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**Note:** If a statement of fact related to a nutrient is made outside the Nutrition Facts Label for a product that exceeds threshold levels of total fat, saturated fat, cholesterol and sodium, then the disclosure statement “See Nutrition Information for [name of nutrient] Content” is required.

**7. What are the regulations in the U.S. for labeling snack foods as “low carb?”**

Despite being on the regulatory agenda over decade ago, FDA has still not defined nutrient content claims for carbohydrates. Therefore, it remains not allowable to use the words “free” or “low” (or their synonyms) to describe carbohydrate levels. For example, no carbs, carb free and low carb are unauthorized nutrient content claims and are not permissible.

“Xg carbs per serving” is allowed as a statement of fact as long as it is simply a repeat of information from the Nutrition Facts Label and does not include qualifying language. For example, “Just 3g carbs per serving” or “Only 3g carbs per serving” implies that the level is low and is therefore not permitted.

**8. Does a product need to be made of 100% whole grain to be labeled as “whole grain” or does it just need to have a certain percentage?**

FDA specifies that a product labeled “whole grain” be made from 100% whole grain ingredients. This is based on the 2006 Draft Guidance for Industry in which FDA asserts that products labeled with “100 percent whole grain” not contain grain ingredients other than those the Agency considers to be whole grains (contains all the parts of the grain, i.e., the bran, endosperm and germ). For example, bread labeled as “whole grain” or “whole wheat” can only be labeled as such when it is made entirely from whole grain flour or whole wheat flour, respectively.

As an alternative to a simple whole grain claim, manufacturers can make a factual statement about the level of whole grain in a product (e.g., 10 grams of whole grain per serving). This type of statement can be used even when less than 100% of grains in a product are whole.

**9. I plan on distributing a jarred tomato sauce to my friends, family and through a farmer’s market. I want to label it as “All Natural.” However, the bulk tomato sauce I buy has some preservatives added to extend the shelf life. Must I include the preservatives on my label even though I cook it for hours?**

Yes, if preservatives are used in a product or as a sub-ingredient of another ingredient, they must be declared on the label. Therefore, if you want to have an all natural product, you will need to source a bulk tomato product that does not contain preservatives.