State of West Virginia
DEPARTMENT OF AGRICULTURE
Gus R. Douglass, Commissioner

Janet L. Fisher
Deputy Commissioner

Steve Hannah
Deputy Commissioner

Nutrition Facts Labeling

Nutrition labeling regulations as described in Title 21 of the Code of Federal Regulations (21 CFR 101) required that manufacturers had until May 7, 2002 to comply with the Food and Drug Administration's new labeling requirements for all processed foods.

To meet these requirements, a food manufacturer has two choices:

1. **Pay** to have their product sent to an independent testing laboratory for complete nutrient analysis. Examples include:

   Nutrition International
   2394 Route 130
   Dayton, NJ 08810
   (800)841-1110
   FAX: 908/329-1031

   Minnesota Valley Testing Laboratories
   1126 North Front Street
   New Ulm, MN 56073
   (800)782-3557
   FAX: 507/359-2890
   www.mvtl.com

2. Use a database for nutrition labeling. This can be accomplished in 2 ways:

   1. Various commodity organizations offer database analysis of standardized products to use in the calculation of nutrition facts labeling information. Examples include:

      American Frozen Food Institute
      1746 Old Meadow Lane St. 350
      McLean, VA 22102-0770
      703/821-0770
      www.affi.com

      American Institute of Baking
      1213 Bakers Way
      Manhattan, KS 66502-4576
      913/537-4750
      www.aibonline.com

      National Confectioners Association of the US, Inc.
      7900 West Park Drive, Ste. A 320
      McClean, VA 22102-4203
      703/790-5750
      www.candyusa.org

The West Virginia Department of Agriculture **Does Not Endorse** laboratory services.

2. The West Virginia Department of Agriculture, in cooperation with the Mountain Resource Conservation and Development, Inc. has made available nutraCoster®, a nutritional database computer program. The cost for this service is $5.00 per product.

The database performs nutritional analysis for single ingredient commodities from the USDA Ingredient Handbook #8.

In order to complete the analysis you **MUST**:

- Have a signed Confidentiality Agreement with the West Virginia Department of Agriculture on file in the Charleston office.

- A completed Nutrition Analysis-Database Method Worksheet for **<u>each</u>** product. This worksheet must provide the following information:

    - ♦ Product formulation including ingredient, manufacturer, packing type, amount, and a nutrition label facts from the source
    - ♦ Suggested Serving Size (as described on worksheet)
    - ♦ Actual container size (net weight in both US and metric)
    - ♦ Nutrition Facts label format designation
    - ♦ Output option *(as described on worksheet)*
    - ♦ Label distribution instructions
    - ♦ Label preparation authorization

To get a nutrition facts database analysis for your product or products, please contact our office with your recipe and we will help you with calculating the weights of your individual ingredients. **All information you provide is strictly confidential.**

Once we have performed the database analysis of your product/products, your nutrition information will be returned to you along with the requested output options indicated on the worksheet.

If requested, the information will be saved electronically and ready to be downloaded in a camera-ready format. It is your responsibility to work closely with your printer to determine what format is needed for your label. We strongly recommend that you submit a final proof of your label to the WVDA Marketing and Development Division **<u>prior</u>** to printing to assure compliance with all labeling regulations.

The West Virginia Department of Agriculture is not responsible for errors, verification of product composition, or printing. Nutritional labels furnished do not eliminate the need for total label approval issued by the Marketing & Development Division. Please allow 3-4 weeks for processing.

If you have any questions or need any additional information, please contact the West Virginia Department of Agriculture:

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WVDA-Oak Hill Field Office
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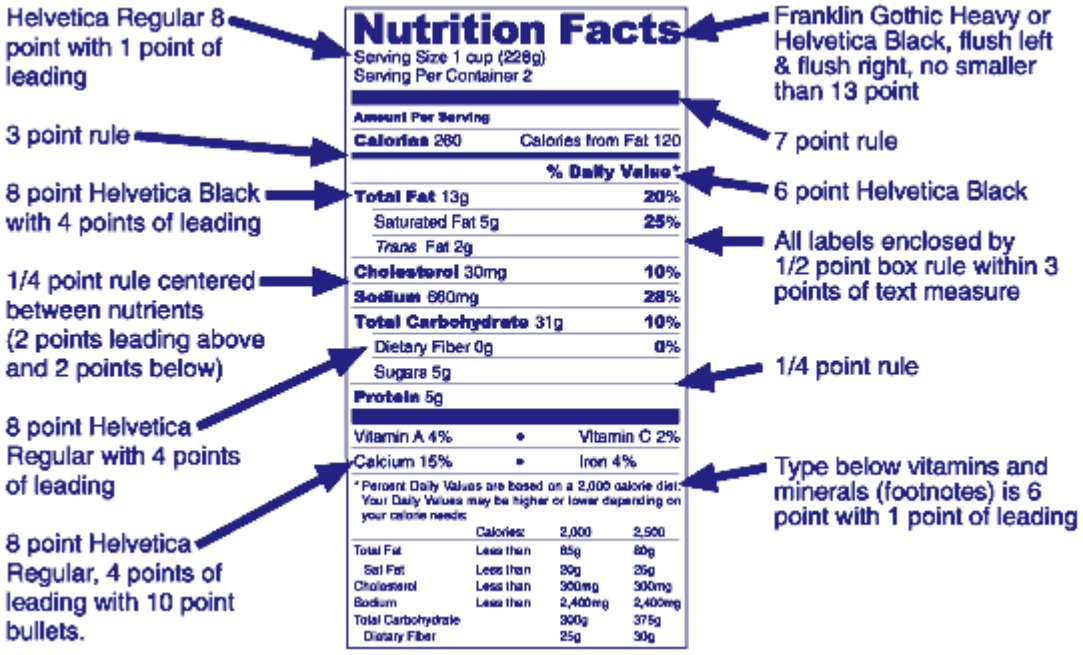
304/469-9738
304/541-9756-cell
cmartel@ag.state.wv.us

Teresa Halloran, Marketing Specialist-Foods
WV Department of Agriculture
1900 Kanawha Blvd East
Charleston, WV 25305-0170
304/558-2210
304/541-9743
thalloran@ag.state.wv.us

The illustration below (Nutrition Label Format) indicates the suggested typesetting specifications for a "Nutrition Facts" label to be considered conspicuous and adequately formatted. Format requirements are specified in 21 CFR 101.9(d)



A. Overall

Nutrition Facts Label is boxed with all black or one color type printed on a white or neutral background.

B. Typeface and Size

1. The "Nutrition Facts" label uses 6 point or larger Helvetica Black and/or Helvetica Regular type. In order to fit some formats the typography may be kerned as much as -4 (tighter kerning reduces legibility).
2. Key nutrients & their % Daily Value are set in 8 point Helvetica Black (but "%" is set in Helvetica Regular).
3. "Nutrition Facts" is set in either Franklin Gothic Heavy or Helvetica Black to fit the width of the label flush left and flush right.
4. "Serving Size" and "Servings per container" are set in 8 point Helvetica Regular with 1 point of leading.
5. The table labels (for example, "Amount per Serving") are set in 6 point Helvetica Black.
6. Absolute measures of nutrient content (for example, "1g") and nutrient subgroups are set in 8 point Helvetica Regular with 4 points of leading.
7. Vitamins and minerals are set in 8 point Helvetica Regular, with 4 points of leading, separated by 10 point bullets.
8. All type that appears under vitamins and minerals is set in 6 point Helvetica Regular with 1 point of leading.

C. Rules

1. A 7 point rule separates large groupings as shown in the example. A 3 point rule separates calorie information from the nutrient information.
2. A hairline rule or 1/4 point rule separates individual nutrients, as shown in the example. Descenders do not touch rule. The top half of the label (nutrient information) has 2 points of leading between the type and the rules, the bottom half of the label (footnotes) has 1 point of leading between the type and the rules.

D. Box

All labels are enclosed by 1/2 point box rule within 3 points of text measure.