

Nutrition Labeling – FSIS Regulated Foods

The following is a comprehensive presentation on the essential requirements for nutrition labeling on meat, poultry, and egg products.

If at the end of the presentation, the reader has questions, he/she may contact the [Labeling and Consumer Protection Staff](#)

or

FSIS.labeling@fsis.usda.gov

Nutrition Labeling – FSIS Regulated Foods



Nutrition Facts

Requirements

Definitions

Serving sizes

Formats

Exemptions

Based upon the Nutrition
Labeling and Education Act

June 15, 2006

USDA-FSIS

Nutrition Labeling and Education Act

- ❖ Requires what nutrients are listed on label, and how they are to be listed
- ❖ Defines nutrients
- ❖ Establishes reference amounts for determining serving sizes
- ❖ Adopts standardized format
- ❖ Requires nutrition labeling on most foods that contain more than insignificant amounts of nutrients
- ❖ FSIS is not covered by NLEA

Nutrients Listed on Label

Calories

Calories from fat/calories from saturated fat

Total fat

Saturated fat, stearic acid, polyunsaturated fat, monounsaturated fat, trans fat

Cholesterol

Sodium

Potassium

Total carbohydrate

Dietary fiber (soluble and insoluble fiber)

Sugars (sugar alcohols)

Other Carbohydrates

Protein

Vitamins and minerals (for which RDI's have been established)

Definitions

- ❖ **Total fat:** Total lipid fatty acids expressed as triglycerides [317.309(c)(2), 381.409(c)(2)]
- ❖ **Saturated fat:** The sum of all fatty acids containing no double bonds [317.309(c)(2)(i)]
- ❖ **Polyunsaturated fat:** *cis*, *cis*-methylene-interrupted polyunsaturated fatty acids [317.309(c)(2)(ii)]
- ❖ **Monounsaturated fat:** *cis*-monounsaturated fatty acids [317.309(c)(2)(iii)]

Definitions (contd.)

- ❖ **Total carbohydrate:** Amount calculated by subtraction of the sum of crude protein, total fat, moisture, and ash from the total weight of food [317.309(c)(6)]
- ❖ **Sugars:** The sum of all free mono- and disaccharides [317.309(c)(6)(ii)]
- ❖ **Other carbohydrate:** The difference between total carbohydrate and the sum of dietary fiber, sugars, and, when declared, sugar alcohol [317.309(c)(6)(iv)]

Daily Values (DV)

- ❖ Two sets of label reference values
 - ❖ reference daily intakes (RDIs)
 - ❖ daily reference values (DRVs)
- ❖ Applicable to persons 4 or more years of age

Reference Daily Intakes (RDIs)

Vitamin A

Vitamin C

Calcium

Iron

Vitamin D

Vitamin E

Vitamin K

Thiamin

Riboflavin

Niacin

Vitamin B₆

Folate

Vitamin B₁₂

Biotin

Pantothenic acid

Phosphorus

Iodine

Magnesium

Zinc

Selenium

Copper

Manganese

Chromium

Molybdenum

Chloride

Daily Reference Values *(DRVs)*

Total fat	65 grams*
Saturated fat	20 grams*
Cholesterol	300 milligrams
Total carbohydrate	300 grams*
Dietary fiber	25 grams*
Sodium	2400 milligrams
Potassium	3500 milligrams
Protein	50 grams*

***Based on a 2000 calorie daily diet**

Reference Amount Customarily Consumed (RACC)

- ❖ Established for 27 red meat categories
- ❖ **27 red meat (317.312) 26 poultry (381.412)**
- ❖ Basis for labeled serving size
- ❖ Basis for nutrient “claims”
- ❖ Derived from food consumption data
- ❖ Developed jointly with FDA
- ❖ Petition process to modify RACC

What's Needed?

- ❖ Serving size
 - ❖ household and metric measure
- ❖ Servings per container
- ❖ Mandatory nutrients
- ❖ Established format

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 260 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Trans Fat 2g

Cholesterol 30mg **10%**

Sodium 660mg **28%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serving Size

- ❖ As packaged
- ❖ In household measures
 - ❖ cups, tablespoons, teaspoons: fl oz for beverages
 - ❖ pieces, slices, fractions, etc.
 - ❖ ounces (appropriate visual unit is optional)
- ❖ Based on Reference Amount

Labeled Serving Size Designations

- ❖ Required: household and metric measure
 - ❖ 1 cup (___g)
 - ❖ 1 slice (___g)
 - ❖ 1 dinner (___g)
 - ❖ 2 oz (___g)

- ❖ Options: ounce or fluid ounce
 - ❖ 1 cup (___g/_fl oz)
 - ❖ 1 slice (___g/_oz)

Examples of Acceptable Serving Size Designations

- ❖ Chili: 1 cup (___g)
- ❖ Meat pizza: 1/5 pie (___g)
- ❖ Sliced ham: 4 slices (___g)
- ❖ Gravy: 1/4 cup (___g)

Labeled Serving Size Designations

- ❖ Bulk products (e.g., soup, gravy):
 - ❖ household measure closest to reference amount
- ❖ Discrete large unit (e.g., pizza, quiche):
 - ❖ fraction closest to reference amount

Labeled Serving Size Designations

- ❖ Discrete individual units (e.g., sausage, sliced luncheon meat):
 - ❖ $>50\%$ but $<200\%$ of RACC = 1 unit
 - ❖ $<50\%$ RACC = number of units closest to reference amount
 - ❖ >50 but $<67\% = 1$ or 2

Labeled Serving Size Designations

- ❖ If contents are <200% RACC
 - ❖ declare as one serving
- ❖ If RACC is >100 grams and contents are >150 but <200%
 - ❖ may be declared as 1 or 2

Label Serving Size Designations

- ❖ Consumer friendly fractions
 - ❖ $1/2$ $1/3$ $1/4$ $1/5$ $1/6$ and fractions obtained dividing these by 2 or 3
 - ❖ $\textcircled{1/7}$ (not a consumer friendly fraction)
 - ❖ $1/2 \div 2 = 1/4$ $1/4 \div 3 = 1/12$

Label Serving Size Example

- ❖ Soup
 - ❖ RACC = 245 g - Label serving size is in cups
 - ❖ measure 245 g (14.5 fl oz)
 - ❖ the nearest $\frac{1}{4}$ or $\frac{1}{3}$ cup = 14 fl oz = $1\frac{3}{4}$ cup
 - ❖ serving size: $1\frac{3}{4}$ cup (236 g/14 oz)

Label Serving Size Example

- ❖ Jerky
 - ❖ RACC = 30 g
 - ❖ if 2 g pieces: number of pieces closest to 30g
 - ❖ 15 pieces (30 g)
 - ❖ if large piece: size of chunk closest to 30 g
 - ❖ 1 piece (25 g)
 - ❖ If pieces vary by 100% (10g to 20g)
 - ❖ 1 oz (28 g)

Label Serving Size Example

- ❖ Pizza
 - ❖ RACC = 140 g
 - ❖ weight = 24 oz (1-1/2 lb)
 - ❖ $1.5 \times 454 = 681$ g
 - ❖ $681/140 = 4.86$ pieces (or slices)
 - ❖ 4.86 = 5 which is a consumer friendly fraction
 - ❖ $681/5 = 136.2$ g = 136g
 - ❖ serving size: 1/5 pizza (136 g)

Compliance Criteria

- ❖ Class I (Nutrients added in fortification or fabrication of food) (NONE for FSIS)
 - ❖ Class I vitamin, protein, dietary fiber, or potassium = 100% of declared value
- ❖ Class II (naturally occurring nutrients)
 - ❖ Class II vitamin, mineral, protein, total carbohydrate, dietary fiber, other carbohydrate, polyunsaturated or monounsaturated fat, or potassium = at least 80% of declared value
 - ❖ Calories, total fat, saturated fat, cholesterol, sodium, and sugars = no more than 120% of declared value

Choosing a Format

- ❖ Amount of “space available for labeling”
- ❖ Amount of continuous vertical space
- ❖ Dual declaration - “As Packaged” & “As Prepared”
- ❖ Dual declaration - Combination with another food
- ❖ Aggregate declaration - Variety of foods
- ❖ Bilingual declaration - English & another language
- ❖ Food represented as food for children

Full Vertical Format

- ❖ Package has more than 40 square inches of space available for labeling
- ❖ At least 3 continuous vertical inches

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 260	Calories from Fat 120		
<hr/>			
			% Daily Value*
Total Fat 13g			20%
Saturated Fat 5g			25%
Trans Fat 2g			
Cholesterol 30mg			10%
Sodium 660mg			28%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
<hr/>			
Vitamin A 4%	•	Vitamin C 2%	
Calcium 15%	•	Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values 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
Calories per gram:			
Fat 9	•	Carbohydrate 4	•
		Protein 4	

Side-by-Side

- ❖ Full vertical format with footnote on the side (information following vitamin and mineral listing)

Nutrition Facts		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Serving Size 1 cup (228g)		Calories:	2,000 2,500
Servings Per Container 2		Total Fat	Less than 65g 80g
		Sat. Fat	Less than 20g 25g
		Cholesterol	Less than 300mg 300mg
		Sodium	Less than 2400mg 2400mg
		Total Carbohydrate	300g 375g
		Dietary Fiber	25g 30g
Amount Per Serving		Calories per gram:	
Calories 260	Calories from Fat 120	Fat 9 • Carbohydrate 4 • Protein 4	
	% Daily Value*		
Total Fat 13g	20%		
Saturated Fat 5g	25%		
Cholesterol 30 mg	10%		
Sodium 660 mg	28%		
Total Carbohydrate 31g	10%		
Dietary Fiber 0g	0%		
Sugars 0g			
Protein 5g			
Vitamin A 40%	•	Vitamin C 2%	
Calcium 15%	•	Iron 4%	

Full Tabular

- ❖ Insufficient vertical space (less the 3 inches)
- ❖ Foot note is required

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving	% Daily Value*	
Serving Size 2 slices (56g) Servings per container 10	Total Fat 1.5g		2%		Total Carbohydrate 26g		9%
	Saturated Fat 0.5g		3%		Dietary Fiber 2g		8%
	Trans Fat 0.5g				Sugars 1g		
Calories 140	Cholesterol 0mg		0%		Protein 4g		
Calories from Fat 15	Sodium 280mg		12%				
	Vitamin A 0%	Vitamin C 0%	Calcium 6%	Iron 6%			
	Thiamin 15%	Riboflavin 8%	Niacin 10%				

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values 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

Tabular

(Small and Intermediate-Sized Packages)

- ❖ 40 sq. in. or less available for labeling
- ❖ “Nutrition Facts” on any label panel
- ❖ May omit footnotes if another asterisk is placed at the bottom of panel with statement “Percent Daily Values are based on a 2,000 calorie diet”

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
Serving Size 1/8 cup (56g) Servings about 3 Calories 90 Fat Cal. 20	Total Fat 2g	3%	Total Carb. 0g	0%
	Sat. Fat 1g	5%	Fiber 0g	0%
	Trans Fat 0.5g		Sugars 0g	
	Cholest. 10mg	3%	Protein 17g	
	Sodium 200mg	8%		
	*Percent Daily Values (DV) are based on a 2,000 calorie diet			
	Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%			

Shortened Vertical

- ❖ Instead of showing “zeros”, allows nutrients present at insignificant levels to be listed as “Not a significant source of _____”
- ❖ Listed in the order as they would in the regular format
- ❖ “Insignificant is defined in 9 CFR 317.309(f)(1)

Nutrition Facts

Serving Size 1 cup (245g)
Servings Per Container 16

Amount Per Serving

Calories 140 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Sodium 800 mg **33%**

Total Carbohydrate 31g **11%**

Dietary Fiber 4g **16%**

Sugars 0g

Protein 2g

Vitamin A 20% • Vitamin C 4% • Iron 2%

Not a significant source of cholesterol, sugars and calcium.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Simplified Vertical (FSIS)

- ❖ 5 core nutrients must always be listed
- ❖ When nutrients are added or voluntarily declared,
- ❖ Must list “zero” level nutrients, by adding statement “Not a significant source of _____”, (Names of nutrients present at insignificant levels)

Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings per Container 64	
Amount per Serving	
Calories 130	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2g	10%
Polyunsaturated Fat 4g	
Monounsaturated Fat 8g	
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	
Not a significant source of cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium, and iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	

Simplified Vertical (FDA)

- ❖ At least 7 of the designated nutrients are insignificant (calories, total fat, saturated fat, cholesterol, sodium, total carbohydrates, dietary fiber, sugars, protein, vitamin A, vitamin C, calcium, iron)
- ❖ Five core nutrients must always appear

Nutrition Facts	
Serving Size 1 can (360 ml)	
<hr/>	
Amount per Serving	
<hr/>	
Calories 140	
<hr/>	
	% Daily Value*
Total Fat 0g	0%
Sodium 20mg	1%
Total Carbohydrate 36g	12%
<hr/>	
Sugars 36g	
<hr/>	
Protein 0g	
<hr/>	
* Percent Daily Values are based on a 2,000 calorie diet.	

Simplified Tabular (FDA)

❖ May be used on any size package that qualifies for simplified format, when there is insufficient space for vertical simplified format.

Nutrition Facts	Amount /serving	% Daily Value*
Serving Size 1 oz. (28g/about 12 slices)		
Servings Per Container 16		
Calories 20		
* Percent Daily Values are based on a 2,000 calorie diet		
	Total Fat 0g	0%
	Sodium 190mg	8%
	Total Carbohydrate 5g	2%
	Sugars 5g	
	Protein 0g	

❖ Simplified format 5 core nutrients listed; at least 7 insignificant nutrients; voluntarily added or listed nutrients

Note – Trans fat content required

Single-serving

- ❖ Omit “servings per container” and metric declaration of serving size
- ❖ Must be description of container

Nutrition Facts	
Serving Size 1 can (360 ml)	
Amount per Serving	
Calories 140	
	% Daily Value*
Total Fat 0g	0%
Sodium 20mg	1%
Total Carbohydrate 36g	12%
Sugars 36g	
Protein 0g	

* Percent Daily Values are based on a 2,000 calorie diet.

Prepared Foods

- ❖ Vertical format with second column indicating “as consumed”
- ❖ Preparation according to package directions
- ❖ Quantitative amounts needed only for packaged food
- ❖ Omit second column if nutrient values are the same

Nutrition Facts

Serving Size 1/12 package
(44g, about 1/4 cup dry mix)
Servings Per Container 12

Amount Per Serving	Mix	Baked	
Calories	190	280	
Calories from Fat	45	140	
% Daily Value**			
Total Fat 5g*	8%	24%	
Saturated Fat 2g	10%	13%	
Trans Fat 1g			
Cholesterol 0mg	0%	23%	
Sodium 300mg	13%	13%	
Total Carbohydrate 34g	11%	11%	
Dietary Fiber 0g	0%	0%	
Sugars 18g			
Protein 2g			
Vitamin A	0%	0%	
Vitamin C	0%	0%	
Calcium	6%	8%	
Iron	2%	4%	
* Amount in Mix			
** Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values 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

Combined Foods

- ❖ Vertical format with second column indicating nutrients added by combination of foods
- ❖ Quantitative amounts needed only for packaged food

Nutrition Facts			
Serving Size 1 cup (35g)			
Servings Per Container 10			
Amount Per Serving	Cereal	Cereal with 1/2 cup Skim Milk	
Calories	130	170	
Calories from Fat	0	0	
% Daily Value**			
Total Fat 0g*	0%	0%	
Saturated Fat 0g	0%	0%	
Cholesterol 0mg	0%	0%	
Sodium 200mg	8%	11%	
Total Carbohydrate 30g	10%	12%	
Dietary Fiber 4g	16%	16%	
Sugars 18g			
Protein 3g			
Vitamin A	25%	25%	
Vitamin C	25%	25%	
Calcium	0%	15%	
Iron	10%	10%	
* Amount in Cereal. One half cup skim milk contributes an additional 40 calories, 65 mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.			
** Percent Daily Values are based on a 2,000 calorie diet. Your daily values 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
Calories per gram Fat 9 • Carbohydrate 4 • Protein 4			

Variety Pack

- ❖ Vertical format with additional columns indicating nutrients in the other foods
- ❖ Package contains two or more packaged foods
- ❖ Foods are eaten individually
- ❖ Packages used interchangeably

Nutrition Facts	Wheat Squares Sweetened		Corn Flakes Not Sweetened		Mixed Grain Flakes Sweetened	
	(35g)		(19g)		(27g)	
Serving Size 1 Box	1		1		1	
Servings Per Container	1		1		1	
Amount Per Serving						
Calories	120		70		100	
Calories from Fat	0		0		0	
	% Daily Value*		% Daily Value*		% Daily Value*	
Total Fat	0g	0%	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%	0g	0%
Trans Fat	0g		0g		0g	
Cholesterol	0mg	0%	0mg	0%	0mg	0%
Sodium	0mg	0%	200mg	8%	120mg	5%
Potassium	125mg	4%	25mg	1%	30mg	1%
Total Carbohydrate	29g	10%	17g	6%	24g	8%
Dietary Fiber	3g	12%	1g	4%	1g	4%
Sugars	8g		6g		13g	
Protein	4g		1g		1g	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values 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			
Potassium		3,500mg	3,500mg			
Total Carbohydrate		300g	375g			
Dietary Fiber		25g	30g			
Vitamin A	0%		10%		10%	
Vitamin C	0%		15%		90%	
Calcium	0%		0%		0%	
Iron	10%		6%		20%	
Thiamin	30%		15%		20%	
Riboflavin	30%		15%		20%	
Niacin	30%		15%		20%	
Vitamin B6	30%		15%		20%	

Linear

- ❖ Tabular display does not fit on small & intermediate sized packages (must prove)
- ❖ Package shape cannot accommodate the nutrition information placed in columns

Nutrition Facts Serv. Size: 1 package, Amount Per Serving:
Calories 45, Fat Cal. 10, **Total Fat** 1g (2% DV), Sat. Fat 0.5g (3% DV), *Trans* Fat 0.5g,
Cholest. 0mg (0% DV), **Sodium** 50mg (2% DV), **Total Carb.** 6g (3% DV), Fiber 1g
(4% DV), Sugars 4g, **Protein** 1g, Vitamin A (8% DV), Vitamin C (8% DV), Calcium
(0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Bilingual

- ❖ Separate nutrition facts panel may be used, or combined
- ❖ Second language following the English text
- ❖ Numeric characters identical in both languages need not be repeated
- ❖ All required nutrition information must be included in both languages

Nutrition Facts/Datos Nutricional

Serving Size/Tamaño por Ración 1 cup/1 taza (228g)

Servings Per Container/Raciones por Envase 2

Amount Per Serving/Cantidad por Ración

Calories/Calorias 260 Calories from Fat/Calorias de Grasa 120

% Daily Value* / % Valor Diario*

Total Fat/Grasa Total 13g 20%

Saturated Fat/Grasa Saturada 5g 25%

Cholesterol/Colesterol 30mg 10%

Sodium/Sodio 660mg 28%

Total Carbohydrate/Carbohidrato Total 31g 11%

Dietary Fiber/Fibra Dietetica 0g 0%

Sugars/Azucares 5g

Protein/Proteinas 5g

Vitamin/Vitamina A 4% • Vitamin/Vitamina C 2%

Calcium/Calcio 15% • Iron/Hierro 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

* Los valores de los porcentajes Diarios estan basado en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayor o menor dependiendo de sus necesidades calóricas:

	Calories/Calorias:	2,000	2,500
Total Fat/Grasa Total	Less than/Menos de	65g	80g
Sat Fat/Grasa Saturada	Less than/Menos de	20g	25g
Cholesterol/Colesterol	Less than/Menos de	300mg	300mg
Sodium/Sodio	Less than/Menos de	2,400mg	2,400mg
Total Carbohydrate/Carbohidrato Total		300g	375g
Dietary Fiber/Fibra dietetica		25g	30g

Food for Children

(Less than 2 years old)

- ❖ Certain nutrients cannot be listed
- ❖ No %DV listed for several nutrients
- ❖ Two column format - nutrient names & amounts by weight
- ❖ % Daily Value required for protein, vitamins, and minerals

Nutrition Facts

Serving Size 1 jar (140g)

Amount Per Serving

Calories 110

Total Fat 0g

Sodium 10mg

Total Carbohydrate 27g

Dietary Fiber 4g

Sugars 18g

Protein 0g

% Daily Value

Protein 0% • Vitamin A 6%

Vitamin C 45% • Calcium 2%

Iron 2%

Food for Children

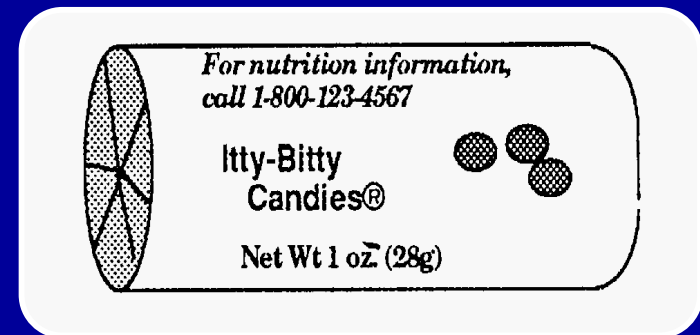
(2 years to 4 years old)

- ❖ Same as “Children under 2 years
- ❖ Calories from fat allowed
- ❖ Saturated fat allowed
- ❖ Cholesterol allowed

Nutrition Facts	
Serving Size 1 jar (140g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	27g
Dietary Fiber	4g
Sugars	18g
Protein	0g
% Daily Value	
Protein 0%	• Vitamin A 6%
Vitamin C 45%	• Calcium 2%
Iron 2%	

“Very Small”

- ❖ Less than 12 sq. in. available for labeling
- ❖ No nutrient content claims or other nutritional information on label
- ❖ Telephone number or address must be stated
- ❖ Type size - no smaller than 6pt (uppercase) or not less than 1/16 inch



Exemptions and Special Labeling

- ❖ Small businesses based on number of employees
- ❖ Low volume food products
- ❖ Products for further processing
- ❖ Products not for sale to consumers
- ❖ Products in small packages, less than ½ ounce
- ❖ Products custom slaughter
- ❖ Products for export

Exemptions and Special Labeling

- ❖ Following products prepared and served or sold at retail
- ❖ RTE products packaged or portioned at retail
- ❖ Multi-ingredient products processed at retail

Exemptions and Special Labeling – Small Business

- ❖ Firm with 500 or fewer employees
- ❖ Individual product produced at 100,000 pounds or less annually
- ❖ All forms of a product are counted toward the 100,000 pounds, e.g., pork sausage, bulk, patties, links, consumer product, HRI product, hot/mild if the same nutrient profile

Exemptions and Special Labeling - Low volume food products

- ❖ Applies only to Nutrition Facts panel
- ❖ No nutritional claims permitted
- ❖ Firms not required to file or file annually for exemption

Differences Between FSIS and FDA

- ❖ FSIS is not under NLEA
- ❖ Small business exemption & no approval/notification for the exemption
- ❖ No required “visual” for serving size declared in ounces
- ❖ Use of simplified format with one nutrient, other than core, declared as “0”
- ❖ FSIS Permits voluntary declaration of “stearic acid” indented under sat fat
- ❖ FSIS has no Class 1 nutrients since we do not permit fortification.