



**WEBINAR**



# **Tracking and Disclosing Sulfites Using Genesis R&D Foods**

**Presented by ESHA Research**

Wednesday, October 14, 2020

11:00 AM PDT | 1:00 PM CDT | 2:00 PM EDT



# ESHA Research

ESHA Research was established in 1981 as one of the very first nutrition software solutions. Today, ESHA's suite of nutritional software products, services, and databases are recognized as the industry's top choice for food and supplement formulation, recipe development, labeling, nutritional analysis, and regulatory compliance.

## ESHA Solutions

- Genesis R&D<sup>®</sup> Food Formulation
- Genesis R&D<sup>®</sup> Supplement Formulation
- Food Processor<sup>®</sup> Nutrition & Diet Analysis
- Consulting Services

Our mission is to help remove the complexity of product development and regulatory compliance for the food, beverage, and supplement industries through software, services, and nutritional databases.



# Genesis R&D Foods

Genesis R&D Foods, first released in 1991, is designed to help users manage processes, overcome industry challenges, and meet federal requirements. Industry professionals use Genesis R&D for quick and accurate nutrient evaluation, virtual product development, nutrition labeling, and regulatory compliance.

- Product Development
- Formulation Analysis
- Menu Analysis
- Reporting
- Regulatory Compliance



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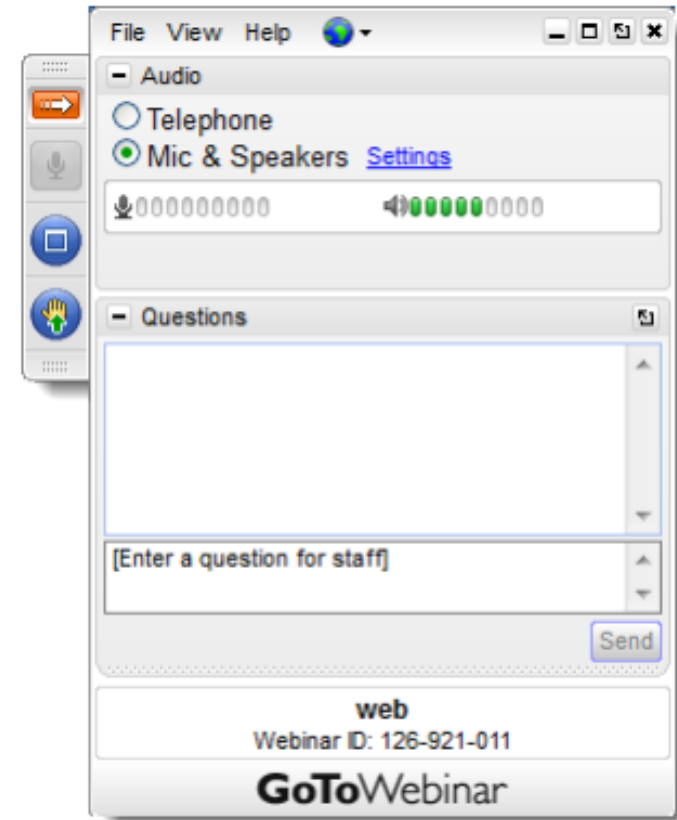
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WEBINAR



# What we'll cover today

- Sulfites Declaration Requirements
- Sulfites Reporting
- Tracking Sulfites in Genesis R&D
- Q&A





# Sulfites in Foods


- Some foods naturally contain sulfites
- For some foods, sulfiting agents are added to retain color, freshness, or other preservative effects
- Foods commonly containing sulfites and sulfiting agents
  - Processed meats or seafoods
  - Fermented, cured, or pickled foods
  - Dried foods
  - Vinegar and wine



# Labeling Requirements

- Sulfites must be declared when
  - Present in the finished food at  $\geq 10$  ppm
  - Sulfiting agents are used as ingredients in the food
  - Sulfiting agents present in ingredients in the finished food\*
- Sulfites are declared on the product package
  - Individual sulfiting agents declared within the Ingredient List
  - Sulfites may or must be declared as an additional “contains” statement
- Sulfites are *not* declared within the Nutrition Facts panel

\*unless exempt due to defined threshold or incidental amounts



Ingredients: SUGAR, COCONUT (SODIUM METABISULFITE), WATER, VEGETABLE SHORTENING (PALM OIL), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, PECANS. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: MODIFIED FOOD STARCH (CORN), SALT, POLYSORBATE 60, CARAMEL COLOR, SORBIC ACID, SOY LECITHIN, AGAR, ARTIFICIAL FLAVOR, PROPYL GALLATE (ANTIOXIDANT).

Ingredients: Balsamic Vinegar  
Contains Sulfites. Acidity 6%.





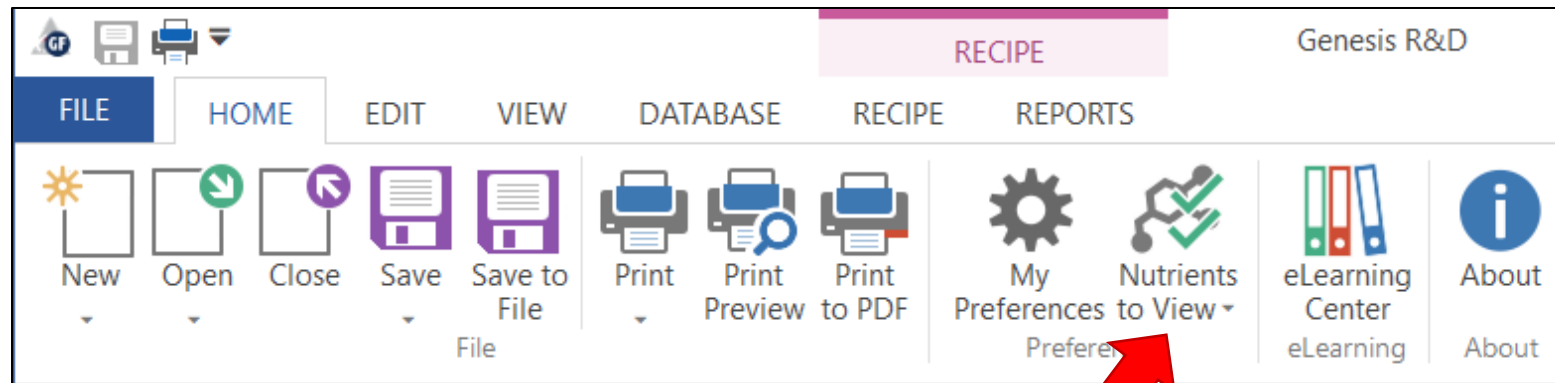
# Sulfites – Regulatory References

CFR §101.100(a)(4), §130.9, and FSIS:

- Sulfites have a defined detectable amount of  $\geq 10$  ppm
- Specific name of additive (e.g. sodium bisulfite) must be declared when added to food
  - *Sulfur dioxide*
  - *Sodium sulfite*
  - *Sodium bisulfite*
  - *Potassium bisulfite*
  - *Sodium metabisulfite*
  - *Potassium metabisulfite*
- A sulfiting agent or combination of sulfiting agents must be declared for 130.9
- Both naturally occurring sulfites and added sulfiting agents are detected when tested
- USDA – FSIS: if a packaged product is made up of separate components, e.g. parts of a meal, and one of the separate components contains  $\geq 10$  ppm, then sulfiting agents must be declared



# Nutrients to View



- Label - US 2016 Mandatory and Sulfites
- Label - US 2016 All – updated to include Sulfites



# Sulfites – Viewing and Reporting on the Ingredient Screen

View sulfites information in the Ingredient record, the Recipe view, and on reports

Ingredient: raisins, seedless, golden with sulfites

Selected Nutrients to View: Label - US 2016 Mandatory and Sulfites  
\*%DV based on US Label 2016 standards.  
Nutrient values based on 100.000 grams

Nutrients	Value	% DV*
Basic Components		
Calories (kcal)	302.00	
Fat (g)	0.46	0.59
Calories from SatFat (kcal)	1.36	
Trans Fatty Acid (g)	0	
Cholesterol (mg)	0	0
Carbohydrates (g)	79.52	28.92
Dietary Fiber (2016) (g)	4.00	14.29
Total Sugars (g)	59.19	
Added Sugar (g)	0	0
Protein (g)	3.39	6.78
Vitamins		
Vitamin D - mcg (mcg)	0	0
Minerals		
Sodium (mg)	12.00	0.52
Calcium (mg)	53.00	4.08
Iron (mg)	1.79	9.94
Potassium (mg)	746.00	15.87
Other Nutrients		
Sulfites - ppm (ppm)	100.00	
Sulfites - mg (mg)	10.00	

Show All Nutrients    Alphabetize Nutrients    Auto Calculations

Decimal Places: 2



# View Sulfites on the Recipe Screen

Recipe: Webinar Bar Sulfites

Search  [Number of Servings: 18.8 \(40 g per serving\)](#)  
Weight: 752.02 g [Cost:](#)  
[Advanced Search...](#)

Item Name	Quantity	Measure	ESHA Code	Total Weight (g)	Gov. Code	Product	Sulfites-... (ppm)	Sulfites-... (mg)
oatmeal, instant, plain, dry, fortified	288	Gram	90075	288.00	8122	USDA	--	--
water, municipal tap	71.04	Gram	20041	71.04	14429	USDA	--	--
flaxseeds, ground	14	Gram	41453	14.00	12220	USDA	--	--
chia seeds, dried	42	Gram	4610	42.00	12006	USDA	--	--
hemp seeds, hulled	20	Gram	89981	20.00	12012	USDA	--	--
baking powder, double acting, straight phosphate	2.3	Gram	28046	2.30	18370	USDA	--	--
baking soda	2.3	Gram	28003	2.30	18372	USDA	--	--
salt, table	1.5	Gram	26014	1.50	2047	USDA	--	--
syrup, agave	165.6	Gram	52654	165.60	19912	USDA	--	--
oil, coconut	65.28	Gram	8037	65.28	4047	USDA	--	--
raisins, seedless, golden with sulfites	80	Gram		80.00		USDA	50.00	4.00



# Reporting Sulfites - Spreadsheet

Spreadsheet: Webinar Bar Sulfites \*

Item Name	Quantity	Measure	Calc (mg)	Iron (mg)	Pot (mg)	Sulfites-... (ppm)	Sulfites-... (mg)
Webinar Bar Sulfites	1	Serving	82.03	4.19	116.13	1.06	0.04
oatmeal, instant, plain, dry, fortified	15.3187	Gram	53.77	3.79	56.07	--	--
water, municipal tap	0.015957	Cup	0.11	0	0.04	--	--
flaxseeds, ground	0.10638	Tablespoon	1.90	0.04	6.05	--	--
chia seeds, dried	0.013298	Cup	14.10	0.17	9.09	--	--
hemp seeds, hulled	0.10638	Tablespoon	0.74	0.08	12.77	--	--
baking powder, double acting, straight phosphate	0.026595	Teaspoon	9.01	0.01	0.01	--	--
baking soda	0.026595	Teaspoon	0	0	0	--	--
salt, table	0.013298	Teaspoon	0.02	0.00	0.01	--	--
syrup, agave	0.026595	Cup	0.09	0.01	0.35	--	--
oil, coconut	0.015957	Cup	0.03	0.00	0	--	--
raisins, seedless, golden with sulfites	4.25521	Gram	2.26	0.08	31.74	10.00	0.04
Total	1	Serving	82.03	4.19	116.13	1.06	0.04
% Recommendation (US Label Adult (2016))			6.31	23.26	2.47		

- Populate Ingredient records with proper Sulfites content
- When you use the Ingredients in your Recipes, Sulfites are reported in ppm and mg
- mg is calculated
- ppm = mg/kg
- View the Ingredient and Recipe detail on the Spreadsheet report



# Sulfites Statement

- View Label and other reports with Labels
- Ingredient List

Bar Oat & Raisin  
06/19/2020

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(40g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 6g Added Sugars	12%
Protein 3g	
Vitamin D 0mcg	0%

INGREDIENTS: Rolled Oats, Agave Syrup, Golden Raisins (Raisins, Sulphur Dioxide as a preservative), Water, Coconut Oil, Chia Seeds, Hemp Seeds, Flax Seed Meal, Baking Powder, Baking Soda, salt. This product contains sulfiting agents.

Ingredients by Percent Weight		<input checked="" type="checkbox"/> Include in Print/Export
Percentage	Ingredient	
38.30	Rolled Oats	
22.02	Agave Syrup	
10.64	Golden Raisins (Raisins, Sulphur Dioxide as a preservative)	
9.45	Water	
8.68	Coconut Oil	
5.58	Chia Seeds	
2.66	Hemp Seeds	
1.86	Flax Seed Meal	
0.31	Baking Powder	
0.31	Baking Soda	
0.20	salt	
Ingredient Statement		<input checked="" type="checkbox"/> Include in Print/Export
INGREDIENTS: Rolled Oats, Agave Syrup, Golden Raisins (Raisins, Sulphur Dioxide as a preservative), Water, Coconut Oil, Baking Powder, Baking Soda, salt. This product contains sulfiting agents.		



# Attributes – Contains Sulfites

- Use Attributes to indicate that an ingredient contains sulfites, even when the amount is not known
- Add “Contains Sulfites” attribute

Ingredient: apricot, dried, sulfured with sulfur dioxide

Property	Qualifies	Documt
Bioengineered ⓘ	✓	?? ⊕
<b>Contains Sulfites</b>	✓	?? ⊕
high protein	✓	?? ⊕
No Artificial Color	✓	?? ⊕

⊕ [Add an attribute](#)

# Genesis R&D Training



## Genesis R&D Training | December 1-3, 2020 | web-based

Professional *and/or* Advanced training session. The first two days cover the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, nutrition analysis and reporting, labeling, and best practices. In addition, you can attend a third day of Advanced instruction, or just attend the Advanced session as a single day. Advanced training presents more complex scenarios and more comprehensive regulatory issues.

## STAY TUNED FOR THE 2021 TRAINING SCHEDULE

Contact [training@esha.com](mailto:training@esha.com) with any questions.

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QUESTIONS?



## CONTACT US

Phone: 503-585-6242

Sales: [sales@esha.com](mailto:sales@esha.com)

Support: [support@esha.com](mailto:support@esha.com)

Consulting Services: [cs@esha.com](mailto:cs@esha.com)

Training: [training@esha.com](mailto:training@esha.com)



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