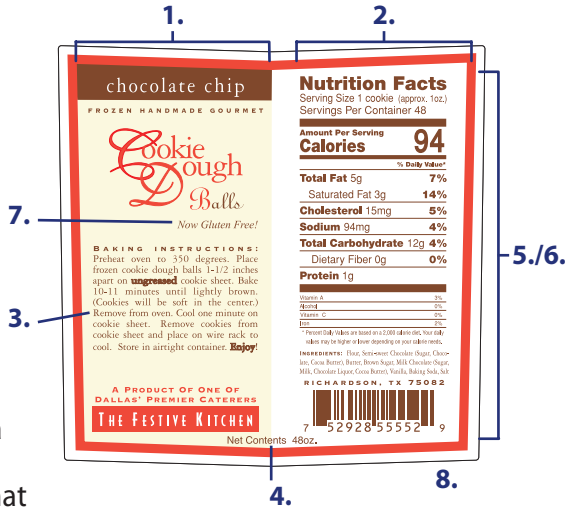
# 8 Ingredients That Make Up the FDA's Proposed Changes to Food Labeling

SixB Labels began in 1979 with a focus on simplifying clients' labeling processes. A part of that support is making clients aware of necessary labeling regulations.*

After twenty years of use, a number of changes have been proposed to the current Food and Drug Administration (FDA) Nutrition Facts label. Here is a look at the most important elements of those changes. These new features* were originally designed to go into effect for most companies by July 26, 2018, and no later than 2019 for companies with less than 10 million in annual food sales.

The FDA recently announced that these new label requirements have been put **on hold** for an unspecified amount of time. In addition, there may still be alterations made to the proposed changes. If any or all of these new label requirements are put into effect, however, they will significantly impact both the labeling and the food industries.

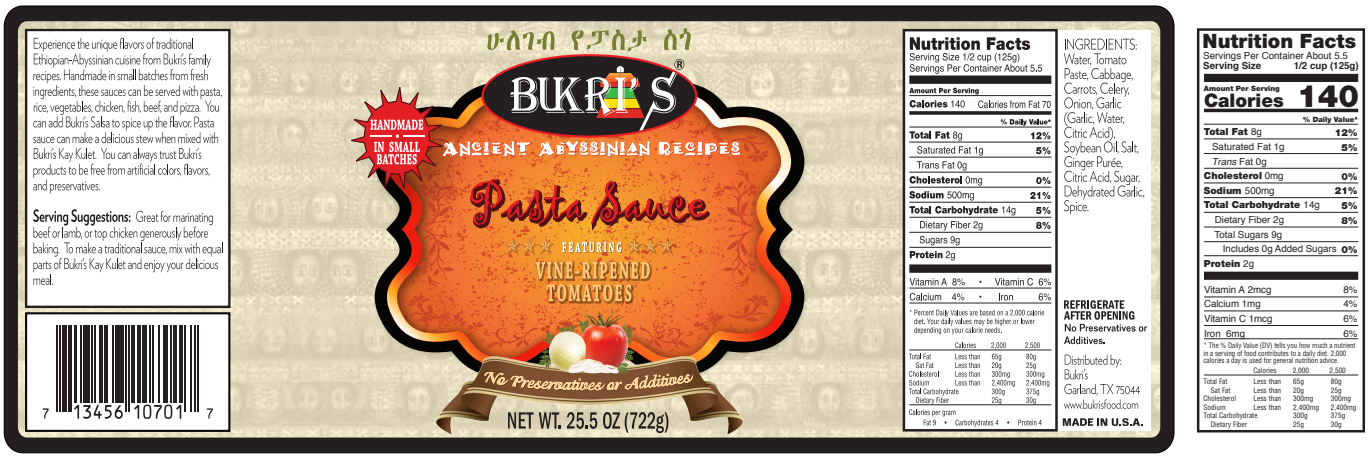



1. **Principle Display Panel (PDP)** - the part of a label that is most likely to be displayed, presented, shown, or examined under customary conditions of display for retail sale - must contain the Product Identity and the Net Weight Statement.

2. **Nutritional Facts, Ingredients, Allergen Statements and Manufacturer Information** must be kept on the right side of the label. The Barcode placement, however, is flexible for either side of the label.

3. **Preferred Type Size** is 1/16" or more for the lowercase "o" in any word. Some packaging will obviously need smaller type. Typeface Preferences, on the other hand, are flexible. The FDA uses Helvetica typeface for its example label, but does not require any specific typefaces for the Nutrition Facts label. However, it would require that a food label present its information in a single, easy-to-read type style. In addition, in the United States, certain information must be listed in the English language, per the direction of the FDA and the USDA.

**PREVIOUS VERSION** **COMPLIANT VERSION**




*Sample shown above is an all-in-one label. Another option is to do a multi-color front label and then a one-color back label for barcode, ingredients, etc.*

4. **Net Wt. and Net Contents:** The Net Weight must be in the bottom 30% of the PDP. The height of the panel, multiplied by 0.30", will need to be equal to the bottom 30% in inches. The Net Contents should be expressed in both metric terms (grams, kilograms, milliliters, and liters) as well as in the U.S. Customary System (ounces, pounds, fluid ounces) terms, as shown in the above label. Minimum point size for the statement should be no less than 1/16" high, when measuring the lowercase "o". A large package (over 400 square inches) would be required to have 1/2" type for the Net Weight statement. For more info on the height of type, refer to the www.FDA.gov website.

5. **Nutritional Panel** can be either vertical or horizontal. It must show the total calorie count in enlarged bold type, and on a separate line, list any added sugars. In addition, the actual amounts of certain nutrients, including Vitamin D, Potassium, Sodium, and Fiber, must be declared, to reflect the latest nutritional guidelines, which would change the percent daily values for many different foods as well.

6. **Nutrition Facts:** These specific alterations would be at least in part a response to the perception that consumers both want and need better, clearer guidelines for shopping and food choices. The most significant of these modifications include such elements as:

   a. **How serving sizes are presented.** The FDA wants to change how serving sizes are shown, realistically to reflect how buyers consume their food and beverages. The goal is to label any packaged foods and drinks normally eaten at a sitting as a single serving. The number of calories and the nutritional information would be given for the entire package or bottle. So, for example, both an 8-ounce and a 12-ounce package of chips would be designated as a single serving, even though they are of different sizes.

   b. **How calorie counts are presented.** The total count of calories would now need to stand out with a greatly enlarged type size, to meet the FDA's concern about the growing incidence of obesity in the United States. The labels for any package large enough to be consumed in more than one sitting would need to show two side by side columns, with nutrient and calorie information both "per serving" and "per package", to show consumers the real calorie counts and nutrients if the entire amount of product is eaten at one time, which people tend to do.

**Nutrition Facts**

Servings Per ContainerAbout 5.5
**Serving Size** **1/2 cup (125g)**

**Calories** **140**

* 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.

| Amount/Serving | % DV* | Amount/Serving | % DV* |
|---|---|---|---|
| **Total Fat** 8g | **12%** | **Total Carb.** 14g | **0%** |
| Sat. Fat 1g | **13%** | Dietary Fiber 2g | **8%** |
| **Cholest.** 0mg | **4%** | Total Sugars 9g | |
| | | Includes 0g Added Sugars | **0%** |
| **Sodium** 500mg | **21%** | **Protein** 0g | |

Vitamin A 2mcg 8% • Vitamin C 1mcg 6% • Calcium 1mg 4% • Iron 6mg 6%

   c. **How the amounts of sugar are presented.** Sugars such as table sugar or high-fructose corn syrup would need to be shown on a separate line, not simply added into the total sugar count, and be measured both in grams and as a percent daily value, to assist consumers in reducing the amount of processed sugars in their diets.

   d. **How nutrient information is presented.** The new 2015-2020 Dietary Guidelines for Americans, as well as the newest Institute of Medicine nutritional recommendations, have been taken into consideration in creating these new label requirements.

**Nutrition Facts**

2 servings per container
**Serving size** **1 cup (255g)**

| | Per serving | | Per container | |
|---|---|---|---|---|
| **Calories** | **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.

According to these new Dietary Guidelines, the percent daily values for nutrients including Sodium, Dietary Fiber, Potassium and Vitamin D would have to change. For example, the percent daily maximum value of Sodium would be reduced from 2,400 to 2,300 mg, which would affect the percent daily value for a food or beverage serving containing Sodium. Another example: the current recommendation for Fiber would be raised from 25 to 28 grams per day, which also impacts the percent daily value for this nutrient. Potassium and Vitamin D would need to be shown in grams as well as a percent daily value, to address the concern that people are not consuming enough of these nutrients. By the same token, the FDA has decided that due to supplementation, Vitamin C and A deficiencies are now so uncommon that it is no longer necessary to list their presence.

"Calories from Fat" would also be eliminated; the FDA has decided that the type of fat in a food is more important than the amount. Other fat categories, however, including "Total Fat," to include "Saturated Fat" and "Trans Fat," would need to remain. Product labels showing less than 0.5 fat grams would need to round up the amount to 0.5. In addition, the percent daily value, based on a 2000 calorie diet, would still need to appear, but in a more simplified format.

7. **Qualified Health Claims**, e.g., Low Fat, Low Cholesterol, Gluten Free or Genetically Modified Organism, would now be qualified only through a set of strict FDA guidelines. SixB Labels could offer assistance with the format, but not the content, of such claims.

8. **Exceptions:** These proposed alterations were intended to cover all packaged food and beverage products, with the exception of the products regulated by the U.S. Department of Agriculture's Food Safety and Inspection Service. These include certain meat, poultry, and processed egg products, which would not be affected by these new label requirements.

Under the Regulatory Flexibility Act, the FDA is required to analyze various regulatory options to help minimize any significant impact of regulations on small entities. This analysis has led to the conclusion that the additional costs of compliance to new FDA nutritional labeling guidelines would be far from minimal—the proposed rules would have a significant impact, especially on small businesses.

The new regulations could potentially increase costs or present potential business losses in multiple areas:

1. **New record keeping requirements:** Under certain circumstances, food and beverage manufacturers would be required to make and keep records that would verify label declarations for amounts of added Sugars, Fibers (including dietary, soluble, and insoluble,) Vitamin E, and Folate/Folic acid. These records would need to be provided upon request of the FDA, during inspection, for official review and photocopying or other types of reproduction.
2. **Product reformulations,** both to come into compliance with new regulations and to reformulate those products made to appear less attractive to consumers under the provisions of the new rules.
3. **Label changes,** to include:
   a. **Minor label changes** (a one-color printing plate change, not a full label redesign) could include net quantity statement, minimal changes to an ingredient list, or the addition of a toll-free number.
   b. **Major label changes,** which could be anything from a product name change, to the addition of a Nutrition or Supplement Facts panel, to substantially changing to or even entirely eliminating a health claim.

*For any further questions on the above information or general inquiries about the proposed FDA Nutrition Label changes, refer to the **www.fda.gov/Food/GuidanceRegulation** website.*


SixB Labels excels in producing functional and aesthetic food labels. We would like to put our resources to work for you and your business. Whether you are planning to change your current food labels or create new ones, here are some ways we could join you on that journey!

- ✔ Complimentary Phone Consultation + Project Quote
- ✔ Various Labels, Printers and Software Bundling Options
- ✔ Comparable Food Label Samples

**SixB Labels Corporation provides this quick reference for our clients and is not responsible for any errors. Please direct all questions to **www.FDA.gov***