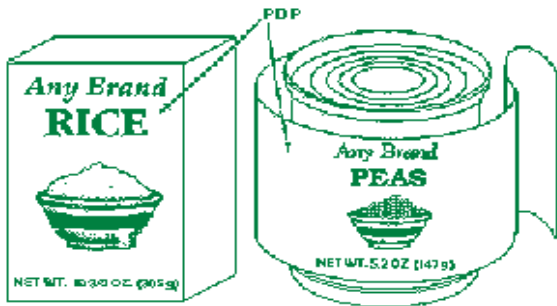


LABELING FOR RETAIL FOOD

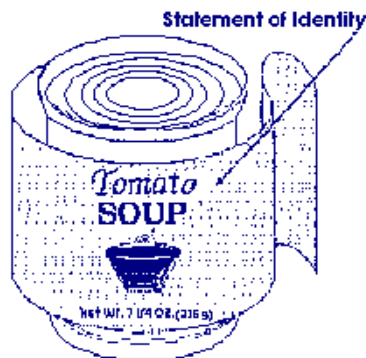
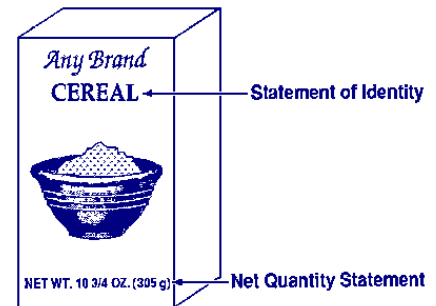
Examples of labeling

Principal Display Panel (PDP)



Statement of Identity and

Net Quantity Statement



The Statement of Identity is the name of the food. It must appear on the front label, or Principal Display Panel.

Food labels must show the net contents in both English (ounces, pounds, fluid ounces, gallons) and metric (grams, kilograms, milliliters, liters).

The metric statement may be placed either before, after, above, or below the English equivalent.

The words Net weight or Net Wt. shall be used in terms of weight. The words Net, Net contents, or fl. oz. shall be used for liquids.

Net wt. 12 oz. (340g)

Net wt. 1 lb. 8 oz.

680 g

500 ml (1 pt. 0.9 fl. oz.)

Net 1 gal 3.79 L

THE INGREDIENTS STATEMENT

The ingredient list on a food label is the listing of each ingredient in descending order of predominance.

“Ingredients: Pinto Beans, Water, and Salt”

“Descending order of predominance” means that the ingredients are listed in order of predominance by weight, that is the ingredient that weighs the most is listed first, and the ingredient that weighs the least is listed last.

Each ingredient itself contains two or more ingredients and shall be declared by its usual or common name followed by a parenthetical listing of all ingredients contained therein in decreasing order of predominance.

“INGREDIENTS: Ketchup (tomatoes, distilled vinegar, high fructose corn syrup, water salt, natural flavors) molasses, brown sugar, and garlic powder.

When an approved chemical preservative is added to a food, the ingredient list must include both the common name of the preservative and the function of the preservative.

“INGREDIENTS: Bananas, sugar, and **ascorbic acid to promote color retention.**”

The spices and flavorings used may be declared in ingredient lists by using either specific common names or by using the declarations “spices”, “natural flavor” or “artificial flavor.”

“INGREDIENTS: Apple slices, water, cane sugar, spices, salt, natural and artificial flavor”

Spices such as paprika, turmeric, saffron, and others that are also colorings must be declared either by the term “spice and coloring” or by the actual common name such as “paprika.”

Vegetable powders must be declared by common or usual names, such as “celery powder, onion powder, and garlic powder.”

MANUFACTURER’S STATEMENT must include:

- Name and address of the manufacturer, packer or distributor. Unless the name given is the actual manufacturer, it must be accompanied by a qualifying phrase that states the firm’s relation to the product, e.g., “manufactured for” or “distributed by.”
- Street address (if the firm name & address are not listed in a current city directory or telephone book. In addition to being found in the phone book, firms may leave off their street address if they can easily be found on Google (Facebook, website, etc.)).
- City or town;
- State and ZIP (Or country and mailing code, if outside the United States.)

Adan Farms™
CREAMY
1 PEANUT BUTTER

2 NET WT 18 OZ (510g)

210
Calories
PER 2 TBSP

3 Nutrition Facts
About 32 servings per container
Serving size 2 Tbsp. (32g)

Amount per serving		% Daily Value*	
Calories 210			
Total Fat 17g			26%
Saturated Fat 3g			15%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 140mg			6%
Total Carbohydrate 6g			2%
Dietary Fiber 2g			8%
Total Sugars 3g			
Includes 1g Added Sugars			3%
Protein 8g			
Vitamin D 0mcg			0%
Calcium 0mg			0%
Iron .5mg			2%
Potassium 180mg			5%

* 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.

7 BEST IF USED BY:
APR 01 2023
12271 2 14:36

8 DISTRIBUTED BY:
ADAN FARMS, LLC
ANYWHERE, GA 33333

4 INGREDIENTS: ROASTED PEANUTS, SUGAR, CONTAINS LESS THAN 2% OR LESS OF: MOLASSES, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED AND SOYBEAN), MONO- AND DIGLYCERIDES, SALT.

5 CONTAINS: PEANUTS AND SOY.

6 REFRIGERATE AFTER OPENING

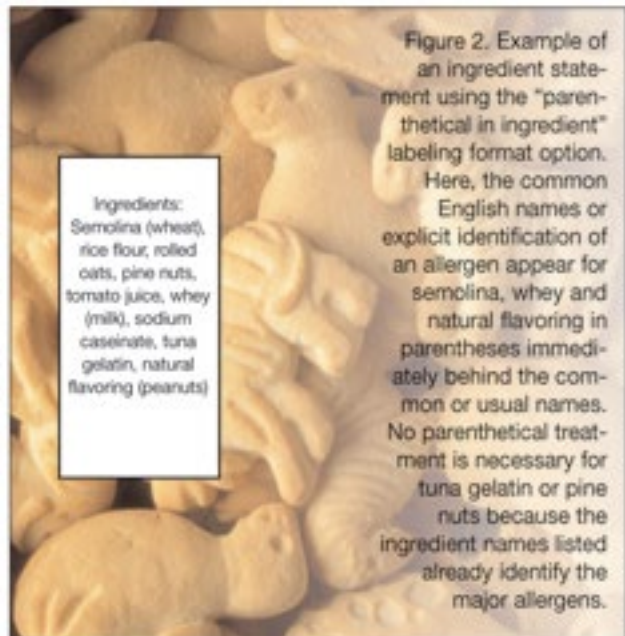
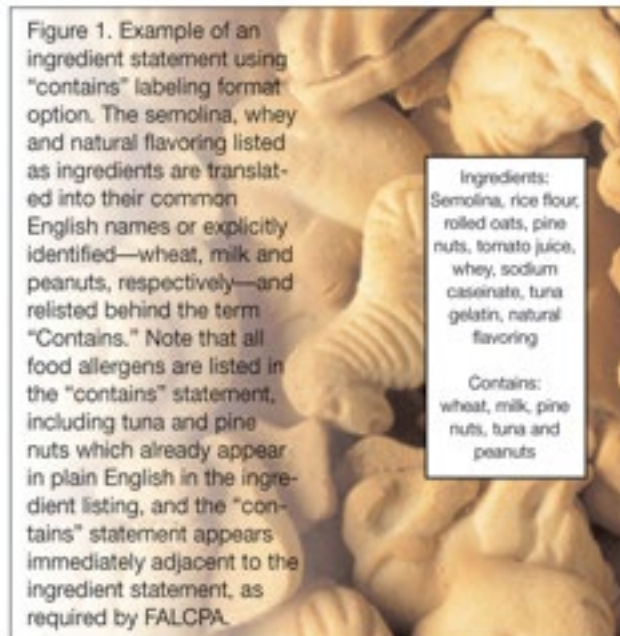
8 DISTRIBUTED BY:
ADAN FARMS, LLC
ANYWHERE, GA 33333

ALLERGY INFORMATION

The items listed below are “The Big 9”

- Milk
- Eggs
- Wheat
- Soybeans
- Sesame
- Peanuts
- Tree Nuts (by name)
- Fish (by name)
- Crustacean Shellfish (by name)

EXAMPLES OF ALLERGEN IDENTIFICATION



NUTRITION FACTS LABELING

In March of 2022, the FDA released updates to the Nutrition Facts Label. The updates can be viewed here: <https://www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label>

A side-by-side comparison of the old Nutrition Facts Label and the required new Nutrition Facts Label may be viewed here: <https://www.fda.gov/media/97999/download>

The new Nutrition Facts Label using different label formats can be viewed here: <https://www.fda.gov/media/99203/download?attachment>

NUTRITION LABELING EDUCATION ACT (NLEA)

A Nutrition Facts Label is **not** required if:

- Annual gross sales of all products less than \$500,000 or
- Annual gross sales of food products less than \$50,000
- Less than 100,000 units sold or
- Less than 100 employees

<https://www.fdareader.com/blog/2018/12/11/exemption-from-food-labeling-requirements%EF%BB%BF>

WHAT DOES THE NLEA NOT COVER?

- Foods of no nutritional significance e.g., plain coffee, tea, and most spices
- Restaurant foods
- Foods sold in bulk form
- Foods served for immediate consumption e.g., Hospitals, cafeterias, and airplanes
- Food prepared on-site in food stores e.g., Deli, bakery, and candy store items
- Foods sold by food service vendors e.g., Mall cookie counters, sidewalk vendors, and vending machines
- Foods in very small packages
- FDA-regulated products must provide a phone # or address to obtain nutrition information
- Foods produced by small businesses
- Medical foods

SOME AUTHORIZED HEALTH CLAIMS

- Calcium and Osteoporosis
- Sodium and High Blood Pressure
- Dietary Fat and Cancer
- Dietary Saturated Fat and cholesterol and risk of coronary heart disease
- Fiber-containing grain products, fruits, and vegetables and Cancer
- Fruits, vegetables, and grain products that contain Fiber, particularly soluble fiber, and risk of coronary heart disease

HEALTH CLAIMS SCIENCE VS. HYPE

For health claims to be used, there needs to be sufficient scientific agreement among qualified experts that the claims are **factual and truthful**.

For additional labeling information, please use this link:

LABELING GUIDANCE FOR FOODS IN RETAIL ESTABLISHMENTS: <https://www.lfchd.org/wp-content/uploads/2023/12/Labeling-Guidance-for-Foods-in-Retail-Establishments.pdf>

