

Creating Dual Column Labels from a Single Recipe in Genesis R&D

ESHA Research

January 17, 2017



Genesis R&D Training

Advanced Genesis Workshop

February 7-8, 2017 | Lombard, IL

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.

Genesis Professional Training

March 23-24, 2017 | Washington, DC

This training session covers the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, obtaining nutrition analysis, analysis reporting, best practices, and basic labeling features.

Genesis Professional Training for Restaurants

March 27-28, 2017 | Lombard, IL

This training session covers ingredient creation and recipe/menu building, best practices, and analysis reporting specific to the restaurant industry. Additionally, we will discuss how Genesis R&D helps you comply with the Restaurant Menu Labeling regulations.

For more information including cost and availability, please email at training@esha.com.

More training info listed on our website at <http://www.esha.com/services/training/>

Upcoming Webinars

Converting Nutrient Units for the New 2016 Nutrition Facts Label

January 31, 2017

During this 30-minute webinar, we will discuss the nutrient unit changes on the new FDA Nutrition Facts Label. Additionally, we will demonstrate how to use the new Nutrient Calculator feature in the Genesis R&D Food and Food Processor software programs to update your Recipes and Ingredients so that they are in line with the new label nutrients.

Taking a Closer Look at the New FDA Dietary Fiber Definition

February 14, 2017

During this 30-minute webinar, we will cover the new Dietary Fiber definition in detail and how to use the Genesis R&D Food program for compliance with the 2016 regulations. In addition, we will discuss what fiber ingredient suppliers and manufacturers can do now to petition for inclusion of an ingredient.

To register, please visit: www.esh.com/news-events/webinars



Archived Webinars

New FDA Nutrition Facts Labels | Part 1

Overview of What's Changed in Genesis R&D

ESHA Webinar Series Part 1 focuses on the new features in Genesis R&D Version 11.1 including the new FDA Nutrition Facts labels. We will also cover how Genesis will handle the new Fiber definition, Added Sugars, Vitamin D, Potassium, and more.

New FDA Nutrition Facts Labels | Part 2

FDA Label Nutrients, What's Changed?

The final rules have implemented a number of significant changes to the Nutrition Facts labels. ESHA Webinar Series Part 2 covers many of the nutrient DV changes including Dietary Fiber, Added Sugar, Vitamin D, and Potassium.

New FDA Nutrition Facts Labels | Part 3

Best Practices for Transitioning to the New Label

ESHA Webinar Series Part 3 covers user best practices for transitioning from the pre-existing labels to the new label formats.

To register, please visit: www.esha.com/news-events/webinars



About ESHA Research

ESHA Research was established in 1981 with the goal of providing a comprehensive nutrition database with few missing values and has since grown to become the leading provider of nutrition analysis and compliant labeling software and services.

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



Agenda

During this 45 minute webinar we will cover:

- Regulations Timeline
- Dual Column Regulations
- RACC Changes
- Dual Column Labels in Genesis R&D
- 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.

Dual Column Labeling

“...The purpose of dual-column labeling is to provide nutrition information for multiple ways in which people are likely to consume a product. Consumption data show that while some people eat certain products in a single eating occasion, others eat the product over time or share it. Dual-column labeling provides nutrition information for all of these scenarios...”

§ 101.9(b)(12)



esha

www.esha.com



Dual Column – Reasons to Use

Now Available in 'Edit Label' in Genesis R&D- REQUIRED

- Dual Labeling on a per serving and per container basis when container is 200%-300% of the RACC

Remain in Advanced Labels in Genesis R&D- VOLUNTARY

Also available in Dual Declaration (1990)

- Two or more forms of the same food: as purchased & as prepared
- Common combination of foods: cereal & milk
- For different units: 1 slice of bread & 100 g of bread
- Two or more different RDI's established: adult standard & lactating and pregnant

Single Serving & Dual Column Rule

Weight	Serving Size Declaration
50% or less of RACC	Number of units closest to reference amount
51% - 66% of RACC	May declare 1 or 2 units
67% - 199% of RACC	Shall be 1 unit
200% - 300% of RACC	Dual Colum: 1st for serving size, 2nd for package size

Dual Column – Exemptions

Labeling Exemptions

- Products that require further preparation and voluntarily show two columns
- Products that voluntarily show two columns for different RDI profiles

Food Exemptions

- Varied weight items (including raw fruits, vegetables and seafood)
- Bottled water products
- Coffee beans (whole or ground)
- Tea leaves
- Plain unsweetened coffee and tea
- Condiment-type dehydrated vegetables
- Flavor extracts
- Food colors

Already exempt from nutritional labeling under § 101.9(j)(4) prior to date of new rule

exempt under § 101.9(j)

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- Food colors

*exempt under § 101.9(j)

**We will wait for
further
evaluation
from the FDA....**

Already exempt
from nutritional
labeling under
§ 101.9(j)(4) prior
to date of new
rule

RACC Changes Overview

12 fl oz



CARBONATED, NON
CARBONATED BEVERAGES

15g/15mL



HARD CANDIES/LIQUID CANDIES

12 fl oz



COFFEE OR TEA

Carbonated/Non Carbonated Beverages

- 360 mL - 12 fl oz (old 240 mL - 8 fl oz)
- Does not include milk, fruit juices, fruit drinks, and vegetable juices

Hard/Powdered/Liquid Candies

- 15 mL for liquid candies
- 15 g for all others (old 15g)

Prepared Coffee/Tea Flavored/Sweetened

- 360 mL - 12 fl oz (old 240 mL - 8 fl oz)

Breakfast Cereals Weighing 20 g - 43 g Per Cup

- 40g (old 30g)

Breakfast Cereals Weighing 43 g Per Cup

- 60g (old 55g)

Pie Crust/Pastry Sheets

- The allowable declaration closest to an 8 square inch surface area (old 1/6 of 8"; 1/8 of 9" crust)

Fruits Used Primarily as Ingredients

- Avocado 50g (old 30g)
- Others (cranberries, lemon, lime) 50g (old 55g)

40g



MOST BREAKFAST CEREALS

8 sq inch*



PIE CRUST, PASTRY SHEETS

50g



FRUITS USED AS INGREDIENTS

RACC Changes Overview



Cake Frostings/Icings

- 2 Tbsp (old 35g)

Fish/Shellfish/Game Meat Canned

- 85g (old 55g)

Ice Cream/Frozen Desserts/Frozen Fruit Juices

- Includes the volume for coatings and wafers
- 2/3 cup (old 1/2 cup)

Milk/Milk Substitutes/Fruit Juice Concentrates

- e.g., drink mixers, frozen fruit juice concentrate, sweetened cocoa powder)
- Amount to make 240 mL drink (without ice)

Yogurt

- 170g (old 225g)

Sugar

- 8g (old 4g)



RACC Changes & Dual Column

Reference Amount for Baked Goods Category – Bagel & Muffin has been updated to 110 g

Blueberry Muffin – 55 g Serving Size

Nutrition Facts			
Serving Size 1/2 muffin (55g)			
Servings Per Container 6			
Amount Per Serving			
Calories 160		Calories from Fat 80	
		% Daily Value*	
Total Fat 9g		14%	
Saturated Fat 5g		25%	
Trans Fat 0g			
Cholesterol 35mg		12%	
Sodium 110mg		5%	
Total Carbohydrate 21g		7%	
Dietary Fiber 2g		8%	
Sugars 10g			
Protein 2g			
Vitamin A 6%		• Vitamin C 2%	
Calcium 2%		• Iron 2%	
*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
Saturated 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		• Carbohydrate 4 • Protein 4	

Blueberry Muffin - 110 g Serving Size

Nutrition Facts			
3 servings per container			
Serving size		1 muffin (110g)	
		1 muffin	whole package
Calories		330	980
		% Daily Value*	% Daily Value*
Total Fat	17g	22%	51g 65%
Saturated Fat	10g	50%	31g 155%
Trans Fat	0.5g		2g
Cholesterol	70mg	23%	210mg 70%
Sodium	220mg	10%	670mg 29%
Total Carbohydrate	42g	15%	125g 45%
Dietary Fiber	3g	11%	10g 36%
Total Sugars	20g		60g
Includes Added Sugars	17g	34%	51g 102%
Protein	4g		12g
Vitamin D	0mcg	0%	1mcg 6%
Calcium	44mg	4%	131mg 10%
Iron	1mg	6%	3mg 15%
Potassium	167mg	4%	501mg 10%
*The % Daily Value 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.			
Calories per gram:			
Fat 9		• Carbohydrate 4 • Protein 4	

Servings Per Container have gone from 6 – 3 requiring a Dual Column Label

Dual Column – Nutrient Content Claims

Nutrition Facts			
3 servings per container			
Serving size		1 muffin (110g)	
Calories	1 muffin		whole package
	330		980
	% Daily Value*		% Daily Value*
Total Fat	17g	22%	51g 65%
Saturated Fat	10g	50%	31g 155%
<i>Trans</i> Fat	0.5g		2g
Cholesterol	70mg	23%	210mg 70%
Sodium	220mg	10%	670mg 29%
Total Carbohydrate	42g	15%	125g 45%
Dietary Fiber	3g	11%	10g 36%
Total Sugars	20g		60g
Includes Added Sugars	17g	34%	51g 102%
Protein	4g		12g
Vitamin D	0mcg	0%	1mcg 6%
Calcium	44mg	4%	131mg 10%
Iron	3mg	15%	8mg 45%
Potassium	167mg	4%	501mg 10%

*The % Daily Value 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.

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

When a NCC is made on dual column products a statement which establishes the basis on which the claim is made is required following the claim – except when the claim holds true for both the reference amount and the entire container.

- Good Source of Iron Per Serving
- Good Source of Iron per 110 g serving
- Good Source of Iron per reference amount (110 g)

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

