

The New and Improved Nutrition Facts Label – Key Changes



The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

1. Servings

The number of “servings per container” and the “Serving Size” declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously 1/2 cup and now is 2/3 cup.

There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

2. Calories

“Calories” is now larger and bolder.

3. Fats

“Calories from Fat” has been removed because research shows the type of fat consumed is more important than the amount.

4. Added Sugars

“Added Sugars” in grams and as a percent Daily Value (%DV) is now required on the label. “Added Sugars” include sugars that have been added during the processing or packaging of a food. Scientific

Current Label

| Nutrition Facts | | | |
|--|-----------|----------------------|------------|
| Serving Size 2/3 cup (55g) | | | |
| Servings Per Container About 8 | | | |
| Amount Per Serving | | | |
| Calories 230 | | Calories from Fat 72 | |
| | | % Daily Value* | |
| Total Fat 8g | | | 12% |
| Saturated Fat 1g | | | 5% |
| <i>Trans</i> 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

| Nutrition Facts | |
|------------------------|---|
| 1 | 8 servings per container |
| | Serving size 2/3 cup (55g) |
| 2 | Amount per serving |
| | Calories 230 |
| % Daily Value* | |
| 3 | Total Fat 8g 10% |
| | Saturated Fat 1g 5% |
| | <i>Trans</i> Fat 0g |
| | Cholesterol 0mg 0% |
| | Sodium 160mg 7% |
| | Total Carbohydrate 37g 13% |
| | Dietary Fiber 4g 14% |
| | Total Sugars 12g |
| 4 | Includes 10g Added Sugars 20% |
| | Protein 3g |
| 5 | Vitamin D 2mcg 10% |
| | Calcium 200mg 15% |
| | Iron 8mg 45% |
| | Potassium 235mg 6% |
| 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. |

data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

5. Nutrients

The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

6. Footnote

The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

Manufacturers will need to use the new label by July 26, 2018, and small businesses will have an additional year to comply. During this transition time, you will see the current Nutrition Facts label or the new label on products.

For more information about the new Nutrition Facts label, visit:

www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm

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Compliance date extended to January 2021. IMSI working with FDA to develop an alternative to "Added Sugars" wording.

EXAMPLE LABEL OF BASIC LABELING COMPONENTS

Labels must comply with all applicable state and federal regulations. Labeling regulations for a maple syrup processor are the same as those applied to other food processors. All information on the label must be truthful and not misleading. The label example below is just one way to present the required information.

Ingredient List – Most food products are required to have an ingredient list declaring all ingredients by common or usual name in descending order of predominance by weight. Maple syrup is often a single ingredient food; an ingredient list is not required EXCEPT when using the optional ingredients: salt and chemical preservatives.

Ref: CFR 21, Part 101.4

Ref: OAC 901: 3-45-02

Statement of Responsibility

- Shall include the:
Business Name
Street Address
City, State, Zip Code

All information in the *Statement of Responsibility* shall be continuous. If the business name is listed in the local telephone directory, the street address may be omitted. If the business name is listed in the local telephone directory, a Post Office Box may be used in place of the street address.

Telephone numbers, web-site addresses, and e-mail addresses are permitted, but not required.

Ref: CFR 21, Part 101.5

CFR – Code of Federal Regulations
OAC – Ohio Administrative Code
ORC – Ohio Revised Code
FLPA – Fair Labeling Packaging Act
PDP – Principal Display Panel, is the portion of the package that is most likely to be seen by the consumer when on a store shelf. The Product Identity and the Net Quantity of Contents must appear in the PDP.

Statement of Identity – The *Statement of Identity* is the name of the food. The name shall be the common or usual name of the food, and shall accurately identify or describe the basic nature of the food or its characterizing properties or ingredients. Foods that have a Standard of Identity must conform to all requirements of the standard.

Ref: CFR 21, Part 101.3

MAPLE SYRUP



**OHIO MAPLE SYRUP COMPANY
8995 E. MAIN STREET
REYNOLDSBURG, OH 43068**

NET WT 8 OZ (227 g)

Net Quantity of Contents – The term “NET WEIGHT” or the appropriate abbreviation, “NET WT”, shall be used when stating the *Net Quantity of Contents* in terms of weight. When the product is distributed off of the site of production the *Net Quantity of Contents* shall be declared in both the U.S. Customary System and the International System (metric system). The metric declaration shall be stated parenthetically.

The quantity of contents shall be placed on the principal display panel. It shall be within the bottom 30 percent of the area of the label panel in lines that are generally parallel to the bottom of the package as it is designed to be displayed.

Ref: CFR 21, Part 101.105

Ref: FLPA, Title 15 – Chapter 39, 1453(a) (2)