

New Nutrition Fact Panel Requirements

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and Standards

Nutrition Facts Panel Makeover

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%
Trans 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

Current 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%
Trans 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.	

New Label

Design Changes

Summary of Changes

Servings:
larger,
bolder type

New:
added sugars

Change
in nutrients
required

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Serving sizes
updated

Calories:
larger type

Updated
daily
values

Actual
amounts
declared

New
footnote

Revised Footnote Section

- Removed %DV footnote table
- Amended footnote statement for:
 - Foods for persons 4 years of age and older
 - Foods represented or purported for children 1-3 years of age

* 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

Nutrient Declarations

Nutrient Declarations

Changes to Mandatory Nutrients

- Added Sugars
- Vitamin D
- Potassium

Changes to Voluntary Nutrients

- Vitamin A
- Vitamin C

Nutrition Facts	
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Other Nutrient Declarations

- No longer permitted on the NFP:
 - Calories from Fat
 - Other Carbohydrates
- Change in terminology used on NFP:
 - “Sugars” now listed as “Total Sugars”

Changes to Daily Values

Mandatory Nutrients	Current	New	Change
Total Fat	65 g	78 g	Increase (↑) from 30% of calories to 35%
Sodium	2,400 mg	2,300 mg	Decrease (↓)
Total Carbohydrate	300 g	275 g	Decrease (↓) from 60% of calories to 55%
Dietary Fiber	25 g	28 g	Increase (↑)
Vitamin D	400 IU	20 mcg	Increase (↑), Units Changed, Required to be declared
Calcium	1,000 mg	1,300 mg	Increase (↑)
Potassium	3,500 mg	4,700 mg	Increase (↑), Required to be declared

Changes to Daily Values

Voluntary Nutrients	Current	New	Change
Vitamin A	5,000 IU	900 mcg (RAE)	Decrease (↓), Units Changed, No longer required to be declared
Vitamin C	60 mg	90 mg	Increase (↑), No longer required to be declared
Vitamin E	30 IU	15 mg	Decrease (↓) , Units Changed
Vitamin K	80 mcg	120 mcg	Increase (↑)
Thiamin	1.5 mg	1.2 mg	Decrease (↓)
Riboflavin	1.7 mg	1.3 mg	Decrease (↓)
Niacin	20 mg	16 mg (NE)	Decrease (↓)
Vitamin B6	2.0 mg	1.7 mg	Decrease (↓)
Vitamin B12	6 mcg	2.4 mcg	Decrease (↓)
Biotin	300 mcg	30 mcg	Decrease (↓)
Pantothenic Acid	10 mg	5 mg	Decrease (↓)

Changes to Daily Values

Voluntary Nutrients	Current	New	Change
Phosphorus	1,000 mg	1,250 mg	Increase (↑)
Magnesium	400 mg	420 mg	Increase (↑)
Zinc	15 mg	11 mg	Decrease (↓)
Selenium	70 mcg	55 mcg	Decrease (↓)
Copper	2.0 mg	0.9 mg	Decrease (↓)
Manganese	2.0 mg	2.3 mg	Increase (↑)
Chromium	120 mcg	35 mcg	Decrease (↓)
Molybdenum	75 mcg	45 mcg	Decrease (↓)
Chloride	3,400 mg	2,300 mg	Decrease (↓)
Choline	N/A	550 mg	New establishment of DV

Units of Measure

Nutrient	Unit of Measure
Vitamin A	Micrograms RAE (mcg)
Vitamin D	Micrograms (mcg)
Vitamin E	Milligrams (mg)
Niacin	Milligrams NE (mg)
Folate	Micrograms DFE (mcg)

Added Sugars

Inclusions:

- Sugar (free, mono-, and disaccharides)
- Sugars from syrups and honey
- Sugars from concentrated fruit/vegetable juice



Added Sugars

Exemptions for juice concentrate:

- Sold to consumers
- Used towards percent juice declaration
- Used for Brix standardization
- Used to formulate fruit component of jellies, jams and preserves
- Used to formulate fruit component of fruit spreads



Added Sugars

Other Exemptions :

- Dairy ingredients (excluding lactose)
- Whole fruit, fruit pieces, pulps, and purees
- Processed fruit/vegetable ingredients that contain all the components of whole fruit/vegetable and not concentrated sources of sugar

Dietary Fiber

Non-digestible soluble and insoluble carbohydrates (with 3 or more monomeric units), and lignin that are **intrinsic and intact** in plants; **isolated or synthetic** non-digestible carbohydrates (with 3 or more monomeric units) determined by FDA to have **physiological effects** that are beneficial to human health.

Vitamins and Minerals

Mandatory:

- Vitamin D, Calcium, Iron and Potassium

Voluntary:

- Vitamin A, Vitamin C, Vitamin E, Vitamin K, Vitamin B₆, Thiamine, Riboflavin, Niacin, Folate, Biotin, Pantothenic Acid, Phosphorous, Iodine, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium, Molybdenum, Chloride, and Fluoride

Reference Amounts and Serving Size

Reference Amounts Customarily Consumed

How are Reference Amounts Determined?



Consump-
tion Data



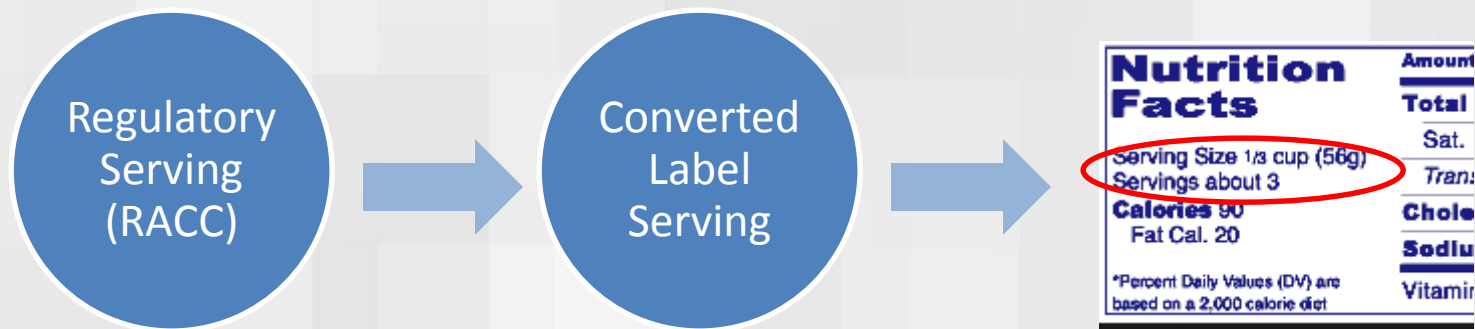
Analysis of
Data



Proposed
RACC

Reference Amounts Customarily Consumed

How are Reference Amounts Used?



Reference Amount Updates

- Consumption Data Showed $\pm 25\%$
- ~ 14 updates to RACCs
- ~19 newly established categories

Single Serving Container

- Contains less than 200% of RACC
- The entire contents of package is a “serving”
- Removed large RACC exemption



Packaged Food Sold Individually Containing ≥200% & up to & including 300% of the RACC

- Products of this pack size – dual-column NFP required
- First Column: per serving
- Second Column: per container

Nutrition Facts				
2 servings per container				
Serving size		1 cup (255g)		
Calories		Per serving		Per container
		220		440
		% DV*		% DV*
Total Fat	5g	6%	10g	13%
Saturated Fat	2g	10%	4g	20%
Trans 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.				

Compliance

Record Keeping

New requirements for:

- Added Sugars
- Fiber
- Vitamin E
- Folate

Compliance Timing

- Effective Date
 - July 26, 2016
- Compliance Date
 - July 26, 2018 for manufacturers with $\geq \$10\text{M}$ in annual sales
 - July 26, 2019 for manufacturers with $< \$10\text{M}$ in annual sales

What is the impact of the new requirements?

Impact of the Changes

- Update 100g data
- Review Nutrient Content Claims
- New Practices for Records Maintenance & Substantiation

100g Data Sheet

Nutrient	Unit of Measure	Value per 100g
Proximates		
Moisture	g	87.48
Energy	Kcal	52
Protein	g	2.59
Total Fat	g	1.94
Ash	g	
Carbohydrate, by difference	g	6.03
Total dietary fiber	g	0.3
Total Sugars	g	0.54
Added Sugars	g	0
Minerals		
Calcium	mg	9
Iron	mg	1.35
Potassium	mg	44
Sodium	mg	250
Vitamins		
Vitamin D	mcg	0
Thiamine	mg	0.113
Riboflavin	mg	0.093
Niacin	mg	1.103
Folate	mcg DFE	25
Lipids		
Fatty acids, total saturated	g	0.542
Fatty acids, total monounsaturated	g	0.855
Fatty acids, total polyunsaturated	g	0.54
Fatty acids, total trans	g	0.006
Cholesterol	mg	11

Resources for Nutrient Data

- Chemical Analysis
- USDA Food Composition Database

 **United States Department of Agriculture**
Agricultural Research Service
National Nutrient Database for Standard Reference Release 28

[NDL Home](#)

[Food Search](#)

[Nutrients List](#)

[Ground Beef Calculator](#)

[Documentation and Help](#)

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Basic Report: 02016, Spices, dill seed



[Return to Search Results](#)



[Full Report \(All Nutrients\)](#)



[Statistics Report](#)



[Download \(CSV\)](#)



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Nutrient values and weights are for edible portion.

Search nutr

Nutrient	Unit	<input type="text" value="1"/> Value per 100 g	<input type="text" value="1"/> tsp 2.1 g	
Proximates				
Water	g	7.70	0.16	
Energy	kcal	305	6	
Protein	g	15.98	0.34	
Total lipid (fat)	g	14.54	0.31	
Carbohydrate, by difference	g	55.17	1.16	
Fiber, total dietary	g	21.1	0.4	

Enforcement Discretion

Foods that contain insignificant amounts of nutrients:

- Flavor extracts
- Colors
- Herbs and spices
- Plain, unsweetened coffee and tea
- Bottled water

Label Change Process

Data Gathering & Planning

FDA
Guidance

Software
Vendors

Ingredient
Supplier

Product Evaluation

Update
Database

Possible
Reformulation

Reconfirm
shelf life/claims/3rd
party
certifications/
declarations

Label Redesign

Reg. Label
Copy

In-house
Designer

Pre-Press

Printer

Distribution of Information & Packaging

Label at
Manufacturer's
Facility

FDA Guidance

Guidance to address:

- Quantitative Declaration for Vitamins and Minerals
- Added Sugars
- Dietary Fiber
- Reference Amounts Customarily Consumed

[FDA Industry Resources](#)

Compliance Timing Update

FDA proposes extension to January 1, 2020

Federal Register / Vol. 82, No. 189 / Monday, October 2, 2017 / Proposed Rules

45753

on December 5, 2016, at 81 FR 87686) (annualized costs of \$154 million); and 20. The FMCSA's final rule on Minimum Training Requirements for Entry-Level Commercial Motor Vehicle Operators (RIN: 2126-AB66) (published on December 8, 2016, at 81 FR 88732) (annualized costs of \$368 million).

[FR Doc. 2017-21101 Filed 9-29-17; 8:45 am]

BILLING CODE 4910-9X-P

DEPARTMENT OF HEALTH AND HUMAN SERVICES

Food and Drug Administration

21 CFR Part 101

[Docket Nos. FDA-2012-N-1210 and FDA-2004-N-0258]

RIN 0910-ZA49

Food Labeling: Revision of the Nutrition and Supplement Facts Labels and Serving Sizes of Foods That Can Reasonably Be Consumed at One Eating Occasion; Dual-Column Labeling; Updating, Modifying, and Establishing Certain Reference Amounts Customarily Consumed; Serving Size for Breath Mints; and Technical Amendments; Proposed Extension of Compliance Dates

AGENCY: Food and Drug Administration, HHS.

ACTION: Proposed rule.

SUMMARY: The Food and Drug Administration (FDA or we) is proposing to extend the compliance dates by approximately 1.5 years for the

ADDRESSES: You may submit comments on the extension of the compliance period as follows. Please note that late, untimely filed comments will not be considered. Electronic comments must be submitted on or before November 1, 2017. The <https://www.regulations.gov> electronic filing system will accept comments until midnight Eastern Time at the end of November 1, 2017. Comments received by mail/hand delivery/courier (for written/paper submissions) will be considered timely if they are postmarked or the delivery service acceptance receipt is on or before that date.

Electronic Submissions

Submit electronic comments in the following way:

- **Federal eRulemaking Portal:** <https://www.regulations.gov>. Follow the instructions for submitting comments. Comments submitted electronically, including attachments, to <https://www.regulations.gov> will be posted to the docket unchanged. Because your comment will be made public, you are solely responsible for ensuring that your comment does not include any confidential information that you or a third party may not wish to be posted, such as medical information, your or anyone else's Social Security number, or confidential business information, such as a manufacturing process. Please note that if you include your name, contact information, or other information that identifies you in the body of your comments, that information will be posted on <https://www.regulations.gov>.

and Serving Sizes of Foods That Can Reasonably Be Consumed at One Eating Occasion; Dual-Column Labeling; Updating, Modifying, and Establishing Certain Reference Amounts Customarily Consumed; Serving Size for Breath Mints; and Technical Amendments; Extension of Compliance Date." Received comments, those filed in a timely manner (see **ADDRESSES**), will be placed in the docket and, except for those submitted as "Confidential Submissions," publicly viewable at <https://www.regulations.gov> or at the Dockets Management Staff between 9 a.m. and 4 p.m., Monday through Friday.

- **Confidential Submissions**—To submit a comment with confidential information that you do not wish to be made publicly available, submit your comments only as a written/paper submission. You should submit two copies total. One copy will include the information you claim to be confidential with a heading or cover note that states "THIS DOCUMENT CONTAINS CONFIDENTIAL INFORMATION." We will review this copy, including the claimed confidential information, in our consideration of comments. The second copy, which will have the claimed confidential information redacted/ blacked out, will be available for public viewing and posted on <https://www.regulations.gov>. Submit both copies to the Dockets Management Staff. If you do not wish your name and contact information to be made publicly available, you can provide this information on the cover sheet and not

Questions

