LABELING GUIDANCE

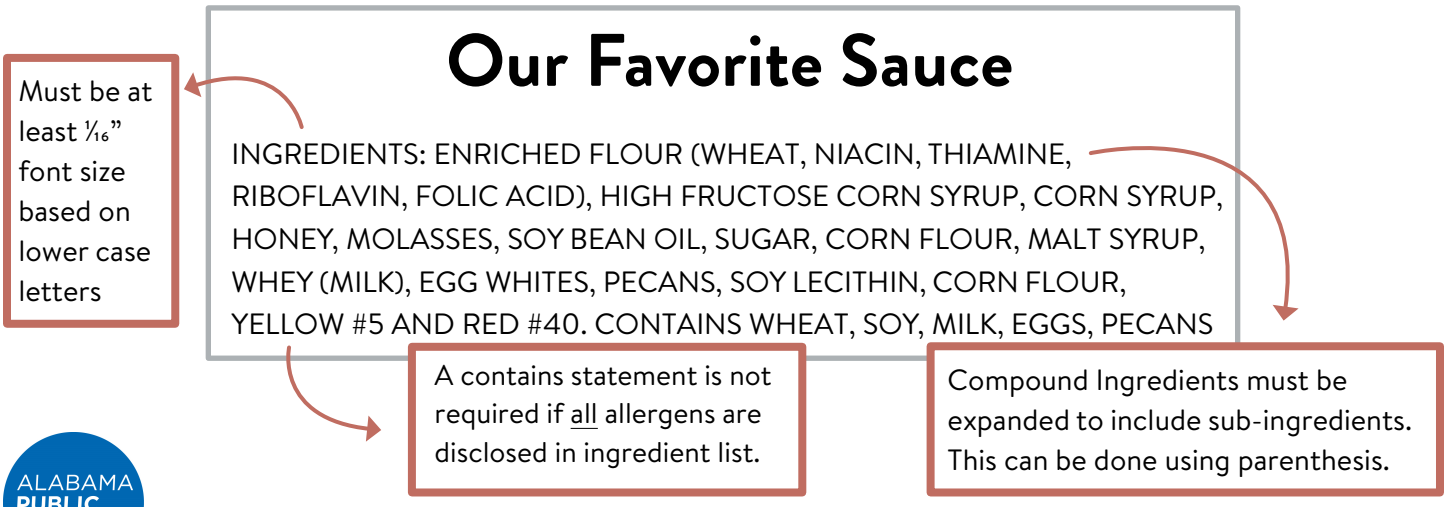
Basic Label Requirements of the Fair Packaging and Labeling Act (FPLA), Food Allergen and Consumer Protection Act (FALCPA), and the Nutritional Labeling Act (NLEA).

1. **Statement of Identity (Product Name)** must be in **BOLD** print, and type size *must* be at least ½ size of most prominent print on label. The statement of identity must be placed on **Principal Display Panel** (PDP, front of product) along with the net contents.



2. Complete **Ingredients List** in **descending order** of predominance by weight. The ingredient that weighs the most must be listed first and the ingredient that weighs the least last. All sub-ingredients must be expanded. Font size must be at least **1/16 inch** (based on lower case letters).

   Food Allergen Labeling and Consumer Protection Act – Allergens must be disclosed by name in the ingredient list and/or in a Contains Statement. The "Big 9" allergens identified by FDA are **Wheat, Egg, Soy, Milk, Fin Fish (species), Crustacean Shellfish (species), Peanut, Tree Nut (species), and Sesame.** If a Contains Statement is used, **ALL** allergens contained in product must be listed. The ingredient list and contains statement must be in same font and size. Contains must appear after ingredient list and must begin with capital "C".



ALABAMA PUBLIC HEALTH

LABELING GUIDANCE

3. **Name and address** of the manufacturer or distributor must appear along with the manufacturer's name & physical address (front or back label). The address must include a street address (if the business name is not in a local phone directory), city or town, state, and zip code. A qualifying phrase like "*manufactured for*" or "*distributed by*" must appear before business name if the company is not the original manufacturer.



4. **Net Contents** *must* be placed in the bottom ⅓ of the **Principle Display Panel (PDP)** in both **customary** (pound, ounce, fluid ounce, etc.) and **metric** (kilogram, gram, milliliter, etc.) measurements, and must meet minimum font size requirements based on the area of the principle display panel.

How to calculate PDP:
The width × height of the package face or height × circumference × 0.40 for a cylinder container (i.e. bottle, jar, can).

MINIMUM FONT SIZE (INCHES)		AREA OF PRINCIPLE DISPLAY PANEL
NET WT	1/16	5 sq in or less
NET WT	1/8	25 sq in or less
NET WT	3/16	25 – 100 sq in
NET WT	1/4	100 – 400 sq in

LABELING GUIDANCE

Our Favorite Sauce

INGREDIENTS: ENRICHED FLOUR (WHEAT, NIACIN, THIAMINE, RIBOFLAVIN, FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, HONEY, MOLASSES, SOY BEAN OIL, SUGAR, CORN FLOUR, MALT SYRUP, WHEY (MILK), EGG WHITES, PECANS, SOY LECITHIN, CORN FLOUR, YELLOW #5 AND RED #40. CONTAINS WHEAT, SOY, MILK, EGGS, PECANS

Manufactured for New Product Enterprises
123 Sunshine Dr.
Montgomery, AL 36104

NET WT. 20 OZ (576g)

Net content can also be by volume, ex. 20 FL OZ. (591 ML).

Font size is based on area of Principal Display Panel (not size of label). NET WT. must appear in the bottom ⅓ of the PDP.

LABEL FORMAT EXAMPLES

2 LABEL FORMAT
(FRONT AND BACK)

FRONT LABEL

Our Favorite Sauce

NET WT. 20 OZ (576g)

BACK LABEL

INGREDIENTS: ENRICHED FLOUR (WHEAT, NIACIN, THIAMINE, RIBOFLAVIN, FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, HONEY, MOLASSES, SOY BEAN OIL, SUGAR, CORN FLOUR, MALT SYRUP, WHEY (MILK), EGG WHITES, PECANS, SOY LECITHIN, CORN FLOUR, YELLOW #5 AND RED #40.

Manufactured for New Product Enterprises
123 Sunshine Dr.
Montgomery, AL 36104

LABEL FORMAT EXAMPLES

SINGLE WRAP AROUND LABEL

Other company or product information

Our Favorite Sauce

Required if firms have 100+ employees and/or sales over 100,000 units in a 12 month period.

NUTRITION FACTS

INGREDIENTS: ENRICHED FLOUR (WHEAT, NIACIN, THIAMINE, RIBOFLAVIN, FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, HONEY, MOLASSES, SOY BEAN OIL, SUGAR, CORN FLOUR, MALT SYRUP, WHEY (MILK), EGG WHITES, PECANS, SOY LECITHIN, CORN FLOUR, YELLOW #5 AND RED #40.

Manufactured for New Product Enterprises
123 Sunshine Dr.
Montgomery, AL 36104

NET WT. 20 OZ (576g)

- Nutrition Facts Paneling is required unless granted exemption by the FDA.
- Nutrition Facts panel requirements should follow specific Nutrition Labeling and Education Act (NLEA) and 21 CFR 101.9 Requirements.
- A Nutrition Fact panel is required for firms with 100+ employees and/or sales over 100,000 units in a 12 month period. May need to register with FDA.
- On May 20, 2016, the FDA announced the new Nutrition Facts label for packaged foods to reflect new scientific information. Manufacturers were required to use the new label by January 2020.

LABELING FORMAT EXAMPLES

PREVIOUS FORMAT

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 FORMAT

Nutrition Facts

1 8 servings per container
Serving size **2/3 cup (55g)**

2 **Amount per serving**
Calories **230**

	% Daily Value*
3 **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	
4 Includes 10g Added Sugars	**20%**
Protein 3g	
5 Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

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.

Manufacturers were required to use the new label by January 2020, and small businesses had an additional year to comply. During that transition time, both the previous Nutrition Facts label or the new current label were seen on products.

Please submit proof of labels to be reviewed by ADPH **prior to printing** and use for compliance with state and federal labeling laws. Products with labels that are not in compliance with the Food Allergen Labeling Consumer Protection Act (FALCPA) are subject to a stop sale.

The New and Improved Nutrition Facts Label – Key Changes

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

1. Servings

The number of "servings per container" and the "Serving Size" declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously ½ cup and now is ¾ cup.

There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

2. Calories

"Calories" is now larger and bolder.

3. Fats

"Calories from Fat" has been removed because research shows the type of fat consumed is more important than the amount.

4. Added Sugars

"Added Sugars" in grams and as a percent Daily Value (%DV) is now required on the label. "Added Sugars" include sugars that have been added during the processing or packaging of a food. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

5. Nutrients

The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount in grams in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

6. Footnote

The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

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%**
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

1 8 servings per container
Serving size **2/3 cup (55g)**

2 **Amount per serving**
Calories **230**

	% Daily Value*
3 **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	
4 Includes 10g Added Sugars	**20%**
Protein 3g	
5 Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

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.

Manufacturers were required to use the new label by January 2020, and small businesses had an additional year to comply. During that transition time, both the original Nutrition Facts label or the new current label were seen on products.

July 2016

For more information about the new Nutrition Facts label, visit:
www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm