FAQ: Nutrition Facts Label Settings in Genesis R&D Foods

Presented by ESHA Research

Wednesday, March 18, 2020

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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® Food Formulation
- Genesis R&D® Supplement Formulation
- Food Processor® 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

Upcoming Webinars

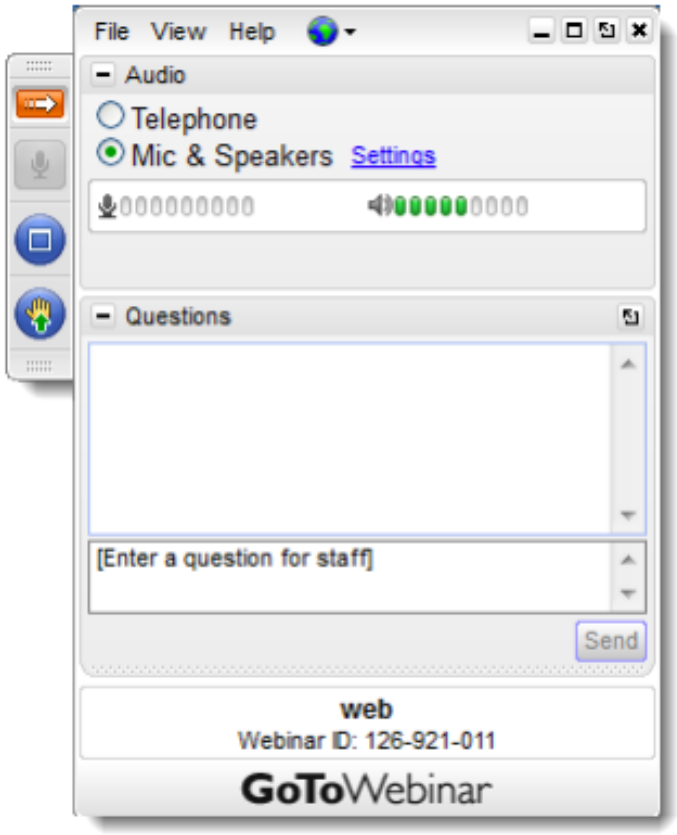
April 15, 2020 | Genesis R&D Foods Nutrition Reports Overview
The Genesis R&D Foods program offers a variety of reports to help you analyze your formulas and recipes. During this webinar, we review the different nutrition analysis reports, report options, customizations, printing, and exporting.

To register or view archived webinars please visit: www.esha.com/news-events/webinars

Stay tuned for more

Please Note!

- ✓The webinar is being recorded
- ✓All webinars available on our website
- ✓Submit your questions in the GoToWebinar control panel
- ✓We'll email a copy of the recording and the slides following the webinar



What we'll cover today

- Label Format Highlights
- Serving Sizes
- Voluntary Nutrients
- Rounding Options
- View Label Screen

Genesis R&D – Label Examples

Nutrition Facts

servings per container
Serving size (79g)

Amount per serving
Calories 220

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 300mg	**13%**
Total Carbohydrate 36g	**13%**
Dietary Fiber 0g	**0%**
Total Sugars 4g	
Includes 3g Added Sugars	**6%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 68mg	2%

*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.

Nutrition Facts

12 servings per container
Serving size **2 slices (50g)**

Amount per serving
Calories 140

	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	**0%**
Sodium 180mg	**8%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
Includes 1g Added Sugars	**2%**
Protein 4g	
Vitamin D 0.2mcg	2%
Calcium 30mg	2%
Iron 1.4mg	8%
Potassium 60mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.21mg	15%
Niacin 2.8mg	20%
Folate 100mcg DFE (45mcg folic acid)	25%

*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.

Nutrition Facts

40 servings per container
Serving size **1 tsp (0.6g)**

Amount per serving
Calories 0

	% Daily Value*
Total Fat 0g	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 1g	**0%**
Protein 0g	

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.

*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.

Nutrition Facts

Servings per container 40,
Serving size 1 tsp (0.6g),
Amount per serving:

Calories 0, Total Fat 0g (0% DV), **Sodium** 0mg (0% DV), **Total Carbohydrate** 1g (0% DV), **Protein** 0g. 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.

and many more

Actual Non-Compliant Label Example

- Improper label format style and spacing
- Incorrect Nutrients, units, and %DV

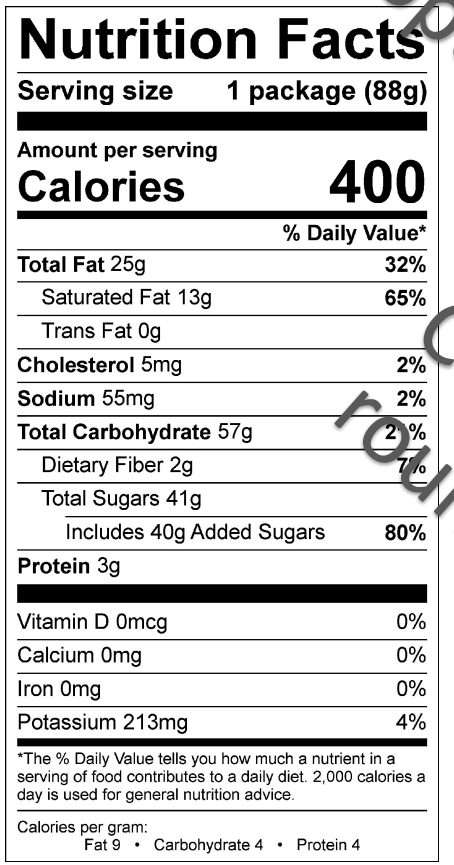
What could happen when you don't apply the proper CFR layout and design specifications

Let Genesis R&D Do the Work for You

Genesis R&D provides:

- Templates with correct style and spacing that follow the CFR guidelines
- Proper nutrients, units, and %DV
- Compliant adjustments according to the regulations you work in (e.g. from U.S. 1990 to 2016 components)

What happens with a Genesis R&D formatted label



Nutrition Facts

Serving size 1 package (88g)

Amount per serving

Calories 400

	% Daily Value*
Total Fat 25g	**32%**
Saturated Fat 13g	**65%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 55mg	**2%**
Total Carbohydrate 57g	**21%**
Dietary Fiber 2g	**7%**
Total Sugars 41g	
Includes 40g Added Sugars	**80%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 213mg	4%

*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

Proper format
Correct units, rounding, etc.

Voluntary Nutrients for U.S. Labels

- Biotin
- Calories from Saturated Fat
- Chloride
- Choline
- Chromium
- Copper
- Fluoride
- Folate
- Insoluble Fiber
- Iodine
- Magnesium
- Manganese
- Molybdenum
- Monounsaturated Fat
- Pantothenic Acid
- Phosphorus
- Polyunsaturated Fat
- Selenium
- Soluble Fiber
- Sugar Alcohol
- Vitamin A
- Vitamin B1
- Vitamin B12
- Vitamin B2
- Vitamin B3
- Vitamin B6
- Vitamin C
- Vitamin E
- Vitamin K
- Zinc

Declaration of Quantitative Amounts of Vitamins and Minerals

DVs for label nutrients vary greatly
e.g. from 0.9 mg for Copper to 4700 mg for Potassium

It is appropriate to apply different rounding precision to nutrients that have smaller or larger quantitative values

Levels of significance: *refer to the degree of accuracy when rounding nutrients for purposes of declaring quantitative amounts of vitamins and minerals on the label*

Recommendations for declaration of quantitative amounts of vitamins and minerals on the Nutrition and Supplement Facts labels using RDIs for adults and children ≥ 4 years

Nutrient	Unit of Measure	RDI for Adults and Children ≥ 4 years	Recommended increment
Vitamin A	Micrograms RAE (mcg)	900	Nearest 10 mcg
Vitamin C	Milligrams (mg)	90	Nearest mg
Calcium	Milligrams (mg)	1,300	Nearest 10 mg
Iron	Milligrams (mg)	18	Nearest .1 mg
Vitamin D	Micrograms (mcg)	20	Nearest .1 mcg
Vitamin E	Milligrams (mg)	15	Nearest .1 mg
Vitamin K	Micrograms (mcg)	120	Nearest mcg
Thiamin	Milligrams (mg)	1.2	Nearest .01 mg
Riboflavin	Milligrams (mg)	1.3	Nearest .01 mg
Niacin	Milligrams NE (mg)	16	Nearest .1 mg
Vitamin B_6	Milligrams (mg)	1.7	Nearest .01 mg
Folate	Micrograms DFE (mcg)	400	Nearest 5 mcg
Vitamin B_{12}	Micrograms (mcg)	2.4	Nearest .01 mcg
Biotin	Micrograms (mcg)	30	Nearest .1 mcg
Pantothenic acid	Milligrams (mg)	5	Nearest .1 mg
Phosphorus	Milligrams (mg)	1,250	Nearest 10 mg
Iodine	Micrograms (mcg)	150	Nearest mcg
Magnesium	Milligrams (mg)	420	Nearest 5 mg
Zinc	Milligrams (mg)	11	Nearest .1 mg
Selenium	Micrograms (mcg)	55	Nearest mcg
Copper	Milligrams (mg)	0.9	Nearest .01 mg
Manganese	Milligrams (mg)	2.3	Nearest .01 mg
Chromium	Micrograms (mcg)	35	Nearest .1 mcg
Molybdenum	Micrograms (mcg)	45	Nearest .1 mcg
Chloride	Milligrams (mg)	2,300	Nearest 10 mg
Potassium	Milligrams (mg)	4,700	Nearest 10 mg
Choline	Milligrams (mg)	550	Nearest 10 mg

FDA Guidance for Vitamins and Minerals

When the DV Value is:

Less than 5 mg or mcg, appropriate to declare the quantitative amounts to the nearest hundredth of a mg or mcg:
Thiamin, Riboflavin, Riboflavin, Vitamin B6, Vitamin B12, Copper, and Manganese

At least 5 mg or mcg, but less than 50 mg or mcg; can report to the nearest tenth of mg or mcg:
Iron, Vitamin D, Vitamin E, Niacin, Biotin, Pantothenic Acid, Zinc, Chromium, and Molybdenum

At least 50 mg or mcg, but less than 250 mg or mcg; can report to the nearest mg or mcg:
Vitamin C, Vitamin K, Iodine, and Selenium

At least 250 mg or mcg, but less than 500 mg or mcg; can report to the nearest 5 mg or mcg:
Folate and Magnesium

500 mg or mcg or greater; can report to the nearest 10 mg or mcg:
Vitamin A, Calcium, Phosphorus, Chloride, Potassium, and Choline

FDA Guidance Rounding

December 2019: Q&A on the Declaration of Quantitative Amounts of Vitamins and Minerals

Includes 1g Added Sugars	**2%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 64mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
Niacin 3mg	20%
Folate 100mcg DFE (46mcg folic acid)	25%

*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.

Original

Includes 1g Added Sugars	**2%**
Protein 4g	
Vitamin D 0.2mcg	2%
Calcium 30mg	2%
Iron 1.4mg	8%
Potassium 60mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.21mg	15%
Niacin 2.8mg	20%
Folate 100mcg DFE (45mcg folic acid)	25%

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FDA Guidance Rounding applied

View Label Screen

In Genesis R&D, View Label shows you:

- Label – with format based on your Edit Label settings
- Ingredient List
- Allergen Lists
- and more

ESHA Research, Inc.

Bread
03/11/2020

Nutrition Facts

12 servings per container
Serving size **2 slices (50g)**

Amount per serving
Calories **140**

	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	**0%**
Sodium 180mg	**8%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
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Folate 100mcg DFE (45mcg folic acid)	25%

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INGREDIENTS: All Purpose Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin (Vitamin B3), Iron, Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), 2% Milk, Soybean Oil, Sugar, Yeast, salt.

Contains Egg, Fish, Milk, Peanut, Shellfish, Soy, Tree Nuts, Wheat.

May also contain Celery, Crustaceans, Gluten, Lupin, Molluscs, Mustard, Sesame Seeds, Sulphites.

Genesis R&D Training

Genesis R&D Training | April 28-30, 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.

Genesis R&D Training: Menu Labeling | May 14-15, 2020 | Web-based

Instruction covers the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, nutrition analysis and reporting, labeling, and best practices. In addition, the class includes direction and discussion on the 2018 Menu Labeling requirements and Menu Label features in Genesis R&D.

Genesis R&D Training: Canadian Labeling | June 16-17, 2020 | Oak Brook, IL

Professional training session with Canadian labeling. This two-day class 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, the labeling instruction focuses on Canadian labeling regulation and creation.

Contact training@esha.com with any questions.

See the Full 2020 Schedule: https://www.esha.com/news-events/training-schedule/

QUESTIONS?

CONTACT US

Phone: 503-585-6242

Sales: sales@esha.com

Support: support@esha.com

Consulting Services: cs@esha.com

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