

Nutrition Labeling Fact Sheet

Introduction to nutrition labeling

The 1990 Nutrition Labeling and Education Act was established to provide consumers with accurate information about what is in the food products they are eating. The law provides rules for nutrition labeling that must be followed for all multi-ingredient foods. In 2016, a new Nutrition Facts label was made by the FDA. Clemson can analyze the nutritional content of your food product using a food ingredient database which will then generate a nutrition label with all the necessary information in the correct format. We will send you the label in a format that you can take to a printer and use on your product.

Objective of nutrition labeling

A nutrition label provides information on the ingredients and nutritional make-up of a food including the number of calories, carbohydrate, fat, protein, and a limited number of vitamins and minerals that the food contains.

It provides valuable information for people following specific diet guidelines such as those required for diabetes, heart disease, and high blood pressure. The new label introduced in 2016 was designed to help consumers make better food choices for their health and is based on the most recent scientific data.

Components of a nutrition label

There are three major parts to a nutrition label: the product name including health claims, the ingredient list, and the nutrition facts panel.

The product name and any health claims are present on the front of the packaging. Health claims are closely regulated by the FDA (Food & Drug Administration) and must meet certain criteria. For example, a food that is labeled 'low fat' must not have more than 3 grams of total fat per serving. A food labeled 'reduced fat', however, has different criteria. It is illegal to use these health claims without first ensuring your product meets these specifications.

The ingredient list is a listing of all the ingredients in the recipe of your food product. Ingredients are listed in order of weight with the ingredient present in the most amount/weight listed first.

The nutrition facts panel provides detailed information about the nutritional make-up of the food product. The nutrient amounts listed are based on consumption of one serving of the food product, making 'serving size' a key factor in the interpretation of the information.

Changes to the nutrition facts label

There are many important changes to the new Nutrition Facts panel that was released in 2016. The label remains the same visually for the most part, but many of the details have been changed.

One of the first changes you will notice is the increase in the font size of Calories, servings per container, and Serving size. Along with the increase in font size, the font has been bolded for the declaration of

Calories and Serving size. The footnote has also changed to provide a better explanation of the concept of “Daily Value.”

Along with the overall visual changes, there are many changes to the breakdown of the nutrient composition section of the label. A new line under the Total Carbohydrate heading was added to include the declaration of added sugars will be required. The calories from fat information has been removed from the label all together. The vitamin and mineral information has been updated to require the actual amounts of each of vitamin D, potassium, calcium, and iron. The old version of the label required vitamins A and C be on the label, but they are no longer required. Nutrients that are not required on the label can be included if desired. Using new scientific evidence, the Daily Values have been tweaked to better represent the new Dietary Guidelines for Americans that was published in 2015.

Manufacturers are now required to declare serving sizes based on what a person would actually eat in one sitting. An example, ice cream now has a referenced serving size of 2/3 cup instead of its previous reference of 1/2 cup. Some specific products that can be eaten in one sitting or in multiple sittings will require a dual column label, which represents both the nutrition of the product if eaten in one sitting and the nutrition of the product per intended serving.

Compliance for the new label

The new label is required for manufacturers that have \$10 million or more in annual food sales by July 26, 2018. Those with annual food sales of less than \$10 million will have until July 26 of 2019 to adopt the new label.

Comparing the old label and the new label

	Old Label	New Label																													
Eliminated	 <p>Nutrition Facts Serving Size 2/3 cup (55g) Servings Per Container About 8</p> <p>Amount Per Serving</p> <p>Calories 230 Calories from Fat 72</p> <hr/> <p>% Daily Value*</p> <p>Total Fat 8g 12% Saturated Fat 1g 5% <i>Trans Fat</i> 0g</p> <p>Cholesterol 0mg 0% Sodium 160mg 7%</p> <p>Total Carbohydrate 37g 12% Dietary Fiber 4g 16% Sugars 1g</p> <p>Protein 3g</p> <hr/> <p>Vitamin A 10% Vitamin C 8% Calcium 20% Iron 45%</p> <p><small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.</small></p> <table border="1"> <thead> <tr> <th></th> <th>Calories:</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>		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	 <p>Nutrition Facts 8 servings per container Serving size 2/3 cup (55g)</p> <hr/> <p>Amount per serving</p> <p>Calories 230</p> <hr/> <p>% Daily Value*</p> <p>Total Fat 8g 10% Saturated Fat 1g 5% <i>Trans Fat</i> 0g</p> <p>Cholesterol 0mg 0% Sodium 160mg 7%</p> <p>Total Carbohydrate 37g 13% Dietary Fiber 4g 14% Total Sugars 12g Includes 10g Added Sugars 20%</p> <p>Protein 3g</p> <hr/> <p>Vitamin D 2mcg 10% Calcium 260mg 20% Iron 8mg 45% Potassium 235mg 6%</p> <p><small>* 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.</small></p>	Larger, bolded font
	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																												
Vitamins A			Updated daily																												
			Actual amounts and																												

Requesting nutrition labeling

If you have requested product testing from Clemson University by completing the 'Product Testing and Nutrition Labeling Request Form', we have the information needed to generate a food label for you.

This form can be downloaded from the Food2Market website at:

<https://www.clemson.edu/extension/food/food2market/index.html>

You must make sure to check the 'Nutrition Label' box and complete the form in its entirety to have nutritional analysis completed. The cost is \$100 for South Carolina residents. See product testing form for lab closure dates.

Mail the completed "Product Testing and Nutrition Labeling Request Form" and check made payable to "Clemson University" to:

Clemson University

c/o Dr. Julie Northcutt; Product Testing Laboratory

Department of Food, Nutrition and Packaging Science 223

Poole Agricultural Center

P.O. Box 340316

Clemson, SC 29634-0316

*Note: UPS, post office, and/or FedEx sometimes question this address. Please tell them to send the package to the address above exactly as listed. It will get to the correct location by using this address. Packages must include Dr. Julie Northcutt's name as listed above. If not included, we cannot ensure that samples will be tested in a timely manner.

** We now accept major national credit cards! Please see our website Food2Market | College of Agriculture, Forestry and Life Sciences | Clemson University, South Carolina for details. There is a 3% convenience fee for this service. **

Please allow a minimum of four (4) weeks for the label to be returned.

Your label will be sent to you via e-mail by default or to the address provided on the 'Product Testing and Nutrition Labeling Form'.

Interpreting your results

It is important to note that Clemson does not actually print labels for you, but we provide the nutrition label to you in a computer file or by mail that can be sent to a printer. The file will be saved as an Adobe PDF which is typically the format requested by print shops.

You are advised not to make specific health claims on your food product until you have consulted with officials from the FDA to ensure your product meets the necessary standards.

Reference:

Food and Drug Administration (FDA). 2017. Changes to the nutrition facts label. Silver Spring MD: U.S. Food and Drug Administration. Available from: www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm

Parisi¹, M. A., E. L. Steinberg², and J. K. Northcutt³. 2012. Product testing and nutrition labeling factsheets. Prepared for the Department of Food, Nutrition and Packaging Sciences, Clemson University. ¹Assistant Professor, Winthrop University, Rock Hill, SC and Adjunct Assistant Professor, Clemson University; ²Graduate Research Assistant, Clemson University; ³Professor, Clemson University.