

ICS 67.040

CCS C 53



**NATIONAL STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

GB/T 21922-2026

General terms for food nutrition and health management

食品营养健康管理通用术语

Issued on: January 28, 2026

Implemented on: February 1, 2027

**Issued by: State Administration for Market Regulation;
Standardization Administration of the PRC**

Table of Contents

- 1 Scope
- 2 Normative references
- 3 Terms and Definitions
- 3.1 General Terminology
- 23 Index

Foreword

This document complies with the provisions of GB/T 1.1-2020 "Standardization Work Guidelines Part

1. Structure and Drafting Rules of Standardization Documents". Drafting. This document specifies the technical requirements related to food quality. For food safety requirements, please refer to relevant laws, regulations, policies, and food safety standards. document. This document replaces GB /Z 21922-2008 "Basic Terminology of Food Nutritional Components". Compared with GB /Z 21922-2008, except for structural adjustments... Aside from integration and editorial changes, the main technical changes are as follows:

- a) Increased dietary intake, nutrition, substances that are traditionally both food and medicinal materials/food-medicine substances, nutritional fortifiers, fortified foods, and health supplements. Health foods, nutritional supplements, foods for special dietary purposes, foods for special medical purposes, dietary guidelines, and macronutrients are all acceptable. The scope, recommended intake for reducing the risk of diet-related noncommunicable diseases, terms and definitions for specific recommended values (see 3.1.1~ 3.1.10, 3.1.16~3.1.18);
- b) Modifications to Dietary Reference Intakes, Average Requirements, Recommended Intakes, Adequate Intakes, and Tolerable Upper Intake Levels. Terms and definitions (see 3.1.11-3.1.15, and 2.1.11, 2.1.11.1-2.1.11.4 in the.2008 edition);
- c) Changes were made to the nutritional composition, energy, nutrients, essential nutrients, protein, amino acids, essential amino acids, fat, fatty acids, and saturated fats. Fatty acids, unsaturated fatty acids, trans fatty acids, carbohydrates, sugars, oligosaccharides, polysaccharides, vitamins, niacin, folic acid, vitamins A. Vitamin D, Vitamin E, Minerals, Sodium, Trace Elements, Water, Dietary Fiber, Soluble Dietary Fiber, Insoluble Dietary Fiber Terminology and definitions for dimensions (see 3.2.1.2~3.2.1.5, 3.2.2.1, 3.2.2.3, 3.2.2.4, 3.2.3.1, 3.2.3.4~3.2.3.7). 3.2.4.1, 3.2.4.2, 3.2.4.6, 3.2.4.7, 3.2.5.1, 3.2.5.7, 3.2.5.9,

3.2.5.14, 3.2.5.17, 3.2.5.18,

3.2.6.1 Versions 3.2.6.3, 3.2.6.8, 3.2.7.1~3.2.7.4, and versions 2.1.1, 2.2.3, 2.1.2, 2.1.3, 2.2.4, 2.2.5, and

2.2.5.1 of the.2008 edition. 2.2.6, 2.2.7, 2.2.7.1~2.2.7.3, 2.2.8, 2.2.8.1~2.2.8.3, 2.1.8, 2.2.13, 2.2.14, 2.2.10, 2.2.11, 2.2.12, 2.1.6, 2.2.15, 2.1.7, 2.2.1, 2.2.9, 2.2.9.1, 2.2.9.2);

d) Macronutrients, micronutrients, ash, conditionally essential/semi-essential amino acids, crude fat, total fat, and non-starch amino acids were removed. Terminology and definitions of polysaccharides (see sections 2.1.4, 2.1.5, 2.2.2, 2.2.5.2, 2.2.6.1, 2.2.6.2, and

2.2.8.4 in the.2008 edition);

e) Increased food components, peptides, non-essential amino acids, limiting amino acids, triglycerides, diglycerides, essential fatty acids, phospholipids, and cholesterol. Alcohols, phytosterols, free sugars, added sugars, sugar alcohols, starch, water-soluble vitamins, vitamin B1, vitamin B2, vitamin B6, and vitamin B6. Vitamin B12, pantothenic acid, biotin, choline, vitamin C, fat-soluble vitamins, carotenoids, carotene, vitamin K, and macronutrients. Terms and definitions for elements, calcium, phosphorus, magnesium, potassium, iron, iodine, zinc, selenium, copper, manganese, molybdenum, chromium, cobalt, and phytochemicals (see 3.2.1.1). 3.2.2.2, 3.2.2.5, 3.2.2.6, 3.2.3.2, 3.2.3.3, 3.2.3.8~3.2.3.11, 3.2.4.3~3.2.4.5, 3.2.4.8, 3.2.5.2~ 3.2.5.6, 3.2.5.8, 3.2.5.10~3.2.5.13, 3.2.5.15, 3.2.5.16, 3.2.5.19, 3.2.6.2, 3.2.6.4~3.2.6.7 (3.2.6.9~3.2.6.17, 3.2.7.5)

f) Added nutritional monitoring, dietary surveys, dietary interventions, nutritional interventions, dietary assessments, dietary indices, dietary planning, and dietary design/nutrition. Nutritional meal planning, recipes, food exchange system, nutrition education, balanced diet, rational diet, healthy diet, dietary patterns, Eastern healthy diet Dietary patterns, vegetarian diets, diagnostic diets, metabolic diets, dietary prescriptions, energy-restricted balanced diets, energy-restricted high-protein diets, energy-restricted low-protein diets Low-fat diet, low-energy diet, very low-energy diet, low-fat diet, ketogenic diet, high-protein diet, exclusive breastfeeding, mixed feeding Terminology and definitions for artificial feeding, complementary feeding, and complementary foods (see 3.3.1~3.3.32);

g) Added energy density, nutrient quality index, food nutrient richness index, nutrient measurement method, protein conservation effect, and ammonia. Amino acid score, glycemic load, easily digestible foods, meal replacement foods, pure energy foods, food composition database terms and definitions (see [link]). 3.4.1, 3.4.3~3.4.7, 3.4.9~3.4.13);

h) The terminology and definitions for nutrient density, glycemic index, and nutrient reference values have been changed (see 3.4.2, 3.4.8, 3.5.1,.2008). Versions 2.1.9, 2.1.10, and 2.1.12);

1 Scope

GB/T 21922-2026 is the Chinese national standard covering the vocabulary of nutrition and dietary management - the nutrients and reference intakes, the dietary assessment methods, the nutritional status terms, the claims a food may carry and the terms of medical nutrition therapy. First edition, 18,000 words, in force from 1 February 2027, under the National Health Commission. It was issued on 28 January 2026 and takes effect on 1 February 2027, as a first edition. The document is under the responsibility of the National Health Commission. This page is published from the official record of the 2026 edition; the clause text of a standard this recent is not yet in circulation, and the figures, limits and tables it contains are those of the document itself, delivered in full with the English translation.

This document defines general terminology related to food nutrition and health management, as well as food nutrient components, dietary nutrition operations and management, and food nutrition. Evaluation and nutrition claims and labeling related terms. This document applies to the field of food nutrition and health, including food testing and nutrition and health management.

2 Normative references

This document has no normative references.

3 Terms and Definitions

The following terms and definitions apply to this document.

3.1 General Terminology

3.1.1 Diet It is the sum of various foods that can meet the human body's needs for energy and various nutrients through reasonable combination.

3.1.2 nutrition Food ingested from the external environment is digested, absorbed, and/or metabolized within the body, and then either contributes to the construction of tissues and organs or fulfills physiological functions. And the necessary biological processes required for physical activity.

3.1.3 Traditional food-medicine substances Food and drug substances Substances that are traditionally considered food and included in the list of food and drug substances under management, and listed in the Pharmacopoeia of the People's Republic of China.

3.1.4 Nutritional fortifier Natural or artificial nutrients and other nutrients added to food to increase its nutritional value.

3.1.5 Fortified food Foods that have one or more nutritional fortifiers added to increase their nutritional value.

3.1.6 health food functionfood Foods that claim to have specific health benefits or are

intended to supplement vitamins, minerals, etc.

Note. Suitable for specific groups of people, it has the function of regulating bodily functions, is not intended to treat diseases, and does not cause any acute, subacute, or chronic harm to the human body. Harmful foods.

chinastandards.org - PREVIEW