



**Southwest Human Development Services**

P.O. Box 28487 • Austin, Texas 78755-8487

(512) 467-7916 • Toll Free (800) 369-9082

Fax (512) 467-1453 • Toll Free (888) 467-1455

**Dear Food Program Participant,**

Enclosed is the free nutrition packet, **The New Food Labels**, which you requested. This material is designed to provide you with detailed information on food and nutrition that will help you provide nutritious meals to children in your care.

Please read through the enclosed material. The booklet is yours to keep. This information is designed for licensing hours only. However, if you wish to complete the quiz that follows, you may do so.

**DO NOT RETURN THE QUIZ TO SOUTHWEST HUMAN DEVELOPMENT SERVICES. IF YOU WISH TO RECEIVE HOURS TO FULFILL LICENSING REQUIREMENTS, KEEP THE QUIZ AND CERTIFICATE IN YOUR FILES TO SHOW YOUR LICENSING REPRESENTATIVE.**

We hope you will find this material helpful and informative (as well as interesting!) Thank you once again for your participation on the USDA Child and Adult Food Care Program. Your efforts are greatly appreciated. If you have any questions or concerns, do not hesitate to call me at 1-800-369-9082 or 467-7916 in the Austin area.

Sincerely,

Blake Stanford  
President  
Southwest Human Development Services, Inc.

## USING THE NEW FOOD LABELS

### I. AN INTRODUCTION TO THE NEW LABELS

The new food labels are now being used on foods. They are the result of the Nutrition Labeling Act of 1990, which went into effect at midnight on May 7, 1994.

The new label is called the Nutrition Facts Label. It was designed by the Food and Drug Administration to aid consumers in making food choices. Consumers are also able to determine what's in the food they're eating and buying.

The old food labels only required the name and address of the manufacturer, as well as a list of ingredients in descending order by weight. Calorie content and nutrition information was optional; thus, it was often excluded from the old labels. Consumers were unable to determine the amount of fat and calories as well as vitamins in the food.

### II. WHAT'S REQUIRED ON THE NEW LABELS?

Fourteen categories of new information are required on the new labels.

1. Calories

### **III. FOODS EXEMPT FROM NUTRITION FACTS LABELS**

#### **\* SMALL BUSINESSES**

Because of the cost of having products analyzed for nutritional content, small businesses have additional time to comply with the labeling act. Small businesses (less than 100 employees or less than 10,000 units per year) are exempt from the labeling act.

#### **\* FOOD SOLD IN RESTAURANTS**

However, many restaurants now have nutritional information about the foods they serve, which may be available upon request.

#### **\* FOOD WITH NO NUTRITIONAL SIGNIFICANCE**

Examples of this type of food include spices, tea, and plain coffee.

#### **\* FOOD PREPARED IN DELIS, BAKERIES, CANDY STORES, ETC.**

#### **\* EGGS, RAW FRUITS, VEGETABLES, AND FISH**

Voluntary nutrition information is being encouraged, and the FDA has encouraged retailers to provide information to be displayed in various departments of grocery stores.

#### **\* CUSTOM-PROCESSED GAME AND FISH**

burrito fillers.

For raw meat (hamburger, pork chops) nutrition labeling is voluntary for now. If, by 1995, there is not significant voluntary participation, USDA may require labeling for single products.

Until then, look for **SAFE FOOD HANDLING LABELS** on beef and poultry. These labels become effective May 27, 1994 and should be on all beef and poultry after that date.

#### **V. NUTRITION FACTS ON BOXES OF MIXES**

The labels on these products (a cake mix, for instance) are only required to reflect the mix, not the product as prepared. Therefore, the information found on a cake mix box only reflects the nutritional content of the mix without the eggs or oil. Fortunately, some companies are now voluntarily presenting a dual label which displays nutrition information for the mix as well as the product as prepared.

#### **VI. A LOOK AT THE NUTRITION FACTS LABEL**

On the following page is an example of the Nutrition Facts Label. On the pages following the label, there are explanations for several of the categories which are displayed on the label.

the old labels, it was allowable for a company to label a candy bar as 2 or 3 servings. This was deceiving to the consumer because the calories appeared very low, and the servings per package was often overlooked. The new portion sizes are very helpful to consumers.

- \* **DAILY VALUES** may be the most confusing part of the label for consumers.

These values are given for Total Fat, Saturated Fat, Cholesterol, Sodium, Total Carbohydrate, and Dietary Fiber. The values are listed at the bottom of the label, and these numbers represent the amount of that nutrient that a person consuming a 2,000 or 2,500 calorie diet should have in a day. In other words, the number of fat grams represents the amount of fat that a person should have in a day. If you are consuming fewer calories, the number would be lower, and if you are consuming more calories it would be higher, but this number gives you an idea about how much an adult should be consuming.

Small packages or foods with few ingredients may not have this information displayed on the labels.

The % Daily Value is also shown, and it tells the consumer how much of their daily value is met by that food. For example, the Daily Value for Saturated Fat is 20 grams. Suppose a serving of cake provides 10 grams of Saturated Fat. On the %Daily Value column, you will see that the cake supplies 50% of the Daily Value for Saturated Fat (because 10 is one-half of 20). This means that if a person consumes that cake, they've had 50% of their recommended intake of Saturated Fat

**FAT FREE** means the product contains less than 1/2 gram of fat per serving.

**LOW FAT** means the product contains 3 grams or fewer of fat per serving. One exception is entrees, which are allowed 3 grams per 100 gram or 3 1/2 oz serving - so a 10 oz entree can have 8 grams of fat and still be labeled low fat. Another exception: 2% milk and yogurt can be labeled low fat, even though they don't meet this requirement. As long as the products are nutritionally equivalent to regular milk and yogurt they may be labeled low fat.

**REDUCED FAT** means the product is at least 25% lower in fat than the original product.

**LIGHT OR LITE** means the product has 1/3 fewer calories or 50% less fat. If more than 50% of the calories are from fat, the fat content must be reduced by 50% or more. "Light" can also mean that the sodium content of a low calorie, low fat food has been reduced by 50%.

**CHOLESTEROL FREE** means the product contains fewer than 2 milligrams of cholesterol and 2 grams of saturated fat per serving.

**LOW CHOLESTEROL** means the product contains no more than 20 mg of cholesterol and no more than 2 grams of saturated fat per serving.

**CALORIE FREE** means the product has fewer than 5 calories per serving.

## VIII. CONCLUSION/SUMMARY

This lesson was designed to introduce providers to the new food labels. If you would like more information about the labels, there are several brochures that can be ordered at no cost. Listed are the names of the brochures and the addresses of the places to which you can write and request a free brochure.

1. To request Labeling Logic: Healthful Eating with the New Food Label send a self-addressed, stamped envelope to

Labeling Logic Brochure

ADA National Center for Nutrition and Dietetics

P.O. Box 39101

Chicago, IL 60639

2. To request An Introduction to the New Food Label by the FDA and USDA or How to Read the New Food Label (also available in Spanish) by the FDA and American Heart Association, or Using the New Food Label to Choose Healthier Foods (large print) by FDA and the American Association of Retired Persons, write to

FDA (HFE-88)

5600 Fishers Lane

Rockville, MD 20857

3. Randall's supermarkets also has free brochures in their stores.

Dietary Fiber \_\_\_\_\_

14. For raw meat, nutrition labels are \_\_\_\_\_ for now.

15. True or False The old food labels only required the name and address of the manufacturer and an ingredient list.

16. True or False All foods must have identical nutrition facts labels and must all include the same information.

17. Name 5 foods exempt from labeling:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

18. True or False You will not find a Nutrition Facts Label on a butter basted turkey because it is a processed meat.

19. The type of labels that will be on all meat products are called \_\_\_\_\_.

20. A product that supplies 25% of the Daily Value for Vitamin A could be labeled \_\_\_\_\_.





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## **SOUTHWEST HUMAN DEVELOPMENT SERVICES**

sponsor of the

## **USDA CHILD AND ADULT CARE FOOD PROGRAM**

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for completion of 1.25 hours of training in

### **The New Food Labels**

A SELF-INSTRUCTIONAL COURSE

This Family Day Care Provider supports the commitment to Quality Child Care as demonstrated by completion of this course

Given this date \_\_\_\_\_

  
\_\_\_\_\_  
Megan Downing  
Training

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