

Food Labelling for Fishmongers

This leaflet covers

The labelling of fish which are:

- displayed for sale in a loose or unwrapped state; or
- pre-packed for sale from those same premises; or
- pre-packed for sale by the packer on his market stalls or mobile vehicles.

This leaflet does not cover

- Pre-packing for sale from premises other than the last two items shown above;
- Fish and chip shops etc, for which other leaflets are available.

Required labelling

- The true name of the food.
- Production method (i.e. caught at sea, caught in fresh water, farmed or cultivated).
- Catch area, which must be one of the following for sea fish:
 - North West Atlantic
 - North East Atlantic
 - Baltic Sea
 - Central Western Atlantic
 - Central Eastern Atlantic
 - South West Atlantic
 - South East Atlantic
 - Mediterranean Sea
 - Black Sea
 - Indian Ocean
 - Pacific Ocean
 - Antarctic;

and the actual country for farmed or cultivated fish, or fish caught in fresh water.

- The type of certain additives which are present in the fish (see list below).

There is an exemption from the first three of these requirements for small amounts (worth less than 20 Euros) sold direct by the fisherman to the consumer.

Names

The name is either:

- a name required by law for the fish (these are given on the attached list); or
- an appropriate customary name for smoked or processed fish, e.g. kipper
- a name sufficiently precise to inform a purchaser of the true nature of the food and which distinguishes it from products with which it could be confused. (These names are used for newly developed product, e.g. 'reformed scampi').

A brand name, trade name, or made up name must not be substituted for the true name. A commonly misused trade name is 'Crab Sticks'. To comply with the requirements listed above,

this trade name must be accompanied by a true name which indicates that it includes fish, cereal and crab flavouring.

Declaration of additives

The following types of additives must be declared:

- Antioxidants
- Sweeteners
- Colours
- Flavour enhancers
- Flavourings
- Preservatives

For this purpose, it is sufficient to state the type of additive. You need not specify its full name or 'E' number.

The responsibility for additive labelling rests with the retailer who must get this information from his supplier. It is no excuse to say "I didn't know", e.g. smoked fish often contains colourings; breadcrumbs on fish cakes and fish fingers will probably contain several types of additives.

Genetic modification

If a food contains any genetically modified material (e.g. breadcrumbs may contain maize or soya), the product must be labelled "produced from genetically modified maize/soya".

Treatment or process

- **Irradiation**

If the food or any ingredients in the food have been irradiated, it must be declared and marked 'irradiated' or 'treated with ionising radiation' (e.g. some crustaceans and shellfish).

- **Previously frozen fish**

If fish which has been frozen is offered for sale in a thawed or partly thawed condition, it should be labelled with a warning notice such as "Previously Frozen - Do Not Re-freeze". This is no longer a legal requirement, but it is advisable to use this statement because the customer could otherwise be misled.

- **Smoked**

Fish that has been smoked should be labelled as such. Where appropriate this should include an indication if it was cold smoked (e.g. requires thorough cooking) or hot smoked. (Care should be taken to ensure your labelling clearly distinguishes smoked and smoke flavour products.)

Other problems

The name which you use should be the same as that used by your supplier.

You can misdescribe fish by shortening its name. Lemon Sole is different from Sole (which means a Dover Sole), Salmon is a different species from Red or Pink Salmon etc.

Beware of Megrim and Lemon Sole, as these can be easily confused.

Only fish that has been actually smoked can be labelled "smoked". Those treated with smoke solution must be labelled "smoke flavour".

Many traditional products such as breaded scampi and breaded fish 'steaks' are now made with reformed fish or minced fish. In order to prevent customers being misled, they must be labelled as such. Use the same name as that given by the manufacturer on the packaging.

Only the following names are permitted for:

Sea fish

Anchovy	Barracuda	Barramundi
Bass or Sea bass	Japanese sea bass	Spotted sea bass
Southern rock bass	Bigeye	Bluefish or Tailor
Bogue	Bonito	Brill
Brisling	Catfish or Rockfish or Wolffish	Cobia
Cod or Codling	Pacific cod or Cod	Greenland cod or Cod
Saffron Cod	Red cod	Blue cod
Coley or Saithe or Coalfish	Conger	Croaker or Drum or Jewfish
Dab	Yellowtail dab	Pacific sand dab
Dogfish or Flake or Huss or Rigg or Rock Salmon or Rock Eel		
Dory or John Dory or St Peter's fish		Eel
Emperor	Escolar or Snake Mackerel	Flounder
Flying fish	Greenling	Grouper
Gurnard	Haddock	Hake
Cape hake	White hake	Halibut
Black halibut or Mock halibut	Herring	Hilsa
Hoki	Chilean hoki	
Jack or Scad or Horse Mackerel or Trevally		Kingklip
Ladyfish	Ling	Lumpfish or Lumpsucker
Mackerel	King Mackerel or Kingfish	Mahi Mahi
Marlin	Megrim	Milkfish
Monk(fish) or Angler(fish)	Cape monk(fish) or Cape angler(fish)	
Red mullet	Goatfish	Grey mullet

Opah or Moonfish	Orange roughy	Parrotfish
Picarel	Pilchard	Pacific pilchard
South Atlantic pilchard	Plaice	American plaice
Pollack or Pollock or Lythe		
Pacific pollack or Pacific pollock or Alaska pollack or Alaska pollock		
Pomfret or Butterfish	Poor cod	
Pout or Pout Whiting or Pouting or Bib		Rainbow runner
Redfish or Ocean perch or Rose fish		Sablefish
Sailfish	Sardine	Sardinella
Scabbard fish or Sabre or Sabre fish or Silver saber or Black saber		
Sea bream or porgy	Sild	Skate or Ray or Roker
Smelt or Sparling	Snapper	Jobfish
Snook	Sole or Dover sole	Butter sole
Californian Sole	Lemon sole	Petrale sole
Rex sole or Long-finned sole	Rock sole	Pacific sole
Torbay sole or Witch	Sprat	Swordfish
Tarpon	Threadfin bream	Toothfish or Icefish
Tuna or Tunny	Skipjack tuna (or tuna)	Albacore tuna (or tuna)
Yellowfin tuna (or tuna)	Bluefin tuna (or tuna)	Bigeye tuna (or tuna)
Turbot	Wahoo	Whitebait
Whiting	Blue whiting	Southern blue whiting
Winter flounder		

Salmon and freshwater fish

Bacha	Batashi	Carp
Mowrala	Banspata	Bata
Kalibous	Ghania	Ruhi

Punti	Chelapata	
Catfish or American catfish or Channel catfish		Catfish
Magur	Gulsha	Buzuri
Tengra	Pabda	Ayre
Boal	Chapila	Char
Kakila	Keski	Khalisha
Koi	Largebaim	Meni
Nile perch	Pacific dory or Vietnamese sole	
Patabaim	Queen fish	River cobbler
Salmon or Atlantic salmon		
Cherry salmon or Pacific salmon	Chum salmon or Keta salmon	
Medium red salmon or Coho salmon or Silver salmon		
Pink salmon	Red salmon or Sockeye salmon	
Spring salmon or King salmon or Chinook salmon or Pacific salmon		
Shol	Taki	Tilapia
Trout or Brown trout	Sea trout or Salmon trout	Cut-throat trout or trout
Rainbow trout or Steelhead trout or trout		
Shellfish		
Abalone or Ormer	Clam or Hard shell clam	Clam or Razor clam
Geoduck or Geoduck clam	Surf clam	Cockle
Crab	Crayfish	Cuttlefish
Lobster	Slipper lobster	Squat lobster
Crawfish or Spiny lobster or Rock lobster		Indian ocean lobster
Mussel	Octopus	Oyster
Oyster or Portuguese	Oyster or Pacific oyster or	

oyster	Rock oyster	
Oyster or Native oyster	Prawn or Shrimp	King prawn
Tiger prawn	Scallop or King scallop	Atlantic scallop or scallop
Queen scallop or Queen or Scallop		Scallop or Common scallop
Scampi or Norway lobster or Dublin Bay prawn or Langoustine	Pacific scampi	
Shrimp	Shrimp or Pink shrimp	Shrimp or Brown shrimp
Squid	Arrow squid	Whelk
Winkle		

This leaflet is not an authoritative interpretation of the law and is intended only for guidance.