

Correct naming of foods with ham

Food names may not mislead consumers; names must be clear, easy to understand and truthful. When naming foods containing meat, the manufacturer must ensure that this is done based on the correct names of the ingredients. It is possible to check the correct designation of ingredients on the ingredient manufacturer's labels (see example below).

The word ham may **only** be used in the name of a food if it contains real ham (see Figure 1), for example, ham pizza, ham casserole or ham salad.

Food made with a ham product or cold cut may be referred to as a ham product. In such a case, the food must be named, for example, a ham product pizza or a ham product salad, and word used in the ingredient list must be 'ham product'.

Pizza slices are often used in pizza. **Pizza slices** (pitsasuikale) is not a name of food, but the name of a product that often includes pork that is not ham. In this case, the name of a pizza or the list of ingredients **may not** use the name 'ham'.

What is ham?

Ham is **100% pork** from the back leg of a pig (Fig.1). **Only** salt, water, spices, glucose/starch syrup and certain permitted additives may be added to ham. Its meat content must be at least 85%.

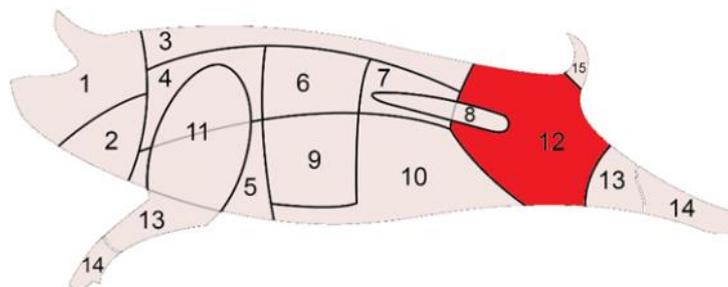


Photo 1. Ham is the part between the pig's thigh, hip and tarsal joint, i.e. the buttock and thigh (no. 12 marked in red in the illustration of a pig)

Example of labelling for ham:

Ingredients: Pork (ham, Finland), water, salt, glucose, stabilisers E 450, E 451, antioxidant E 316, preservative E 250. Meat content 92%.

Additional information:

- City of Helsinki, Food Safety Unit, kymp.elintarviketurvallisuus@hel.fi
- [Ham as the name of a food \(Finnish Food Authority\)](#)

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