

FDA Nutrition Facts Label Webinar Series

Webinar Series Part 3: Best Practices

ESHA Research

September 13, 2016



About ESHA Research

ESHA Research was established in 1981 with the goal of providing nutrition database solutions for the food industry.

Our Solutions Include

- Food Formulation & Labeling Software
- Restaurant Menu Analysis & Labeling Software
- Supplement Formulation & Labeling Software
- Nutrition & Diet Analysis Software
- Consulting Services

Genesis R&D

Food Analysis & Labeling Software

- Released in 1991
- Pre & Post 2016 Label formats
- Product Development
- Menu Analysis
- Nutrient Analysis
- Nutrient Search
- Reporting Features
- Audit Trails
- Labeling & Compliance
 - Allergen Statements
 - Ingredient Statements
 - Nutrient Content Claims



Genesis R&D Training

Genesis Professional Training - October 24-25, 2016, Anaheim, CA

This training session will cover the essentials of Genesis R&D including creating ingredients and recipes/formulas, reporting, best practices, and basic labeling features.

Advanced Genesis Workshop – December 1-2, 2016, Anaheim, CA

This workshop session will cover advanced topics in detail such as the due diligence process and documentation, ingredient and recipe management, advanced label topics, allergen statements, nutrient content claims, and more.

For more information including cost and availability, please contact our training coordinator by phone at 503-585-6242 or by email at **training@esha.com**.



Upcoming Webinars

Creating US Supplement Facts Labels Using Genesis R&D Supplement Software September 20, 2016

During this 30 minute webinar, we will provide an overview of the new Genesis R&D Supplement Formulation & Labeling software program, including how to add ingredients, create formulas, and generate a Supplement Facts label.

To register or view archived webinars please visit: www.esha.com/news-events/webinars



Agenda

During this 45 minute webinar we will cover:

- Regulations Timeline
- Transitioning from Old to New
- Reviewing Required Nutrients
- Documentation
- Q&A

Timeline for Compliance

- The compliance date for the updated Nutrition Facts labels will be **July 26, 2018**, for companies with more than 10 million dollars in annual food sales

OR

- **July 26, 2019**, for companies with less than 10 million dollars in annual food sales.

1990 NLEA & 2016 NLEA

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

Nutrition Facts	
8 servings per container Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
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	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.	

Note: Both the preexisting and new label formats will be available in Genesis as we transition through the compliance date timelines. The format options will include the appropriate regulations for both. Be mindful with your labeling and remember, our Support team is on hand to help you out.

DOCUMENT!!

Best Practices

DOCUMENT!!

1. Open old label
2. Check spreadsheet
3. Associate correct nutrients to view
4. Look for missing values
5. Go into recipe and open individual ingredients
6. Decide if dietary fiber is considered beneficial
7. Document if any “other fiber” is added, if not populate with zero

Best Practices Cnt.

8. Decide if some of the sugar in the ingredient may be considered added sugar.
9. Check your spec sheets & ingredient statements to look for added sugar ingredients
10. Check Vit D & Potassium
11. Make manual conversions if necessary
12. Ask suppliers for more info or testing when needed.
13. Lastly Did the RACC change?
14. Are you making a nutrient content claim?

Documentation

- As a prudent manufacturer documentation is and has always been a great standard to strive for.
- Now more than ever with the new label requirements food manufactures are being asked to keep track of how they arrived at their nutritional information.
- Documentation examples: analyses of nutrient databases, recipes or formulations, batch records or any other records that contain the required information to verify the nutrient content of the final product.

Documentation

When there is not a test available to decipher sources of the following, documentation is required:

- Beneficial vs. non beneficial dietary fiber or a combo (including soluble and insoluble)
- Total vs added sugar or a combo (especially when added sugars are subject to non-enzymatic browning and/or fermentation)
- Folate (when a food product contains both folate and folic acid)
- Vitamin E (when a food product contains both RRR- α -tocopherol and all rac- α -tocopherol acetate)

Questions?

Contact Us!

Phone: 503-585-6242

Email: sales@esha.com

Helpful Resources

LinkedIn: bit.ly/ESHA-LinkedIn

Blog: www.esha.com/blog

eNewsletter: www.esha.com/esha-enewsletter

