

EU 1169/2011 vs GSO 2233 Nutrition Panel

Nearly every European exporter assumes their EU panel travels. It does not — five structural differences mean it must be rebuilt, not edited.

ELEMENT	EU 1169/2011	GSO 2233
Energy	Mandatory — kJ + kcal	Mandatory — kcal per 100g/ml kJ conversion factors specified
Fat / of which saturates	Mandatory	Mandatory
Trans fats	<i>Not permitted as declaration</i>	Required
Cholesterol	<i>Not required</i>	Required
Carbohydrate / of which sugars	Mandatory	Mandatory
Added sugars (separate line)	<i>Not required</i>	Required
Dietary fiber	<i>Voluntary</i>	Required
Protein	Mandatory	Mandatory
Salt vs sodium	Salt	Sodium
Polyols	<i>Voluntary</i>	Required per the 2025 update

■ GSO-only or stricter requirement 5 of 10 lines differ structurally

Why this can't be an edit. Trans fats, cholesterol, added sugars, fiber and sodium-instead-of-salt mean your EU dossier usually lacks the lab values GSO 2233 requires — new analysis is typically needed, not a relabel. Values are expressed per 100 g or 100 ml; vitamins/minerals below 5% of the Nutrient Reference Value are not declared.