

Regulatory Alert: FDA Releases Final Nutrition Labeling Regulations

Major Changes include Added Sugar Declaration, Larger Calorie Text, Serving Size Changes

May 23, 2016

On Friday, May 20, the U.S. Food and Drug Administration (FDA) issued final rules updating the Nutrition Facts label for packaged foods and serving size requirements.

Key Points

When is compliance with the new labeling changes required?

July 26, 2018. For manufacturers with less than \$10 million in annual food sales, the compliance date is July 26, 2019.

What are the key changes to the Nutrition Facts Label?

Design Elements:

- The type size for “Calories,” “servings per container,” and the “Serving size” declaration, and bolding the number of calories and the “Serving size” declaration to highlight the information.
- Manufacturers must declare the actual amount, in addition to the percent Daily Value of Vitamin D, calcium, iron and potassium (vitamin D and potassium will be required on the label, vitamins A and C will no longer be required but can be included on a voluntary basis). Gram amounts for other vitamins and minerals may be declared on a voluntary basis.
- The footnote on percent daily value is changing to: “*The % Daily Value 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.”

Nutritional Information

- “Added sugars,” in grams and as percent Daily Value is required. Added sugars include sugars added during the processing of food from such sources as cane and beet sugar, syrups, fruit juice concentrates, honey, maple syrup.
- Vitamin D and potassium are required on the label. Calcium and iron will continue to be required. Vitamins A and C will no longer be required but can be included on a voluntary basis.
- “Calories from Fat” is being removed.

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- Percent daily values for nutrients including sodium, dietary fiber and vitamin D are being updated.

Serving Sizes

- Reference amount (serving size) for one serving of ice cream is changing from ½ cup to 2/3 cup.
- Reference amount for one serving of soda is changing from 8 ounces to 12 ounces.
- For packages that are between one and two servings, such as a 20 ounce soda or 15 ounce can of soup, the calories and other nutrients will be required to be labeled as one serving
- For products that are larger than a single serving but that could be consumed in one sitting or multiple sittings, manufacturers will have to provide dual column labels to indicate the number of calories and nutrients on both a “per serving” and “per package”/ “per unit” basis. Examples include a 24-ounce bottle of soda or a pint of ice cream.
- Adjusted or new reference amounts customarily consumed (RACCs) for bagels, toaster pastries, coffee and tea beverages, breakfast cereals, yogurt, canned fish, shellfish and game meat, fruits used as ingredients, drink mixes, appetizers, candies and more.

Please contact Erik Lieberman at elieberman1@usfoodimports.com or 202.765.1800 if you have questions or would like additional information.

Original 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 1g			
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	
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</i> 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.	