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# Food Labeling Panel Discussion

# Compliance with FDA's New Nutrition Facts Label

GENERAL COMPLIANCE PERIOD			
Initiative	Final Rule	Requirement	Deadline
Revisions of the Nutrition and Supplement Facts Labels*	July 26, 2016	New Label Requirements	January 1, 2020
Updating, Modifying and Establishing Certain Reference Amounts Customarily Consumed and Requirements for Dual Column Labeling*	July 26, 2016	Additional New Label Requirements	January 1, 2020
FDA's determination on Partially Hydrogenated Oils (PHOs)	June 16, 2015	Reformulate products to remove PHOs and/or petition the FDA to permit specific uses	June 18, 2018
Disclosure of Calorie Information for Food Sold from Vending Machine	December 1, 2014	Ensure appropriate disclosure of calories on vending machine food.	July 26, 2018
Menu Labeling	December 1, 2014	Calorie Disclosure of standard menu items in restaurants and availability of additional nutrition information	May 7, 2018

\*Manufacturers with less than \$10 million in annual food sales will have an additional year to make the changes.



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# What's Different?

<b>Nutrition Facts</b>		
8 servings per container		
<b>Serving size</b>	<b>2/3 cup (55g)</b>	Serving Sizes updated
<b>Amount per serving</b>		
<b>Calories</b>	<b>230</b>	Calories: larger type
<b>% Daily Value*</b>		
<b>Total Fat</b> 8g	<b>10%</b>	
Saturated Fat 1g	<b>5%</b>	
<i>Trans Fat</i> 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 160mg	<b>7%</b>	Updated daily values
<b>Total Carbohydrate</b> 37g	<b>13%</b>	
Dietary Fiber 4g	<b>14%</b>	
Total Sugars 12g		
Includes 10g Added Sugars	<b>20%</b>	New: added sugars
<b>Protein</b> 3g		
Vitamin D 2mcg	10%	
Calcium 260mg	20%	Actual amounts declared
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.		New footnote

Servings: larger, bolder type

Change in nutrients required

# RACC Changes

- Reference Amounts Customarily Consumed (RACC)
  - About 19% of the RACC amounts changes
  - Added 25 new categories
- Impacts serving size determination
- Impacts nutrient content and health label claims





# Dual Nutrition Format

- For packages containing 200% to 300% of the RACC
  - One column of nutrition for a serving derived from the RACC
  - Second column of nutrition for entire package
- Multi-serving packages with discrete units where each unit is 200% to 300% of the RACC
  - One column of nutrition for a serving derived from the RACC
  - Second column of nutrition for entire unit



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# Dual Nutrition Format

<b>Nutrition Facts</b>			
2 servings per container			
<b>Serving size</b>		<b>1 cup (255g)</b>	
<b>Calories</b>	<b>Per Serving</b>	<b>Per Container</b>	
	<b>220</b>	<b>440</b>	
	<b>% DV*</b>	<b>%DV*</b>	
Total Fat	5g 6%	10g	13%
Saturated Fat	2g 10%	4g	20%
<i>Trans</i> Fat	0g	0g	
Cholesterol	15mg 5%	30mg	10%
Sodium	240mg 10%	480mg	21%
Total Carb.	35g 13%	70g	25%
Dietary Fiber	6g 21%	12g	43%
Total Sugars	7g	14g	
Incl. Added Sugars	4g 8%	8g	16%
Protein	9g	18g	
Vitamin D	5mcg 25%	10mcg	50%
Calcium	200mg 15%	400mg	30%
Iron	1mg 6%	2mg	10%
Potassium	470mg 10%	940mg	20%

\* 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.



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# Dietary Fiber

- Naturally occurring non-digestible carbohydrates and lignin
- Isolated or synthetic non-digestible carbohydrates that FDA has granted be included and have physiological effects beneficial to human health





# Dietary Fiber

- Isolated or synthetic non-digestible carbohydrates approved by FDA
  - Beta-glucan soluble fiber
  - Psyllium husk
  - Cellulose
  - Guar Gum
  - Pectin
  - Locust Bean Gum
  - Hydroxypropylmethylcellulose



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# Added Sugar

Defined as:

- Sugars (free, mono- and disaccharides)
- Sugars from syrups and honey
- Sugars from concentrated fruit or vegetable juices
  - Exemptions:
    - Reconstituted to single strength in the formula
    - Concentrated from 100% and sold to consumers
    - Used toward the total juice percentage or Brix standardization for beverages
    - Used to formulate the fruit component of standardized jellies, jams, or preserves or the fruit component of fruit spreads



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# Recordkeeping

- Dietary Fiber
  - Manufacturer must make and keep records to verify the declared amount of dietary fiber when a mixture of dietary fiber, and added non-digestible carbohydrates that does not meet the definition of dietary fiber, is present in the food.
- Sugars
  - Manufacturer must make and keep records when a mixture of naturally occurring and added sugars is present in the food
  - Where added sugars are subject to fermentation and/or non-enzymatic browning, records must be kept to verify declared amount of added sugars



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# Recordkeeping

- Folate
  - Must make and keep records of the amount of folic acid added to the food and the amount of naturally-occurring folate
- Vitamin E
  - Must make and keep records of the amount of all rac-alpha-tocopherol added to the food and the amount of RRR-alpha-tocopherol

