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.esha.com/news-events/webinars](http://www.esha.com/news-events/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](http://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)
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

<table>
<thead>
<tr>
<th>Weight</th>
<th>Serving Size Declaration</th>
</tr>
</thead>
<tbody>
<tr>
<td>50% or less of RACC</td>
<td>Number of units closest to reference amount</td>
</tr>
<tr>
<td>51% - 66% of RACC</td>
<td>May declare 1 or 2 units</td>
</tr>
<tr>
<td>67% - 199% of RACC</td>
<td>Shall be 1 unit</td>
</tr>
<tr>
<td>200% - 300% of RACC</td>
<td>Dual Column: 1st for serving size, 2nd for package size</td>
</tr>
</tbody>
</table>
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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We will wait for further evaluation from the FDA....
RACC Changes Overview

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)
RACC Changes Overview

**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)

**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)
RACC Changes & Dual Column

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

Blueberry Muffin – 55 g Serving Size

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size 1/2 muffin (55g)</td>
</tr>
<tr>
<td>Servings Per Container 6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 160</td>
</tr>
<tr>
<td>Calories from Fat 80</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat 9g</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>14%</td>
</tr>
<tr>
<td>Saturated Fat 5g</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>25%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 35mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>12%</td>
</tr>
<tr>
<td>Sodium 110mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>5%</td>
</tr>
<tr>
<td>Total Carbohydrate 21g</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>8%</td>
</tr>
<tr>
<td>Sugars 10g</td>
</tr>
<tr>
<td>Protein 2g</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>2%</td>
</tr>
<tr>
<td>Vitamin A 6%</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>2%</td>
</tr>
<tr>
<td>Calcium 2%</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>2%</td>
</tr>
<tr>
<td>Iron 2%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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

Blueberry Muffin - 110 g Serving Size

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 servings per container</td>
</tr>
<tr>
<td>Serving size</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 muffin</td>
</tr>
<tr>
<td>whole package</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>17g</td>
</tr>
<tr>
<td>22%</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>10g</td>
</tr>
<tr>
<td>50%</td>
</tr>
<tr>
<td>Trans Fat</td>
</tr>
<tr>
<td>0.5g</td>
</tr>
<tr>
<td>2%</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>70mg</td>
</tr>
<tr>
<td>23%</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>220mg</td>
</tr>
<tr>
<td>10%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>42g</td>
</tr>
<tr>
<td>15%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>3g</td>
</tr>
<tr>
<td>11%</td>
</tr>
<tr>
<td>Total Sugars</td>
</tr>
<tr>
<td>20g</td>
</tr>
<tr>
<td>7%</td>
</tr>
<tr>
<td>Includes Added Sugars</td>
</tr>
<tr>
<td>17g</td>
</tr>
<tr>
<td>34%</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>4g</td>
</tr>
<tr>
<td>12g</td>
</tr>
</tbody>
</table>

*Dietary fiber has been added to the muffin label.

Blueberry Muffin

- Serving Size: 1/2 muffin (55g)
- Servings Per Container: 6
- Calories: 160
- Calories from Fat: 80
- 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 (2%)

Blueberry Muffin - 110 g Serving Size

- Serving Size: 1 muffin (110g)
- Calories: 330
- Calories from Fat: 80
- Total Fat: 17g (22%)
- Saturated Fat: 10g (50%)
- Trans Fat: 0.5g (2%)
- Cholesterol: 70mg (23%)
- Sodium: 220mg (10%)
- Total Carbohydrate: 42g (15%)
- Dietary Fiber: 3g (11%)
- Total Sugars: 20g (7%)
- Includes Added Sugars: 17g (34%)
- Protein: 4g (12%)

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

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Dual Column – Nutrient Content Claims

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)

![Nutrition Facts Table]

*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
Questions?

Contact Us!
Phone: 503-585-6242
Email: sales@esha.com

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