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 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.

For more information about the new Nutrition Facts label, visit: www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm

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 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

**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

**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)

MAPLE SYRUP

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

NET WT 8 OZ (227 g)