foods (GB 28050-2011)*

Singapore		
Component	Claim	Guidelines
Sugars [#]	<ul style="list-style-type: none"> No Added Sugar Without Added Sugar 	No sugars or ingredients with added sugar, honey, malt and malt extract, with the exception of sugar alcohols, are added during processing
	<ul style="list-style-type: none"> Sugar Free Free of Sugar Lactose Free 	≤ 0.5 g sugars per 100 g or 100 ml ⁺ Meal Type Product - ≤ 0.5 g sugars per serving ⁺

⁺ Sugar alcohols may be considered in these guidelines.

[#] If a food is naturally low in sugar without any special processing done to lower the sugar content, the food is to be labelled with the word 'naturally' (e.g. Cider vinegar, a naturally sugar-free food).

Definition:

Sugars - Simple carbohydrates, that are molecules of either single sugar units (monosaccharides) or pairs of those sugar units (disaccharides) bonded together, including – hexose monosaccharides and disaccharides, e.g. dextrose, fructose, sucrose and lactose - starch hydrolysate - glucose syrups, maltodextrin and similar products - products derived at a sugar refinery - icing sugar, invert sugar, fruit sugar syrup.

Source: *A Handbook on Nutrition Labelling (Singapore) (Revised version 2015)*

Taiwan		
Component	Claim	Nor more than
Sugars* <i>*The Sugars is the total amount of monosaccharides and disaccharides.</i>	"free", "without" or "zero"	0.5g per 100g (solid) or 0.5g per 100ml (liquid)

Source: Regulations on Nutrition Claim for Prepackaged Food Products (2015)

Thailand			
Component	Claim	(Per quantity of reference serving size and quantity of serving size as displayed on Label)*	Additional conditions
Sugar (mono and disaccharides)	Free, without, free of, no, zero, sugarless	Sugar content shall less than 0.5 g.	<ol style="list-style-type: none"> 1. It is prohibited to use this claim if that natural food content conforms to that condition. 2. If the ingredient is sugar, or that, in general, is understood to contain sugar, the mark shall be put beside the name of the ingredient and shall be explained by expression “There is little effect to quantity of sugar”. 3. If the food conforms to the condition of “low energy” or “reduced energy” or “light energy”, the claim shall be displayed on the label. 4. If the food is not conforming to the conditions of “low energy” or “reduced energy” or “light energy”, the accompanied expressions of “This is not a low energy food” or “This is not a reduced energy food” or “This is not a weight controlled food”, shall be respectively displayed. 5. Shall adhere to the conditions in 1.1 and 2.2 of this Appendix.

	<ul style="list-style-type: none"> • No added sugar • Without added Sugar • No sugar added 	<ol style="list-style-type: none"> 1. No sugar or ingredient with sugar is added in/during the production process and 2. No ingredient of added sugar or sugar added ingredient such as jam, jelly or concentrated fruit juice and 3. No sugar derived from the production process or total quantity of sugar and sugar derived shall conform to the condition of “free/without” and 4. The reference food with sugar added ingredient, while this food is not sugar added. 	<p>If a food is not conformed to the condition of “low energy” or “reduced energy”, the expression “This is not a low energy food” or “This is not a reduced energy food” shall be displayed.</p>
<p><i>* Specific by quantity of reference, the serving size is not more than 30 g. or not more than 2 tablespoons, the condition for displaying of the claims in Table No. 1, shall be calculated per 50 g. of food instead of calculation per quantity of referenced serving size and per quantity of serving size as displayed on the label. (In case of general dry food in which water or liquid, of insignificant nutrient value, to be added before consumption, the 50 g. of food means the weight of food after the water or liquid is added. However, this condition shall not be applied to dried beverages or similar products such as milk powder, the quantity of reference serving size of 200 ml. of food after the addition of water shall be used.</i></p>			

Source: Nutrition Labelling (No. 182) B.E.2541 (1998).

References:

1. Food Safety and Quality Division of Ministry of Health. (2010). Malaysia Guide to Nutrition Labelling and Claims (as at December 2010). Retrieved from http://fsq.moh.gov.my/v4/images/filepicker_users/5ec35272cb-78/Perundangan/GarisPanduan/Pelabelan/GuideNutritionLabel.pdf
2. Pengawasan Klaim Pada Label dan Iklan Pangan Olahan (Nomor 13 Tahun 2016). Retrieved from Balai Pengawas Obat dan Makanan (BPOM).
3. Standard for Nutrition Labelling of Prepackaged Foods (GB 28050-2011). Retrieved from Ministry of Health of the People’s Republic of China.
4. A Handbook on Nutrition Labelling (Singapore) (Revised version 2015). Retrieved from Health Promotion Board.
5. Regulations on Nutrition Claim for Prepackaged Food Products (2015). Retrieved from Food and Drug Administration, Ministry of Health and Welfare.
6. Nutrition Labelling (No. 182) B.E.2541 (1998). Retrieved from Ministry of Public Health