

Draft

**NAFDAC Reduction of Sodium in Processed and Pre-Packaged Food Regulations 2026**

**Closed for Comments**

# NAFDAC Reduction of Sodium in Processed and Pre-Packaged Foods Regulations 2026

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**NAFDAC Reduction of Sodium in Processed and Pre-Packaged Foods Regulations 2026**

**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**

**1. Objective**

This Regulations is to provide a 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.

**2. Application**

- (1) These Regulations shall apply to processed and pre-packaged Foods manufactured, imported, exported, advertised, sold, distributed, used or consumed in Nigeria.
- (2) These Regulations shall apply in a progressive reductive phase of 15% and 30% as contained in the schedule to these Regulations.
- (3) **The National Target as specified in the Schedules shall be enforced at the expiration of the 30% reductive phase as contained in the Schedule to these Regulations.**

**Part II**

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

**3. Labelling**

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

**4. Mandatory Sodium Labelling**

Processed and Pre-Packaged Foods containing sodium shall display on the label the sodium content per 100g or 100ml on the Nutrition Information Panel.

**5. 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.

## 6. 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) "Reduced sodium" or "Light sodium": A food may be labelled as "reduced sodium" or "Light sodium" if it contains at least 25% less sodium compared to the National Sodium Target of the same food category as contained in the Schedules to these Regulations.
- (b) Non-addition of sodium salt are claims regarding the non-addition of sodium salt to a food, including "no added sodium", may be made if the following conditions are met: -
  - (i) The food contains no added sodium salt, including sodium chloride, sodium tripolyphosphate, monosodium glutamate, sodium benzoate, sodium bicarbonate;
  - (ii) The food contains no ingredients that contain added sodium sodium salt, worcestershire sauce, pickles, pepperoni, soya sauce, sodium fish, fish sauce, locust beans,; and
  - (iii) The food contains no ingredients that contain sodium salt that are used to substitute for added sodium, including but not limited to seaweed;

## 7. Prohibition

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

- (a) is in accordance with the provisions of these Regulations.
- (b) complies with the maximum sodium limit as specified in the schedule to these Regulations.

## Part III Offences and Penalties

## 8. 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.

## 9. 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**

#### **10. Enforcement of Regulations**

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

#### **11. 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.

**Pre-packaged food** means food made up in advance in a container, ready for offer to the consumer or for catering purposes.

#### **12. Citation**

These Regulations shall be cited as NAFDAC Reduction of Sodium in Processed and Pre-Packaged Food Regulations 2026

**Packaged foods with sodium content exceeding the WHO recommended benchmarks along with the recommended Nigeria benchmarks and reduction phase**

S/N	WHO category No.	Category	Subcategory	Subcategory description	National Median (mg/100g)	15% Sodium Reduction (mg/100g)	30% Sodium Reduction (mg/100g)	National Target (mg/100g)
						2027	2029	
1.	1a	Chocolate and sugar confectionery, energy bars, and sweet toppings and Desserts	Granola and cereal-type bars	Granola bars (plain and coated), fruit filled bars.	329	280	230	150
2.	2a	Cakes, sweet biscuits and pastries; other sweet bakery wares; and dry mixes for making such	Cookies/sweet biscuits	Shelf-stable, frozen and refrigerated products. Sweet cookies, biscuits, tea biscuits and dough. Includes filled and coated cookies and biscuits. Excludes crackers/savoury biscuits. Excludes dry-mixes.	238	200	200	200
3.	2b		Cakes and sponges	Shelf-stable, frozen and refrigerated products. Cakes, snack cakes, doughnuts (yeast and cake types), brownies and squares, muffins and pastry dough. Excludes dry-mixes	260	221	182	205
4.	2g		Dry-mixes for making cakes, sweet biscuits, pastries and other sweet bakery wares	Dry-mixes for cookies/sweet biscuits, cakes, sponges, pies, pastries, baked and cooked desserts, pancakes, waffles, French toast, scones and soda bread. Excludes ready-made products.	840	714	588	320
5.	3b	Savoury snacks	Nuts, seeds and kernels	Nuts, peanuts and seeds (seasoned with salt or flavour). Excludes unsalted products. Includes seasoned/ flavoured pulses (such as chickpeas, peas, and mung bean snacks), and mixed snacks (e.g. trail mix, gorp, scroggin, nuts and bolts, mezcla de frutos secos, namkeens, bhujas) where nuts, seeds, or kernels are the main component (e.g. nut mixtures with dried fruit). Excludes	357	280	280	280
6.	3c		Potato, vegetable and grain chips, popcorn and extruded snacks	Chips made of potato, vegetables and grains (e.g. corn, wheat, multigrain and rice). Includes all flavours (including salt and vinegar flavours). Includes both reformed chips/ crisps and sliced chips. Sheeted, reformed, puffed or pelleted snacks made from starch-rich materials(e.g. corn, maize, wheat, rice or potato flour) or legume flours. Includes all flavours (including salt and vinegar flavours). Excludes pretzels. Includes popcorn (including microwave and stovetop ready popcorn, seasoned or candied ready-to-eat popcorn). Includes snack mixes (e.g. trail mix, gorp, scroggin, nuts and bolts, mezcla de frutos secos, namkeens, bhujas) where extruded snacks (made from starch-rich flours or legume flours) are the main component.	575	470	470	470
7.	6a	Breakfast cereals	Minimally processed breakfast cereals (includes all types – prepared, ready-made and dry-mixes)	Prepared, ready-made or dry-mix minimally processed cereals, such as steel-cut, rolled or instant oats for preparing oatmeal, and muesli (i.e. made with oats and a mixture of unsalted nuts and seeds and/or dried fruit). May or may not require cooking. Includes porridge mix and hot instant cereals. Excludes highly processed cereals including granola.	203	173	142	120
8.	6b		Highly processed breakfast cereals	Highly processed, ready-to-eat breakfast cereals including shredded, flaked, puffed or extruded cereals, and cereals with added nutrients such as sodium, fat, sugars (or nonsugar sweeteners), fibre or various vitamins and minerals. Includes granola.	415	353	291	280
9.	8a	Cheese	Fresh unripened cheese	Unripened cheese (e.g. cream cheese, mozzarella, ricotta and cottage cheese).	242	190	190	190
10.	8b		Processed Cheese	All processed and melt cheese, cheese spreads, blocks and slices with or without added ingredients, cheese analogues (including plant-based), dairy-free cheese and spreads.	906	770	634	720

11.	9bii	Ready-made and convenience foods and composite dishes	Pasta, noodles, and rice or grains with sauce or seasoned (dry-mix, concentrated)	Dry-mixes for shelf-stable pasta, noodles, and rice or grain mixes with sauce or seasonings sold in concentrated form (e.g. macaroni with cheese sauce, noodles in tomato sauce and teriyaki noodles). Includes instant noodle with soup or seasonings.	1515	1287	1060	800
12.	10a		Butter and other fats and oils	Salted butter, butter blends, margarine and oil-based spreads	Flavoured butter, butter blends, ghee and margarine. Includes vegetable oil spreads such as olive oil spreads. Excludes unsalted butter.	985	837	690
13.	11b	Bread and bread products	Leavened Bread	All types of yeast-leavened breads, including sourdough breads. Includes breads made with all types of cereal flours (e.g. white or whole grain wheat, spelt and rye). Includes all types of shapes and baking traditions (e.g. pan baked, hearth baked, large loafs, baguettes, rolls and buns). Includes all types of artisanal, prepackaged sliced breads, par-baked bread and rolls, croissants, bagels, English muffins, pizza crusts, and diet or low-calorie breads. Includes breads with and without additions (e.g. herbs, nuts, olives, onion, tomato, garlic, pieces of ham and cheese). Also includes refrigerated and frozen dough. Excludes dough for cookies, cakes and sponges, pies and pastries and scones and soda bread. Excludes flatbreads that are leavened, such as naan.	900	765	630	370
14.	11c		Flatbreads	All types of leavened and non-leavened flat breads. Fresh baked, refrigerated and shelfstable plain (i.e. flavoured only with salt) or flavoured tortillas, wraps, pita, Greek flatbreads or naan. Includes refrigerated and frozen dough. Excludes pancakes. Excludes dry breads and crisp flatbreads.	500	425	320	320
15.	14a	Processed meat, poultry, game, fish and similar	Canned fish	Canned tuna, canned salmon, water and oil packed fish, sauce-packed fish, fish/seafood salad and shellfish (e.g. sardines, mackerel, shrimp, crab, clams and smoked oysters). Includes retort-packed products. Excludes canned anchovies.	383	326	280	280
16.	14b		Processed fish and seafood products, raw	Unprepared fish and seafood products, cakes and burgers; and seasoned (with sauce or seasoning), breaded, battered and stuffed fish. Includes restructured, simulated or imitation seafoods such as surimi. Also includes fish and seafood-based mousse, spread and dips.	383	326	270	270
17.	14h		Comminuted meat products, heat treated (cooked)	Cooked sausages (including hotdogs), cooked meatloaf balls, corned beef, luncheon meats and pate. Includes canned sausages and luncheon meats.	710	604	540	540
18.	16c 16f	Processed fruit, vegetables and legumes	Olives and sundried Tomatoes	Shelf-stable unstuffed and stuffed olives, tapenade and sundried tomatoes.	1000	900	900	900
19.	18aui	Sauces, dips and dressings	Bouillon and soup stock (concentrated)	Bouillon cubes and soup stock powders. Includes gravy stock. Excludes concentrated, dry soups.	22000	18700	15400	13000
20.	18d		Emulsion based dips, sauces and dressings	Cream or cheese dips and sauces, standardized salad dressing (including mayonnaise-based dressing, refrigerated and shelf-stable oil and vinegar-based dressings, and creamy dressings), and mayonnaise. Includes mayo type spreads. Includes low-fat and fat-free versions.	610	500	500	500
21.	18c		Condiments	Tomato ketchup, brown sauce (e.g. BBQ sauce, Worcestershire sauce, steak sauce and curry flavoured sauces), chilli sauce including sriracha chilli sauce, sweet chilli sauce and mustard. Also includes pesto.	840	650	650	650
22.	18f		Soy sauce and fish sauce	Soy sauce, fish sauce and other fermented sauces.	5800	4840	4840	4840
23.	18g		Other Asian style sauces	Asian-style sauces and condiments (e.g. teriyaki, black bean, hoisin, stir-fry, duck and oyster sauces). Excludes sweet sauces and chilli sauce including sriracha chilli sauce and sweet chilli sauce and soy sauce and fish	3240	2754	2268	680

24.	18h		<b>Marinades and thick pastes</b>	Shelf-stable marinades, and thick pastes such as curry pastes (e.g. Thai and Indian) and other Asian pastes (e.g. miso, doubanjiang and gochujang).	1536	1425	1425	1425
25.			<b>Spice blends, seasoning mixes, curry powder (dry-mix, concentrated)</b>	Dry seasoning/spice mixes and curry powders for side and main dishes (e.g. chilli, stew, fajita, masala, barbeque seasoning). Dry seasoning for meat and fish (e.g. steak spice).	5833	6000	6000	6000

## Second Schedule

### Processed and Packaged Foods Commonly Consumed, with no WHO Benchmark (with the recommended mandatory maximum sodium limit)

S/N	WHO category No.	Category	Subcategory	Subcategory description	National Median (mg/100g)	15% Sodium Reduction (mg/100g)	30% Sodium Reduction (mg/100g)	National Target (mg/100g)
	N/A	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 '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.	488.5	415	381	381
	N/A	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	113	93	42.2
			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.	145	119	119	119

**Consumed packaged foods meeting the WHO Global Benchmark for the recommended mandatory salt limit**

S/N	WHO category No.	Category	Subcategory	Subcategory description	National Median (mg/100g)	15% Sodium Reduction (mg/100g)	30% Sodium Reduction (mg/100g)	National Target (mg/100g)
1.	3a	Savoury snacks	Crackers/savoury biscuits	Plain (i.e. flavoured only with salt) or flavoured crackers, sandwich crackers, puffed cakes, and graham crackers (e.g. cheese crackers, soda crackers and rice cakes). Includes dry breads such as Melba toast, rusks, breadsticks, pita or baguette chips, croutons and other crisp breads. Includes poppadoms. Excludes unsalted products. Includes snack mixes (e.g. trail mix, gorp, scroggin, nuts and bolts, mezcla de frutos secos, namkeens, bhujas) where crackers/savoury biscuits are the main component (e.g. mixed rice crackers with nuts).	479	580	580	580
2.	9d	Ready-made and convenience foods and composite dishes	Sandwiches and wraps	Frozen and refrigerated sandwiches, wraps, burritos, tacos, enchiladas, empanadas, samosas, spring rolls, hamburgers and hot dogs.	140	470	470	470
3.	9gi		Soups(ready-to-serve, canned and refrigerated soups)	Canned and refrigerated, ready-to-serve broth and broth-based soup. Excludes ready-made noodles with sauce, dry soups, and bouillon and soup stock (not concentrated).	240	230	230	230
4.	14g		Whole muscle meat products, non-heat Preservation	Air-dried, cured, entire meat pieces (e.g. prosciutto, Parma and serrano ham). Brined meat products (e.g. pastrami and bacon).	752	950	950	950
5.	16bii	Processed fruit, vegetables and legumes	Pickled fermented foods	Shelf-stable, pickled foods prepared by lactic acid fermentation. Vegetable based (e.g. sauerkraut, gherkins, cucumbers, onions) and fruits (e.g. mango), meat/fish. Includes chutneys where brining and fermentation is involved. Excludes regular chutney.	620	900	900	900
6.	16f		Frozen potatoes and other potato products (ready-to-eat)	Plain (i.e. flavoured only with salt) and seasoned French fries/chips, sweet potato fries, hash browns, potato patties, green plantain, and tropical tubers such as	20	140	140	140
7.	18b	Sauces, dips and dressings	Cooking sauces including pasta sauces and tomato sauces (not concentrated)	All cooking sauces (e.g. pasta sauce, curry and Mexican). These are major characterizing components of a meal and are designed to be added to foods during preparation, rather than at the table. Also includes gravies and finishing sauce products which are designed to be added to food upon serving or as food finishes cooking. Products in this category do not require reconstitution or the addition of liquids. Excludes tomato pastes, pesto, soy sauce and fish sauce, other Asian-style cooking sauces, and marinades and thick pastes.	374	330	330	330
8.	18i		Spice blends, seasoning mixes, curry powder (dry-mix, concentrated)	Dry seasoning/spice mixes and curry powders for side and main dishes (e.g. chilli, stew, fajita, masala, barbeque seasoning). Dry seasoning for meat and fish (e.g. steak spice).	5833	6000	6000	6000

MADE at Abuja this .....day of.....2026.

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**Dr. Mansur Kabir**

**Chairman of the Governing Council**

**National Agency for Food and Drug Administration and Control (NAFDAC)**