

NAFDAC Reduction of Sodium in Pre-Packaged Foods Regulations 2025

CLOSED FOR COMMENTS

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Commencement:

In exercise of the powers conferred on the Governing Council of the National Agency for Food and Drug Administration and Control ("the Governing Council") by Section 30 of the National Agency for Food and Drug Administration and Control Act, Cap. N1, LFN, 2004 and Section 12 of the Food, Drugs and Related Products (Registration, Etc.) Act. Cap. F33. LFN, 2004 and of all the powers enabling it in that behalf, the Governing Council with the approval of the Minister makes the following Regulations:

Part I

Objective and Application

13. Objective

The objective of these Regulations is to provide a regulatory framework for regulation and reduction of sodium in processed and pre-packaged foods manufactured, imported, exported, advertised, sold, displayed for sale, distributed, or used in Nigeria.

14. Application

These Regulations shall apply to processed and pre-packaged foods manufactured, imported, exported, advertised, sold, distributed, used or consumed in Nigeria and known to contribute significantly to sodium intake.

Part II

Labeling, Mandatory Sodium Labelling, Sodium Content Limits, Sodium Claims and Conditions

15. Labelling

Labelling of Processed and Pre-Packaged Foods containing sodium shall be in accordance with the Agency's Pre-Packaged Food (Labelling) Regulations.

16. Mandatory Sodium Labelling

Processed and pre-packaged foods containing sodium shall display on the label the sodium content per serving or per 100g or 100ml on the Nutrition Information Panel.

17. Sodium Content Limits

Sodium content in processed and pre-packaged food shall not exceed the maximum limit as provided in the schedules to these Regulations.

18. Sodium Claims and Conditions

Where a claim is made on the food label in respect to the sodium content, the conditions in order to qualify for the claims shall be as follows;

- (a) "Low sodium": A food may be labelled as "low sodium" if it contains not more than 0.12g of sodium per serving or per 100g or 100ml.

- (b) **“Very low sodium”**: A food may be labelled as "very low sodium" if it contains not more than 0.04g of sodium per serving or per 100g or 100ml.
- (c) **“Sodium-Free" or "No Sodium"**: A food may be labeled as "sodium-free" if it contains not more than 0.005g of sodium per serving or per 100g or 100ml.
- (d) **"Reduced sodium"**: A food may be labelled as "reduced sodium" if it contains at least 25% less sodium compared to the regular version of the same product.
- (e) **“Light in sodium or lightly salted”**; A food may be labelled as “light in sodium” if it contains at least 50% less sodium compared to the regular version of same product.
- (f) **Non-addition of sodium salt** - Claims regarding the non-addition of sodium salt to a food, including “no added salt”, may be made if the following conditions are met: -
 - (i) The food contains no added sodium salts, including but not limited to sodium chloride, sodium tripolyphosphate;
 - (ii) The food contains no ingredients that contain added sodium salts, including but not limited to worcestershire sauce, pickles, pepperoni, soya sauce, salted fish, fish sauce, locus beans; and
 - (iii) The food contains no ingredients that contain sodium salts that are used to substitute for added salt, including but not limited to seaweed;
 - (iv) The food contains no food additives that contains sodium salt including but not limited to monosodium glutamate, sodium benzoate, sodium bicarbonate.

19. Prohibition

- (a) A person shall not manufacture, import, export, advertise, distribute, display for sale, or use Processed and Pre-Packaged foods containing Sodium in Nigeria unless it is in accordance with the provisions of these Regulations.
- (b) A Person shall not manufacture, package, import, export, advertise, distribute, or sell processed and Pre-Packaged food containing sodium unless it complies with the maximum sodium limit as specified in the schedule to these Regulations.

Part III Offences and Penalties

20. Offences and Penalties

- (1) Any person who contravenes any of the provisions of these Regulations commits an offence and shall be liable on conviction. In case of -
 - (a) an individual, to imprisonment for a term not exceeding one year or to a fine not exceeding N800,000.00 or to both; and
 - (b) a body corporate, to a fine not exceeding N5,000, 000.00.
- (2) Where an offence under these Regulations is committed by a body corporate, firm or other association of individuals every: -
 - (a) director, manager, secretary or other similar officer of the body corporate.
 - (b) partner or officer of the firm.
 - (c) trustee of the body concerned.
 - (d) person concerned in the management of the affairs of the association; or
 - (e) person who purports to act in a capacity referred to in paragraphs (a) to (d) of this sub-regulation, is severally liable to be proceeded against and punished for that offence in the same manner as if he had himself committed the offence, unless he proves that the act or omission

constituting the offence took place without his knowledge, consent or connivance.

21. Forfeiture after conviction

- (1) A person convicted of an offence under these Regulations shall forfeit to the Federal Government: -
- (a) any asset or property constituting proceeds derived from or obtained, directly or indirectly, as a result of the offence; and
 - (b) any of the person's property or instruments used in any manner to commit or to facilitate the commission of the offence.
- (2) In this section, "proceeds" means any property derived or obtained, directly or indirectly, through the commission of the offence.

Part IV
Miscellaneous

22. Enforcement of Regulations

The Agency shall be responsible for the enforcement of these Regulations.

23. Interpretation

In these Regulations, unless the context otherwise requires:

Agency means National Agency for Food and Drug Administration and Control.

Food means any substance, whether processed semi-processed or raw, which is intended for human consumption, and includes drinks, chewing gum and any substance which has been used in the manufacture, preparation or treatment of food but does not include cosmetics or tobacco or any substances used only as drugs.

Ingredient means any substances, including a food additive, used in the manufacture or preparation of a food and present in the final product, although possibly in a modified form.

Prepackaged food means food made up in advance in a container, ready for offer to the consumer or for catering purposes.

Sodium means a mineral and one of the chemical element found in salt.

24. Citation

These Regulations shall be cited as Foods Containing Sodium Regulations 2025.

Made at Abuja this Day of..... 2025

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Dr. Mansur Kabir
Chairman Governing Council
National Agency for Food and Drug Administration and Control (NAFDAC)

Food Categories and Mandatory Maximum Sodium Limits

Food category	Subcategory	Local Data product Description	National Benchmark/Mandatory Maximum Sodium Limit (mg/100g)
Cakes, sweet biscuits and pastries; other sweet bakeries wares; and dry mixes for making such.	Biscuits/cookies	Sweet or savoury shelf-stable, frozen, or refrigerated baked products made from a mixture of flours, water, sugar, salt, shortenings, leavening agents, and flavourings. It includes sweet cookies, tea biscuits, plain salted crackers, or flavoured crackers biscuits, but does not include breads, cakes, muffins and pastries.	200
	Cakes, muffins and pastries	Shelf-stable, frozen or refrigerated baked sweet snacks or desserts made from cereal flours, water, leavening agents, shortenings, eggs and flavourings such as snack cakes, doughnuts, Pies croissants, scone puff puff and chin chin. It excludes breads, cookies, biscuits.,	205
Bread and bakery products	Leavened bread	Shelf stable products baked from a dough made from a mixture of wheat or rye flour from, salt, yeast, water, shortenings, with or without flavourings or nuts It includes Pan bread loaves, baguettes, rolls and buns but excludes cookies, cakes, biscuits, muffins, pastries, and flat-leavened breads.	370
	Flatbread	Made generally from dough made from a mixture of flour, water/milk, salt, with or without yeast, shortenings, and with or without flavourings. The dough is rolled and flattened to a thin mass prior to being oven baked, or fried in hot oil, or grilled over hot plate. Flatbread include pizzas, chapati bread, pretzels.	320
Breakfast cereals	Minimally processed breakfast cereals	Breakfast food made from pre-cooked cereals (maize, sorghum, or millet), and consumed with or without milk as part of breakfast. They typically require	120

		minimal processing steps and maintain much of their natural texture, flavour, and nutritional content. and include porridges, paps,	
	Highly Processed breakfast cereals	Highly processed, extruded breakfast cereals flaked or puffed with added vitamins and minerals. This category also be categorized as convenient or ready-to-eat breakfast cereals such as cornflakes, oatmeal.	280
Ready-made and convenience foods and composite dishes	Frozen Asian dumplings and similar products	Ready meals or snacks made with dough that has been filled with a variety of ingredients such as meats, chicken, vegetables, seafoods. They are generally refrigerated or frozen and are prepared for consumption by frying in oil, steamed, or boiled. They include Spring rolls, and samosa	470
	Ready meals	Precooked shelf-stable, refrigerated, or frozen processed or prepackaged meals requiring little or no additional preparations or cooking. they are already prepared meals requiring only heating/warming before consumption such as sandwiches, salads, cooked meats smoked fish, and deserts. They do not include at do not noodles, pasta, lasagne, rice, risotto.	250
	Soup(s) (unconcentrated)	Liquid or semi-solid, creamy, hot and Savorys food containing meat, fish, vegetable, salt, vegetable oil, and spices Examples include but not limited to Chicken Noodle Soup Mix, Tomato Soup, Chicken Corn Soup, Chicken and Vegetables Soup, Pumpkin Soup, Mushroom Soup Noodles Seafood Flavoured Soup Mixes.	230
Seafood and seafood products	Canned seafood	Shelf-stable seafood products preserved in metal cans and include a wide range of flavoured and unflavoured seafoods., They include but not limited to sardines in tomato sauce, Canned mackerel in vegetable oil, Canned tuna chunks in brine, Canned salmon in water, Canned crab meat, Canned shrimp in spicy sauce, Canned anchovies in olive oil.	280

	Fish spread	Processed/prepackaged fish-based spreads, generally consist of Sardine/mackerel Spread, Spread mixed with mayonnaise, herbs, and spices or dips. They can also be in form of a Fish Pâté made from fish fillets and blended with cream and seasonings, offer a smoother texture.	270
	Seafood and seafood products not otherwise specified	Shelf stable or refrigerated seafood or that consist mostly of seafoods and do not fit into any of the of the 'frozen seafood' categories mentioned, such as Canned Mackerel in Tomato Sauce, Breaded Shrimp (Frozen)Smoked Catfish Fillets (Packaged) Frozen Tilapia Fillets	800
Cheese	Processed cheese and cheese spreads	Products made by blending two or more variety of cheeses and emulsifying agents, colours and flavours, such as kraft processed cheddar cheese, mozzarella	720
	Natural and ripened cheese	Products made from coagulated proteins of dairy and non-dairy foods by sing using an enzyme (rennet) or and lactic acid to be consumed immediately or left to mature to develop a unique taste and texture, such as Cheddar Cheese Slices, Swiss Cheese Blocks, Cream Cheese, Edam Cheese Slices, Blue Cheese, Ricotta Cheese, Haloumi Cheese, and soft (natural) cheese (Wara) made from milk and soy milk respectively.	520
Sauces, dips and dressings	Mayonnaise/salad dressings	Packaged salad dressings encompass a range of varieties: those not labelled as balsamic, creamy, French, or Italian types; ranch dressings with a cream base like Caesar; French or Italian-style dressings; balsamic-based dressings where balsamic vinegar dominates; and Asian-style dressings with distinctive flavours.	500
	Sauces	Liquid or semiliquid mixture used for sweet or savoury dishes during or after cooking to provide additional flavour, moisture, texture, or colour. Common	340

		examples include tomato sauce, chili sauce, fish, chicken, curry, and seasoning sauce.	
	Condiments	Shelf stable or refrigerated diverse range of flavourful simple or mixed preparations that enhance the taste of food. They include tomato ketchup, steak sauce, and curry-flavoured sauces, chili sauce as well as mustard. Common simple condiments include garlic, turmeric, onions, and olive oil.	650
	Bouillion (concentrated)	A concentrated form of seasoning or flavourings used in cooking to enhance the taste of dishes. It is usually presented in small cubes, granules, or powder form and is composed of various ingredients such as salt, monosodium glutamate (MSG), herbs, spices, and sometimes dehydrated vegetables. Bullion (concentrated) is dissolved in water or added directly to dishes during cooking to impart rich flavour and depth to soups, stews, sauces, and other culinary preparations. It is commonly used in Nigerian cuisine to elevate the taste profile of traditional dishes and is a staple ingredient in many households.	13000
	Spreads and dips	Other packaged spread and dips that do not fall into any of the categories mentioned in the list	360
Processed meat, poultry, game, fish and similar	Processed meat	Processed or packaged food items containing meat, typically high in salt content. They include meat sausage ham slices Frozen chicken nuggets, bacon strips, luncheon meat slice, corn beef, and smoked bushmeat,	600
Cereal and grain products (Ready-made and Convenience Foods and composite dishes)	Instant Noodles	Shelf stable dry dough strips made from flour, water, salt, with or without eggs, flavour. They are ready meals widely consumed and includes Instant plain Noodles,	800

	Cereal/nut-based snack bars	All snack bars and cereal-based bars sold in the health food or snack bar sections that contain a variety of cereals, grains, and nuts but do not fall under the 'other cereal and nut bars' category. These bars must have nuts as an ingredient and may include variations such as snack bars with nuts as the main ingredient, without any coating; snack bars with nuts as the main ingredient and a yogurt coating; snack bars with nuts as the main ingredient and a chocolate coating; cereal-based bars with cereals/grains as the main ingredients and no flavoured coating; cereal-based bars with cereals/grains as the main ingredients and a yogurt coating; cereal-based bars with cereals/grains as the main ingredients and a chocolate coating; wheat-based bars with baked ingredients and a sweet filling, including some muffin bars; puffed ingredient-based cereal bars like LCM bars; bars and snacks specifically designed for toddlers; and packaged items labelled as protein bars, containing a higher protein content, often marketed for sports or weight loss purposes	150
	Popcorn	Packaged snack foods labelled as popcorn. Includes all flavours of popcorn; sweet or savoury coated.	470
	Potato-based snacks and chips/crisps	All packaged snack foods and chips/crisps where the main ingredient is potato or one of the predominant ingredients is potato.	470
	Salt and vinegar flavoured snacks (excl. Potato chips)	Variety of savoury snack foods that are seasoned with a combination of salt and vinegar flavourings.	470
	Vegetable-based snacks/chips	Vegetable-based snacks are crafted mainly from vegetables, undergoing processing, seasoning, and occasionally frying or baking to achieve a crispy and flavourful bite. These snacks serve as a popular substitute for conventional potato chips, offering a range of	470

		vegetable varieties. They are favoured for their perceived healthiness and are relished as a tasty and nutritious option	
	Wholegrain chips	All packaged snack foods sold in a chip style where the main ingredient is wholegrain wheat. Can have other grains also like quinoa, etc. Includes all flavour variants. E.g. grain waves	470
Cakes, sweet biscuits and pastries; other sweet bakeries wares; and dry mixes for making such.	Crackers/savoury biscuits	Various commercially prepared cakes and pastries, including rounded thin savoury cakes made from puffed corn or rice with added salt, as well as square or round dry cakes made from rice or corn flour with salt and other flavourings. This category also covers cakes not classified elsewhere, plain ready-to-eat cakes, chocolate-flavoured cakes, sweet cream cheese-filled cakes, banana cakes, fruit-filled cakes, carrot cakes, cheesecakes, Christmas cakes, and bean or lotus seed paste-filled cakes without icing. Additionally, it includes vanilla cakes, pancakes or pikelets, ice-cream cakes, yeasted dough products like English muffins, muffin mixes, sweet muffins with chocolate chips or fruit pieces, savoury muffins with cheese, muffin bars, pastry breakfast items with various fillings, pastries with fruit pieces, filo pastry dishes, savoury pastries with cheese, and meat-filled pastries in various shapes. Flavoured crackers, sandwich crackers, puffed cakes, and graham crackers (e.g., cheese crackers, soda crackers, and rice cakes), whether plain (solely salt-flavoured) or seasoned. This category also encompasses dry bread varieties like Melba toast, rusks, breadsticks, pita or baguette chips, croutons, and other crispy bread options, including poppadoms. Excluded are unsalted products. Additionally, snack mixes	479

Savory Snacks	(3B) Nuts and Seeds	Commercially prepared and packaged nuts and seeds, salted or unsalted nuts, plain or flavoured, single or mixed nut species	166
Seafood and seafood products	Frozen seafood	Ready seafood meals that are sold in the freezer section of a supermarket that cannot be categorized into any of the of the 'frozen seafood' categories mentioned. Seafood products sold frozen in the supermarket. Includes all varieties that are coated in batter or crumbed and cannot be categorized into any of the 'coated frozen seafood' categories mentioned. Seafood products sold frozen in the supermarket. Includes all varieties that are not coated in batter or crumbed.	381
Non-Alcoholic Beverages	Beverage mixes	Including fruit-based mixes, ginger-infused drinks, and other unprepared beverage options that require water to be added before consumption.	133
	Breakfast beverages	Beverages that are manufactured with ingredients similar to that of a breakfast cereal that are advertised as being consumed at breakfast. A range of beverages typically enjoyed in the morning as an integral part of the initial meal of the day.	119.2