

## ? Spending too much time and money on Nutritional Labeling?

Since LabelCalc is online, you no longer have to wait for your analysis.

LabelCalc has several affordable payment plans, to suit your company's needs.

## ? Are you up-to-date with current FDA regulations?

Once a LabelCalc customer, worrying about FDA Nutritional Labeling regulations is a thing of the past.

With such a user friendly application, you can now create your Facts Panels in minutes.

### Nutrition Facts

Serving Size 1 Cup (245g)  
Servings Per Container 6

Amount Per Serving

**Calories** 70      **Calories from Fat** 10

% Daily Value\*

**Total Fat** 1g      **2%**

Saturated Fat 0g      **1%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 300mg      **13%**

**Total Carbohydrates** 13g      **4%**

Dietary Fiber 5g      **20%**

Sugars 7g

**Protein** 4g      **9%**

Vitamin A 30%      • Vitamin C 100%

Calcium 20%      • Iron 6%

Riboflavin 14%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values 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

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

**INGREDIENTS:** CELERY RAW, BROCCOLI RAW, MILK NONFAT WITH ADDED VITAMIN A, ONIONS RAW, ENRICHED FLOUR (WHEAT FLOUR, NACIN, IRON, THIAMIN, MONONITRATE, ROBOFLAVIN, FOLIC ACID)

**CONTAINS:** MILK AND WHEAT.

MANUFACTURED IN A FACILITY THAT PROCESSES PEANUTS

## ✓ Get it right the first time with LabelCalc.com

- ✓ LabelCalc can ease your entry into the marketplace. Using proprietary software, LabelCalc creates Nutrition Facts Panels that meet FDA standards.
- ✓ And with the convenience of online access to LabelCalc's database time and money are saved, no more costly trips to laboratories, or confusing software to download.
- ✓ You can even increase your revenue and product marketability by adding quality Content Claims such as, "Fat Free" or "Low Sodium."

## Your need-to-know facts for FDA Labeling

### Allergen Information:

- An ever-evolving list of foods that are a source of Allergen concerns (egg, fish, peanuts, shellfish, wheat, dairy, soy and tree nuts) must now be identified on the product's packaging. LabelCalc "red flags" any source of Allergen in your product, and allows for modifications to be made.
- As a result of the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA), manufacturers are required to identify in plain English the presence of ingredients that contain protein derived from the above 8 in the list of ingredients or to say "contains" followed by name of the source of the food allergen after or adjacent to the list of ingredients.

- In the case of tree nuts, the specific type of nut must be declared (e.g., almonds, pecans, or walnuts). And in the case of fish (e.g., bass, flounder, or cod) and Crustacean shellfish (crab, lobster, or shrimp) the specific name must also be listed.
- A company and its management may be subject to civil sanctions, criminal penalties, or both under the Federal Food, Drug, and Cosmetic Act if one of its packaged food products does not comply with the FALCPA labeling requirements.
- If you believe an ingredient to be an allergen or will be processed in the same facility as an allergen ingredient it is your responsibility to label your product to note the potential cross contamination with a known Allergen.

### Nutrient Rounding and Facts Panel Display Information:

- Rounding nutrient values is one of the steps in formulating your Nutrition Facts Panel. Rounding involves the work of translating the results of nutrient analysis to the labeling value for your products.
- Different rounding rules are applied on different nutrients and/or different concentrations of the same nutrient.
- The number of servings must be rounded to the nearest whole number except for the number of servings between 2 and 5 servings. The number of servings between 2 and 5 servings may be rounded to the nearest 0.5 serving.
- The nutritional data for Trans Fat brings a new change to the US Facts Panels. The declaration of Trans Fat must now be present on your Nutrition Facts Panel.
- FDA regulations stipulate a mandatory % Daily Values of nutrient composition based on a 2000 calorie diet.
- % Daily Values enable the consumer to draw comparisons between products and to make better informed choices.

### Ingredient Statement and Nutrient Content Claims Information:

- The ingredient list is placed on the same label panel as the name and address of the manufacturer, packer or distributor. The ingredient list draws on 2 other requirements:
  1. Ingredients are listed in order of predominance by weight.
  2. The common or usual name for ingredients must be listed, for instance use the term "sugar" instead of the scientific name "sucrose."
- A Nutrient Content Claim is a claim on a food product that directly or by implication characterizes the level of a nutrient in the food (for example: "low fat" or "high in oat bran").
- Only foods that have been specially processed, altered, formulated or reformulated so as to lower the amount of nutrient in the food, remove the nutrient from the food, or not to include the nutrient in the food may bear "Low" or "Free" claim (for example: "low sodium potato chips") – **"Fat-free broccoli" is not permitted.**
- A Serving Size and the Reference Amount (provided by the CFR Guide Part: 101.12) is required for a "Free Nutrient" claim. Because of the importance of making a "Free" claim, the FDA states that the mathematical rules must be applied to both the Reference Amount and the labeled Serving Size.

**Useful FDA Links (in order of above information headings):**

Food Allergen Labeling and Consumer Protection Act of 2004: <http://www.cfsan.fda.gov/~dms/algact.html>

Nutrition Facts Panel: <http://www.cfsan.fda.gov/~dms/flg-5-1.html>

Ingredient Statement Labeling: <http://www.cfsan.fda.gov/~dms/flg-4.html>

Nutrient Content Claims: <http://www.cfsan.fda.gov/~dms/flg-6a.html>

**LabelCalc does it all.**

**For the right solution for your company, consult a LabelCalc representative today!**

**(888) 804-0001**

**[www.labelcalc.com](http://www.labelcalc.com)**