

Etikette oder Beipackzettel?

Gewusst wie, ist die korrekte Etikettierung von Lebensmitteln gemäß 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 bX'k]Y'XUg'[Y\h

K Yf'g]W\ 'a]h'XYf'@A ⇒ ' ' @VYbga]hY']bZcfa Uh]cbgj YfcfXbi b[VYZUgghž'ghÒ» h'fUgW\ 'Ui ZX]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' ðZcfa Uh]cbYb' [Ya "J YfcfXbi b['f9I Ł'Bf" %* - #&\$%g]bX'i a ZUb[fY]W\ 'i bX'b]W\h]a a Yf' [Ubni'c[]gW\''5VYf XUg'a i gg'b]W\h'gc'gY]bž'GWf]hh'Zi f'GWf]hh'Yf'_Ufhž'gh'Yg'XUbb XcW\ 'b]W\hi ba c['W\ž'Y]b'_c ffY_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 ⇒ 'i bX'k Ubb3

9h]_YhhYb`VYbch][Yb`U`YžX]Y`jYfdUW_hY`@YVYbga`]hhY`Ub
9bXjYfVfUiWXYf`cXYf`XYf`;YaY]bgWUZhjYfdZY[i b[`UV[YVYb
gck]Y`C b`]bYg\cd!6YhfY]VYf`JYfdUW_h]ghY]b`@YVYbga`]hhY`XUbbž
kYbb`Yg`Y]bY`I a` \i`i b[`UUhžX]Y`nYfghc fh`kYfXYb`a i ggž`i a`Ub
XUg`@YVYbga`]hhY` \YfUbni`_ca`aYb`"5`gc`UiW`K i fgh\i`Yb`]b
D`Ugh]_XUfa`Yb`
8Uni`[]Vh`Yg`fY`YjUbhY`5i gbU\ a`Yb.

`XUg`JYfdUW_Yb`]a`6Y]gY]b`XYg`?i bXYb

`XUg`jYf_Ui`Zgj`cfVYfY]hYbXY`JYfdUW_Yb`8Uj`cb`i bVYgWUXYh`[]`h
X]Y`DZ]W`h`ni a`5i`gkY]g`j`cb`5`Yf[YbYb`fa`]hhY`g`5i`g\Ub[`cXYf
HUZYf`b`ŁžX]Y`?YbbnY]W`bi b[]`cb`5ncZUfVghcZYb`i bX`[Yk`]ggYb
Gi`»i b[ga`]hhY`b`

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

Bi bž`kYbb`G]Y`ni`XYa`9bhgW`i gg`[Y`_ca`aYb`g]bXž`Y]b`9h]_Yhh`ni
VYbch][Ybž`ghY`h`g]W`X]Y`fU[Yž`k Ug`XU`U`Yg`UV[YV]`XYh`kYfXYb
a i gg`9]bY`]b`XYf`DfUI`g`]a`aYf`k]YXYf`Ui`ZhYhYbXY`fU[Y.
K`Y`W`Yg`9h]_Yhh`gc``]W`bY\ a`Yb3`8Uni`[]Vh`Yg`_Y]bY
Y]b\Y]h]W`Y`5bh`k`cfh`Ni`Ugg][`]gh`ZUgh`U`Yg`ž`kYbb`Zc`[YbXY
?f]hYf]Yb`Y]b[Y\U`hYb`kYfXYb.

`A]bXYghgW`f]Zh[fc»Y`j`cb`%ž&`a`a

`XUi`Yf\UZh`fb]W`h`UVk`]gW`VUf`cXYf`UVbY\ a`VUfŁ

`HfYbbi b[g]YfVch`fi`U`Yg`Ui`Z`Y]bYf`GY]hY`Ł

ŸXYf`6Yhf]YV`a i gg`YbhgW`Y]XYbž`kY`W`Y`9h]_YhhYb`dUggYbX`g]bX`
9g`g]bX`gck`c\`8c`]h`mc`i`fgY`Z`!9h]_YhhYb`Yf`Ui`Vh`fU`gc`9h]_YhhYb
X]Y`n`6gd``]a`K`cfX`YfghY`h`kYfXYbŁ`U`g`Ui`W`d`fcZYgg]cbY`Y
9h]_YhhYbXfi`W`Yfž`X]Y`dYf`GmghY`a`X]Y`8UhYb`Ui`Z`c`Zh`
H\Yfa`cYh]_YhhYb`Xfi`W`Yb`<]Yf`YbhgW`Y]XYb`?cghYbZU`hcYb`i bX
I`gUV`]h`m`

K Ug`[Y\cfh`bi b`Ui`Zg`9h]_Yhh3

5`Y`ŁZcfa`Uh]cbYb`[Ya`U»`XYf`@A`=J`a i ggYb`nk`]b[YbX`Ua
9h]_Yhh`Ub[YXfi`W`h`kYfXYb`

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 ZY`ž`X]Y`j Yfk YbXYh
k YfXYb
`A Yb[Y`VYgh]a a hYf`Ni hUhYb`cXYf`?`UggYb`j cb`Ni hUhYb
`BYhhcZi ``a Yb[Y
`A]bXYgh\U`hVuf_Y]hgXUhi a
`VYgcbXYfY`5bk Y]gi b[Yb`Zi f`X]Y`5i ZYk U\fi b[`i bX
J Yfk YbXi b[
`BUa Y`i bX`5bgWf]Zh`XYg`@VYbga]hhY`i bhYfbY\`a Yfg
`I fgd fi b[g`UbX`cXYf`<Yf`_i bZhgc fh
`; YVfUi W`gUb`Y]hi b[
`5`_c\c`[Y\U`h`VY]; YhfUb_Yb`a]h`a Y\`f`U`g`%ž&`i` `Jc`"
`BU\fk YfhXY`_UfUh]cb` `<]Yf`[]VhYg`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`Zi f`h]YZ[Y`_i \`hY
@VYbga]hhY`"I bX`bUhi f`]W`[]VhYg`Ui W`Y]b`dUuf`5i gbU\`a Yb`
gcbgh`k UfY`Yg`U`Ui W`b]W`h`gc`gdUbbYbX"

8]Y`Y]bnY`bYb`? 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`Z]bXYbž`j]Y`Y`g]bX`]a`C ghYffY]W]gW Yb`@VYbga]hhY`Vi W
[Ubn`_`Uf`ni`Yf`_YbbYbž`VY]`a UbW`UbXYfYb`a i gg`a Ub`gi W`Yb`
5i Z`YXYb`:`U`]gh`XYf`@VYbga]hhY`W`XYI`X]Y`; fi bX`U[Y`Zi f`X]Y
Yk Y]][Y`GUW VYnY]W bi b["`8]YgY`]gh`Ua`9h]_Yhh`Ubni Xfi W`Ybž
Y]bY`UbhUg]YVYnY]W bi b[`_Ubb`Yf[ÅbnYbX`XUni`Ub[YXfi W`h
k YfXYb`"9]b`6Y]gd]Y`fb]Y\Y`; `UgŁ.`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`hž`a i gg`X]YgY`HUhgUW`Y`Ui W`Ui Z`XUg`9h]_Yhh`"K]W`h][ž
X]YgY`7cXYI`!5V`k Y]W i b[`a i gg`]b`+) `DfcnYbh`XYf`G`W`f]Zh[fc»Y

XYf'GUWVYnY]Wbi b['i bX'j b'i ba]hY`VUfYf'B U\Y`XYf
GUWVYnY]Wbi b['Ub[Y[YVYb`k YfXYb""5`gc`\\Yf'XUg`6Y]gd]Y`.
Ca Ug`GhfY]W[Ybi gg' ?U`Vg`YVYfghfY]Wk i fgh'a]h'bi f'`i
?U`Vg`YVYf'a]h'?YbbnY]Wbi b['j YfZU`gW'h]a 'G]bbY`XYg'C@A 6 "
5W'h i b[. : i f'a UbWY`DfcXi _hYžYhk U`A Ufa Y`UXYbž[]VhYg
gdYn]Y`Y`FYW'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]WbYh'k YfXYb'a i gg"

8 Ug`< Ui d hg]W hZY b ghYf

≈a : U`Y`j cb'a Y\fgY]h[Yb`DfcXi _hYb`i bX'a Y\f`U`g`Y]bYf`9h]_YhhY
]ghYg'a c[`]W'ž`X]Y`gc[YbUbbhY`G]W hZY`XfY[Y`Ubni k YbXYb""8]YgY
Yf`Ui Vhž`X]Y`GUWVYnY]Wbi b[ž[Ya Y]bgUa 'a]h`XYf
BYh'cZi ``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 hg]W hZY`X`Ubni Xfi W_Yb""5`Y`k Y]hYfYb
≈Zcfa Uh]cbYb`Xi fZYb`XUbb`Ui Z`XYf`Fi W_gY]hY`Ub[YXfi W_h
k YfXYb""≈`XYf`DfUi]g`k]fX`X]YgY`A c[`]W`_Y]h[YfbY`Zi f
Uh'fU_h]j Y`J YfdUW_i b[Yb`[Ybi hnh'`k]Y`Yhk U`GW'a i W__Ufh'c'bg"
8 Ug`]gh`X]Y`Y]bn][Y`A c[`]W`_Y]h`XYf`HfYbbi b[`XYf`YfZcfXYf`WXYb
≈Zcfa Uh]cbYb""I Vf][Ybg.`<]Z`VY]a '9fghY`Yb`j cb`9h]_YhhYb
V]YhYh`X]Y`@YVYbga]hY`U`UXYa]Y`XYg`C ghYffY]W`jgWYb` ; Yk YfVYg
`Zi f'?Ua a Yfa]h[`]YXYf`ni `[YZcfXYfhYb`?cbX]h]cbYb"
≈a `bUW`ghYb`<YZh'ghY`Yb`k]f`≈bYb`X]Y`Ni hUhYb`]ghY`j cf`i bX`k Ug
Yg`\]Yf`U`Yg`ni `VYUW`hYb`[]h`8 Ug`gc[YbUbbhY`<Ui d hg]W hZY`X!
9h]_Yhh'a i gg]a ' < Ui d hg]W hZY`X`Ub[YVfUW`h'k YfXYb""5`gc`Ui Z
`YbYf`5bg]W hž`X]Y`XYf`?i bXY`i V`]W`Yfk Y]gY`U`g`9fghYg
k U\fb]a a hž`k Ybb`XUg`DfcXi _h`VY]gd]Y`gk Y]gY]a 'FY[U`ghY`\h"
5i Z`X]YgYa '9h]_Yhh'a i gg`X]Y`GUWVYnY]Wbi b[`XYi h]W`YgVUf
gY]b""Ni gUhn`]W`a i gg`\]Yf`X]Y`BYh'cZi ``a Yb[Yž[[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`≈Zcfa Uh]cbYb`Ui h`@A ≈`_Ubb`XUbb
Ui W`\\]bhYb`Ub[YVfUW`h'k YfXYb"

: 5BH5G⇒69N9⇒7<BI B;

9]bY` : UbhUg]YVYnY]Wbi b[`]gh`b]W`h'nk]b[YbXž`UVYf'a c[`]W`"
K]W`h][. `G]Y`XUfZ`b]W`h`]ffYZi \fYbX`gY]b"

G57<69N9=7<BIB;

A]bXYgh[fc»Y`XYf`DfcXi_hVYnY]W\bi b[`]gh`_`Y]bYg`l`a`i`gg
a`]bXYghYbg`%ž&`a`a`[fc»`gY]b"

7C89L56K 9=7<IB;

8]YgY`a`i`gg`]b`i`ba`]hhY`VUfYf`BU\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
GW\f]Zh[fc»Y`l`1`)`a`a`[YgW\f]YVYb`k`i`fXYž`XUbb`a`i`gg`X]Y
7cXYI`UVk`Y]W\i b[`]a`]bXYghYbg`]b`XYf`GW\f]Zh[fc»Y`l`1` ``ž+)`a`a`
[YgW\f]YVYb`gY]b"

8]Y` : UW\Ui`hcf]b

G]a`c`b`U`B`Y`a`Y`hnž`A`5`ghi`X]YfhY`@YVYbga`]hhY`dfcXi`_`hYb`hk`]W`_`i`b[
Ub`XYf` : <`K`]YgY`Vi`f[``G]Y`]ghj`YfUb`hk`cfh`]W\`Ž`f`FYW\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`Y`a`Y`hn!:`Y`]gW\`<`Ub`XY`g[`]Yga`V`<`
GY]h`i`&\$%+`]gh`g]Y`gY`VghghUbX][`U`g`l`bhYfbY`a`YbgVYfUhYf]b`i`bX
7cUW\`Ž`f`X]Y`@`A`5`_`hUh[``Ni`XYa`_]gh`g]Y` : UW\Vi`W\Ui`hcf]b`Ž`f`
6Yfi`ZggW\i`Yb`i`bX` : UW\Ui`hcf]b`Ž`f`XUg` : UW\`a`U[`Un]b` : Y`]gW\`/
7c"

6Ygi`W\Yb`G]Y`i`bg`Ui`Z.`Z`Y]gW\i`bXWł`"Uh