



L'esportazione dei prodotti agroalimentari negli USA: Food Safety Plan



Katia Leggio
21 settembre 2023



La **Food and Drug Administration (FDA)**
nel 2011 pubblica il **Food Safety Modernization Act (FSMA)**

COS'E' IL FSMA

Pacchetto normativo che obbliga tutti gli operatori del settore alimentare (USA e non) che producono, manipolano, detengono / stoccano prodotti destinati al mercato statunitense ad adottare un sistema di gestione della sicurezza alimentare basato sui controlli preventivi (**PREVENTIVE CONTROLS**)

FOOD SAFETY PLAN (FSP)



Si basa sullo standard **HARPC**
(Hazard Analysis and Risk based Preventive Controls)

(21 CFR 117)

-  Search
-  Subscribe
-  Timeline
-  Go to Date
-  Published Edition
-  Developer Tools

<i>Products for Human Consumption</i>		
▶ Part 113	Thermally Processed Low-Acid Foods Packaged in Hermetically Sealed Containers	113.3 – 113.100
▶ Part 114	Acidified Foods	114.3 – 114.100
▶ Part 115	Shell Eggs	115.50
▶ Part 117	Current Good Manufacturing Practice, Hazard Analysis, and Risk-Based Preventive Controls for Human Food	117.1 – 117.475
▶ Part 118	Production, Storage, and Transportation of Shell Eggs	118.1 – 118.12
▶ Part 119	Dietary Supplements That Present a Significant or Unreasonable Risk	119.1
▶ Part 120	Hazard Analysis and Critical Control Point (HACCP) Systems	120.1 – 120.25
▶ Part 121	Mitigation Strategies to Protect Food Against Intentional Adulteration	121.1 – 121.401
▶ Part 123	Fish and Fishery Products	123.3 – 123.28
▶ Part 129	Processing and Bottling of Bottled Drinking Water	129.1 – 129.80
▶ Part 130	Food Standards: General	130.3 – 130.20
▶ Part 131	Milk and Cream	131.3 – 131.200
▶ Part 133	Cheeses and Related Cheese Products	133.3 – 133.196
▶ Part 135	Frozen Desserts	135.3 – 135.160
▶ Part 136	Bakery Products	136.3 – 136.180
▶ Part 137	Cereal Flours and Related Products	137.105 – 137.350
▶ Part 139	Macaroni and Noodle Products	139.110 – 139.180
▶ Part 145	Canned Fruits	145.3 – 145.190

FOOD SAFETY PLAN

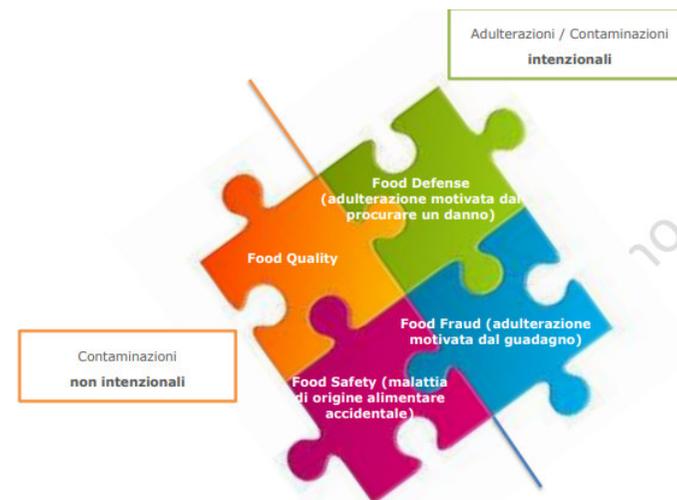


Food Fraud

Food Defense

FOCUS FOOD DEFENSE

1	UBICAZIONE DELL'AZIENDA Ubicazione geografica (es. paesi a rischio terrorismo) Aziende vicine o con ingresso in comune Indice di criminalità della zona
2	ACCESSIBILITÀ DELL'AZIENDA Attività eseguite all'interno o all'esterno Contratto di lavoro (dipendenti autonomi, o a tempo determinato, interinali, ecc.)
3	NATURA DEL PRODOTTO Grossi lotti di produzione Uniformità del prodotto (es. liquido o in polvere) Shelf-life Accessibilità al prodotto
4	FATTORI VARI Dipendenti scontenti e problemi di disciplina Differenze di nazionalità, politica, interessi dei dipendenti Aziende concorrenti



Impatto	5				Minaccia A	
	4		Minaccia C			
	3					Minaccia B
	2	Minaccia E				
	1			Minaccia D		
	1	2	3	4	5	
Probabilità						
Rischio molto alto		Minaccia A				
Rischio alto		Minaccia B				
Rischio moderato		Minaccia C				
Rischio basso		Minaccia D				
Rischio trascurabile		Minaccia E				

Fonte: PAS 96:2017- BSI

Table 1-1 Comparison of Elements of a HACCP Plan and a Food Safety Plan

Element	HACCP Plan	Different in Food Safety Plan
Hazard Analysis	Biological, chemical, physical hazards	Chemical hazards include radiological hazards, consideration of economically motivated adulteration (21 CFR 117.130(b)(1)(ii))
Preventive Controls	CCPs for processes	Process CCPs + controls at other points that are not CCPs (21 CFR 117.135(a)(2))
Parameters and values	Critical limits at CCPs	Parameters and minimum/maximum values (equivalent to critical limits for process controls) (21 CFR 117.135(c)(1))
Monitoring	Required for CCPs	Required as appropriate for preventive controls (21 CFR 117.145)
Corrective actions and Corrections	Corrective actions	Corrective actions or corrections as appropriate (21 CFR 117.150(a))
Verification (including validation)	For process controls	Verification as appropriate for all preventive controls; validation for process controls; supplier verification required when supplier controls a hazard (21 CFR 117.155, 117.160)
Records	For process controls	As appropriate for all preventive controls (21 CFR 117.190)
Recall plan	Not required in the plan	Required when a hazard requiring a preventive control is identified (21 CFR 117.139)

**Hazard Analysis and Risk-Based
Preventive Controls for Human Food:
Guidance for Industry**

Draft Guidance



Preventive control qualified individual (PCQI)

Qualifica del referente aziendale che implementa e gestisce il Food Safety Plan oltre a monitorarne la corretta applicazione

il **PCQI** deve **dimostrare la propria competenza** attraverso due distinte modalità:

*“to be a preventive controls qualified individual must have successfully completed **training** in the development and application of risk-based preventive controls at least equivalent to that received under a standardized curriculum recognized as adequate by FDA”;*

or:

*“to be otherwise qualified through **job experience** to develop and apply a food safety system. Job experience may qualify an individual to perform these functions if such experience has provided an individual with knowledge at least equivalent to that provided through the standardize curriculum”*

Esenzioni FSP

Aziende

- vendita al dettaglio (ristoranti e negozi)
- stoccaggio prodotti confezionati (non esposti all'ambiente circostante)
- Fattorie (inclusi mangimi)

Prodotti

- succhi
- prodotti a base di pesce
- integratori alimentari
- bevande alcoliche
- prodotti regolati da USDA (es. carne, pollame, uova, frutta e verdura)

Requisiti modificati

Qualified Facility

Fatturato medio annuale
< \$500,000 nei 3 anni
precedenti con almeno
50% delle vendite a
consumatori locali



Very small Business

Fatturato medio annuale
< \$1,000,000 nei 3 anni
precedenti compreso
l'inventario in magazzino

Devono però provvedere alla
compilazione del QFA (Qualified
facility attestation) dove dovrà dire
di essere adempiente con le norme
di sicurezza alimentare del
territorio
(Esenzione da Subpart C&G)

FSVP

(FOREIGN SUPPLIER VERIFICATION PROGRAMS)

FSMA obbliga gli importatori statunitensi ad adottare un programma di verifica sui fornitori esteri (FSVP) finalizzato a dimostrare che:

COSA VERIFICA?

- il prodotto importato sia conforme alle normative FDA
 - il prodotto non sia adulterato
 - etichettatura corretta

SUPPLY CHAIN



L'esportazione dei prodotti agroalimentari negli USA: Nutrition Facts Label

Katia Leggio
21 settembre 2023

5 Examples of Changes to the Nutrition Facts Label

Many food manufacturers are required to update their labeling by January, 2020.

Type Size for Certain Elements

On many labels, "Calories" must be bolded in 16 point type, while its value must be bolded in 22 point type.

On these labels, "Serving Size" information must also be bolded in at least 10 point type.

Declaration for "Added Sugars"

Sugars added during food processing, sugars packaged with the intention of being added to food, and certain naturally-occurring sugars must be declared separately from "Total Sugars."

New Footnote

% Daily Value (DV) is now defined in the footnote.

Foods intended for children aged 1 through 3 must substitute "2,000" calories with "1,000."

Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
*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.	

Serving Sizes

FDA updated the reference amounts customarily consumed (RACCs) for certain product categories to reflect modern eating habits. RACCs are the basis for serving sizes.

Products in packages containing between 200 and 300 percent of their RACCs must display an additional column of nutrition information for the whole package.

Nutrient Information

Quantities for vitamin D, potassium, calcium, and iron must be listed.

Quantities for these nutrients must be expressed in milligrams or micrograms.



SERVING SIZE



What's on the Nutrition Facts Label

The **Nutrition Facts** label found on packaged foods and beverages is your **daily tool** for making informed food choices that contribute to healthy lifelong eating habits. Explore it today and discover the wealth of information it contains.

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 5mg	10%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	8%
Includes 2g Added Sugars	4%
Protein 11g	22%
Vitamin D 2mcg	10%
Calcium 280mg	20%
Iron 6mg	35%
Potassium 240mg	6%

Servings Per Container shows the total number of servings in the entire food package or container.

- It is common for one package of food to contain more than one serving.
- Some containers may also have a label with two columns—one column listing the amount of calories and nutrients in one serving and the other column listing this information for the entire package.

Serving Size is based on the amount of food that is customarily eaten at one time and is not a recommendation of how much to eat. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however, some containers may also have information displayed per package.

- Serving size is shown as a common household measure that is appropriate to the food (such as cup, tablespoon, piece, slice, or jar), followed by the metric amount in grams (g).
- When comparing calories and nutrients in different foods, check the serving size to make an accurate comparison.

Calories refers to the total number of calories, or "energy," supplied from all sources (carbohydrate, fat, protein, and alcohol) in a serving of the food.

- To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses.
- 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level. Learn your number at www.choosemyplate.gov/resources/MyPlatePlan.

As a general guide:

- **100 calories** per serving of an individual packaged food is considered **moderate**
- **400 calories** or more per serving of an individual packaged food is considered **high**

Tip: The terms "fat-free" and "no added sugars" do not mean "calorie-free." These food items may have as many calories as the regular versions. Always check the Nutrition Facts label and compare the calories and nutrients in the modified version to the regular version.

Valori medi	per 100 g	per porzione (15 g)	(%*) per 15 g
Energia	2278 kJ/ 546 kcal	339 kJ/ 81 kcal	4
grassi di cui: acidi grassi saturi	31,6 g	4,7 g	7
carboidrati di cui: zuccheri	11 g	1,7 g	9
proteine	57,6 g	8,6 g	3
sale	56,8 g	8,5 g	9
	6 g	0,9 g	2
	0,114 g	0,017 g	0

* Assunzioni di riferimento di un adulto medio (8400 kJ/ 2000 kcal)

Nutrition Facts

4 servings per container
Serving size 1 cup (227g)

Amount per serving
Calories 280

% Daily Value*

Total Fat 9g	12%
Saturated Fat 4.5g	23%
<i>Trans Fat</i> 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	

Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* 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.

SERVING SIZE

Serving Sizes Get A Reality Check

Serving Size Changes

What's considered to be a "serving" has changed for some foods in the decades since the original Nutrition Facts label was created. So, some serving sizes were updated to more realistically reflect how much people typically eat at one time.

ORIGINAL SERVING SIZE
FOR ICE CREAM: 1/2 CUP



4
SERVINGS
1 PINT
200
CALORIES

NEW SERVING SIZE
FOR ICE CREAM: 2/3 CUP



3
SERVINGS
1 PINT
270
CALORIES

Packaging Affects Servings

Package size often affects how much people eat and drink at one time. For soft drinks, both 12-ounce and 20-ounce bottles will be labeled as one serving, since people are likely to drink the entire amount in either size container in one sitting.



12
OUNCES
120
CALORIES



20
OUNCES
200
CALORIES

1 SERVING PER BOTTLE FOR EITHER BOTTLE SIZE

Food Category	Food Product	Typical Serving Size on Original Nutrition Facts Label	Typical Serving Size on New Nutrition Facts Label
Beverages	Carbonated and non-carbonated beverages	240mL (8 fl oz.)	360mL (12 fl oz.)
	Coffee flavored and sweetened	240mL (8 fl oz.)	360mL (12 fl oz.)
	Tea flavored and sweetened	240mL (8 fl oz.)	360mL (12 fl oz.)
	Water	240mL (8 fl oz.)	360mL (12 fl oz.)
	Wine Coolers	240mL (8 fl oz.)	360mL (12 fl oz.)
Cereals and other grains	Breakfast cereal, ready-to-eat, weighing 20g or more, but less than 43g per cup, high fiber cereals containing 28g or more of fiber per 100g	30g	40g
	Breakfast cereal, ready-to-eat, weighing 43g or more; biscuit type	55g	60g
Dairy Products and Substitutes	Yogurt	225g	170g
Desserts	Frozen flavored and sweetened ice and pops, bulk	85g	2/3 cup – includes the volume for coatings and wafers
	Frozen flavored and sweetened ice and pops, novelties (e.g., bars, sandwiches, cones, cups)	85g	2/3 cup – includes the volume for coatings and wafers
	Frozen fruit juices, bulk	85g	2/3 cup – includes the volume for coatings and wafers
	Frozen fruit juices, novelties (e.g., bars, sandwiches, cones, cups)	85g	2/3 cup – includes the volume for coatings and wafers
	Frozen yogurt, bulk	1/2 cup	2/3 cup – includes the volume for coatings and wafers
	Ice cream, bulk	1/2 cup	2/3 cup – includes the volume for coatings and wafers
	Sherbet, bulk	1/2 cup	2/3 cup – includes the volume for coatings and wafers
	Dessert Toppings and Fillings	Cake frostings and icings	35g

SERVING SIZE

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
<u>DESSERTS:</u>			
Ice cream, frozen yogurt, sherbet, frozen flavored and sweetened ice and pops, frozen fruit juices: all types bulk and novelties (e.g., bars, sandwiches, cones, cups)	2/3 cup – includes the volume for coatings and wafers	2/3 cup (_ g), _ piece(s) (_ g) for individually wrapped or packaged products	All types of bulk and novelties (e.g., bars, sandwiches, cups, slices, cones, pops) ice cream, frozen yogurt, sherbet, sorbet, frozen custard, and other milk-based frozen desserts; frozen or unfrozen flavored and/or sweetened ice and pops (e.g., popsicles, flavored ice, snow cones); frozen fruit juices and fruit juice novelties, all flavored, with or without fruits or nuts.
Sundae	1 cup	1 cup (_ g)	All types of sundaes
Custards, gelatin, or pudding	1/2 cup prepared; amount to make 1/2 cup prepared when dry.	_ piece(s) (_ g) for distinct unit (e.g., individually packaged products); 1/2 cup (_ g) for bulk	All types of custards, gelatins, mousse, and puddings (flavored and unflavored). All dry mixes with various flavor used to make custards, gelatin or pudding.
<u>DESSERT TOPPINGS AND FILLINGS:</u>			
Cake frostings or icings	2 tbsp	_ tbsp(s) (_ g)	All ty whipi

Food -	Examples
Cookies -	1 cookie (28 g) or 1 cookie (28 g/1 oz) -
Milk, juices, soft drinks -	8 fl oz (240 mL), or 1 cup (240 mL) for multiserving containers, or the container (e.g., 1 can) for single serving containers
Grated cheese	1 tablespoon (5 g) or 1 tablespoon (5 g/0.2 oz) -
21 CFR 101.9(b)(2), 21 CFR 101.9(b)(5), 21 CFR 101.9(b)(7), and 21 CFR 101.12(b)	

RACCs - Reference Amounts Customarily Consumed: List of Products for Each Product Category: Guidance for Industry1



What's on the Nutrition Facts Label

The **Nutrition Facts** label found on packaged foods and beverages is your **daily tool** for making informed food choices that contribute to healthy lifelong eating habits. Explore it today and discover the wealth of information it contains!

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (200g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 5mg	10%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	8%
Includes 2g Added Sugars	4%
Protein 11g	22%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

Servings Per Container shows the total number of servings in the entire food package or container.

- It is common for one package of food to contain more than one serving.
- Some containers may also have a label with two columns—one column listing the amount of calories and nutrients in one serving and the other column listing this information for the entire package.

Serving Size is based on the amount of food that is customarily eaten at one time and is not a recommendation of how much to eat. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however, some containers may also have information displayed per package.

- Serving size is shown as a common household measure that is appropriate to the food (such as cup, tablespoon, piece, slice, or jar), followed by the metric amount in grams (g).
- When comparing calories and nutrients in different foods, check the serving size to make an accurate comparison.

Calories refers to the total number of calories, or "energy," supplied from all sources (carbohydrate, fat, protein, and alcohol) in a serving of the food.

- To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses.
- 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level. Learn your number at www.choosemyplate.gov/resources/MyPlatePlan.

As a general guide:

- 100 calories** per serving of an individual packaged food is considered **moderate**
- 400 calories** or more per serving of an individual packaged food is considered **high**

Tip: The terms "fat-free" and "no added sugars" do not mean "calorie-free." These food items may have as many calories as the regular versions. Always check the Nutrition Facts label and compare the calories and nutrients in the modified version to the regular version.

COEFFICIENTE DI CONVERSIONE

Carboidrati – 4 kcal

Proteine – 4 kcal

Grassi – 9 kcal

Polioli - da 0 a 3

CALORIES



INFORMAZIONI NUTRIZIONALI			
Valori medi	per 100 g	per porzione (15 g)	(%*) per 15 g
Energia	2278 kJ/ 546 kcal	339 kJ/ 81 kcal	4
grassi di cui: acidi grassi saturi	31,6 g	4,7 g	7
carboidrati di cui: zuccheri	11 g	1,7 g	9
proteine	57,6 g	8,6 g	3
sale	56,8 g	8,5 g	9
	6 g	0,9 g	2
	0,114 g	0,017 g	0

* Assunzioni di riferimento di un adulto medio (8400 kJ/ 2000 kcal)

COEFFICIENTI DI CONVERSIONE

COEFFICIENTI DI CONVERSIONE PER IL CALCOLO DELL'ENERGIA

Per la dichiarazione il valore energetico deve essere calcolato usando i seguenti coefficienti di conversione:

— carboidrati (ad esclusione dei polioli)	17 kJ/g — 4 kcal/g
— polioli	10 kJ/g — 2,4 kcal/g
— proteine	17 kJ/g — 4 kcal/g
— grassi	37 kJ/g — 9 kcal/g
— salatrim	25 kJ/g — 6 kcal/g
— alcol (etanolo)	29 kJ/g — 7 kcal/g
— acidi organici	13 kJ/g — 3 kcal/g
— fibre	8 kJ/g — 2 kcal/g
— eritritolo	0 kJ/g — 0 kcal/g



Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	240
Calories	
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

INGREDIENTS: BULGUR WHEAT, SAUCE (WATER, HALF AND HALF (MILK, CREAM), PARMESAN CHEESE (PASTEURIZED SKIM MILK, CULTURES, SALT, ENZYMES), CHEDDAR CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), OLIVE OIL, BUTTER, SUGAR, XANTHAN GUM, SPICE), LENTILS, CORN, GREEN BEANS, RED BEANS, POTATOES. CONTAINS: WHEAT, MILK.

Nutrients

The Nutrition Facts label can help you learn about the nutrient content of many foods in your diet.

- **The Nutrition Facts label must list:** total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, dietary fiber, total sugars, added sugars, protein, vitamin D, calcium, iron, and potassium.
- **The Nutrition Facts label may also list:** monounsaturated fat, polyunsaturated fat, soluble fiber, insoluble fiber, sugar alcohols, vitamins (biotin, choline, folate, niacin, pantothenic acid, riboflavin, thiamin, and vitamins A, B₆, B₁₂, C, E, and K) and minerals (chloride, chromium, copper, iodine, magnesium, manganese, molybdenum, phosphorus, selenium, and zinc).

The Nutrition Facts Label can also help you monitor nutrients you want to get less of and those you want to get more of.

Nutrients to get less of:
Saturated fat, sodium, and added sugars.
Most Americans exceed the recommended limits for these nutrients—and diets higher in these nutrients are associated with an increased risk of developing some health conditions (such as cardiovascular disease and high blood pressure).
Compare and choose foods to **get less than 100% DV of these nutrients each day.**

Nutrients to get more of:
Dietary fiber, vitamin D, calcium, iron, and potassium.
Many Americans do not get the recommended amount of these nutrients—and diets higher in these nutrients can reduce the risk of developing some health conditions (such as cardiovascular disease, osteoporosis, anemia, and high blood pressure).
Compare and choose foods to **get 100% DV of these nutrients on most days.**

Ingredient List

In addition to the Nutrition Facts label, the ingredient list is also a helpful tool. The ingredient list shows each ingredient in a food by its **common or usual name**. Ingredients are listed in **descending order by weight**, so the ingredient that weighs the most in the product is listed first, and the ingredient that weighs the least is listed last.

NUTRIENTS



INFORMAZIONI NUTRIZIONALI			
Valori medi	per 100 g	per porzione (15 g)	(%*)
Energia	2278 kJ/ 546 kcal	339 kJ/ 81 kcal	4
grassi di cui: acidi grassi saturi	31,6 g 11 g	4,7 g 1,7 g	7 9
carboidrati di cui: zuccheri	57,6 g 56,8 g	8,6 g 8,5 g	3 9
proteine	6 g	0,9 g	2
sale	0,114 g	0,017 g	0

* Assunzioni di riferimento di un adulto medio (8400 kJ/ 2000 kcal)

Sal = Sodio x 2.5



Not a significant source of.....

Esempi...

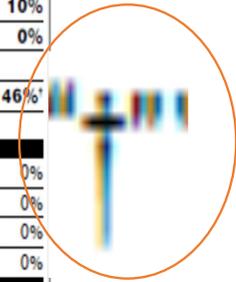
Saturated fat 21 CFR 101.9(c)(2)(i)	Less than 0.5 g of total fat ⁽¹⁾	"Not a significant source of saturated fat"
Trans fat 21 CFR 101.9(c)(2)(ii)	Less than 0.5 g of total fat ⁽²⁾	"Not a significant source of trans fat"
Cholesterol 21 CFR 101.9(c)(3)	Less than 2 mg ⁽³⁾	"Not a significant source of cholesterol"
Dietary fiber 21 CFR 101.9(c)(6)(i)	Less than 1 g	"Not a significant source of dietary fiber"
Sugars 21 CFR 101.9(c)(6)(ii)	Less than 0.5 g ⁽⁴⁾	"Not a significant source of sugars"

ZUCCHERI AGGIUNTI

The Nutrition Facts Label Declaration of Added Sugars for Single-Ingredient Sugars and Certain Cranberry Products



Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46% [†]
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%



* 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.

Recommended factual statements

† Sugars added to improve the palatability of naturally tart cranberries. The 2015-2020 Dietary Guidelines for Americans state that there is room for limited amounts of Added Sugars in the diet, including from nutrient dense foods, like naturally tart fruit.

† Sugars added to improve the palatability of naturally tart cranberries.

† Sugars added to improve palatability.

† Sugars added to improve the palatability of naturally tart cranberries. The 2015-2020 Dietary Guidelines for Americans recommends limiting calories from added sugars to no more than 10% each day.



DAILY VALUE



Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 5mg	1%
Sodium 430mg	19%
Total Carbohydrate 45g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 280mg	20%
Iron 8mg	35%
Potassium 240mg	6%

% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet.

The %DV column doesn't add up vertically to 100%. Instead, the %DV is the **percentage of the Daily Value** for each nutrient in a serving of the food. The Daily Values are reference amounts (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day.

For example, the Daily Value for saturated fat is less than 20 grams (g) per day (based on a 2,000 calorie daily diet), which equals 100% DV. If the Nutrition Facts label says one serving of a food contains 1.5 g of saturated fat, then the %DV for saturated fat for this specific food is 8%. That means the food contains 8% of the maximum amount of saturated fat that an average person should eat in an entire day.

Some nutrients on the Nutrition Facts label do not have a %DV, so use the number of grams to compare and choose products.

Food component	Unit of measure	Adults and children >4 years
Fat	Grams (g)	78
Saturated fat	Grams (g)	20
Cholesterol	Milligrams (mg)	300
Total carbohydrate	Grams (g)	275
Sodium	Milligrams (mg)	2,300
Dietary Fiber	Grams (g)	28
Protein	Grams (g)	50
Added Sugars	Grams (g)	50

INFORMAZIONI NUTRIZIONALI			
Valori medi	per 100 g	per porzione (15 g)	(%*) per 15 g
Energia	2278 kJ/ 546 kcal	339 kJ/ 81 kcal	4
grassi di cui: acidi grassi saturi	31,6 g 11 g	4,7 g 1,7 g	7 9
carboidrati di cui: zuccheri	57,6 g 56,8 g	8,6 g 8,5 g	3 9
proteine	6 g	0,9 g	2
sale	0,114 g	0,017 g	0

* Assunzioni di riferimento di un adulto medio (8400 kJ/ 2000 kcal)

PARTE B — CONSUMI DI RIFERIMENTO DI ELEMENTI ENERGETICI E DI DETERMINATI ELEMENTI NUTRITIVI DIVERSI DALLE VITAMINE E DAI SALI MINERALI (ADULTI)

Elementi nutritivi o energetici	Consumo di riferimento
Energia	8 400 kJ/2 000 kcal
Grassi totali	70 g
Acidi grassi saturi	20 g
Carboidrati	260 g
Zuccheri	90 g
Proteine	50 g
Sale	6 g

Nutrition Facts

17 servings per container
Serving size 3/4 cup (28g)

Amount per serving
Calories 140

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Fluoride 0mg	
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Soluble Fiber <1g	
Insoluble Fiber 1g	
Total Sugars 9g	
Includes 8g Added Sugars	16%
Protein 9g	18%
Vitamin D 2mcg (80 IU)	10%
Calcium 130mg	10%
Iron 4.5mg	25%
Potassium 110mg	2%
Vitamin A 90mcg	10%
Vitamin C 9mg	10%
Thiamin 0.3mg	25%
Riboflavin 0.3mg	25%
Niacin 4mg	25%
Vitamin B ₆ 0.4mg	25%
Folate 200mcg DFE (120mcg folic acid)	50%
Vitamin B ₁₂ 0.6mcg	25%
Phosphorus 100mg	8%
Magnesium 25mg	6%
Zinc 3mg	25%
Choline 60mg	10%

* 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.

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



Nutrienti aggiuntivi

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



energia	kJ/kcal
grassi	g
di cui:	
— acidi grassi saturi	g
— acidi grassi monoinsaturi	g
— acidi grassi polinsaturi	g
carboidrati	g
di cui:	
— zuccheri	g
— poliooli	g
— amido	g
fibre	g
proteine	g
sale	g
vitamine e sali minerali	le unità indicate nell'allegato XIII, parte A, punto 1

CONSUMI DI RIFERIMENTO

PARTE A — CONSUMI DI RIFERIMENTO GIORNALIERI PER VITAMINE E SALI MINERALI (ADULTI)

1. Vitamine e sali minerali che possono essere dichiarati e relativi valori nutritivi di riferimento

Vitamina A (µg)	800	Cloruro (mg)	800
Vitamina D (µg)	5	Calcio (mg)	800
Vitamina E (mg)	12	Fosforo (mg)	700
Vitamina K (µg)	75	Magnesio (mg)	375
Vitamina C (mg)	80	Ferro (mg)	14
Tiamina (mg)	1,1	Zinco (mg)	10
Riboflavina (mg)	1,4	Rame (mg)	1
Niacina (mg)	16	Manganese (mg)	2
Vitamina B ₆ (mg)	1,4	Fluoro (mg)	3,5
Acido folico (µg)	200	Selenio (µg)	55
Vitamina B12 (µg)	2,5	Cromo (µg)	40
Biotina (µg)	50	Molibdeno (µg)	50
Acido pantotenico (µg)	6	Iodio (µg)	150
Potassio (mg)	2.000		

Arrotondamenti



Nutrient/Serving	(M)	Core	Units	Increment Rounding(**)	Insignificant	Other
Saturated fat	M		g	<0.5g - express as="" as="" 5g - express to nearest 0.5g increment > or = 5g - express to nearest 1g increment	< 0.5=""	101.9(c)(2)(i)
Polyunsaturated & Monounsaturated fat	V		g	<0.5g - express="" as="" 5g - express to nearest 0.5g increment > or = 5g - express to nearest 1g increment	< 0.5=""	101.9(c)(2)(ii) &(iii)
Cholesterol	M		mg	.2 mg - express as zero 2 - 5 mg - express as "less than 5 mg" > 5 mg - express to nearest 5 mg Increment	< 2=""	101.9(c)(3)

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



Vertical Display with Micronutrients Listed Side-by-Side†
21 CFR 101.9(d)(12)

CARATTERI

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
> Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g 14%	
Total Sugars 12g	
Includes 10g Added Sugars 20%	
Protein 3g	
Vit. D 2mcg 10% • Calcium 260mg 20%	
Iron 8mg 45% • Potas. 235mg 6%	

* 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.

No smaller than 10 pt with 1 pt of leading
Bold, no smaller than 10 pt¹

Bold, no smaller than 6 pt
Bold, no smaller than 16 pt
3 pt rule

No smaller than 8 pt with 4 pt of leading²

ld, no smaller than 8 pt with 4 pt of leading³

¼ pt rule centered between nutrients
(2 pt leading above and below)

Shortened rule above
Added Sugars declaration

No smaller than 6 pt with 1 pt of leading

Bold, no smaller than all other point sizes except numerical value for "Calories"

7 pt rule

Bold, no smaller than 22 pt

Bold, no smaller than 6 pt

Bold, no smaller than 8 pt⁴

All labels enclosed by ½ point box rule within 3 point of text measure

7 pt rule

No smaller than 8 pt with 4 pt of leading and 8 pt bullets⁵

DIMENSION

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
10 servings per container Serving size 2 slices (56g)		Total Fat 1.5g	2%	Total Carbohydrate 36g	13%
		Saturated Fat 0.5g	3%	Dietary Fiber 2g	7%
Calories per serving 170		<i>Trans</i> Fat 0.5g		Total Sugars 1g	
		Cholesterol 0mg	0%	Includes 1g Added Sugars	2%
		Sodium 280mg	12%	Protein 4g	
Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 1mg 6% • Potassium 470mg 10% Thiamin 15% • Riboflavin 8% • Niacin 10%					

Nutrition Facts			
2 servings per container		1 cup (255g)	
Serving size		Per serving	Per container
Calories	220	440	
	% DV*	% DV*	
Total Fat	5g 6%	10g 13%	
Saturated Fat	2g 10%	4g 20%	
<i>Trans</i> Fat	0g	0g	
Cholesterol	15mg 5%	30mg 10%	
Sodium	240mg 10%	480mg 21%	
Total Carb.	35g 13%	70g 25%	
Dietary Fiber	6g 21%	12g 43%	
Total Sugars	7g	14g	
Incl. Added Sugars	4g 8%	8g 16%	
Protein	9g	18g	
Vitamin D	5mcg 25%	10mcg 50%	
Calcium	200mg 15%	400mg 30%	
Iron	1mg 6%	2mg 10%	
Potassium	470mg 10%	940mg 20%	

*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.

Nutrition Facts	
17 servings per container	
Serving size 3/4 cup (28g)	
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Fluoride 0mg	
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Soluble Fiber <1g	
Insoluble Fiber 1g	
Total Sugars 9g	
Includes 8g Added Sugars	16%
Protein 9g	18%
Vitamin D 2mcg (80 IU)	10%
Calcium 130mg	10%
Iron 4.5mg	25%
Potassium 110mg	2%
Vitamin A 90mcg	10%
Vitamin C 9mg	10%
Thiamin 0.3mg	25%
Riboflavin 0.3mg	25%
Niacin 4mg	25%
Vitamin B ₆ 0.4mg	25%
Folate 200mcg DFE (120mcg folic acid)	50%
Vitamin B ₁₂ 0.6mcg	25%
Phosphorus 100mg	8%
Magnesium 25mg	6%
Zinc 3mg	25%
Choline 60mg	10%

*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.

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

Tabular Format
21 CFR 101.9(d)(11)(iii)

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

*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.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vit. D 2mcg 10%	Calcium 260mg 20%
Iron 8mg 45%	Potas. 240mg 6%

*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.

The New Nutrition Facts Label

Examples of Different Label Formats

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 3 servings per container		Total Fat 2g	3%	Total Carb. 15g	5%
		Sat. Fat 1g	5%	Fiber 0g	0%
Serving size 1/3 cup (56g)		<i>Trans</i> Fat 0.5g		Total Sugars 14g	
		Cholesterol 10mg	3%	Incl. 13g Added Sugars	26%
Calories per serving 90		Sodium 200mg	9%	Protein 3g	
		Vitamin D 0% • Calcium 6% • Iron 6% • Potassium 10%			

Tabular Display for Small or Intermediate-Sized Packages
21 CFR 101.9(j)(13)(ii)(A)(1)

Standard Vertical
21 CFR 101.9(d)(12)

Vertical Display with Micronutrients Listed Side-by-Side
21 CFR 101.9(d)(12)

Vertical Display with Micronutrients Listed Side-by-Side¹
21 CFR 101.9(d)(12)

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vit. D 2mcg 10%	Calcium 260mg 20%
Iron 8mg 45%	Potas. 235mg 6%

* 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.

Annotations:

- No smaller than 10 pt with 1 pt of leading
- Bold, no smaller than 10 pt¹
- Bold, no smaller than 6 pt
- Bold, no smaller than 16 pt
- 3 pt rule
- No smaller than 8 pt with 4 pt of leading²
- ld, no smaller than 8 pt with 4 pt of leading³
- ¼ pt rule centered between nutrients (2 pt leading above and below)
- Shortened rule above Added Sugars declaration
- No smaller than 6 pt with 1 pt of leading
- Bold, no smaller than all other point sizes except numerical value for "Calories"
- 7 pt rule
- Bold, no smaller than 22 pt
- Bold, no smaller than 6 pt
- Bold, no smaller than 8 pt⁴
- All labels enclosed by ½ point box rule within 3 point of text measure
- 7 pt rule
- No smaller than 8 pt with 4 pt of leading and 8 pt bullets⁵

DIMENSIONI

Tabular Display for Small or Intermediate-Sized Packages
21 CFR 101.9(j)(13)(ii)(A)(1)

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
about 3 servings per container	Total Fat 2g	3%	Total Carb. 15g	5%
Serving size 1/3 cup (56g)	Sat. Fat 1g	5%	Fiber 0g	0%
	Trans Fat 0.5g		Total Sugars 14g	
Calories per serving 90	Cholesterol 10mg	3%	Incl. 13g Added Sugars	26%
	Sodium 200mg	9%	Protein 3g	
Vitamin D 0% • Calcium 6% • Iron 6% • Potassium 10%				

Linear Display for Small or Intermediate-Sized Packages
21 CFR 101.9(j)(13)(ii)(A)(2)

Nutrition Facts Servings: 12, **Serv. size: 1 mint (2g),**
Amount per serving: **Calories 5, Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV),
Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 2g (1% DV),
Fiber 0g (0% DV), Total Sugars 2g (Incl. 2g Added Sugars, 4% DV), **Protein** 0g,
Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (6% DV).

CASI PARTICOLARI

ASSORTMENT PACK

Nutrition Facts		KELLOGG'S FROSTED FLAKES®		FROOT LOOPS®		APPLE JACKS®		RICE KRISPIES®		FROSTED MINI-WHEATS® ORIGINAL		COIN POPS®	
Serving Size 1 Box		(24g)		(27g)		(27g)		(25g)		(37g)		(27g)	
Amount per serving		Calories 120		Calories 100		Calories 100		Calories 100		Calories 130		Calories 100	
Total Fat 1g	2%	Total Fat 1g	1%	Total Fat 1g	1%	Total Fat 1g	1%	Total Fat 1g	1%	Total Fat 1g	1%	Total Fat 1g	2%
Saturated Fat 0g	0%	Saturated Fat 0g	0%	Saturated Fat 0g	0%	Saturated Fat 0g	0%	Saturated Fat 0g	0%	Saturated Fat 0g	0%	Saturated Fat 0g	0%
Trans Fat 0g	0%	Trans Fat 0g	0%	Trans Fat 0g	0%	Trans Fat 0g	0%	Trans Fat 0g	0%	Trans Fat 0g	0%	Trans Fat 0g	0%
Cholesterol 0mg	0%	Cholesterol 0mg	0%	Cholesterol 0mg	0%	Cholesterol 0mg	0%	Cholesterol 0mg	0%	Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 170mg	7%	Sodium 140mg	6%	Sodium 140mg	6%	Sodium 140mg	6%	Sodium 140mg	6%	Sodium 140mg	6%	Sodium 140mg	6%
Total Carb. 35g	11%	Total Carb. 35g	9%	Total Carb. 35g	9%	Total Carb. 35g	9%	Total Carb. 35g	11%	Total Carb. 35g	9%	Total Carb. 35g	11%
Dietary Fiber <1g	3%	Dietary Fiber 2g	5%	Dietary Fiber 2g	5%	Dietary Fiber 2g	5%	Dietary Fiber 2g	5%	Dietary Fiber 2g	5%	Dietary Fiber 2g	5%
Total Sugars 19g	38%	Total Sugars 19g	16%	Total Sugars 19g	16%	Total Sugars 19g	16%	Total Sugars 19g	16%	Total Sugars 19g	16%	Total Sugars 19g	16%
Incl. Added Sugars 24%		Incl. Added Sugars 14%		Incl. Added Sugars 14%		Incl. Added Sugars 14%		Incl. Added Sugars 14%		Incl. Added Sugars 14%		Incl. Added Sugars 14%	
Protein 1g		Protein 1g		Protein 1g		Protein 1g		Protein 1g		Protein 1g		Protein 1g	
Vitamin D 1.1mcg	8%	Vitamin D 1.2mcg	6%	Vitamin D 1.2mcg	6%	Vitamin D 1.2mcg	6%	Vitamin D 1.2mcg	6%	Vitamin D 1.2mcg	6%	Vitamin D 1.2mcg	6%
Calcium 0mg	0%	Calcium 0mg	0%	Calcium 0mg	0%	Calcium 0mg	0%	Calcium 0mg	0%	Calcium 0mg	0%	Calcium 0mg	0%
Iron 6.2mg	35%	Iron 3.1mg	15%	Iron 3.1mg	15%	Iron 3.1mg	15%	Iron 3.1mg	15%	Iron 3.1mg	15%	Iron 3.1mg	15%
Potassium 30mg	6%	Potassium 40mg	8%	Potassium 40mg	8%	Potassium 40mg	8%	Potassium 40mg	8%	Potassium 40mg	8%	Potassium 40mg	8%
Thiamin 15%		Vitamin C 15%		Thiamin 15%		Thiamin 15%		Thiamin 15%		Thiamin 15%		Thiamin 15%	
Riboflavin 15%		Niacin 15%		Riboflavin 15%		Riboflavin 15%		Riboflavin 15%		Riboflavin 15%		Riboflavin 15%	
Niacin 15%		Riboflavin 15%		Niacin 15%		Niacin 15%		Niacin 15%		Niacin 15%		Niacin 15%	
Vitamin B6 15%		Vitamin B6 15%		Vitamin B6 15%		Vitamin B6 15%		Vitamin B6 15%		Vitamin B6 15%		Vitamin B6 15%	
Folate 100mcg DFE	25%	Folate 100mcg DFE	25%	Folate 100mcg DFE	25%	Folate 100mcg DFE	25%	Folate 100mcg DFE	25%	Folate 100mcg DFE	25%	Folate 100mcg DFE	25%
(100mcg biologic acid)		(100mcg biologic acid)		(100mcg biologic acid)		(100mcg biologic acid)		(100mcg biologic acid)		(100mcg biologic acid)		(100mcg biologic acid)	
Vitamin B12 15%		Vitamin B12 15%		Vitamin B12 15%		Vitamin B12 15%		Vitamin B12 15%		Vitamin B12 15%		Vitamin B12 15%	
		Vitamin B12 15%											



Nutrition Facts
10 servings per container
Serving size 1/10 package (43g mix)

	Per 1/10 pkg mix	% DV**	As prepared	% DV**
Calories	160		280	
Total Fat 1.5g*	2%	18%	13%	
Saturated Fat 1g	4%	13%	14%	
Trans Fat 0g			0%	
Cholesterol 0mg	0%	21%	14%	
Sodium 310mg	13%	13%	13%	
Total Carbohydrate 35g	13%	13%	13%	
Dietary Fiber 0g	0%	0%	0%	
Total Sugars 19g			38%	
Incl. Added Sugars 19g			38%	
Protein 2g				
Calcium 100mg	8%	8%	8%	
Iron 0.9mg	4%	6%	6%	

Not a significant source of vitamin D and potassium.

*Amount in mix. As prepared, one serving provides 14g total fat (2.5g saturated fat), 65mg cholesterol, 330mg sodium, 3g protein, 110mg calcium, and 1.1mg iron.

**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.

CAKE MIX



NUTS MIX

Come calcolo i valori nutrizionali?

Analisi di laboratorio



E' preferibile avvalersi di laboratori che usino il metodo AOAC o equivalenti

Calcolo da valori di letteratura



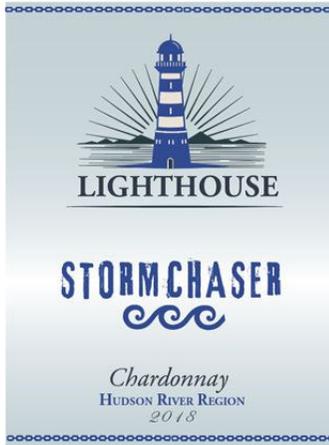
Esistono data base approvati dalla FDA, ma possono essere utilizzati anche altri purchè di riconosciuto valore scientifico

E' sempre l'azienda responsabile dei dati in etichetta



DEPARTMENT OF THE TREASURY
Alcohol and Tobacco Tax and Trade Bureau

TTB



Serving Size	Alcohol Percent by Volume		
	Wine	Distilled Spirits	Malt Beverages
1.5 fl oz (44 ml), or 50 ml for 50 ml containers of distilled spirits		Above 24%	Above 24%
2.5 fl oz (74 ml)	Above 16 to 24%	Above 16 to 24%	Above 16 to 24%
5 fl oz (148 ml)	7 to 16%	Above 7 to 16%	Above 7 to 16%
12 fl oz (355 ml)		Not more than 7%	Not more than 7%

Nutrient	TTB Official Method	Reference Methods*
Alcohol	SSD:TM:102 (distillation/densitometry)	AOAC 982.10 (distilled liquors) AOAC 983.12 (liqueurs)
Calories	SSD:TM:408 (calculation)	AOAC 971.10 (beer) AOAC 979.07 (wines)
Carbohydrates	SSD:TM:404 (by difference)	AOAC 979.06 (beer) AOAC 985.10 (wines)
Protein	SSD:TM:515 (Kjeldahl)	AOAC 920.53 (beer)

*Access to AOAC methods is available from [AOAC INTERNATIONAL](http://www.aoc-international.com).

Serving Facts	
Serving Size	5 fl oz (148 ml)
Servings Per Container	5
Amount Per Serving	
Alcohol by volume	14%
fl oz of alcohol	0.7
Calories	120
Carbohydrate	3g
Fat	0g
Protein	0g

Serving Facts	
Serving Size	5 fl oz (148 ml)
Servings Per Container	5
Amount Per Serving	
Calories	120
Carbohydrate	3g
Fat	0g
Protein	0g

Serving Facts		
Serving Size	5 fl oz (148 ml)	
Servings Per Container	4 3/4	
Amount Per Serv. Amt Per Bottle		
Alcohol by volume	12%	12%
fl oz of alcohol	0.6	2.9
Calories	139	660
Carbohydrate	14g	67g
Fat	0g	0g
Protein	0g	0g

Esenzioni Nutrition Facts -21 CFR 101.9(j)

- ✓ Vendita diretta o Piccoli produttori (small business: fatturato < \$ 500,000/anno di cui vendita alimenti < \$ 50,000/anno)
- ✓ Aziende con media di 100 addetti a tempo pieno e con meno di 100,000 unità di prodotto venduto in USA all'anno; invio a FDA di dichiarazione annuale; in presenza di claims non è possibile usufruire di quest'esenzione
- ✓ Ristorazione (compreso take-away)



- ✓ Prodotti panetteria, confetteria venduti sfusi
- ✓ Alimenti senza apporto nutrizionale (es. foglie di tè, caffè e tè istantanei non zuccherati, verdure disidratate tipo condimento, estratti di aromi e coloranti alimentari.)
- ✓ Bevande alcoliche (> 7 %vol)
- ✓ Alimenti in piccole confezioni che hanno una superficie totale disponibile in etichetta inferiore a 12 pollici quadrati (12 square inch), a condizione che le etichette di questi alimenti non riportino indicazioni nutrizionali o altre informazioni nutrizionali in etichetta o nella pubblicità



Campioni alimenti per esposizioni, fiere e per contatti con distributori

- ✓ Non obbligatoria lingua inglese
- ✓ Non necessaria conformità etichettatura USA
- ✓ Obbligo documentazione
- ✓ Obbligo comunicazione autorità USA
- ✓ Indicazione “Sample – not for sale” sulla fattura e sulla confezione

← ECFR CONTENT

ENHANCED CONTENT

 [View table of contents](#) for this page

 Table of Contents

 Timeline

 Go to Date

 Compare Dates

 Search

 Subscribe

 Share

 Published Edition

PART 101 - FOOD LABELING

Authority: 15 U.S.C. 1453, 1454, 1455; 21 U.S.C. 321, 331, 342, 343, 348, 371; 42 U.S.C. 243, 264, 271.

Source: 42 FR 14308, Mar. 15, 1977, unless otherwise noted.

EDITORIAL NOTE

Editorial Note: Nomenclature changes to part 101 appear at 63 FR 14035, Mar. 24, 1998, 66 FR 17358, Mar. 30, 2001, 66 FR 56035, Nov. 6, 2001, and 81 FR 49895, July 29, 2016.

Subpart A - General Provisions

§ 101.1 Principal display panel of package form food.

The term *principal display panel* as it applies to food in package form and as used in this part, means the part of a label that is most likely to be displayed, presented, shown, or examined under customary





LABORATORIO CHIMICO
CAMERA DI COMMERCIO TORINO

Grazie

Laboratorio Chimico Camera di Commercio di Torino
Via Ventimiglia, 165 – Torino
www.lab-to.camcom.it