Label Requirements for Maple Syrup

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Objectives

- The basics of label requirements
- What are the new label requirements?
- Do they apply to me?

What Must be on a Label?

- Statement of Identity (what)
- Net Quantity of contents (how much)
- Name and Place of business (who makes it, and where)
- Ingredient statement (what's in it)
- Nutrition Labeling
- Allergen Labeling
- Other material facts about the food

What foods are not covered by the labeling rule?

- Exemptions from nutrition information:
  - Foods offered by a retailer who has annual gross sales made or business done in sales to consumers that is not more than $500,000
  - Foods offered for sale by a retailer who has annual gross sales made or business done in sales of food to consumers of not more than $50,000
  - Medical foods
  - Foods that contain insignificant amounts of all nutrients (e.g., coffee beans, tea leaves)

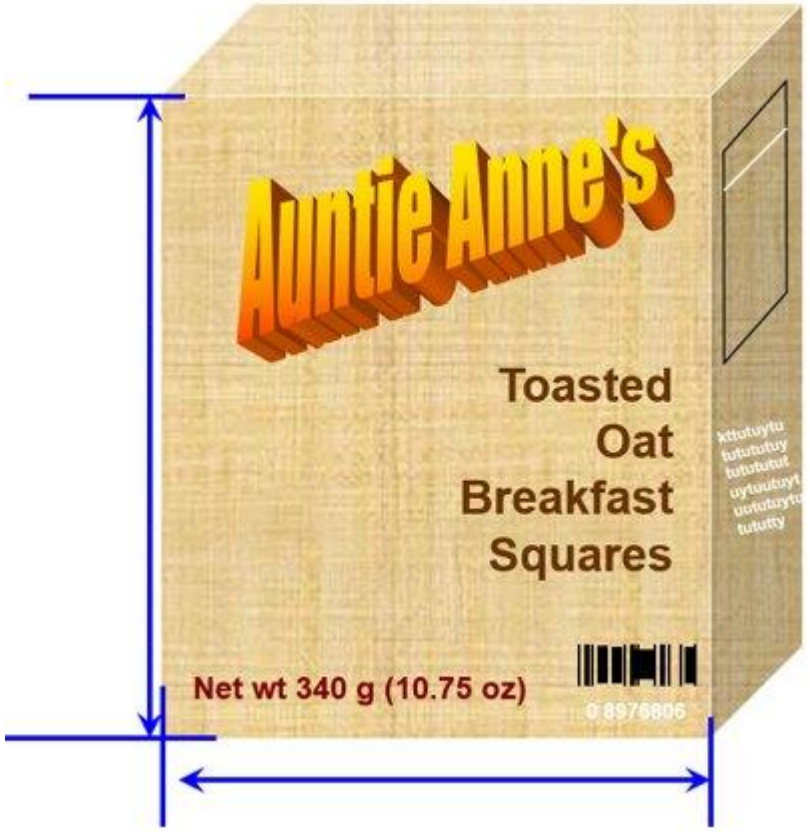
For more information see 21 CFR 101.9 (j)

Principal Display Panel

- Portion of the label most likely to be seen by the consumer
- Statement of identity (name of food)
- Net quantity of contents statement (amount of food in the package)

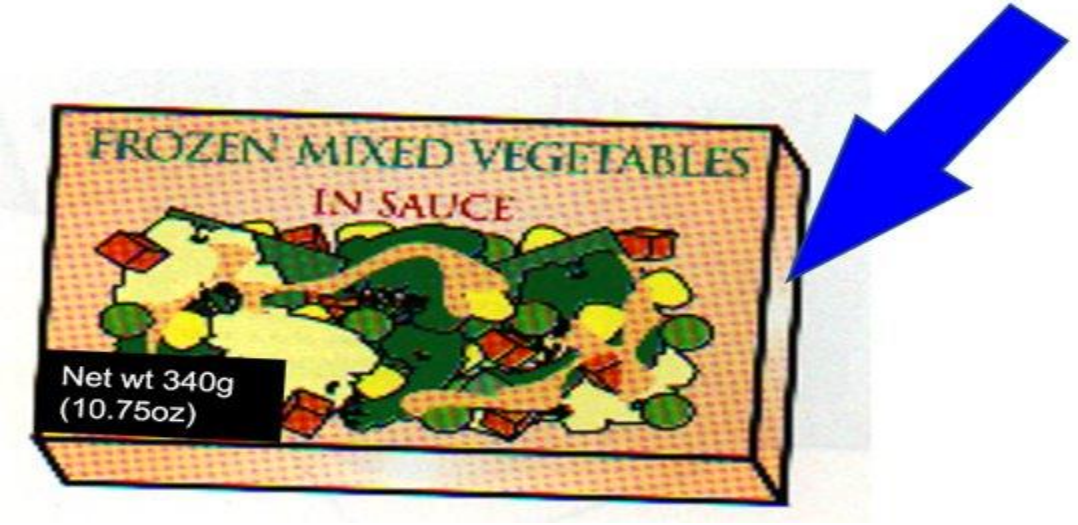
Net Quantity of Contents Statement

- Amount of food in package
  - Weight – pound, ounce, grams
  - Volume – gallon, fluid ounces, ml
- Must be placed on PDP, lower 30%, parallel to base, conspicuous
- Should state in metric and must state U.S. customary measure
- Area of PDP determines type size



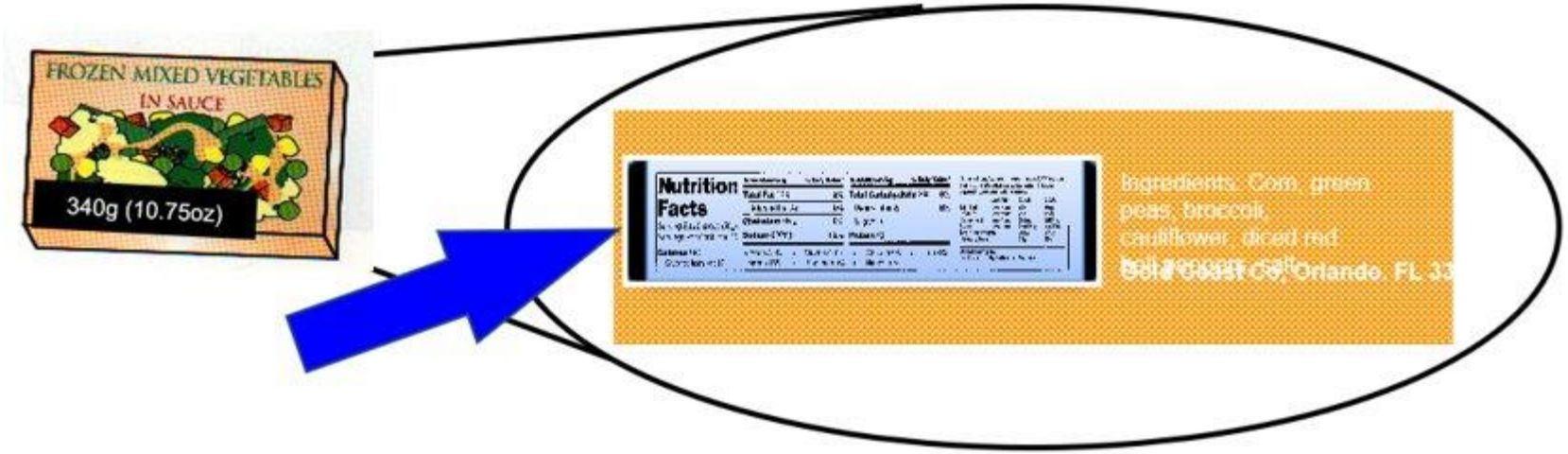
Information Panel

- Panel to the immediate right of PDP
- If this panel is unusable, then the next panel to the right



Information Panel Contains:

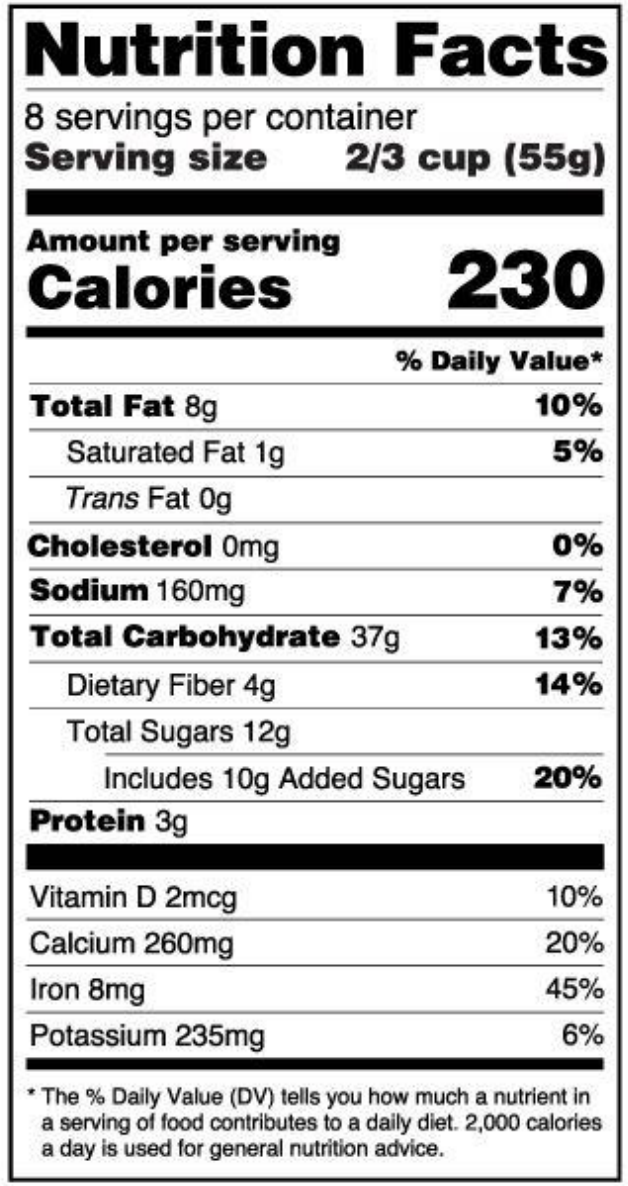
- Name and address of firm
  - Manufacturer, packer, or distributor
- Ingredient list
- Nutrition Facts label (unless exempt)
- Allergen information (if applicable)



Why update the nutrition facts label?

- Reflects updated scientific information
- Updated serving sizes to reflect changes in amounts consumed
- The new format draws attention to calories and serving sizes, two important elements in making healthier food choices

New Label



Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. The serving size now appears in larger, bold font and some serving sizes have been updated.
2. Calories are now displayed in larger, bolder font.
3. Daily Values have been updated.
4. Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

Side-by-Side Comparison

Original Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container 8

Amount Per Serving

Calories 230	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

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Amount per serving
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Cholesterol 0mg	**0%**
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Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

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FDA

- Changed “Sugars” to “Total Sugars”
- Added “Includes” to help clarify that “added sugars” is a subcomponent of “total sugars”
- Removed part of the hairline between “total sugars” and “added sugars”
- Added sugars includes sugars that are either added during processing of foods, or are packaged as such, and includes:

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Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
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Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Exception!

The Agriculture Improvement Act of 2018, commonly referred to as the "Farm Bill," stated that Nutrition Facts labels cannot require the declaration of the gram amount of Added Sugars for single-ingredient sugars, honey, agave and syrups, including maple syrup.

Example Label on Food/Beverage with Added Sugars

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Example Single-Ingredient Sugar or Syrup

Nutrition Facts

16 servings per container

Serving size **1 Tbsp. (21g)**

Amount per serving

Calories **60**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 0g	**0%**
Total Sugars 17g	
	34%†
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

† One serving adds 17g of sugar to your diet and represents 34% of the Daily Value for Added Sugars.

Nutrition Facts

16 servings per container

Serving size **1 Tbsp. (21g)**

Amount per serving

Calories 60

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 0g	**0%**
Total Sugars 17g	
	34%†
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

† One serving adds 17g of sugar to your diet and represents 34% of the Daily Value for Added Sugars.

How will single-ingredient sugars like packages and containers of pure honey, maple syrup, and other pure sugars and syrups be labeled?

- not required to include the number of grams of Added Sugars in a serving of the product but must still include a declaration of the percent Daily Value for Added Sugars
- Manufacturers are encouraged to use the “†” symbol immediately following the Added Sugars percent Daily Value on single-ingredient sugars and syrups, which would lead to a footnote

If a package of a single-ingredient sugar or syrup meets the criteria for the use of the linear display for small or intermediate-sized packages, what should the label look like?

Nutrition Facts Servings: 16, **Serv. size: 1 Tbsp (21g),**

Amount per serving: **Calories 60, Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), *Trans* Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 17g (6% DV), Fiber 0g (0% DV), Total Sugars 17g, (, 34% DV†), **Protein** 0g, Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (0% DV).

† One serving adds 17g of sugar to your diet and represents 34% of the Daily Value for Added Sugars.

Compliance Dates

- Manufacturers with $10 million or more in annual sales must switch to the new label by January 1, 2020

- Single-ingredient packages and/or containers of pure honey, pure maple syrup, and other pure sugars and syrups, as well as certain dried cranberry and cranberry beverage products have until July 1, 2021

- Manufacturers with less than $10 million in annual food sales have until January 1, 2021

Constituent Update

September 18, 2020

The U.S. Food and Drug Administration is announcing additional flexibility for manufacturers who need to comply with updated Nutrition and Supplement Facts label requirements by January 1, 2021. This upcoming compliance date applies to manufacturers with less than $10 million in annual food sales. Although the compliance date will remain in place, the FDA will not focus on enforcement actions during 2021 for these smaller food manufacturers. This additional flexibility includes manufacturers of packages and containers of single-ingredient sugars, regardless of the size of the manufacturer.

The FDA has heard from some manufacturers that more time may be needed to meet all of the requirements, especially during the COVID-19 pandemic.

The FDA provided the same flexibility for manufacturers with $10 million or more in annual sales, who were required to comply with the Nutrition and Supplement Facts label requirements by January 1, 2020, by indicating it would not focus on enforcement actions during 2020.

What does this mean for you?

- There are some changes to the label requirements
- Maple syrup is exempt from the “added sugar” statement
- There are exemptions to nutrition labeling
- You will have extra time to comply with the changes

Resources

- **Small Entity Compliance Guide: Revision of the Nutrition and Supplement Facts Labels**

https://www.fda.gov/regulatory-information/search-fda-guidance-documents/small-entity-compliance-guide-revision-nutrition-and-supplement-facts-labels

- **Guidance for Industry: Declaration of Added Sugars on Honey, Maple Syrup, Other Single-Ingredient Sugars and Syrups, and Certain Cranberry Products**

https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-declaration-added-sugars-honey-maple-syrup-other-single-ingredient-sugars-and

Resources

- **Guidance for Industry: Food Labeling Guide**

https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide