

## Etikette oder Beipackzettel?

Gewusst wie, ist die korrekte Etikettierung von Lebensmitteln gema?ß der Lebensmittelinformationsverordnung gar nicht so schwer. Worauf man bei den Sachbezeichnungen achten muss, kurz und bündig von Simona Nemetz erklärt.



Etiketten haben feste Regeln. © Vald Frolov / Unsplash

? c ffY\_hYg'9h]\_Yhh' 'i b X 'k ]Y 'XUg'[ Y\h

K Yf'g]W a ]h'XYf'@A =J ' ' @YVYbga ]hhY`]bZcfa Uh]cbgj YfcfXbi b[  
VYZUgghž'ghÒ» h'fUgW 'Ui Z'X]Y : fU[ Yž'cV'Y]b '9h]\_Yhh'[ Ybi [ hž'cXYf'cV  
XcW '']YVYf'Y]b '[ UbnYf'6Y]dUW\_nYhhY`YfghY`h'k YfXYb 'gc ````8]Y  
j YfdZ]W hYbXYb 'bZcfa Uh]cbYb '[ Ya " J YfcfXbi b[ 'f9I Ł'Bf"  
%%\* - #&\$%%'g]bX 'i a ZUb[ fY]W 'i bX 'b]W h']a a Yf'[ Ubn`c[ ]gW "5VYf  
XUg'a i gg'b]W h'g'gY]bž'GWf]hh'Z f'GWf]hh'Yf\_Ufhž]gh'Yg'XUbb  
XcW 'b]W h'i ba c[ ']W ž'Y]b '\_cffY\_hYg'9h]\_Yhh'ni 'YfghY`Yb"

6fUi W Y ']W 'i VYf\Ui dh'Y]b '9h]\_Yhh'cXYf' 'Zi f  
k Yb '[ ]`h'X]Y'@A =J ' ' i b X 'k Ubb 3

9h]\_YhhYb`VYbch][ Yb`U`YžX]Y`j`YfdUW\_hY`@YVYbga ]hhY`Ub  
9bXj`YfVfUi`WYf`cXYf`XYf`;`Ya`Y]bgWUZhj`YfdZY[ i`b[ `UV[ YVYb  
gck`]Y`C`b`]bYg`cd!6YhfY]VYf`J`YfdUW\_h`gh`Y]b`@YVYbga ]hhY`XUb bž  
k`Ybb`Yg`Y]bY`I`a`\i`i`b[ `Uhž`X]Y`nYfghcfh`k`YfXYb`a`i`ggž`i`a`Ub  
XUg`@YVYbga ]hhY` \YfUbni`\_ca`a`Yb`"5`gc`Ui`W`K`i`fgh\i` ``Yb`]b  
D`Ugh]\_XUfa`Yb"  
8 Uni`[ ]Vh`Yg`fY`Yj`UbhY`5i`gbU\`a`Yb.

XUg`J`YfdUW\_Yb`]a`6Y]gY]b`XYg`?i`b`XYb

XUg`j`Yf`Ui`Zgj`cfVYfY]hYbXY`J`YfdUW\_Yb`8`Uj`cb`i`b`VYgWU`XYh`[ `]`h  
X]Y`DZ]W`h`ni`a`5i`gk`Y]g`j`cb`5`Yf`[ `Yb`Yb`f`]hhY`g`5i`g\`Ub`[ `c`XYf`  
HUZYf`b`łž`X]Y`?`YbbnY]W`bi`b[ `j`cb`5`nc`ZUfVghc`Z`Yb`i`b`X`[ `Yk`]ggYb  
Gi`»`i`b[ `ga`]hhY`b"

8`Ug`f]W`h][ Y`9h]\_Yhh`k`U\`Yb

B`i`bž`k`Ybb`G]Y`ni`XYa`9b`hgW`i`gg`[ `Y`\_ca`a`Yb`g]b`Xž`Y]b`9h]\_Yhh`ni`  
VYbch][ `Ybž`ghY`h`g]W`X]Y`fU[ `Yž`k`Ug`XU`U`Yg`UV[ `YV`]XYh`k`YfXYb`  
a`i`gg`9]bY`]b`XYf`DfUI`g`]a`a`Yf`k`YXYf`Ui`Zh`Yh`Yb`XY`fU[ `Y`.  
K`Y`W`Yg`9h]\_Yhh`gc`]W`b`Y\`a`Yb`3`8`Uni`[ ]Vh`Yg`\_Y]b`Y  
Y]b\`Y]h`W`Y`5`b`h`k`cfh`Ni`Ugg`[ `]gh`ZUgh`U`Yg`ž`k`Ybb`Z`c`[ `Yb`XY  
?`f]h`Yf`Y]b[ `Y\`U`h`Yb`k`YfXYb`.

A`]b`XY`ghgW`f]Zh`fc`»`Y`j`cb`%ž`&`a`a`  
X`Ui`Yf`UZh`fb]W`h`UVk`]gW`VUf`c`XYf`UV`b`Y\`a`VUf`  
Hf`Y`bb`i`b[ `g`j`Yf`Vch`f`l`U`Yg`Ui`Z`Y]b`Yf`GY]hY`ł  
XYf`6Yhf]YV`a`i`gg`Yb`hgW`Y]XYbž`k`Y`W`Y`9h]\_Yhh`Yb`d`Ugg`Yb`X`g]b`X`  
9g`g]b`X`gck`c\`8`c`]h`mc`i`fgY`Z`!`9h]\_Yhh`Yb`Yf`Ui`Vh`f`U`gc`9h]\_Yhh`Yb`  
X]Y`n`6gd`]a`K`cfX`YfghY`h`k`YfXYb`ł`U`g`Ui`W`d`fc`Z`Ygg`c`b`Y`Y`  
9h]\_Yhh`Yb`X`fi`W`Yfž`X]Y`d`Yf`Gmgh`Y`a`X]Y`8`Uh`Yb`Ui`Z`c`Zh`  
H\`Yfa`c`Yh]\_Yhh`Yb`X`fi`W`Yb`<`]Yf`Yb`hgW`Y]XYb`?`c`gh`Yb`ZU`hcf`Yb`i`b`X`  
I`g`UV`]hm`

K`Ug`[ `Y\`c`f`h`b`i`b`Ui`Zg`9h]\_Yhh`3

5`Y`b`Z`c`fa`Uh]cb`Yb`[ `Ya`U`XYf`@`A`i`gg`Yb`nk`]b[ `Yb`X`Ua`  
9h]\_Yhh`Ub[ `YX`fi`W`h`k`YfXYb`"

8 Ug'g]bX.

GUW VYnY]W bi b[  
J YfnY]W b]g'XYf'Ni hUhYb  
U''Y'Ni hUhYb 'i bX'J YfUfVY]hi b[ g\]Zgghc ZZYž'X]Y'j Yfk YbXYh  
k YfXYb  
A Yb[ Y'VYgh]a a hYf'Ni hUhYb 'cXYf'?'UggYb 'j cb'Ni hUhYb  
B Yhgc Z ``a Yb[ Y  
A ]bXYgh\U'hVUf\_Y]hgXUhi a  
VYgcbXYfY'5bk Y]gi b[ Yb'Z f'X]Y'5i ZVYk U\fi b[ 'i bX  
J Yfk YbXi b[  
B Ua Y'i bX'5bgWf]Zh'XYg'@VYbga ]hhY'i bhYfbY\ a Yfg  
I fgdfi b[ g`UbX'cXYf'<Yf\_i bZhgcfh  
; YVfUi W gUb`Y]hi b[  
5`\_c\c'[ Y\U'hVY]; YhfUb\_Yb'a ]h'a Y\ f'U'g'%'ž&'i 'J c`"  
B U\fk YfhXY\_`UfUh]cb'<]Yf[ ]Vh'Yg'XUbb'U''YfX]b[ g'bcW  
GdYn]U'h\ Ya Yb'k ]Y'X]Y':`Y]gW YbbnY]W bi b[ 'cXYf'X]Y  
Df]a Ufni hUhYbj YfcfXbi b[ 'i bX'Zcfa Uh]cbYb'Z f'h]YZ[ Y\_i \hY  
@VYbga ]hhY''I bX'bUhi f']W [ ]Vh'Yg'Ui W Y]b'dUUf'5i gbU\ a Yb'  
gcbgh'k UfY'Yg'U'Ui W b]W h'gc'gdUb bYbX"

8 ]Y'Y]b nY`b Yb'?'YbbnY]W bi b[ gY`Ya YbhY'i bX  
]\fY'5i gbU\ a Yb

8 Ug'@VYbga ]hhY'']gh]a a Yf'[ Ya U'XYf'\_cffY\_hYb  
GUW VYnY]W bi b[ 'ni 'VYbYbbYb''8]YgY']gh'b]W h]a a Yf'Y]bXYi h][  
ni 'ZbXYbžj ]Y'Y'g]bX']a C ghYffY]W ]gW Yb'@VYbga ]hhY'Vi W  
[ Ubn'\_Uf'ni 'Yf\_YbbYbžVY]a UbW UbXYfYb'a i gg'a Ub'gi W Yb"  
5i Z'XYb': U'']ghXYf'@VYbga ]hhY'WcXYI 'X]Y'; fi bX'U[ Y'Z f'X]Y  
'Yk Y]'][ Y'GUW VYnY]W bi b[ "8]YgY']gh'Ua '9h]\_Yhh'Ubn Xfi W\_Ybž  
Y]bY': UbhUg]YVYnY]W bi b[ '\_Ubb'Yf[ AbnYbX'XUni 'Ub[ YXfi W\_h  
k YfXYb''9]b'6Y]gd]Y'fg]Y\Y'; 'Ug'.' Ca Ug'GhfY]W [ Ybi gg'']gh'X]Y  
: UbhUg]YVYnY]W bi b[ "?U'Vg'YVYfghfY]W k i fgh']gh]b 'i bgYfYa  
6Y]gd]Y'X]Y'GUW VYnY]W bi b[ "8]Y'?U'Vg'YVYfghfY]W k i fgh']gh]a  
7cXYI '[ YbUi '[ YfY[ Y'h'9g'k ]fX'XYf'; Y\U'h'j cb'?U'VZY]gW  
Ub[ Y[ YVYb'K Ybb'VY]XYf'F YnYdhi f'U''YfX]b[ g'k Yb][ Yf  
?U'VZY]gW 'j Yfk YbXYh'k i fXYž'XUg'DfcXi \_h'U'gc'j ca '7cXYI  
UVk Y]W h' a i gg'X]YgY'HUhgUW Y'Ui W 'Ui Z'XUg'9h]\_Yhh'K ]W h][ ž  
X]YgY'7cXYI !5Vk Y]W i b[ 'a i gg']b'+) 'DfcnYbh'XYf'GWf]Zh[ fc» Y

XYf'GUW\ VYnY]W\ bi b[ 'i bX']b 'i ba ]hhY`VUfYf'BU\ Y'XYf  
GUW\ VYnY]W\ bi b[ 'Ub[ Y[ YVYb 'k YfXYb" '5`gc '\]Yf'XUg'6Y]gd]Y`.  
Ca Ug'GhfY]W\ [ Ybi gg' ' ? U`Vg`YVYfghfY]W\ k i fgh'a ]h'bi f' ' i  
? U`Vg`YVYf'a ]h' ? YbbnY]W\ bi b[ ' j YfZU'gW\ h'a 'G]bbY'XYg'C@A 6 " 5W\ hi b[ . ' i f'a UbW\ Y'DfcXi \_hYž'Yhk U'A Ufa Y`UXYbž[ ]Vh'Yg  
gdYn]Y`Y'F YW\ hgj cfgW\ f]ZhYb" '8]Y' ? cbZ]hi fYb!J YfcfXbi b[ 'fY[ Y'h  
VY]gd]Y'gk Y]gY [ YbUi ž'k Ug'U'g'A Ufa Y`UXY 'i bX'k Ug'U'g' ? cbZ]hi fY  
VYnY]W\ bYh'k YfXYb 'a i gg"

8 Ug <Ui d hg]W hZY b ghY f

Yf`Ui Vh<sup>z</sup>X]Y`GUW<sup>z</sup>VYnY]W<sup>z</sup>bi b[ <sup>z</sup>[ Ya Y]bgUa `a Jh<sup>z</sup>X<sup>z</sup>Yf  
BYhhcZ `a Yb[ Y`i bX`Y]bYg`Yj Ybhi Y``Yb`5`\_c\c[ Y\U`hg`Ui Z`Y]bYa  
GdYn]U`Yh]\_Yhh`a `<Ui d\g]W<sup>z</sup>h<sup>z</sup>X`Ubni Xfi W<sup>z</sup>Yb``5``Y`k Y]hYfYb  
bZcfa Uh]cbYb`Xi fZYb`XUbb`Ui Z`XYf`F i W<sup>z</sup>gY]hY`Ub[ YXfi W<sup>z</sup>h  
k YfXYb``b`XYf`DfUI ]g`k ]fX`X]YgY`A c[ `]W<sup>z</sup>\_Y]h[ YfbY`Z`f  
Uh<sup>z</sup>fU\_h]j Y`J YfdUW<sup>z</sup>i b[ Yb`[ Ybi hnh` `k ]Y`Yhk U`G<sup>z</sup>W<sup>z</sup>a i W<sup>z</sup>\_Uf<sup>z</sup>cbg<sup>z</sup>  
8Ug`]gh`X]Y`Y]bn][ Y`A c[ `]W<sup>z</sup>\_Y]h`XYf`HfYbbi b[ `XYf`YfZc<sup>z</sup>fXYf`]W<sup>z</sup>Yb  
bZcfa Uh]cbYb``I`Vf][ Ybg. `<`]ZY`VY]a`9fghY``Yb`j`cb`9h]\_YhhYb  
V]YhYh`X]Y`@YVYbga ]hhY`U\_UXYa ]Y`XYg`C`ghYffY]W<sup>z</sup>]gW<sup>z</sup>Yb` ; Yk YfVYg  
`Z`f`?Ua a Yfa ]h[ `]YXYf`ni`[ YZcfXYfhYb`?cbX]h]cbYb"  
a`bUW<sup>z</sup>ghYb`<Yzh`ghY``Yb`k`f`AbYb`X]Y`Ni hUhYb`]ghY`j`cf`i`bX`k`Ug  
Yg`\]Yf`U``Yg`ni`VYUW<sup>z</sup>hYb`[ `]h`8Ug`gc[ YbUbbhY`<Ui d\g]W<sup>z</sup>h<sup>z</sup>X!  
9h]\_Yhh`a i gg`a`<Ui d\g]W<sup>z</sup>h<sup>z</sup>X`Ub[ YVfUW<sup>z</sup>h`k YfXYb``5`gc`Ui Z  
YbYf`5bg]W<sup>z</sup>h<sup>z</sup>X]Y`XYf`?i`bXY`i`V]W<sup>z</sup>Yfk`Y]gY`U`g`9fghYg  
k`U\fb]a a h<sup>z</sup>k`Ybb`XUg`DfcXi \_h`VY]gd]Y`gk`Y]gY`a`F`Y[ U`ghY\h`  
5i`Z`X]YgYa`9h]\_Yhh`a i gg`X]Y`GUW<sup>z</sup>VYnY]W<sup>z</sup>bi b[ `XYi`h]W<sup>z</sup>YgVUf  
gY]b`Ni`gUh<sup>z</sup>]W<sup>z</sup>a i gg`\]Yf`X]Y`BYhhcZ`a`Yb[ Y<sup>z</sup>[ [ Z`XYf`<]bk`Y]g  
H]YZ[ Y\_i`h`i`bX`Y]b`Yj`Ybhi`Y``Yf`5`\_c\c`[ Y\U`h`ghY\Yb``8]Y  
9h]\_YhhY`a`]h`U``Yb`k`Y]hYfYb`bZcfa`Uh]cbYb`Ui`h`@A`J`\_Ubb`XUbb  
Ui`W<sup>z</sup>`\]bhYb`Ub[ YVfUW<sup>z</sup>h`k`YfXYb`

: 5 B H5 G=96 9N9=7 < B I B :

9]bY': UbhUg]YVYnY]W bi b[ ']gh'b]W h'nk ]b[ YbXžUVYf'a c[ ']W "K ]W h|[ . 'G]Y'XUfZ'b]W h]ffYZ \fYbX'qY]b"

G5 7<6 9N9=7< B I B ;

A ]bXYgh[ fc» Y'XYf'DfcXi \_hVYnY]W bi b[ ']gh '\_Y]bYg'l 'a i gg  
a ]bXYghYbg'%'& 'a a '[ fc» 'gY]b"

7C89L56K 9=7< I B ;

8 ]YgY 'a i gg']b 'i ba ]hhY`VUfYf'B U\Y'XYf'GUW VYnY]W i b[ 'gY]b 'i bX  
a ]bXYghYbg']b '+) 'i 'XYf'; fc» Y'XYf'GUW VYnY]W bi b[  
[ YgW f]YVYb 'gY]b" '6Y]gd]Y' 'K Ybb ' ? U'Vg`YVYfghfY]W k i fgh ']b  
GWf]Zh[ fc» Y' I '1 ') 'a a '[ YgW f]YVYb 'k i fXYžXUbb 'a i gg 'X]Y  
7cXYI UVK Y]W i b[ 'a ]bXYghYbg']b 'XYf'GWf]Zh[ fc» Y' I '1 ' 'ž+) 'a a  
[ YgW f]YVYb 'gY]b"

8 ]Y ': UW i hc f]b

G]a c bU'B Ya YhnžA 5 'ghi X]YfhY '@YVYbga ]hhY`dfcXi \_hYbhk ]W\_ i b[  
Ub 'XYf': < 'K ]YgY`Vi f[ " 'G]Y ']ghj YfUbhk cfh]W 'Z f'F YW bi b[ g!  
i bX 'DYfgcbU'k YgYb 'gck ]Y 'A Uf\_Yh]b[ 'i bX '6Y'Ub[ Y'XYg  
@YVYbga ]hhY`fYW hg'VY] 'XYf' B Ya Yhn!: 'Y]gW ' < UbXY`g[ Yga V< "  
GY]h'&\$%+ ']gh'g]Y 'gY`VghghUbX][ 'U'g'l b hYfbY\ a YbgVYfUhYf]b 'i bX  
7cUW 'Z f'X]Y '@A 5\_ 'hUh][ " 'Ni XYa ']gh'g]Y ': UW Vi W i hc f]b 'Z f  
6Yfi ZggW i 'Yb 'i bX ': UW i hc f]b 'Z f'XUg': UW a U[ Un]b ': 'Y]gW /  
7c"

6Ygi W Yb 'G]Y 'i bg'Ui Z 'Z Y]gW i bXW 'Uh