

Food Labeling and Nutrition Presentation

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Topics Covered

- **Overview of Food Labeling**
- **Nutrition Labeling**
- **Nutrition Content Claims**
- **Health Claims**
- **Allergen labeling**

What Must be on a Food Label?



- Statement of identity (what the food is)
- Net Quantity of Contents (how much is in the package)
- Name and place of business (Manufacturer, Packer or Distributor)
- Ingredient statement (what is in the food)
- Nutrition Labeling (unless there is an exemption)
- Allergen Labeling (if applicable)

Principal Display Panel (PDP) (Title 21 CFR 101.1)



- Portion of label most likely to be seen by consumer at time of purchase
- Package can have alternate principal display panels



Principal Display Panel Must Contain

- Statement of identity (name of food)
- Net quantity of contents statement (amount of food in package)



Statement of Identity (Title 21 CFR 101.3)



Is the name of the food

- Name required by law or regulation
 - Butter
 - Cheddar cheese
 - Food Standards (21 CFR 131-169)
- Common or usual name of a food
 - Tomato soup
- Appropriately descriptive term
 - Spreadable Cheese

Statement of Identity

- Additional Requirements
 - Imitation (nutritionally inferior)
 - Substitute (not nutritionally inferior, common and usual name is not false and misleading)



Statement of Identity



- Characterizing Flavor (21 CFR 101.22(j))

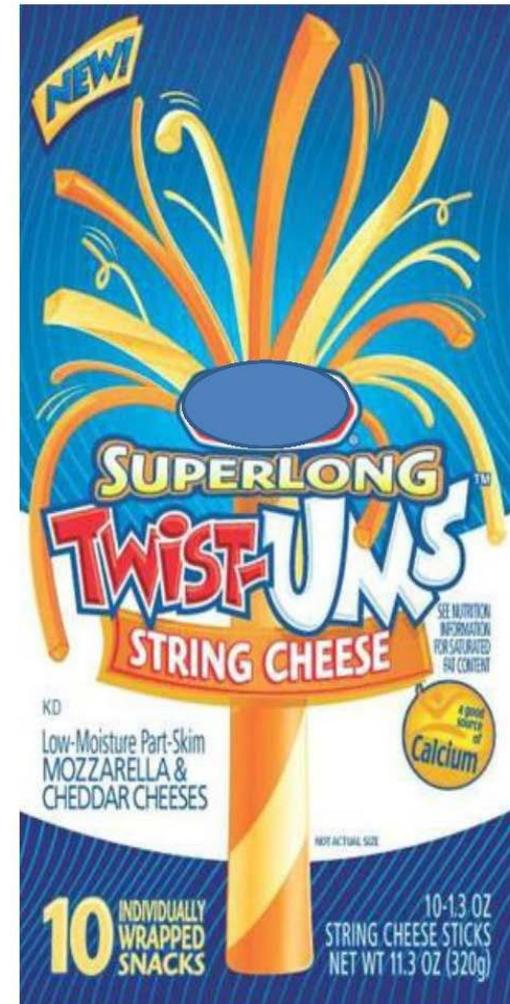
If the product is promoted as having a characterizing flavor:

- Flavor should be included in the statement of identity (e.g., Strawberry, imitation strawberry)
 - Natural Flavor (21 CFR 101.22(i)(1))
 - Natural Strawberry Flavor
 - “Strawberry Milk” or “Strawberry Flavored Milk”
 - Artificial Flavor (21 CFR 101.22(i)(2))
 - “Artificially Flavored Strawberry Milk”

Net Quantity of Contents Statement (Title 21 CFR 101.7)

FDA

- Amount of food in package
 - Weight – pound/ounce, grams
 - Volume – gallon/fl. oz. 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 (Title 21 CFR 101.2)

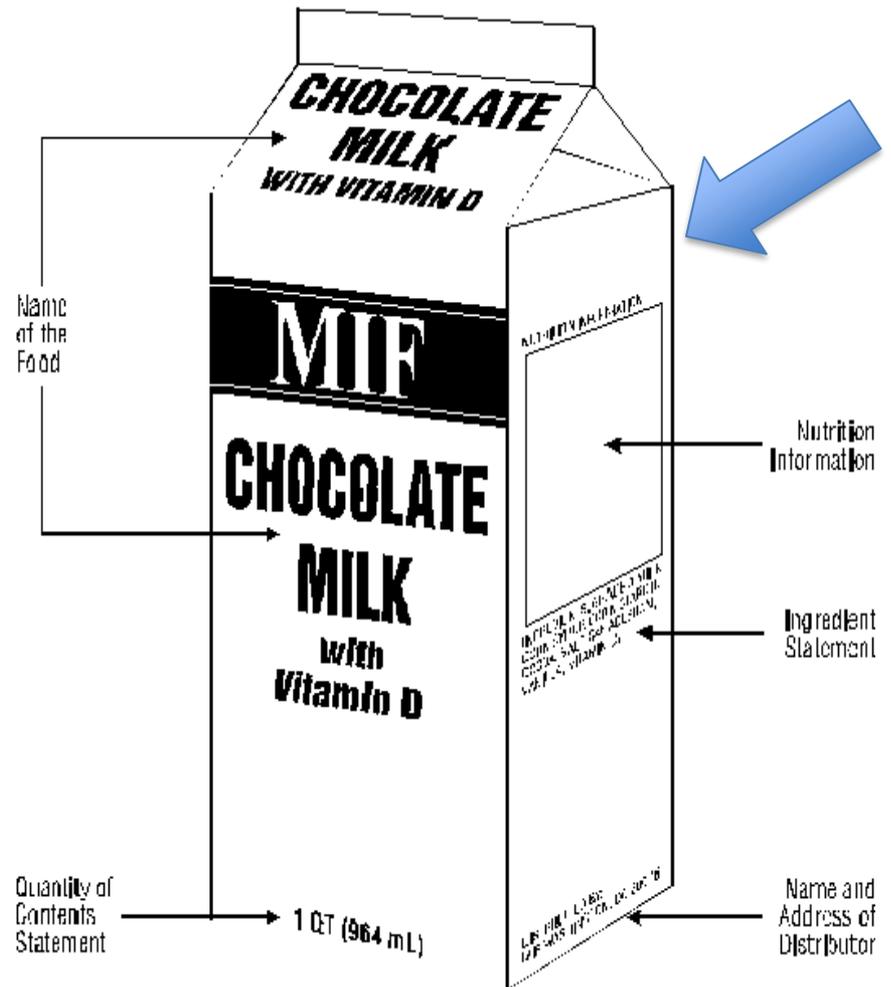
- Panel to the immediate right of PDP
- If this panel is unusable, then next panel to right



Information Panel Contains



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



Name and place of Business (Title 21 CFR 101.5)

- Unless actual manufacturer “distributed by”, “manufactured for”
- Address (city, state, zip code)
- Web address is not an acceptable substitute
- Country of Origin Labeling (COOL) required by U.S. Customs and Border Protection

Nutrition Facts		Amount/serving %DV*	Amount/serving %DV*
Serv. Size 1/2 cup (125g) Servings about 2 Calories 100 Fat Cal. 10		Total Fat 1g 2%	Total Carb. 21g 7%
		Sat. Fat 0g 0%	Fiber 1g 4%
		Cholest. 0mg 0%	Sugars 9g
		Sodium 400mg 17%	Protein 2g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%	

INGREDIENTS: Corn, Water, Sugar, Modified Corn Starch, Salt.

Packed for: Morgan Finer Foods, Inc,
Peninsula, OH 44264

TO MICROWAVE: Empty contents into microwave-safe dish. Cover; heat 1 1/2 minutes. Stir; season to taste; serve.

FOR STOVE TOP HEATING: Empty contents into saucepan. Heat; season to taste; serve.

Product of Poland



0 11146 62945 1

Ingredient Statement (Title 21 CFR 101.4)

- Each food ingredient listed in descending order of predominance by weight
- Use common name of ingredients
- Must declare subingredients
- May group ingredients under 2%
- Some spices & flavors may be listed generically
- Minimum type size (1/16 of an inch)



INGREDIENTS: Corn, Water, Sugar, Modified Corn Starch, Salt

Ingredient Labeling

Multi-Component Ingredients (21 CFR 101.4(b)(2))

- List the multi-component ingredient followed by a parenthetical listing of all ingredients in the multi-component ingredient, OR
- Incorporate each ingredient of the multi-component ingredient into the overall ingredient statement without declaring the multi-component ingredient

Ingredient Labeling

Collective Terms

Some ingredients and their concentrates can be declared by collective terms

- e.g., milk, concentrated milk, reconstituted milk, and dry whole milk may be declared as “milk”

Ingredient Labeling

Spices, Flavorings, and Colorings when used as an ingredient (21 CFR 101.22)

- Spices, flavorings, and colorings not required to be certified may be declared as spices, flavorings, and colors
 - The collective term “spices” does not include substances traditionally regarded as food, e.g., onion, garlic, and celery
 - **All** coloring is artificial
 - “Artificial color,” “Artificial color added,” “Color added”
 - Common or usual name of the color with function
 - Annatto (for color)
 - Colored with beet juice



Ingredient Labeling

Certified Colors

Color additives and lakes required to be certified must be declared by common or usual name, e.g. “FD&C Blue No. 1”, “Blue 1”, “Blue 1 Lake”

Ingredient Labeling

- Exemption from color declaration (21 CFR 101.22(j)(3))
 - Butter
 - Ice cream
 - Cheese

Topics Covered

- Overview of Food Labeling
- **Nutrition Labeling**
- Nutrition Content Claims
- Health Claims
- Allergen labeling

Nutrition Labeling

- Required on most products offered for sale
- The serving size is based on Reference Amounts Customarily Consumed (RACC)
- Exemptions and special labeling provisions
 - Examples:
 - Small Business exemptions
 - Insignificant amount of nutrients in food (plain tea)
- Generally, if a food contains a claim then it must have a nutrition label

Why Update the Nutrition Facts Label?

- Reflects updated scientific information, including link between diet composition and risk of chronic diseases and public health
- Updated serving sizes to reflect changes in amounts of foods consumed
- Format draws attention to calories and serving sizes, two important elements in making healthier food choices



Compliance Dates

- Manufacturers with \$10 million or more in annual sales must switch to the new label by **January 1, 2020**
- Manufacturers with less than \$10 million in annual food sales have until **January 1, 2021**

Key Changes

NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

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%
<i>Trans Fat</i> 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%

Serving sizes
updated

Calories:
larger type

Updated
daily
values

New:
added sugars

Change
in nutrients
required

Actual
amounts
declared

New
footnote

* 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.

Handout

FOOD FACTS

Use % Daily Value as a Guide

WHAT'S NEW: The Daily Values for nutrients have been updated based on new scientific evidence. The Daily Values are reference amounts of nutrients to consume or not to exceed each day (for adults and children 4 year of age and older) and are used to calculate the % Daily Value.

% **Daily Value (%DV)** shows how much a nutrient in a serving of the food contributes to a total daily diet. Use the %DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (check to make sure the serving size is the same).

- As a general guide:
5% DV or less of a nutrient per serving is considered low, and 20% DV or more of a nutrient per serving is considered high.

Choose Nutrients Wisely

WHAT'S NEW: The nutrients that are required on the label have been updated. **Added Sugars** is now required on the label. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. *Aim for less than 10% of your total daily calories from added sugars.* **Vitamin D and potassium** are also required on the label because many Americans do not get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today, but these nutrients can be voluntarily disclosed by manufacturers.

Use the label to choose products that are lower in nutrients you want to get less of and higher in nutrients you want to get more of.

- **Nutrients to get less of: saturated fat, sodium, added sugars, and trans fat.** Most Americans exceed the recommended limits for these nutrients, and diets higher in these nutrients are associated with an increased risk of developing some health conditions, such as high blood pressure and cardiovascular disease. Compare and choose foods to **get less than 100% DV of these nutrients each day.** (Note: *Trans fat* has no %DV. Use the amount of grams for comparison and keep the intake of *trans fat* as low as possible)
- **Nutrients to get more of: dietary fiber, vitamin D, calcium, iron, and potassium.** Many Americans do not get the recommended amount of these nutrients, and diets higher in these nutrients can reduce the risk of developing some health conditions, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia. Compare and choose foods to **get 100% DV of these nutrients on most days.**

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
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.

Ingredients: Bulgur, Wheat, Sauce (Water, Half and Half (Milk, Cream), Parmesan Cheese (Pasteurized Skim Milk, Cultures, Salt, Enzymes), Cheddar Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Olive Oil, Butter, Sugar, Xanthan Gum, Spice), Lentils, Corn, Green Beans, Red Beans, Potatoes.
Contains: Wheat, Milk

Check out the Ingredient List

Although the ingredient list is not part of the Nutrition Facts label, it is also a helpful tool. The Ingredient List shows each ingredient in a food by its **common or usual name**. Ingredients are listed in descending order by weight, so the ingredient that weighs the most is listed first, and the ingredient that weighs the least is listed last.

June 2018 **2**

For more information, contact the U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition's Food and Cosmetic Information Center at 1-888-SAFEFOOD (toll free), Monday through Friday 10 AM to 4 PM ET (except Thursdays from 12:30 PM to 1:30 PM ET and Federal holidays). Or, visit the FDA website at <http://www.fda.gov/educationresource/library>

Added Sugars Is Mandatory

- Based on evidence that:
 - High intake of added sugars decreases intake of nutrient dense foods and increases overall caloric intake
 - Dietary patterns lower in sugar-sweetened foods and beverages are associated with a reduced risk of cardiovascular disease
- Daily Value:
 - Meeting nutrient needs while staying within calorie limits is difficult with more than 10 percent of total daily calories from 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%
<i>Trans Fat</i> 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.

Added Sugars Definition

Includes sugars that are either added during processing of foods, or are packaged, and includes:

- Syrups
- Brown sugar
- High fructose corn syrup
- Invert sugar
- Maltose
- Trehalose
- Honey
- Molasses
- Sucrose
- Lactose
- Maltose sugar
- Concentrated fruit juice*

*Sugars from concentrated fruit or vegetable juices in excess of what would be expected from 100 percent fruit or vegetable juice. Excludes fruit or vegetable juice concentrated from 100 percent fruit juice that is sold to consumers (e.g., frozen concentrated orange juice).

Topics Covered

- Overview of Food Labeling
- Nutrition Labeling Updates
- **Nutrition Content Claims**
- Health Claims
- Allergen labeling

Nutrient Content Claims

- Defined in 21 CFR 101.13
- Claims about the level of a nutrient
- Types of claims:
 - expressed (“low fat”) or implied (“high in oat bran”)
 - Inherent Claims (“Milk, a product naturally low in sodium”)
 - Relative Claim (“Reduced Fat,” “Light”, “Less”)

Nutrient Content Claims

- General Requirements
- Must be authorized
 - By regulation
 - 21 CFR 101.13
 - 21 CFR part 101 subpart D
 - 21 CFR part 105
 - 21 CFR part 107
 - By FDAMA notification
- Products making a claim must bear nutrition labeling

Nutrient Content Claims

- Must meet all requirements for claim including nutrient levels
- Generally based on reference amount customarily consumed (RACC) 21 CFR 101.12
- May be other required information
- May require disclosure statements (e.g., “See back panel for information about cholesterol and other nutrients”)

Disclosure Statements

- Required when:
 - > 13 g fat
 - > 4 g sat fat
 - > 60 mg cholesterol
 - > 480 mg sodium
- These are same levels used to disqualify food from bearing a health claim
- Statement –“See nutrition information for ___ content.”

Topics Covered

- Overview of Food Labeling
- Nutrition Labeling Updates
- Nutrition Content Claims
- **Health Claim**
- Allergen labeling

What is a Health Claim

- Health claim means any claim made on the label or in labeling of a food that expressly or by implication, including “third party” references, written statements (e.g., a brand name including a term such as “heart”), symbols (e.g., a heart symbol), or vignettes, characterizes the relationship of any substance to a disease or health-related condition.

Health Claims

- Authorized by FDA
 - 403(r)(3)(C)
 - 21 CFR 101.14
- “Adequate calcium and vitamin D, as part of a well balanced diet, along with physical activity, may reduce the risk of osteoporosis.”

Qualified Health Claim

- “Scientific evidence suggests, but does not prove, that whole grains (three servings or 48 grams per day), as part of a low saturated fat, low cholesterol diet, may reduce the risk of diabetes mellitus type 2.

FDAMA Health Claim

- Notification is based on an authoritative statement from an appropriate scientific body of the United States Government or the National Academy of Sciences (NAS) or any of its subdivisions.
- Potassium Containing Foods
 - “Diets containing foods that are good sources of potassium and low in sodium may reduce the risk of high blood pressure and stroke.”

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Allergen Labeling (FALCPA)

- Amended the FD&C Act Section 403(w)
- Defines the term “major food allergen”
- Defines term “name of the food source from which the major food allergen is derived”
- Requires specific label declarations for major food allergens for all foods regulated by FDA except:
 - raw agricultural commodities (fresh fruits and vegetables)
 - ingredients exempt from the definition of a major food allergen

Eight Major Food Allergens

- Milk



- Egg



- Fish



- Crustacean Shellfish



- Tree Nuts



- Wheat



- Peanuts



- Soybeans



When Food Allergen Labeling Is Required



- When a major food allergen's common or usual name does not already identify its food source.

AND

- When that major food allergen's food source is not already identified elsewhere in the statement of ingredients for another allergenic ingredient.

Two Ways to Label Products Containing Major Food Allergens

OPTION 1

Nutrition Facts

Ingredients: Enriched flour (wheat flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated cottonseed oil, high fructose corn syrup, whey, eggs, vanilla, natural and artificial flavoring, salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin, mono- and diglycerides.

Contains: Wheat, Milk, Egg and Soy.

Any Cookie Company
College Park, MD 20740

OPTION 2

Cocoa Crispers Bar

Chocolate Candy with Crisped Rice

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serving Size 1 Bar (60g)		Total Fat 12g	18%	Potassium 230mg	3%
Calories 230		Saturated Fat 7g	36%	Total Carb. 29g	10%
Fat Cal. 100		Trans Fat 0g		Fiber <1g	3%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Cholesterol 10mg	0%	Sugars 24g	
		Sodium 65mg	3%	Protein 2g	
		Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 0%			

Manufactured by: Sweetz Inc.
101 Main Street, Baltimore,
MD 21201

Ingredients: Milk Chocolate (Sugar, Milk, Cocoa Butter, Chocolate, Vanilla), Corn Syrup, Whey, Cocoa Powder, Crisped Rice (Rice, Sugar, Salt, Malt), **Wheat** Flour, Soy Protein, Ovalbumin (**Egg**), Natural **Peanut** Flavor.



Ingredients: Milk Chocolate (Sugar, Milk, Cocoa Butter, Chocolate, Vanilla), Corn Syrup, Whey, Cocoa Powder, Crisped Rice (Rice, Sugar, Salt, Malt), Flour (**Wheat**), Soy Protein, Ovalbumin (**Egg**), Natural Flavor (**Peanut**).



Allergen Labeling

Ingredients Subject to FALCPA Labeling Requirements

- All ingredients, except those exempted by law, that either are or contain a major food allergen, including:
 - Incidental Additives, Flavors, and Colors
- Seasoning mixes/blends that contain a major food allergen as an ingredient or processing aid must declare its presence on food labels.

Allergen Labeling

- Exemptions
 - Highly Refined Oils
 - No Threshold levels



Allergen Advisory Statement*

Example:

Ingredients: Enriched Wheat Flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil.

May contain eggs or nuts.

***Advisory statements are not required by FALCPA**



Resources

- **A Food Labeling Guide** (<https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide>)
- **Changes to the Nutrition Facts Label**
(<https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide>)
- **CFSAN Education Resource Library**
(<https://www.fda.gov/food/resources-you-food/cfsan-education-resource-library>)
- **Food and Cosmetics Information Center (FCIC)**
(<https://www.fda.gov/food/resources-you-food/industry-and-consumer-assistance-cfsan>)

Questions?

