UNIVERSITI SAINS MALAYSIA

# Workshop
# MASTERING NUTRTION LABELLING & CLAIMS

HDRC Training Programme No.: 10001773910

*"Nutrition labelling and nutrition claims are a powerful marketing tool, but a major compliance trap if done wrong."*

## Learning Outcomes:

- ✓ Design nutrition information panel according to the requirements of the Food Regulations 1985.
- ✓ Determine whether a product meets specific requirements to make nutrition claims permitted by the Food Regulations 1985.
- ✓ Apply accurate labelling requirements related to nutrition claims to ensure regulatory compliance.


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**Dr. Tan Thuan Chew**
Accredited HRDC Trainer
Universiti Sains Malaysia

## NAMA PROGRAM / PROGRAM NAME

Mastering Nutrition Labelling & Claims

## LATAR BELAKANG DAN PENERANGAN (BACKGROUND AND SYNOPSIS)

Nutrition labelling and health-related claims are among the most effective marketing tools on food packaging, yet they represent one of the highest risk areas for regulatory non-compliance. Under the Malaysian Food Regulations 1985, accurately constructing a nutrition information panel (NIP) and making legally sound nutrition claims require a thorough understanding of statutory parameters, mathematical calculations, and specific condition thresholds.

This intensive 1-day professional workshop provides food industry practitioners with actionable, step-by-step guidance on constructing and verifying NIPs in full alignment with Malaysian legislation. Participants will dive deep into the specific requirements governing nutrition claims, including content, comparative, function, and fortification claims.

Through practical case studies, real-world label reviews, and guided calculation exercises, this course bridges the gap between regulatory text and commercial packaging design. Attending teams will gain the expertise needed to safeguard their products against regulatory rejection, avoid costly artwork re-prints, and confidently leverage legitimate nutrition claims to drive brand trust and consumer engagement.

## HASIL PEMBELAJARAN DAN OBJEKTIF (LEARNING OUTCOMES AND OBJECTIVE)

The objective of the course is to equip participants with in-depth regulatory knowledge on the nutrition labelling and claims based on Food Regulations 1985.

Upon successful completion of this course, participants can:

1. design nutrition information panel according to the requirements of the Food Regulations 1985.
2. determine whether a product meets specific requirements to make nutrition claims permitted by the Food Regulations 1985.
3. apply accurate labelling requirements related to nutrition claims to ensure regulatory compliance.

## SESUAI UNTUK / SIAPA YANG PATUT HADIR (SUITABLE FOR / WHO SHOULD ATTEND)

1. Food technologists and quality assurance personnel
2. Regulatory affairs professionals
3. R&D and product development staff
4. Sales and marketing team
5. Academics and students in food-related fields

# Mastering Nutrition Labelling & Claims

## Course Contents

| | |
|---|---|
| 08:00 a.m. – 08:30 a.m. | Registration |
| 08:30 a.m. – 09:00 a.m. | Pre-Quiz & Ice-Breaking |
| 09:00 a.m. – 10:30 a.m. | Nutrition Labelling |
| 10:30 a.m. – 10:45 a.m. | Tea Break |
| 10:45 p.m. – 01:00 p.m. | Nutrition Claims (Part 1) |
| 01:00 p.m. – 02:00 p.m. | Lunch |
| 02:00 p.m. – 03:30 p.m. | Nutrition Claims (Part 2) |
| 03:30 p.m. – 03:45 p.m. | Tea Break |
| 03:45 p.m. – 05:00 p.m. | Other Nutrition Labelling |
| 05:00 p.m. – 05:30 p.m. | Post-Quiz |
| 05:30 p.m. | End of Training |

## 1. TRAINER'S BACKGROUND

| No. | Items | | |
|---|---|---|---|
| 1. | Name | : | Dr. Tan Thuan Chew |
| 2. | I/C Number | : | 811120-07-5875 |
| 3. | Nationality | : | Malaysian |
| 4. | Residential Address | : | B-02-3A, Royale Infinity Condominium, Lorong Lembah Indah 1, Taman Lembah Indah, 14100 Simpang Ampat, Pulau Pinang |
| 5. | Telephone No. | : | +6012-4801383 |
| 6. | E-mail Address | : | thuanchew@usm.my |
| 7. | Year Of Experience In Training | : | 9 years |
| 8. | Current Occupation | : | Associate Professor, Universiti Sains Malaysia |

## 2. ACADEMIC QUALIFICATION (Please Attach a Photocopy of Degree/Diploma/Certificate)

| No. | Qualification | Name of Academic Institute | Year Awarded |
|---|---|---|---|
| 1. | Doctor of Philosophy | USM | 2012 |
| 2. | Master of Science (Food Technology) | USM | 2008 |
| 3. | Bachelor of Technology (Honours) (Food) | USM | 2004 |

## 3. PROFESSIONAL CERTIFICATION

| No. | Qualification | Certification Body | Year Awarded |
|---|---|---|---|
| 1. | Accredited HRDC Trainer | HRD Corporation | 2024 |
| 2. | Certified HRDC Trainer | HRD Corporation | 2023 |
| 3. | Certified Food Defense Coordinator | AIB International | 2021 |
| 4. | | | |
| 5. | | | |

## 4. YEARS OF CAREER EXPERIENCE

| No. | Previous Company | Position | Duration/Date |
|---|---|---|---|
| 1. | Universiti Sains Malaysia | Associate Professor | (2024 – present) |
| 2. | Universiti Sains Malaysia | Senior Lecturer | 10 years (2015 – 2024) |
| 3. | Universiti Sains Malaysia | Postdoctoral Fellow | 2 years (2012 – 2014) |
| 4. | CG Computers Sdn. Bhd. | Sales Crew | 6 years (2007 – 2013) |

## 5. SHORT COURSES ATTENDED

| No. | Name Of Programme | Duration/Date |
|---|---|---|
| 1. | Food Fraud Online: Risk Assessment & Mitigation | Online Self-Learning (1st April – 6th May 2025) |
| 2. | Developing a Micro-Credential Course | Online (14th Oct – 15th Nov. 2024) |
| 3. | FDA Food Labelling | Online Self-Learning (2023) |
| 4. | Food Safety Audit Training Course | 2 days (7th – 8th Aug. 2023) |
| 5. | Food Safety Training Course | 4 days (31st July – 3rd Aug. 2023) |
| 6. | PSBM Train-the-Trainer Certification Programme | 5 days (29th May – 2nd June 2023) |
| 7. | Food Handler Training Course | 1st July 2022 |
| 8. | Food Defense Coordinator Online | Online Self-Learning (2021) |
| 9. | Food Exportation Requirements | 1 day (19th Sept. 2019) |
| 10. | Food Defense - Mechanism and Certification | 2 days (9th & 10th April 2019) |
| 11. | Applied Food & Feed Extrusion Technology | 3 days (23rd – 25th Aug. 2018) |
| 12. | DIES ProGRANT Proposal Writing for Research Grants | 10 days (18th – 22nd April & 14th – 18th Nov. 2016) |
| 13. | Product Labelling | 2 days (18th & 19th Oct.2016) |

## 6. TRAINING EXPERIENCE

| No. | Training Programme Conducted | Year |
|---|---|---|
| 1. | Understanding Food Additives: Compliance & Labelling (In-house, Puchong, Selangor) | Nov. 2026 |
| 2. | Food Labelling Requirements & Understanding Food Additives: Compliance & Labelling (In-house, Batu Pahat, Johor) | Nov. 2026 |
| 3. | Understanding Food Additives: Compliance & Labelling (In-house, Pasir Gudang, Johor) | Aug. 2026 |
| 4. | Food Labelling Requirements & Understanding Food Additives: Compliance & Labelling (In-house, Shah Alam, Selangor) | July 2026 |
| 5. | Food Labelling Requirements & Understanding Food Additives: Compliance & Labelling (In-house, Taiping, Perak) | June 2026 |
| 6. | Food Labelling Requirements (In-house, Kapar, Selangor) | June 2026 |
| 7. | Food Labelling Requirements (In-house, Petaling Jaya, Selangor) | June 2026 |
| 8. | Food Labelling Requirements (In-house, Sungai Buloh, Selangor) | June 2026 |
| 9. | Food Labelling Requirements & Understanding Food Additives: Compliance & Labelling (In-house, Kuching, Sarawak) | May 2026 |
| 10. | Understanding Food Additives: Compliance & Labelling (Public, Johor Bahru, Johor) | May 2026 |
| 11. | Food Labelling Requirements (Public, Johor Bahru) | May & Dec. 2026 |
| 12. | Food Labelling Requirements (In-house, Tampoi, Johor) | April & Dec. 2026 |
| 13. | Understanding Food Additives: Compliance & Labelling (Public, USM@KL) | April, June, July, Aug., & Nov. 2026 |
| 14. | Food Labelling Requirements (Public, USM@KL) | April, June, July, Aug, Sept., & Nov. 2026 |
| 15. | Understanding Food Additives: Compliance & Labelling (Public, USM) | Jan. 2026 |
| 16. | Food Labelling Requirements (In-house, Skudai, Johor) | Nov. 2025 |
| 17. | Food Labelling Requirements (In-house, Pasir Gudang, Johor) | Nov. 2025 |
| 18. | Understanding Food Additives: Compliance & Labelling (In-house, Kuala Lumpur) | Oct. 2025 |
| 19. | Food Labelling Requirements (In-house, Prai, Pulau Pinang) | Aug. 2025 |
| 20. | Understanding Food Additives: Compliance & Labelling (In-house, Shah Alam, Selangor) | Aug. 2025 |
| 21. | Food Labelling Requirements (In-house, Cheras, Selangor) | Aug. 2025 |
| 22. | Understanding Food Additives: Compliance & Labelling (In-house, Pulau Indah, Selangor) | Aug. 2025 |
| 23. | Understanding Food Additives: Compliance & Labelling (Public, USM@KL) | Aug. (x2), Oct., & Nov. 2025 |
| 24. | Food Labelling Requirements (In-house, Pulau Indah, Selangor) | July. 2025 |
| 25. | Food Labelling Requirements (Public, USM@KL) | April, May, July, & Aug., Oct., Nov., & Dec. 2025 |

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| 26. | Food Labelling Requirements (Public, Ipoh) | April 2025 |
| 27. | Food Labelling Requirements (In-house, Shah Alam, Selangor) | Feb. 2025 |
| 28. | Food Labelling Requirements (Public, USM) | Feb. & July 2025 |
| 29. | Food Labelling Requirements (In-house, Kota Kinabalu, Sabah) | Jan. 2025 |
| 30. | Food Labelling Requirements (Public, USM@KL) | April, May, June, July, Aug. (x2), Oct., & Nov. 2024 |
| 31. | Food Labelling Requirements (In-house, Port Dickson, Negeri Sembilan) | Aug. 2024 |
| 32. | Food Labelling Requirements (In-house, Kuala Lumpur) | July 2024 |
| 33. | Food Labelling Requirements (In-house, Subang, Selangor) | May 2024 |
| 34. | Food Labelling Requirements (In-house, Melaka) | March 2024 |
| 35. | Food Labelling Requirements (In-house, Kuala Lumpur) | March 2024 |
| 36. | Food Labelling Requirements (Public, USM) | Feb. & Sept. 2024 |
| 37. | Food Labelling Requirements (In-house, Petaling Jaya, Selangor) | Jan. 2024 |
| 38. | Food Labelling Requirements (Public, USM@KL) | Nov. & Dec. 2023 |
| 39. | Food Labelling Requirements (In-house, Kulim, Kedah) | Dec. 2023 |
| 40. | Food Labelling Requirements (Public, USM) | Sept. 2023 |
| 41. | Food Labelling Requirements (Public, USM) | Oct. 2019 |
| 42. | Food Regulations (In-house, Alor Setar, Kedah) | Oct. & Nov. 2019 |
| 43. | Food Labelling Requirements (Public, USM) | Aug. 2017 |