NUTRITION & PRODUCE LABELING GUIDE

Updated 2009
Nutrition & Produce Labeling Guide
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Introduction

This guide is intended to provide an overview of food labeling requirements and claims, including:

• clarification of wax labeling requirements;

• detailed rules for the nutrition labeling of foods. Nutrition labeling is mandatory for most processed foods, but remains voluntary for many raw foods, including produce and seafood;

• uniform rules for declaration of serving size;

• uniform definitions for terms that describe a food's nutrient content, such as "light," "low fat," "high fiber";

• requirements for health claims. FDA currently permits several claims about the relationship between a nutrient and a disease, which may be made for produce;

• the U.S. Department of Agriculture (USDA) has promulgated regulations regarding “organic” claims.

This Guide provides information that is intended to be especially helpful in understanding the major changes to food labeling laws that occurred with the passage of the Nutrition Labeling and Education Act (NLEA) of 1990. The following chapters cover, in detail, major food labeling areas such as wax labeling, nutrition labeling, nutrient content claims, health claims, dietary guidance statements, and structure/function claims. Other, more longstanding, FDA labeling requirements—such as product identity statement, ingredient list, company address line, country-of-origin marking, etc.—are addressed in the "Food Labeling Question and Answer" documents found in Appendix F of this Guide.

Appendix C includes nutrition data for a variety of fresh fruit and vegetables. Where possible, data are used that have been approved by FDA. Where FDA approved data does not yet exist, values have been selected from databases developed by PMA and its members, or from other sources, such as USDA’s Handbook 8. While PMA believes use of non FDA-approved data should not result in FDA regulatory action, such a result can never be assured.

Information contained in this document concerning labeling requirements has been synopsized specifically for fruits and vegetables and represents our best interpretation of the new rules. However, administrative and judicial interpretations, as well as the rules themselves, are subject to change. Some states also have laws that impact on food labeling. The general presentation of FDA’s rules in this document is not intended as, and does not constitute, legal advice for particularized facts. For your specific labeling needs, contact your legal counsel.

If you have any questions or would like more information regarding the material reported in this document, contact PMA at 302-738-7100. The law firm of Keller and Heckman, which represents PMA, can also
answer regulatory/technical questions. Direct your questions to Mel Drozen at (202) 434-4222. Possible fees associated with Keller and Heckman's work on behalf of your firm can be discussed when you contact Mr. Drozen.
Legal Overview

The Federal Food, Drug, and Cosmetic Act

The Federal Food, Drug, and Cosmetic Act (the Act) contains nearly all of the labeling requirements that apply to fresh produce items. More specifically, Section 403 of the Act contains an extensive list of labeling requirements for food products that must be satisfied in order to avoid a charge that a product is "misbranded" (misbranding is a violation of the Act).

Section 403 of the Act consists of a fairly basic list of "do's" and "don'ts" for providing information on the food label. For example, this list includes requirements for a product identity statement, net quantity of contents statement, ingredient list, company name and address, and nutrition labeling. The Food and Drug Administration is the federal agency with primary responsibility for implementing and enforcing the Act. In discharging this responsibility, the Agency has issued numerous regulations over the years that describe in detail how the requirements of Section 403 of the Act are to be complied with. As one example of the relationship between section 403 of the Act and FDA's regulations, consider section 403(e)(2) of the Act, which states that a food in package form must bear a label providing the net quantity of contents. The statute itself does not provide details on how to execute a net quantity of contents statement on the label. These details are found in FDA's regulation at 21 C.F.R. section 101.105, which provides specific instructions for complying with the requirement (e.g., the regulation provides the units that must be used for expressing weight and volume, placement for the statement on the label, required type size, etc.).

Prohibition on False or Misleading Label Information

One requirement of Section 403(a) of the Act deserves special mention because it applies to every item of information that is placed on the food label. This is the prohibition against information that is "false or misleading" in any particular. 21 U.S.C. § 343(a)(1). In deciding whether labeling is "false or misleading," FDA looks not only at direct representations made or suggested by words, designs, statements, etc., but also at the extent to which representations fail to reveal material facts. For example, FDA might view the claim "No Preservatives" as misleading if the product involved never contains preservatives and this fact is not disclosed on the label. In this situation, FDA might argue that, even though the "No Preservatives" claim is factual, it nevertheless implies a "specialness" about the product that does not exist.

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NLEA Changes to Food Labeling Law

Food labeling law underwent a number of dramatic changes with the passage in 1990 of the Nutrition Labeling and Education Act (NLEA). NLEA amended the Act by adding, among other things, sections 403(q) and 403(r). Section 403(q) requires nutrition labeling for most food products (as we will see, fresh fruits and vegetables are one of the few exceptions). The other major NLEA addition, section 403(r), establishes very specific rules for making claims about the levels of nutrients in a food (e.g., "fat free," "good source of vitamin A") and for making claims about the potential health benefits of certain foods (e.g., "low fat diets rich in fruits and vegetables (foods that are low in fat and may contain dietary fiber, vitamin A, or vitamin C) may reduce the risk of some types of cancer, a disease associated with many factors").

FDA issued regulations to implement the NLEA changes in January, 1993. The NLEA changes are given special coverage in this Guide because the regulations governing them are detailed and complex.
Mandatory Wax Labeling

FDA requires wax labeling for fresh fruits and vegetables that have been treated with post-harvest wax or resin coatings. The discussion below provides information on what wording to use when declaring waxes, the method(s) that must be used to provide this information to consumers, and how to handle allergen labeling.

What to Say

Packers, repackers, shippers, and retailers of fresh fruits and vegetables treated with post-harvest wax or resin coatings are required to label for the coatings. Coatings shall be declared by:

- the phrase: "Coated with food-grade animal-based wax, to maintain freshness" (followed by a list of the commodity (-ies) coated with this wax)

- or the phrase: "Coated with food-grade vegetable-, petroleum-, beeswax-, and/or shellac-based wax or resin, to maintain freshness" (followed by a list of the commodity (-ies) coated with these waxes or resins)

The terms food-grade and to maintain freshness are optional. The term lac-resin may be substituted for the term shellac. Petroleum-based must be used instead of mineral-based for such coatings.

How to Label

For packers, repackers, and shippers, the information must appear on the packing cartons. The lettering should be at least one-quarter inch in height. (The minimum size requirement of one-fourth of an inch refers to the height of the lower case letter "o" when both upper and lower case lettering is used.)

Packaged fresh fruits and vegetables that have information on the label (such as the product name, weight or brand) must also be labeled for wax or resin coatings by the packer, repacker, or shipper. In this case, the lettering must be at least one-sixteenth of an inch. This requirement also applies to packaged fruit baskets.

Each retailer can determine how to display signs in the produce department, but the FDA regulation does require the following:

1. The labeling must be displayed prominently and in a conspicuous manner with lettering at least one-fourth of an inch high. (The minimum size requirement of one-fourth of an inch refers to the height of the lower case letter "o" when both upper and lower case lettering is used.)

2. The agency advises that enforcement action may be taken against retail establishments where wax or resin labeling is not prominently and conspicuously displayed.
3. The type size requirement does not preclude retailers from providing information through brochures, plastic bags, electronic signs, computer screen displays or other means using any type size. But such information is not an appropriate form of labeling and, therefore, can only be done in addition to the signage required.

Allergens

The Food Allergen Labeling and Consumer Protection Act of 2004 (Title II of Pub. Law 108-282) (FALCPA) amends the FD&C Act to require more complete labeling of foods that contain the eight most common food allergens or ingredients derived from them. The eight most common allergens, defined in new section 201(qq)(1) of the FD&C Act, are: (1) milk; (2) eggs; (3) fish (e.g., bass, flounder, or cod); (4) crustacean shellfish (e.g., crab, lobster, or shrimp); (5) tree nuts (e.g., almonds, pecans, or walnuts); (6) wheat; (7) peanuts; and (8) soybeans. The term “major food allergens” also includes food ingredients that contain protein derived from one of the eight. So, if a wax coating contains allergenic protein it must be labeled pursuant to FALCPA. The new labeling provisions went into effect on January 1, 2006.

FALCPA adds labeling provisions in a new section 403(w) of the FD&C Act. The label must either:

1. use the word "contains" followed by the name of the food source from which the major food allergen is derived (e.g., “Contains peanuts”) or

2. bear the common or usual name of the major food allergen in the ingredient list followed by the name of the food source from which the major food allergen is derived (e.g., “semolina (wheat),” “whey (milk)”).

The name of the food source from which the major food allergen is derived is not required in parentheses next to the common or usual name of the food allergen in the ingredient list when the common or usual name uses the name of the food source or the name of the food source appears elsewhere in the ingredient list.

The term "name of the food source from which the major food allergen is derived" refers to these eight major food allergen groups. However, in the case of tree nuts, fish or crustacean shellfish, the specific type must be included in the declaration (e.g., almond, salmon, shrimp).

FDA issued guidance on allergen labeling that elaborates on what it considers to be included in the term "tree nuts" (besides almonds, pecans, and walnuts, which are already enumerated in FALCPA). "Tree nuts" include the following:

- Almond
- Beech nut
- Brazil nut
- Butternut
- Cashew
- Chestnut (Chinese, American, European, Seguin)
- Chinquapin
- Coconut
- Filbert/hazelnut
- Ginko nut
- Hickory nut
- Lichee nut
- Macadamia nut/Bush nut
- Pecan
- Pine nut/Pinon nut
- Pili nut
- Pistachio
- Sheanut
- Walnut (English, Persian, Black, Japanese, California)

Heartnut, Butternut.

Spices, flavoring, colorings, or incidental additives that are or that bear or contain a major food allergen must also adhere to the above outlined labeling requirements (e.g., “natural flavor (almond)”). Highly refined oils that are derived from any of the major
allergen groups and ingredients from these highly refined oils are exempt from the labeling requirements. In addition, FALCPA includes a petition and notification process to exempt certain food ingredients that contain protein from one or more of the eight major allergen groups.

More...

1. The agency did not grant industry's request to allow the term "may have been treated with ...." However, as noted above, FDA is allowing for the use of "and/or" labeling for coatings because it "adequately informs the consumer of the generic category of wax or resin coating as well as provides the flexibility needed by industry."

2. The FDA does not require a separate label for beeswax- and shellac- (or lac-) based waxes or resins. However, a packer, repacker, or retailer can use a more narrow term such as "vegetable-based" or "beeswax- and shellac-based" if they choose, as long as the label is factual.

3. FDA does not object to a "no wax or resin" claim for produce that hasn't been coated, but the agency doesn't require such labeling.

4. For packers, repackers, shippers only: a. Post-harvest pesticides must be declared on the shipping container.

b. Any dairy-based ingredients in the waxes or resins should be included in an "animal-based wax" declaration.

5. For retailers only: a. Fungicides that are applied with or without wax coatings do not need to be labeled at the retail level.

These regulations pre-empt any state regulations on wax labeling. However, please keep PMA informed if there is any activity regarding waxes in your state. For more about wax labeling or PMA's position paper on waxes, call PMA at 302-738-7100.
Nutrition Labeling Overview

The Nutrition Labeling and Education Act specifically exempted raw agricultural commodities (including raw fruit and vegetables) from the mandatory nutrition labeling requirements that apply to most foods in the general food supply. In place of mandatory nutrition labeling, the forty most frequently consumed varieties of raw fruit and vegetables (hereinafter, "Top 40") are subject to a voluntary program whereby retailers must provide nutrition labeling at the point of purchase. Raw commodities not belonging to the Top 40 list are generally not part of either the mandatory or voluntary program. However, if a nutrient content claim is made for any fresh fruit or vegetable, whether Top 40 or otherwise, the exemption disappears and nutrition labeling at point of purchase becomes mandatory.

The voluntary program is subject to FDA evaluation every two years to determine whether there is substantial compliance at the retail level. All compliance checks conducted by FDA thus far have found substantial compliance. If any subsequent evaluation reveals that substantial compliance no longer exists, FDA will propose rules for making nutrition labeling for fresh fruit and vegetables mandatory. In the event that FDA should make the program mandatory, the Agency will not be limited to requiring nutrition labeling for just Top 40 items of produce. The statute empowers FDA to establish a mandatory program for all "frequently consumed" items of produce, and provides FDA with flexibility in terms of how to define "frequently consumed." PMA urges retailers to comply with the voluntary program to avoid having FDA initiate rulemaking that will result in a more rigid and, perhaps, more extensive mandatory program.

FDA has established an approved nutrition database for Top 40 produce items. This information may be found at Title 21 of the Code of Federal Regulations, Appendix C to Part 101. If nutrition information is provided, either on packages or in stores, for any top 40 produce item, the FDA-approved nutrition values must be used. FDA intends to update the top 40 database every 4 years. For produce items not in the Top 40, manufacturers may want to conduct their own testing of the nutrient levels in their products, or they may want to use a reliable database for this information. The main difference between use of the FDA approved database and any other database is that, if an approved database is used, and FDA conducts compliance checking and finds inaccuracies, the Agency would work with the company to correct the problem before initiating regulatory action. In contrast, where a non-approved database had been relied on, FDA might initiate regulatory action against the company.

Presentation of Nutrition Information

FDA has requirements for the nutrition labeling of both packaged fresh produce and bulk produce sold in retail stores. The requirements, which are summarized below and on the following page, should be...
followed whenever nutrition labeling is provided for fresh produce, whether top 40 items or otherwise.

**Nutrition Labeling Rules for Packaged Fresh Produce**

In general terms, when nutrition labeling is provided for packaged fresh produce, the same rules apply as for processed food products. That is, a NUTRITION FACTS box must be used, and the same formatting and typesetting rules should be observed as for any other food product. The rules for processed foods and fresh produce items diverge in that for fresh produce, FDA does not require a "servings per container" declaration, although, when it is possible to calculate one, manufacturers are encouraged to provide this information. Examples of NUTRITION FACTS boxes are provided in Appendix A.

Rules for bulk produce, which are very similar to those of packaged fresh produce, are discussed in detail starting on page 15.
Nutrition Labeling Exemptions

Under the Nutrition Labeling and Education Act (NLEA), some foods are exempt from nutrition labeling. Included among the exemptions are:

- food produced by small businesses (that is, those with food sales of less than $50,000 a year or total sales of less than $500,000).

- a second "small business" exemption was instituted by Congress in August 1993 for persons employing fewer than an average of 100 full-time equivalent employees and where fewer than 100,000 units of product were sold the 12 months preceding the time the exemption was claimed. Persons claiming this exemption must provide yearly notice to FDA.

- restaurant food and other food sold for immediate consumption, such as foods served in hospital and school cafeterias and airplanes.

- ready-to-eat food prepared primarily on-site: for example, bakery, deli, and candy store items.

- food sold by food service vendors, such as mall cookie counters, sidewalk vendors, and vending machines.

- foods shipped in bulk, as long as they are not for sale in that form to consumers.

- medical foods, such as those used to address the nutritional needs of patients with certain diseases.

- foods with no significant amounts of any nutrients (e.g., some coffee, tea, and spice products).

- foods in small packages (having less than 12 square inches of total surface area available to bear labeling) provided that an address or phone number is given where nutrition information can be obtained.

Although these food are generally exempt, nutrition information may be provided for these products on a voluntary basis provided the information complies with FDA's regulations.

Importantly, many of the exemptions above—except for the exemption for bulk foods and medical foods—are negated if a nutrient content claim or health claim is made for a product.
Nutrition Panel

Nutrition Panel-Content

The standard NUTRITION FACTS box includes a title (e.g., NUTRITION FACTS), several column headings and footnotes, and listings for fourteen food components/nutrients. Manufacturers are free to include listings for a limited number of additional food components/nutrients if they wish. The list below includes the mandatory and voluntary components/nutrients that must/may be part of the NUTRITION FACTS box.

*-- denotes mandatory food components/nutrients

- total calories*
- calories from fat*
- calories from saturated fat
- total fat*
- saturated fat*
- trans fat*
- polyunsaturated fat
- monounsaturated fat
- cholesterol*
- sodium*
- potassium
- total carbohydrate*
- dietary fiber*
- soluble fiber
- insoluble fiber
- sugars*
- sugar alcohols
- other carbohydrate
- protein*
- vitamin A*
- vitamin C*
- calcium*
- iron*
- other essential vitamins and minerals (vitamin D, vitamin E, vitamin K, thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, biotin, pantothenic acid, phosphorus, iodine, magnesium, zinc, selenium, copper, manganese, chromium, molybdenum, and chloride).

These mandatory and voluntary nutrients/components are the only ones allowed within the NUTRITION FACTS box. Note that, when claims are made for the "voluntary" food components/nutrients listed above, or when these "voluntary" nutrients are added to food to provide fortification, the nutrients may become mandatory components of the NUTRITION FACTS box.

Factual information about these and other nutrients may be provided outside the box provided that the statement specifies only the amount of the nutrient per serving and does not imply that there is a lot or a little of that nutrient in the product. Examples of statements that might be made outside the NUTRITION FACTS box include "Contains X grams of beta-carotene per serving" or "Provides X g of beta-carotene per serving."

In contrast, statements not providing quantitative information, e.g., "Contains beta-carotene" or "Provides beta-carotene" would not be permitted since, in FDA's view, they imply that the product is a "good source" (i.e., 10-19% of RDI) for the nutrient and FDA has not established an RDI for beta-carotene.
Nutrition Panel: 
Format

An example of the standard NUTRITION FACTS box is provided on Exhibit 1 in Appendix A. This example reflects all of FDA's requirements for the standard format with respect to content; however, the type sizes used in the example are larger than the minimum that could be used. Note that the NUTRITION FACTS box contains two columns, one for the quantitative amount of each nutrient, and the other for the percentage of the Daily Value, except that quantitative amounts are not provided for vitamins and minerals, and percent Daily Values are not provided for sugars and protein.

One of FDA's objectives in requiring a percent Daily Value column was to facilitate consumer misunderstanding that might arise from providing quantitative amounts alone. For example, a food with 140 milligrams (mg) of sodium could be mistaken for a high-sodium food because 140 is a relatively large number. In reality, however, that amount represents less than 6 percent of the Daily Value for sodium, which is 2,400 mg.

Conversely, a food with 5 grams of saturated fat could be construed as being low in that nutrient. But, 5 grams of saturated fat represents one-fourth the total Daily Value, which is 20 grams.

While the "standard" format depicted on Exhibit 1 in Appendix A represents the general rule, several other format options exist if certain criteria are met. In general, these options either provide for alternative placement of the same information that must appear in the standard format, or they permit the omission of one or more items required under the standard format. Alternative format options include:

(i) footnote-to-the-side arrangement (Exhibit 2, Appendix A),

(ii) tabular standard format (Exhibit 3, Appendix A),

(iii) simplified format (Exhibit 4, Appendix A),

(iv) abbreviated columnar (Exhibit 5, Appendix A),

(v) abbreviated tabular (Exhibit 6, Appendix A), and

(vi) abbreviated linear (Exhibit 7, Appendix A).

(vii) Dual format (Exhibit 8, Appendix A);

(viii) Multi-lingual format (Exhibit 9, Appendix A);

(ix) Aggregate format (Exhibit 10, Appendix A).

(i) Footnote-to-side

This option is available only if the space beneath the Daily Values declarations for the mandatory vitamins and minerals is not sufficient to accommodate the Daily Value footnote(s).

(ii) Tabular Standard Format

This option is available for packages with insufficient continuous vertical labeling space to accommodate the standard format. FDA has estimated that 3 inches is the approximate minimum amount of continuous vertical labeling space needed to execute the standard format.
(iii) **Simplified Format**

This option is available for raw fruits and vegetables containing insignificant amounts of 8 or more of 14 mandatory nutrients (calories, total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, dietary fiber, sugars, protein, vitamin A, vitamin C, calcium, and iron). FDA's regulations define an "insignificant amount" as the amount of a nutrient that may be declared as zero, or, in some cases, as less than 1 gram. Note that the format shortens the list of nutrients that must be declared in the amount/ serving column and also permits the deletion of the mandatory nutrition guidance footnote.

(iv)-(vi) **Abbreviated Formats**

((Columnar, Tabular, Linear)

To qualify for these options, the food's package must have total surface area available to bear labeling of less than 40 square inches. Each of these options is termed "abbreviated" for two reasons: (1) certain specified abbreviations are permitted in declaring items within the Nutrition Facts box (e.g., "total carbohydrate" = "total carb"); and (2) the nutrition guidance information footnote required on the standard format can be omitted.

FDA rules require that the columnar format be used if feasible. The tabular format can be used if a package cannot accommodate the columnar format or if there is less than 12 square inches of labeling space. The linear format should be used only as a last resort (i.e., the package cannot accommodate even the tabular format).

In addition to these alternative formats, certain "special case" formats exist for situations where manufacturers provide more information than is required in the standard format. These special case formats include:

(vii) **Dual Format**

This format is voluntary in most situations. It is only mandatory when a product is promoted on the label or in advertising for a use that differs in quantity by two-fold or greater from the use upon which the Reference Amount Customarily Consumed is based. The format may be used on a voluntary format to provide nutrition information for a product both on the required per serving/ as packaged basis and (1) as consumed (e.g., raw potato versus cooked potato); (2) per standard quantity of product (e.g., "per 100 grams"); (3) per unit; or (4) based on population groups other than adults and children over 4 years of age.

(viii) **Multi-lingual Format**

One of FDA's pre-NLEA labeling requirements is that, if a label contains any representation in a second language, all required information must be given in both English and the second language. Now that nutrition labeling is mandatory for most foods, nutrition labeling falls within the scope of this rule. If dual language declaration is required, it may be provided either by using two (or more) Nutrition Facts boxes or by use of the aggregate format depicted on Exhibit 10, Appendix A.

(ix) **Aggregate Format**

Products that contain two or more separately packaged foods that are intended to be eaten individually (e.g., salads with separate packages of dressing, croutons, or bacon bits) must provide nutrition information for each individual food within the package. One option for satisfying this requirement is to use different Nutrition Facts boxes for each variety. Another option is to use the
aggregate format depicted on Exhibit 10, Appendix A.

(x) Potassium

An example of how to place potassium values on the new label is found on Exhibit 11, Appendix A.

**Nutrition Panel: Typesetting Rules**

FDA's typesetting and other formatting requirements are designed to make the nutrition information panel as simple and uncluttered as possible. The rules attempt to customize the panel so that, to a large extent, nutrition information panels will have the same general appearance regardless of the product.

- **General Rules**
  
  The nutrition information panel must be set off in a box.
  
  The printed information must be black, or, at least all one color.
  
  The background must be white or some other neutral color.
  
  The title Nutrition Facts must, unless impractical, span the full length of the panel.
  
  Units must accompany all declarations of nutrients, even if the reported amount/serving is zero (e.g., "0 grams," not just "0").
  
  Both upper and lower case letters must be used.

- **Spaces Between Lines**
  
  At least one point leading is required between most lines on the nutrition panel. However, four points leading is required between the declarations of all nutrients. See Exhibit 1 in Appendix B for a summary of these spacing requirements.

- **Kerning**
  
  Letters should never touch.

- **Type Size**
  
  Column headings (e.g., "Amount/Serving" and "% Daily Value"), the required footnote, and the Nutrition Guidance information (i.e. the Daily Values for the eight macronutrients based on 2,000 and 2,500 calorie diets) must be in type size no smaller than 6 points. If the calorie conversion information is provided, it also must be in type size no smaller than 6 points. The remaining information (e.g., serving size information, nutrient declarations, etc.) must be in type size no smaller than 8 points. The one exception is for the title "NUTRITION FACTS" which must be a type size greater than any other information appearing on the panel. These requirements are summarized in Exhibit 2 in Appendix B. Packages with less than 12 square inches of available surface area can use all 6 point type or all uppercase type with one-sixteenth minimum height.

- **Highlighting**
  
  Certain information must be highlighted by use of bold or extra bold lettering or by some other means. Reverse highlighting is not permitted. The following information must be highlighted, and are summarized in Exhibit 3, Appendix B:
The title "NUTRITION FACTS"

Column Headings

All nutrients that are not indented

Daily Values (the %
declarations)

- **Use of Hairlines and Bars**

Hairline rules (thin lines) or bars (thick lines) must be used to separate many of the required items of information on the nutrition panel. The required hairlines and bars are depicted in Exhibit 4, Appendix B.

**Rules for Presentation of Nutrition Information in Retail Stores**

Retail stores that provide nutrition labeling for the top 40 fresh produce items as part of the voluntary program should display the information at the point of purchase by an appropriate means, such as by a label affixed to the food or through labeling, including shelf labels, signs, posters, brochures, notebooks, or leaflets, that are readily available and in close proximity to the foods. This information may be supplemented by a video, live demonstration, or other media.

Retailers have the option of using an "individual" approach whereby separate nutrition labels are provided for Top 40 produce items, or using an "aggregate" approach whereby information for multiple produce items is provided using the same chart, table, etc.

When nutrition labeling is provided using the "individual" approach, whether on signs, posters, brochures, notebooks, or leaflets, the NUTRITION FACTS box should be used, and all rules relating to content and formatting described earlier should be followed.

When nutrition information is provided using an "aggregate" approach, the following rules apply:

- The title "Nutrition Facts" must be in a type size larger than all other print on the nutrition label. The required information (i.e., heading, serving sizes, list of nutrients, quantitative amounts by weight, and percent of Daily Values) must be clearly presented and of sufficient type size and color contrast to be plainly legible, with numeric values for percent of Daily Values highlighted in contrast to quantitative amounts by weight and hairlines between all nutrients.

- The listing for saturated fat and cholesterol may be omitted from the charts or individual nutrition labels so long as the fact that most fruits and vegetables contain negligible amounts of these nutrients, but that avocados contain 1 gram (g) of fat per ounce, is stated in a footnote (e.g., "Most fruits and vegetables provide negligible amounts of saturated fat and cholesterol; avocados provide 1 g of saturated fat per ounce"). The footnote may also contain information about the polyunsaturated and monounsaturated fat content of avocados.
• The footnote "Percent Daily Values are based on a 2000 calorie diet" (a standard feature of the NUTRITION FACTS box) may be omitted; however, FDA encourages retailers to include it.

• The "servings per container" declaration is not required.
Reference Amounts and Serving Sizes

Determination of serving size is an important component of nutrition labeling since all nutrient values are expressed on a "per serving" basis. FDA has developed a detailed set of rules for determining serving size. These rules have imposed uniformity in the marketplace in that similar products have (or should have) identical or nearly identical serving sizes. FDA has structured its rules so that the declared serving size should reflect an amount of the product that a consumer might reasonably be expected to consume during a single eating occasion.

The first step in determining serving size is to find the appropriate reference amount for the product in question. Common reference amounts for produce and related products are provided below. The second step in the process is to convert the reference amount into an amount of product expressed in a common household measure (e.g., "1 apple," "1 1/2 cup salad").

Serving size is the amount of food customarily eaten at one time. The serving sizes that appear on food labels should be based on FDA-established lists of Reference Amounts Customarily Consumed Per Eating Occasion.

According to the regulation, FDA requires serving size to be stated in household terms, followed by the metric equivalent in parentheses. The additional ounces per serving (in parentheses) is optional [e.g., 1 1/2 cup (138 g) (5 oz)]. These reference amounts, which are part of the regulations, are broken down into 139 FDA-regulated food product categories. They list the amounts of food customarily consumed per eating occasion for each category, based primarily on national food consumption surveys.

Reference Amounts

FDA's reference amounts and serving suggestions for fruits and vegetables are as follows:

- **Dried fruits:** 40 grams
  ___ piece(s) (___g) for large pieces (e.g., dates, figs, prunes); ___cup(s) (___g) for small pieces (e.g., raisins)

- **Fruits used primarily as ingredients, avocado:** 30 g

- **Fruits used primarily as ingredients, others (cranberries, lemons, limes):** 55 g
  ___ piece(s) (___ g) for large fruits;
  ___cup(s) (___g) for small fruits measurable by cup

- **Watermelon:** 280 g
  1/18 medium melon; 2 cups diced pieces; 280 g; 10 oz
• All other fruits (fresh, canned, or frozen): 140 g
    ___ piece(s) (___ g) for large pieces (e.g.,
    strawberries, apricots, etc.);
    ___ cups) (___ g) for small pieces (e.g.,
    blueberries, raspberries, etc.)

• Juices, nectars, fruit drinks, vegetable juice: 8 fl oz (240 mL)

• Juices as ingredients, e.g. lemon juice,
    lime juice: 1 tsp (5 mL)

• Vegetables primarily used for garnish
    or flavor, e.g., pimento, parsley: 4 g
    ___ piece(s) (___ g); ___ tbsp(s) (___ g) for
    chopped products

• Chili pepper, green onion: 30 g
    ___ piece(s) (___ g);
    ___ tbsp(s) (___ g);
    ___ cup(s) (___ g) for sliced or chopped
    products

• All other vegetables without sauce:
    fresh, canned, or frozen: 85 g for fresh
    or frozen; 95 g for vacuum canned;
    130 g for canned in liquid, cream-style
    corn, canned or stewed tomatoes,
    pumpkin, or winter squash
    ___ piece(s) (___ g) for large pieces (e.g.,
    Brussels sprouts);
    ___ cup(s) (___ g) for small pieces (e.g., cut
    corn, green peas); 3 oz (84 g/visual unit of
    measure) if not measurable by cup

• All other vegetables with sauce; fresh,
    canned, or frozen: 110 g
    ___ piece(s) (___ g) for large pieces (e.g.,
    Brussels sprouts);
    ___ cup(s) (___ g) for small pieces (e.g., cut
    corn, green peas); 4 oz (112 g/visual unit of
    measure) if not measurable by cup

• Vegetable pastes, e.g. tomato paste: 30 g
    ___ tbsp (___ g)

• Vegetable sauces or purees, e.g.
    tomato sauce, tomato puree: 60 g
    ___ cup (___ g);
    ___ cup (___ ml)

• Olives: 15 g
    ___ piece(s) (___ g);
    ___ tbsp(s) (___ g) for sliced products

• Beans, plain or in sauce: 130 g for
    beans in sauce or canned in liquid and
    refried beans prepared; 90 g for
    others prepared; 35 grams dry
    ___ cup (___ g)

• Bean cake (tofu), tempeh: 85 g
    ___ piece(s) (___ g) for discrete pieces; 3 oz
    (84 g/visual unit of measure) for bulk
    products.
Daily Values

Introduction

FDA has established recommended dietary intakes for a number of food nutrients. The recommended intakes for vitamins and minerals are referred to as "reference daily intakes" (RDIs) In contrast, the recommended daily intakes for macronutrients are referred to as "daily reference values" (DRVs) The collective term for RDIs and DRVs is "Daily Value." The more general "Daily Value" is the term used in the Nutrition Facts box.

RDIs

The following RDIs and nomenclature are established for the following vitamins and minerals which are essential in human nutrition:

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>5,000 International Units</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>60 milligrams</td>
</tr>
<tr>
<td>Calcium</td>
<td>1.0 gram (1,000 mg)</td>
</tr>
<tr>
<td>Iron</td>
<td>18 milligrams</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>400 International Units</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>30 International Units</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>80 micrograms</td>
</tr>
<tr>
<td>Thiamin</td>
<td>1.5 milligrams</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>1.7 milligrams</td>
</tr>
<tr>
<td>Niacin</td>
<td>20 milligrams</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>2.0 milligrams</td>
</tr>
<tr>
<td>Folic acid or folacin</td>
<td>2.0 milligrams</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>6 micrograms</td>
</tr>
<tr>
<td>Biotin</td>
<td>0.3 milligram</td>
</tr>
<tr>
<td>Pantothenic acid</td>
<td>10 milligrams</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>1.0 gram</td>
</tr>
<tr>
<td>Iodine</td>
<td>150 micrograms</td>
</tr>
<tr>
<td>Magnesium</td>
<td>400 milligrams</td>
</tr>
<tr>
<td>Zinc</td>
<td>15 milligrams</td>
</tr>
<tr>
<td>Selenium</td>
<td>70 micrograms</td>
</tr>
<tr>
<td>Copper</td>
<td>2.0 milligrams</td>
</tr>
<tr>
<td>Manganese</td>
<td>2.0 milligram</td>
</tr>
<tr>
<td>Chromium</td>
<td>120 micrograms</td>
</tr>
<tr>
<td>Molybdenum</td>
<td>75 micrograms</td>
</tr>
<tr>
<td>Chloride</td>
<td>3,400 milligrams</td>
</tr>
</tbody>
</table>

DRVs

For the purpose of labeling the percent of DRV, the following DRVs are established for the following food components based on the reference caloric intake of 2,000 calories:

<table>
<thead>
<tr>
<th>Component</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat, gram (g)</td>
<td>65</td>
</tr>
<tr>
<td>Saturated fatty acids, gram (g)</td>
<td>20</td>
</tr>
<tr>
<td>Cholesterol, milligrams (mg)</td>
<td>300</td>
</tr>
<tr>
<td>Total carbohydrate, grams (g)</td>
<td>300</td>
</tr>
<tr>
<td>Fiber, gram (g)</td>
<td>25</td>
</tr>
<tr>
<td>Sodium, milligrams (mg)</td>
<td>2,400</td>
</tr>
<tr>
<td>Potassium, milligrams (mg)</td>
<td>3,500</td>
</tr>
<tr>
<td>Protein, grams (g)</td>
<td>50</td>
</tr>
</tbody>
</table>
Nutrient Content Descriptors

Synonyms & Definitions of Descriptors

Nutrient content claims are claims that expressly or implicitly characterize the level of a nutrient in a food. Examples include "fat free," "good source of vitamin A," and "reduced calorie." FDA has established detailed requirements for nutrient content claims in the following areas: (1) nutrient levels that must be satisfied when making a claim; (2) permitted terms to use when referring to the level of a nutrient. A disclosure statement is required if the level of fat, saturated fat, cholesterol, or sodium exceeds 13g, 4g, 60 mg, and 480 mg, respectively, per reference amount and per labeled serving size, or for foods with reference amounts of 30 grams or less, per 50 grams of food. If required, the disclosure statement would, for example, simply state “See nutrition information for sodium content”. Other ancillary label statements may be required on a case-by-case basis.

Free

This term means that a product contains no amount of, or only trivial or "physiologically inconsequential" amounts of, one or more of these components: fat, saturated fat, cholesterol, sodium, sugars, and calories. Foods that are naturally “free” may only bear a “free” claim if this fact is disclosed in the claim. (e.g. “Artichokes are a naturally fat free food.”)

- **Fat free**  
  Synonyms: Free of fat, no fat, zero fat, without fat, nonfat, trivial source of fat, negligible source of fat, or dietarily insignificant source of fat  
  Definition: less than 0.5 grams total fat per reference amount. Reference amounts are noted earlier in this document.

- **Saturated fat free**  
  Synonyms: free of saturated fat, no saturated fat, zero saturated fat, without saturated fat, trivial source of saturated fat, negligible source of saturated fat, or dietarily insignificant source of saturated fat  
  Definition: less than 0.5 grams saturated fat and less than 0.5 grams trans fatty acids per reference amount. Reference amounts are noted earlier in this document.

- **Sodium free**  
  Synonyms: free of sodium, no sodium, zero sodium, without sodium, trivial source of sodium, negligible source of sodium, or dietarily negligible source of sodium  
  Definition: less than 5 mg sodium per reference amount. Reference amounts are noted earlier in this document.
• **Cholesterol free**  
  Synonyms: *free of cholesterol, zero cholesterol, without cholesterol, no cholesterol, trivial source of cholesterol, negligible source of cholesterol, or dietarily insignificant source of cholesterol*

  Definition: 2 g or less of saturated fatty acids and less than 2 mg of cholesterol per reference amount. If the fat content exceeds 13 g fat per labeled serving, per reference amount—and per 50 g if the reference amount is not greater than 30 grams/2 tablespoons—then the label must declare the level of total fat per serving. If the food is also not inherently free of cholesterol, then the food must contain at least 25% less cholesterol than the food for which it substitutes. This declaration must be in immediate proximity to the most prominent descriptor claim preceding the referral statement and in type size no less than 1/2 that of the descriptor claim. Reference amounts are noted earlier in this document.

• **Calorie free**  
  Synonyms: *calorie free, free of calories, no calories, zero calories, without calories, trivial source of calories, negligible source of calories, or dietarily insignificant source of calories.*

  Definition: less than 5 calories per reference amount. Reference amounts are noted earlier in this document.

**Low**

This term could be used on foods that could be eaten frequently without exceeding dietary guidelines for one or more of these components: fat, saturated fat, cholesterol, sodium, and calories. Foods that are naturally “low” in a nutrient may only bear a “low” claim if this fact is disclosed. (e.g. “Apples are a naturally low fat food.”)

• **Low fat**  
  Synonyms: *low in fat, contains a small amount of fat, low source of fat, or little fat*

  Definition: 3 g fat or less per reference amount (or per 50 grams if the appropriate reference amount is 30 grams/2 Tbsp or less).

• **Low cholesterol**  
  Synonyms: *low in cholesterol, contains a small amount of cholesterol, low source of cholesterol, or a little cholesterol*

  Definition: < 20 mg per reference amount

• **Low saturated fat**  
  Synonyms: *low in saturated fat, contains a small amount of saturated fat, low source of saturated fat, or a little saturated fat*

  Definition: 1 g saturated fat or less per reference amount and not more than 15% of calories from saturated fatty acids.

• **Very low sodium**  
  Synonym: *very low in sodium*

  Definition: 35 mg or less sodium per reference amount (or per 50 grams if the appropriate reference amount is 30 grams/2 Tbsp or less).

• **Low sodium**  
  Synonyms: *low in sodium, little sodium, contains a small amount of sodium, or low source of sodium*
Definition: 140 mg or less sodium per reference amount (or per 50 grams if the appropriate reference amount is 30 grams/2 Tbsp or less).

• Low-calorie
Synonyms: few calories, contains a small amount of calories, low source of calories, or low-calorie

Definition: 40 calories or less per reference amount (or per 50 grams if the appropriate reference amount is 30 grams/2 Tbsp or less).

High

This term can be used if the food contains 20 percent or more of the Daily Value for a particular nutrient per reference amount.

Synonyms: rich in and excellent source

Definition: one serving of a food contains 20% or more of the Daily Value for a particular nutrient.

Good source of fiber: 20% or more of DV (5 grams or more)
High in potassium: 20% or more of DV (700 mg or more)
High in vitamin A: 20% or more of DV (1000 IU or more)
High in vitamin C: 20% or more of DV (12 mg or more)
High in folate: 20% or more of DV (80 μg or more)
High in iron: 20% or more of DV (3.6 mg or more)

Good source

This term can be used if the food contains 10 to 19 percent of the Daily Value for a particular nutrient per reference amount.

Synonyms: contains or provides

Definition: one serving of a food contains 10-19% of the Daily Value for a particular nutrient.

Good source of fiber: 10-19% of DV (2.5 grams - < 5 grams)
Good source of potassium: 10-19% of DV (350 mg - < 700 mg)
Good source of vitamin A: 10-19% of DV (500 IU - < 1000 IU)
Good source of vitamin C: 10-19% of DV (6 mg - < 12 mg)
Good source of folate: 10-19% of DV (40 μg - < 80 μg)
Good source of iron: 10-19% of DV (1.8mg-<3.6mg)

Healthy

The term "healthy" and related terms such as "healthful," "healthfulness," "healthier," etc. may constitute a nutrient content claim when these terms are used in a nutritional context. When "healthy" is used in a nutritional context, the food must:

- meet the definition for "low" in fat and saturated fat;
- where the reference amount is greater than 30 g or 2 tablespoons, must not contain more than 480 milligrams of sodium per reference amount and per labeled serving; where the reference amount is equal to or less than 30 grams or 2 tablespoons, must not contain more than 480 mg per 50g.
- contain no more than 60 milligrams of cholesterol.
- contain at least 10% of the Daily Value of either fiber, protein, vitamin A, vitamin C, calcium, or iron.
Raw fruits and vegetables and frozen or canned single ingredient fruits and vegetables and mixtures of frozen or canned single ingredient fruits and vegetables are exempt from this requirement. Ingredients whose addition does not change the nutrient profile of the frozen or canned fruit/s or vegetable/s may be added to these products.
Other Claims

Fresh

The regulation defines the term fresh when it is used to suggest that a food is raw or unprocessed. In this context, fresh can be used only on a food that is raw, has never been frozen or heated, and contains no preservatives. (Irradiation at low levels is allowed.) Fresh frozen, frozen fresh, and freshly frozen can be used for foods that are quickly frozen while still fresh. Blanching (brief scalding before freezing to prevent nutrient breakdown) is allowed.

The addition of approved waxes or coatings; post-harvest approved pesticides; mild chlorine wash or mild acid wash; or treatment with 1 kiloGray of ionizing radiation does not preclude produce from use of the term fresh. Other uses of the term fresh, such as in fresh milk or freshly baked bread, are not affected.

Natural

FDA has no specific regulations for "all natural" claims. FDA's informal policy is that "natural" means that nothing artificial or synthetic (including all color additives regardless of source) has been included in, or has been added to, a food that would not normally be expected to be in the food.

Organic

FDA has no specific regulations for "organic" claims, although the USDA has promulgated regulations in this area. USDA’s National Organic Program (NOP) requires that operations that intend to produce or handle organic products or ingredients to obtain organic certification through a USDA-accredited certifying agent. Applicants seeking certification are required to submit an “Organic Plan” to demonstrate compliance with USDA’s production and/or handling standards. Organic certification is available only for “agricultural products,” broadly defined to include crops, livestock, and certain processed products containing agricultural commodities.

The percentage of organic ingredients in the product determines both the specific marketing terms and the type of nonorganic ingredients that may be used. The regulations set forth four categories of products that may, to varying degrees, be represented as organic or containing organic ingredients:

- 100% organic products may be marketed as “100% organic”
- Products with no less than 95% organic ingredients may be represented as “organic”
- Products that contain at least 70% organic ingredients may be marketed as “made with organic” (specified ingredients/food groups), naming up to three specific organic ingredients or food groups
- Products in package form that are less than 70% organic may identify specific organic ingredients in the list of ingredients
A product’s organic composition is determined by calculating the percentage of organic ingredients in the product (by weight or fluid volume) exclusive of water and salt.

USDA has carefully limited the circumstances under which non-organic ingredients are permitted in products represented as “organic” or “made with organic” (specified ingredients/food groups). For both types of products, non-organic ingredients may be used only if the ingredients are permitted under the National List of Allowed and Prohibited Substances set forth in the regulations. In addition, for organic products, non-organic ingredients that are agricultural products may be used only if the certified operation has documented that organic versions of the ingredients are not “commercially available.”
Health Claims

Introduction

Health claims are claims that characterize the relationship between a nutrient/food and a disease/health-related condition. Health claims may take the form of statements, third-party endorsements, symbols (e.g., the heart), etc.

Health claims are permitted on labels and in labeling only if the claims have been pre-approved by FDA and are made in conformance with FDA's authorizing regulation for making the claim, or an authoritative statement notification has been filed with FDA and FDA has not objected to the proposed health claim based on the statement. FDA currently permits several health claims, some of which are discussed in more detail in the following pages.

General Requirements

FDA has established a number of requirements when health claims are made on labels or in labeling. Some of these requirements apply whenever any health claim is made; other requirements are specific to the particular health claim that is being made. Among the general requirements that apply whenever a health claim is made are the following:

• Health claims must not specify any degree of risk reduction when discussing the benefit of a particular nutrient/food in the diet.

• Words such as "may" or "might" are required to be used when discussing the potential health benefits of a particular nutrient/food.

• Mandatory nutrition labeling is triggered whenever a health claim is made.

• A food is not permitted to bear a health claim if it contains any nutrient which FDA finds by regulation is present in an amount which exposed members of the general population to an increased risk of disease or other adverse diet-related condition. Toward this end, FDA has established threshold limits for fat, saturated fat, cholesterol, and sodium. Raw produce items will almost always be well below these limits. However, these limits may be applicable for "kit"-type products (such as salad kits) where produce items are sold in conjunction with processed items.

• FDA requires most foods bearing a health claim to contain, prior to fortification, one of the following six nutrients at a level of 10% or more of the reference daily intake (RDI) or daily reference value (DRV): vitamin A, vitamin C, iron, calcium, protein, or fiber. The Jelly Bean rule most likely does not apply to health claims based on an authoritative statement notification.

Specific requirements for making some of the health claims that are currently permitted are detailed below (the other claims are not discussed because they are not relevant to produce). Consult Appendix E for other important information on health claims for produce.

- Claim Examples: Low fat diets rich in fiber-containing fruits, vegetables, and grain products may reduce the risk of some types of cancer, a disease affected by many factors. Bananas are low in fat and a good source of fiber. See the poster in the produce department for nutrition information on bananas; or Development of cancer depends on many factors. Eating a diet low in fat and high in grain products, fruits, and vegetables that contain dietary fiber may reduce your risk of some cancers. Bananas are low in fat and a good source of fiber. See the poster in the produce department for nutrition information on bananas. If the nutrition information is not immediately next to the claim, you must reference where to find the nutrient information.

- Criteria: A food must be/contain a grain product, fruit, or vegetable and meet the requirements for low fat and, without fortification, be a good source of dietary fiber. The fruits and vegetables listed in this publication that PMA believes qualify for this health claim are noted in Appendix D.

- Other Specific Requirements:
  
  (A) The claim states that diets low in fat and high in fiber-containing grain products, fruits, and vegetables may or might reduce the risk of some cancers;

  (B) In specifying the disease, the claim must use the following terms: some types of cancer, or some cancers;

  (C) The claim is limited to grain products, fruits, and vegetables that contain dietary fiber;

  (D) The claim indicates that development of cancer depends on many factors;

  (E) The claim does not attribute any degree of cancer risk reduction to diets low in fat and high in fiber-containing grain products, fruits, and vegetables;

  (F) In specifying the dietary fiber component of the labeled food, the claim uses the term fiber, dietary fiber, or total dietary fiber; and

  (G) The claim does not specify types of dietary fiber that may be related to risk of cancer.

- Optional Information.

  (A) The claim may include information from sections (i) through (iv) below.

  (i) Cancer is a constellation of more than 100 different diseases, each characterized by the uncontrolled growth and spread of abnormal cells. Cancer has many causes and stages in its development.
Both genetic and environmental risk factors may affect the risk of cancer. Risk factors include: A family history of a specific type of cancer, cigarette smoking, overweight and obesity, alcohol consumption, ultraviolet or ionizing radiation, exposure to cancer-causing chemicals, and dietary factors.

(ii) The scientific evidence establishes that diets low in fat and high in fiber containing grain products, fruits, and vegetables are associated with a reduced risk of some types of cancer. Although the specific role of total dietary fiber, fiber components, and the multiple nutrients and other substances contained in these foods are not yet fully understood, many studies have shown that diets low in fat and high in fiber-containing foods are associated with reduced risk of some types of cancer.

(iii) Cancer is ranked as a leading cause of death in the United States. The overall economic costs of cancer, including direct health care costs and losses due to morbidity and mortality, are very high.

(iv) U.S. diets tend to be high in fat and low in grain products, fruits, and vegetables. Studies in various parts of the world indicate that populations who habitually consume a diet high in plant foods have lower risks of some cancers. These diets generally are low in fat and rich in many nutrients, including, but not limited to, dietary fiber. Current dietary guidelines from Federal government agencies and nationally recognized health professional organizations recommend decreased consumption of fats (less than 30 percent of calories), maintenance of desirable body weight, and increased consumption of fruits and vegetables (five or more servings daily), and grain products (six or more servings daily).

(B) The claim may identify one or more of the following risk factors for development of cancer: Family history of a specific type of cancer, cigarette smoking, overweight and obesity, alcohol consumption, ultraviolet or ionizing radiation, exposure to cancer causing chemicals, and dietary factors.

(C) The claim may indicate that it is consistent with Nutrition and Your Health: Dietary Guidelines for Americans, U.S. Department of Agriculture (USDA) and Department of Health and Human Services (DHHS), Government Printing Office.

(D) The claim may include information on the number of people in the United States who have cancer. The sources of this information must be identified, and it must be current information from the National Center for Health Statistics, the National Institutes of Health, or Nutrition and Your Health: Dietary Guidelines for Americans, USDA and DHHS, Government Printing Office.

Health Claims on Fruits and Vegetables and Cancer (21 C.F.R. § 101.78)

- Claim Examples: Low fat diets rich in fruits and vegetables (foods that are low in fat and may contain dietary fiber, vitamin A, or vitamin C) may reduce the risk of some types of cancer, a disease associated with many factors. Broccoli is low in fat and high in vitamin C See the
Development of cancer depends on many factors. Eating a diet low in fat and high in fruits and vegetables, foods that are low in fat and may contain vitamin A, vitamin C and dietary fiber, may reduce your risk of some cancers. Broccoli, a food low in fat, is high in vitamin C. See the brochure in the produce department for nutrition information on broccoli. If the nutrition information is not immediately next to the claim, you must reference where to find the nutrient information.

- Criteria: This claim may be made for fruits and vegetables that meet the requirements for low fat and, without fortification, for good source of fiber or vitamins A or C. The fruits and vegetables listed in this document that PMA believes qualify for this health claim are listed in Appendix D.

- Other Requirements:

  (A) The claim states that diets low in fat and high in fruits and vegetables may or might reduce the risk of some cancers;

  (B) In specifying the disease, the claim uses the following terms: some types of cancer, or some cancers;

  (C) The claim characterizes fruits and vegetables as foods that are low in fat and may contain vitamin A, vitamin C, and dietary fiber;

  (D) The claim characterizes the food bearing the claim as containing one or more of the following, for which the food is a good source of dietary fiber, vitamin A, or vitamin C;

  (E) The claim does not attribute any degree of cancer risk reduction to diets low in fat and high in fruits and vegetables;

  (F) In specifying the fat component of the labeled food, the claim uses the term total fat or fat;

  (G) The claim does not specify types of fats or fatty acids that may be related to risk of cancer;

  (H) In specifying the dietary fiber component of the labeled food, the claim uses the term fiber, dietary fiber, or total dietary fiber;

  (I) The claim does not specify types of dietary fiber that may be related to risk of cancer; and

  (J) The claim indicates that development of cancer depends on many factors.

- Optional Information:

  (A) The claim may include information from sections (i) through (iv) below, which summarizes the relationship between diets low in fat and high in fruits and vegetables and some types of cancer and the relationship's significance.

  (i) Cancer is a constellation of more than 100 different diseases, each characterized by the uncontrolled growth and spread of abnormal cells. Cancer has many causes and stages in its development. Both genetic and environmental risk factors may affect the risk of cancer. Risk factors include a family history of a specific type of cancer, cigarette smoking, alcohol consumption, overweight and obesity, ultraviolet or ionizing radiation, exposure to cancer-causing chemicals, and dietary factors.
(ii) Although the specific roles of the numerous potentially protective substances in plant foods are not yet understood, many studies have shown that diets high in plant foods are associated with reduced risk of some types of cancers. These studies correlate diets rich in fruits and vegetables and nutrients from these diets, such as vitamin C, vitamin A, and dietary fiber, with reduced cancer risk. Persons consuming these diets frequently have high intakes of these nutrients. Currently, there is not scientific agreement as to whether the observed protective effects of fruits and vegetables against cancer are due to a combination of the nutrient components of diets rich in fruits and vegetables, including but not necessarily limited to dietary, fiber, vitamin A (as beta-carotene) and vitamin C, to displacement of fat from such diets, or to intakes of other substances in these foods which are not nutrients but may be protective against cancer risk.

(iii) Cancer is ranked as a leading cause of death in the United States. The overall economic costs of cancer, including direct health care costs and losses due to morbidity and mortality, are very high.

(iv) U.S. diets tend to be high in fat and low in fruits and vegetables. Studies in various parts of the world indicate that populations who habitually consume a diet high in plant foods have lower risks of some cancers. These diets generally are low in fat and rich in many nutrients, including, but not limited to, dietary fiber, vitamin A (as beta-carotene), and vitamin C. Current dietary guidelines from Federal Government agencies and nationally recognized health professional organizations recommend decreased consumption of fats (less than 30 percent of calories), maintenance of desirable body weight, and increased consumption of fruits and vegetables (5 or more servings daily), particularly those fruits and vegetables which contain dietary fiber, vitamin A, and vitamin C.

(B) The claim may identify one or more of the following risk factors for development of cancer: Family history of a specific type of cancer, cigarette smoking, alcohol consumption, overweight and obesity, ultraviolet or ionizing radiation, exposure to cancer-causing chemicals, and dietary factors.

(C) The claim may use the word beta-carotene in parentheses after the term vitamin A, provided that the vitamin A in the food bearing the claim is beta-carotene.

(D) The claim may indicate that it is consistent with Nutrition and Your Health: Dietary Guidelines for Americans, U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (DHHS), Government Printing Office.

(E) The claim may include information on the number of people in the United States who have cancer. The sources of this information must be identified, and it must be current information from the National Center for Health Statistics, the National Institutes of Health, or Nutrition and Your Health: Dietary Guidelines for Americans, USDA and DHHS, Government Printing Office.
Health Claims on Fruits, Vegetables and Grain Products that Contain Fiber and Risk of Coronary Heart Disease (CHD) (21 C.F.R § 101.77)

- Claim Examples: Diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products that contain certain types of dietary fiber may reduce the risk of heart disease, a disease affected by many factors. Bananas are low fat and contain negligible saturated fat, have no cholesterol, and are a good source of fiber. See the banana nutrition information on the reverse side of this panel; or

Development of heart disease depends on many factors. Eating a diet low in saturated fat and cholesterol and high in fruits, vegetables, and grain products that contain fiber may lower blood cholesterol levels and reduce your risk of heart disease. Bananas are low fat, contain negligible saturated fat, have no cholesterol, and are a good source of fiber. See the banana nutrition information on the reverse side of this panel. If the nutrition information is not immediately next to the claim, you must reference where to find the nutrient information.

- Criteria: A food must be/contain fruits, vegetables, or grain products and must meet the requirements for low saturated fat, low-cholesterol, and low fat and contain, without fortification, at least 0.6 g soluble fiber per reference amount. (Industry data for soluble fiber is limited. Until more data is available, this claim would be limited to a handful of fruits and vegetables that have adequate data.) The fruits and vegetables listed in this document that PMA believes qualify for this health claim are listed in Appendix D.

- Other Requirements:

  (A) The claim states that diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products that contain fiber may or might reduce the risk of heart disease;

  (B) In specifying the disease, the claim uses the following terms: heart disease or coronary heart disease;

  (C) The claim is limited to those fruits, vegetables, and grains that contain fiber;

  (D) In specifying the dietary fiber, the claim uses the term fiber, dietary fiber, some types of dietary fiber, some dietary fibers, or some fibers; the term soluble fiber may be used in addition to these terms;

  (E) In specifying the fat component, the claim uses the terms saturated fat and cholesterol;

  (F) The claim indicates that development of heart disease depends on many factors; and
(G) The claim does not attribute any degree of risk reduction for coronary heart disease to diets low in saturated fat and cholesterol and high in fruits, vegetables, and grain products that contain fiber.

Optional Information:

(A) The claim may identify one or more of the following risk factors for heart disease about which there is general scientific agreement: A family history of coronary heart disease, elevated blood-, total- and LDL-cholesterol, excess body weight, high blood pressure, cigarette smoking, diabetes, and physical inactivity.

(B) The claim may indicate that the relationship of diets low in saturated fat and cholesterol, and high in fruits, vegetables, and grain products that contain fiber to heart disease is through the intermediate link of blood cholesterol or blood total and LDL-cholesterol.

(C) The claim may include information from sections (i) through (vii) below, which summarize the relationship between diets low in saturated fat and cholesterol and high in fruits, vegetables, and grain products that contain fiber and coronary heart disease, and the significance of the relationship.

(i) Cardiovascular disease means diseases of the heart and circulatory system. Coronary heart disease is the most common and serious form of cardiovascular disease and refers to diseases of the heart muscle and supporting blood vessels. High blood total- and low density lipoprotein (LDL)-cholesterol levels are major modifiable risk factors in the development of coronary heart disease. High coronary heart disease rates occur among people with high blood cholesterol levels of 240 milligrams per deciliter (mg/dL) (6.21 mmol/L) or above. Borderline high risk blood cholesterol levels range from 200 to 239 mg/dL (5.17 to 6.18 mmol/L) and 130 to 159 mg/dL (3.36 to 4.11 mmol/L) of LDL-cholesterol. Dietary lipids (fats) include fatty acids and cholesterol. Total fat, commonly referred to as fat, is composed of saturated fat (fatty acids containing no double bonds), and monounsaturated and polyunsaturated fat (fatty acids containing one or more double bonds).

(ii) The scientific evidence establishes that diets high in saturated fat and cholesterol are associated with increased levels of blood total and LDL-cholesterol and, thus, with increased risk of coronary heart disease. Diets low in saturated fat and cholesterol are associated with decreased levels of blood total- and LDL-cholesterol, and thus, with decreased risk of developing coronary heart disease.

(iii) Populations with relatively low blood cholesterol levels tend to have dietary patterns that are not only low in total fat, especially saturated fat and cholesterol, but are also relatively high in fruits, vegetables, and grain products. Although the specific roles of these plant foods are not yet fully understood, many studies have shown that diets high in plant foods are associated with reduced risk of coronary heart disease. These studies correlate diets rich in fruits, vegetables, and grain products and nutrients from these diets, such as some types of fiber, with reduced coronary heart disease risk. Persons consuming these diets frequently have high intakes of dietary fiber, particularly soluble fibers. Currently, there is not scientific agreement as to whether a particular type of soluble fiber is beneficial, or whether the observed protective effects of fruits, vegetables, and grain products against heart disease are due to other components, or a combination of components, in these
diets, including, but not necessarily limited to, some types of soluble fiber, other fiber components, other characteristics of the complex carbohydrate content of these foods, other nutrients in these foods, or displacement of saturated fat and cholesterol from the diet.

(iv) Coronary heart disease is a major public health concern in the United States, primarily because it accounts for more deaths than any other disease or group of diseases. Early management of risk factors for coronary heart disease is a major public health goal that can assist in reducing risk of coronary heart disease. There is a continuum of mortality risk from coronary heart disease that increases with increasing levels of blood LDL-cholesterol. Individuals with high blood LDL-cholesterol are at greatest risk. A larger number of individuals with more moderately elevated cholesterol also have increased risk of coronary events; such individuals comprise a substantial proportion of the adult U.S. population. The scientific evidence indicates that reducing saturated fat and cholesterol intakes lowers blood LDL-cholesterol and risk of heart disease in most individuals, including persons with blood cholesterol levels in the normal range. Additionally, consuming diets high in fruits, vegetables, and grain products, foods that contain soluble fiber, may be a useful adjunct to a low saturated fat and low cholesterol diet.

(v) Other risk factors for coronary heart disease include a family history of heart disease, high blood pressure, diabetes, cigarette smoking, obesity (body weight 30 percent greater than ideal body weight), and lack of regular physical exercise.

(vi) Intakes of saturated fat exceed recommended levels in many people in the United States. Intakes of cholesterol are, on average, at or above recommended levels. Intakes of fiber-containing fruits, vegetables, and grain products are about half of recommended intake levels. One of the major public health recommendations relative to coronary heart disease risk is to consume less than 10 percent of calories from saturated fat, and an average of 30 percent or less of total calories from all fat. Recommended daily cholesterol intakes are 300 mg or less per day. Recommended total dietary fiber intakes are about 25 grams (g) daily, of which about 25 percent (about 6 g) should be soluble fiber.

(vii) Current dietary guidance recommendations encourage decreased consumption of dietary fat, especially saturated fat and cholesterol, and increased consumption of fiber-rich foods to help lower blood LDL-cholesterol levels. Results of numerous studies have shown that fiber-containing fruits, vegetables, and grain products can help lower blood LDL-cholesterol.

(D) In specifying the nutrients, the claim may include the term total fat in addition to the terms saturated fat and cholesterol.

(E) The claim may indicate that it is consistent with Nutrition and Your Health: Dietary Guidelines for Americans, U.S. Department of Agriculture (USDA) and Department of Health and Human Services (DHHS), Government Printing Office (GPO).

(F) The claim may state that individuals with elevated blood total- and LDL-cholesterol should consult their physicians for medical advice and treatment. If the claim defines high or normal blood total- and LDL-cholesterol levels, then the claim shall state that individuals with high blood cholesterol should consult their physicians for medical advice and treatment.
(G) The claim may include information on the number of people in the United States who have heart disease. The sources of this information shall be identified, and it shall be current information from the National Center for Health Statistics, the National Institutes of Health, or Nutrition and Your Health: Dietary Guidelines for Americans, USDA and DHHS, GPO.

Health Claims on Fat and Cancer (21 C.F.R. § 101.73)

• Claim Examples: Development of cancer depends on many factors. A diet low in total fat may reduce the risk of some cancers. Broccoli is low in fat. (If the nutrition information is immediately next to the claim, a reference about where to find it is not necessary,) or

Eating a healthful diet low in fat may help reduce the risk of some types of cancers. Development of cancer is associated with many factors, including a family history of the disease, cigarette smoking, and what you eat. Broccoli is low in fat.

• Criteria: A food must meet the descriptor requirements of low fat. The fruits and vegetables listed in this document that PMA believes qualify for this health claim are found in Appendix D.

• Other Requirements:

(A) The claim states that diets low in fat may or might reduce the risk of some cancers;

(B) In specifying the disease, the claim uses the following terms: some types of cancer or some cancers;

(C) In specifying the nutrient, the claim uses the term total fat or fat;

(D) The claim does not specify types of fat or fatty acid that may be related to the risk of cancer;

(E) The claim does not attribute any degree of cancer risk reduction to diets low in fat; and

(F) The claim indicates that the development of cancer depends on many factors.

• Optional Information:

(A) The claim may identify one or more of the following risk factors for development of cancer: Family history of a specific type of cancer, cigarette smoking, alcohol consumption, overweight and obesity, ultraviolet or ionizing radiation, exposure to cancer-causing chemicals, and dietary factors.

(B) The claim may include information from sections (i) through (vi) below, which summarize the relationship between dietary fat and cancer and the significance of the relationship.

(i) Cancer is a constellation of more than 100 different diseases, each characterized by the uncontrolled growth and spread of abnormal cells. Cancer has many causes and stages in its development. Both genetic and environmental risk factors may affect the risk of cancer. Risk factors include a family history of a specific type of
cancer, cigarette smoking, alcohol consumption, overweight and obesity, ultraviolet or ionizing radiation, exposure to cancer-causing chemicals, and dietary factors.

(ii) Among dietary factors, the strongest positive association has been found between total fat intake and risk of some types of cancer. Based on the totality of the publicly available scientific evidence, there is significant scientific agreement among experts, qualified by training and experience to evaluate such evidence, that diets high in total fat are associated with an increased cancer risk. Research to date, although not conclusive, demonstrates that the total amount of fats, rather than any specific type of fat, is positively associated with cancer risk. The mechanism by which total fat affects cancer has not yet been established.

(iii) A question that has been the subject of considerable research is whether the effect of fat on cancer is site-specific. Neither human nor animal studies are consistent in the association of fat intake with specific cancer sites.

(iv) Another question that has been raised is whether the association of total fat intake to cancer risk is independently associated with energy intakes, or whether the association of fat with cancer risk is the result of the higher energy (caloric) intake normally associated with high fat intake. FDA has concluded that evidence from both animal and human studies indicates that total fat intake alone, independent of energy intake, is associated with cancer risk.

(v) Cancer is ranked as a leading cause of death in the United States. The overall economic costs of cancer, including direct health care costs and losses due to morbidity and mortality, are very high.

(vi) U.S. diets tend to be high in fat and high in calories. The average U.S. diet is estimated to contain 36 to 37 percent of calories from total fat. Current dietary guidelines from the Federal Government and other national health professional organizations recommend that dietary fat intake be reduced to a level of 30 percent or less of energy (calories) from total fat. In order to reduce intake of total fat, individuals should choose diets which are high in vegetables, fruits, and grain products (particularly whole grain products), choose lean cuts of meats, fish, and poultry, substitute low-fat dairy products for higher fat products, and use fats and oils sparingly.

(C) The claim may indicate that it is consistent with Nutrition and Your Health: Dietary Guidelines for Americans, U.S. Department of Agriculture (USDA) and Department of Health and Human Services (DHHS), Government Printing Office.

(D) The claim may include information on the number of people in the United States who have cancer. The sources of this information must be identified, and it must be current information from the National Center for Health Statistics, the National Institutes of Health, or Nutrition and Your Health: Dietary Guidelines for Americans, USDA and DHHS, Government Printing Office.
Health Claims on Saturated Fat and Cholesterol and Coronary Heart Disease (CHD) (21 C.F.R. 101.75)

• Claim Examples: Although many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease. Broccoli contains no cholesterol, a negligible amount of saturated fat, and is a low fat vegetable. See the poster in the produce department for nutrition information on broccoli; or

Development of heart disease depends upon many factors, but its risk may be reduced by diets low in saturated fat and cholesterol and healthy lifestyles. Broccoli contains no cholesterol, a negligible amount of saturated fat, and is a low fat vegetable; or

Development of heart disease depends upon many factors, including a family history of the disease, high blood LDL-cholesterol, diabetes, high blood pressure, being overweight, cigarette smoking, lack of exercise, and the type of dietary pattern. A healthful diet low in saturated fat, total fat, and cholesterol, as part of a healthy lifestyle, may lower blood cholesterol levels and may reduce the risk of heart disease. Broccoli is a low fat vegetable; or

Many factors, such as a family history of the disease, increased blood- and LDL cholesterol levels, high blood pressure, cigarette smoking, diabetes, and being overweight, contribute to developing heart disease. A diet low in saturated fat, cholesterol, and total fat may help reduce the risk of heart disease. Broccoli is a low fat vegetable; or

Diets low in saturated fat, cholesterol, and total fat may reduce the risk of heart disease. Heart disease is dependent upon many factors, including diet, a family history of the disease, elevated blood LDL-cholesterol levels, and physical inactivity. Broccoli is a low fat vegetable.

Remember, if the nutrition information is not immediately next to the claim, you must reference where to find the nutrient information. If the nutrition information is immediately next to the claim, a reference is not needed.

• Criteria: The food must meet the definitions for the descriptors low saturated fat, low-cholesterol, and low fat. The fruits and vegetables listed in this publication that PMA believes qualify for this health claim are listed in Appendix D.

• Other Requirements

(A) The claim states that diets low in saturated fat and cholesterol may or might reduce the risk of heart disease;

(B) In specifying the disease, the claim uses the terms heart disease or coronary heart disease;

(C) In specifying the nutrient, the claim uses the terms saturated fat and cholesterol and lists both;
(D) The claim does not attribute any degree of risk reduction for coronary heart disease to diets low in dietary saturated fat and cholesterol; and

(E) The claim states that coronary heart disease risk depends on many factors.

• Optional Information:

(A) The claim may identify one or more of the following risk factors in addition to saturated fat and cholesterol about which there is general scientific agreement that they are major risk factors for this disease: A family history of coronary heart disease, elevated blood total and LDL-cholesterol, excess body weight, high blood pressure, cigarette smoking, diabetes, and physical inactivity.

(B) The claim may indicate that the relationship of saturated fat and cholesterol to heart disease is through the intermediate link of blood cholesterol or blood total- and LDL cholesterol.

(C) The claim may include information from sections (i) through (v) below, which summarize the relationship between dietary saturated fat and cholesterol and risk of coronary heart disease, and the significance of the relationship.

(i) Cardiovascular disease means diseases of the heart and circulatory system. Coronary heart disease is the most common and serious form of cardiovascular disease and refers to diseases of the heart muscle and supporting blood vessels. High blood total- and low density lipoprotein (LDL)-cholesterol levels are major modifiable risk factors in the development of coronary heart disease. High coronary heart disease rates occur among people with high blood cholesterol levels of 240 milligrams/deciliter (mg/dL) (6.21 millimoles per liter [mmol/L]) or above and LDL-cholesterol levels of 160 mg/dL (4.13 mmol/L) or above. Borderline high risk blood cholesterol levels range from 200 to 239 mg/dL (5.17 to 6.18 mmol/L) and 130 to 159 mg/dL (3.36 to 4.11 mmol/L) of LDL-cholesterol. Dietary lipids (fats) include fatty acids and cholesterol. Total fat, commonly referred to as fat, is composed of saturated fat (fatty acids containing no double bonds), and monounsaturated and polyunsaturated fat (fatty acids containing one or more double bonds).

(ii) The scientific evidence establishes that diets high in saturated fat and cholesterol are associated with increased levels of blood total and LDL-cholesterol and, thus, with increased risk of coronary heart disease. Diets low in saturated fat and cholesterol are associated with decreased levels of blood total- and LDL-cholesterol, and thus, with decreased risk of developing coronary heart disease.

(iii) Coronary heart disease is a major public health concern in the United States, primarily because it accounts for more deaths than any other disease or group of diseases. Early management of risk factors for coronary heart disease is a major public health goal that can assist in reducing risk of coronary heart disease. There is a continuum of mortality risk from coronary heart disease that increases with increasing levels of blood LDL-cholesterol. Individuals with high blood LDL-cholesterol are at greatest risk. A larger number of individuals with more moderately elevated cholesterol also have increased risk of coronary events; such individuals comprise a substantial proportion of the adult U.S. population. The scientific evidence indicates that reducing saturated fat and cholesterol intakes lowers blood LDL-cholesterol and risk of heart disease in most individuals. There is also evidence that reducing saturated fat and
cholesterol intakes in persons with blood cholesterol levels in the normal range also reduces risk of heart disease.

(iv) Other risk factors for coronary heart disease include a family history of heart disease, high blood pressure, diabetes, cigarette smoking, obesity (body weight 30 percent greater than ideal body weight), and lack of regular physical exercise.

(v) Intakes of saturated fat exceed recommended levels in many people in the United States. Intakes of cholesterol are, on average, at or above recommended levels. One of the major public health recommendations relative to coronary heart disease risk is to consume less than 10 percent of calories from saturated fat, and an average of 30 percent or less of total calories from all fat. Recommended daily cholesterol intakes are 300 mg or less per day.

(D) In specifying the nutrients, the claim may include the term total fat in addition to the terms saturated fat and cholesterol.

(E) The claim may include information on the number of people in the United States who have coronary heart disease. The sources of this information shall be identified, and it shall be current information from the National Center for Health Statistics, the National Institutes of Health, or Nutrition and Your Health: Dietary Guidelines for Americans, U.S. Department of Health and Human Services (DHHS) and U.S. Department of Agriculture (USDA), Government Printing Office.

(F) The claim may indicate that it is consistent with Nutrition and Your Health: Dietary Guidelines for Americans, DHHS and USDA, Government Printing Office.

(G) The claim may state that individuals with elevated blood total- or LDL-

cholesterol should consult their physicians for medical advice and treatment.

If the claim defines high or normal blood total- or LDL-cholesterol levels, then the claim shall state that individuals with high blood cholesterol should consult their physicians for medical advice and treatment.

Health Claims on Sodium and Hypertension (High Blood Pressure) (21 C.F.R. § 101.74)

• Claim Example: Diets low in sodium may reduce the risk of high blood pressure, a disease affected by many factors. Broccoli is low in sodium. See the poster in the produce department for nutrition information on broccoli; or

Development of hypertension or high blood pressure depends on many factors. Broccoli can be part of a low sodium, low salt diet that might reduce the risk of hypertension or high blood pressure. See the poster in the produce department for nutrition information on broccoli.

• Criteria: A food must meet the descriptor requirements for low-sodium. The fruits and vegetables listed in this publication that PMA believes qualify for this health claim are listed in Appendix D.

• Other Requirements:
(A) The claim states that diets low in sodium may or might reduce the risk of high blood pressure;

(B) In specifying the disease, the claim uses the term high blood pressure;

(C) In specifying the nutrient, the claim uses the term sodium;

(D) The claim does not attribute any degree of reduction in risk of high blood pressure to diets low in sodium; and

(E) The claim indicates that development of high blood pressure depends on many factors.

Optional Information.

(A) The claim may identify one or more of the following risk factors for development of high blood pressure in addition to dietary sodium consumption: Family history of high blood pressure, growing older, alcohol consumption, and excess weight.

(B) The claim may include information from sections (i) through (vi) below, which summarizes the relationship between dietary sodium and high blood pressure and the significance of the relationship.

(i) Hypertension, or high blood pressure, generally means a systolic blood pressure of greater than 140 millimeters of mercury (mm Hg) or a diastolic blood pressure of greater than 90 mm Hg. Normotension, or normal blood pressure, is a systolic blood pressure below 140 mm Hg and diastolic blood pressure below 90 mm Hg. Sodium is specified here as the chemical entity or electrolyte sodium and is distinguished from sodium chloride, or salt, which is 39 percent sodium by weight.

(ii) The scientific evidence establishes that diets high in sodium are associated with a high prevalence of hypertension or high blood pressure and with increases in blood pressure with age, and that diets low in sodium are associated with a low prevalence of hypertension or high blood pressure and with a low or no increase of blood pressure with age.

(iii) High blood pressure is a public health concern primarily because it is a major risk factor for mortality from coronary heart disease and stroke. Early management of high blood pressure is a major public health goal that can assist in reducing mortality associated with coronary heart disease and stroke. There is a continuum of mortality risk that increases as blood pressures rise.

Individuals with high blood pressure are at greatest risk, and individuals with moderately high, high normal, and normal blood pressure are at steadily decreasing risk. The scientific evidence indicates that reducing sodium intake lowers blood pressure and associated risks in many but not all hypertensive individuals. There is also evidence that reducing sodium intake lowers blood pressure and associated risks in many but not all normotensive individuals as well.

(iv) The populations at greatest risk for high blood pressure, and those most likely to benefit from sodium reduction, include those with family histories of high blood pressure, the elderly, males because they develop hypertension earlier in life than females, and black males and females. Although some population groups are at greater risk than others, high blood-pressure is a disease of public health concern for all population groups. Sodium intake, alcohol consumption, and obesity are identified risk factors for high blood pressure.
(v) Sodium intakes exceed recommended levels in almost every group in the United States. One of the major public health recommendations relative to high blood pressure is to decrease consumption of salt. On a population-wide basis, reducing the average sodium intake would have a small but significant effect on reducing the average blood pressure, and, consequently, reducing mortality from cardiovascular disease and stroke.

(vi) Sodium is an essential nutrient, and experts have recommended a safe minimum level of 500 milligrams (mg) sodium per day and an upper level of 2,400 mg sodium per day, the FDA Daily Value for sodium.

(C) The claim may include information on the number of people in the United States who have high blood pressure. The sources of this information must be identified, and it must be current information from the National Center for Health Statistics, the National Institutes of Health, or Nutrition and Your Health: Dietary Guidelines for Americans, U.S. Department of Health and Human Services (DHHS) and U.S. Department of Agriculture (USDA), Government Printing Office.

(D) The claim may indicate that it is consistent with Nutrition and Your Health: U.S. Dietary Guidelines for Americans, DHHS and USDA, Government Printing Office.

(E) In specifying the nutrient, the claim may include the term salt in addition to the term sodium.

(F) In specifying the disease, the claim may include the term hypertension in addition to the term high blood pressure.

(G) The claim may state that individuals with high blood pressure should consult their physicians for medical advice and treatment. If the claim defines high or normal blood pressure, then the health claim must state that individuals with high blood pressure should consult their physicians for medical advice and treatment.

Health Claims on Calcium and Osteoporosis (21 C.F.R. § 101.72)

- Calcium and osteoporosis: Fruits and vegetables could not use this claim. To carry this claim, a food must contain 20 percent or more of the Daily Value for calcium (200 mg) per serving, have a calcium content that equals or exceeds the food's content of phosphorus, and contain a form of calcium that can be readily absorbed and used by the body.

Health Claim on Folate and Neural Tube Defects (21 C.F.R. § 101.79)

Claim examples: "Healthful diets with adequate folate may reduce a woman's risk of having a child with brain or spinal cord birth defects."

Women who consume healthful diets with adequate folate throughout their
childbearing years may reduce their risk of having a child with a birth defect of the brain or spinal cord. Sources of folate include fruits, vegetables, whole grain products, fortified cereals, and dietary supplements.

Food Composition Criteria: A food making this claim must be a "good source" (i.e. provide at least 10% of the Daily Value) of folate. The claim may not be made on foods that contain more than 100% of the RDI for vitamin A as retinol or preformed vitamin A or vitamin D per serving or per unit.

Requirement for wording of the claim:

(A) In specifying the nutrient, the claim should use the terms "folate," "folic acid," "folacin," "folate, a B vitamin," "folic acid, a B vitamin, or "folacin, a B vitamin."

(B) In specifying the health-related condition, the claim should identify the birth defects as "neural tube defects;" "birth defects spina bifida or anencephaly;" "birth defects of the brain or spinal cord, anencephaly or spina bifida;" "spina bifida and anencephaly, birth defects of the brain or spinal cord;" "birth defects of the brain or spinal cord;" or "brain or spinal cord birth defects."

(C) The claim must not imply that folate intake is the only recognized risk factor for neural tube defects.

(D) Claims on foods that contain more than 100% of the Daily Value (400 μg) must identify the safe upper limit of daily intake for folic acid. The safe upper limit is 1,000 μg (1 mg).

(E) The claim may not state that a specified amount of folate per serving from one source is more effective in reducing the risk of neural tube defects than a lower amount per serving from another source.

(F) The claim must state that folate needs to be consumed as part of a healthful diet.

The claim may include the following optional information in sections (A) to (E) below:

(A) The claim may specifically identify risk factors for neural tube defects. Women at increased risk include those with a personal history of a neural tube defect affected pregnancy, those with a close relative (i.e., sibling, niece, nephew) with a neural tube defect; those with insulin dependent diabetes mellitus, those with seizure disorders who are being treated with valproic acid or carbamazepine.

(B) The claim may include a statement to the effect that women with a history of a neural tube defect pregnancy should consult their physicians or health care providers before becoming pregnant. If such a statement is provided, the claim shall also state that all women should consult a health care provider when planning a pregnancy.

(C) The claim may identify 100% of the DV (100% DV, 400 μg) for folate as the target intake goal.

(D) The claim may provide estimates, expressed on an annual basis, of the number of neural tube defect-affected births among live births in the United States. Current estimates for these numbers are 6 of 10,000 live births annually (i.e., about 2,500 cases among 4 million live births annually).

(E) An estimate of the reduction in the number of neural tube defect-affected births that might occur in the United States if all women consumed adequate folate throughout their childbearing years may be

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included in the claim. If such an estimate (i.e., 50%) is provided, the estimate shall be accompanied by additional information that states that the estimate is population based and that it does not reflect risk reduction that may be experienced by individual women.

**Potassium and Reduce Risk of High Blood Pressure and Stroke**

The claim: Diets containing foods that are good sources of potassium and low in sodium may reduce the risk of high blood pressure and stroke.

This claim was the subject of a health claim notification submitted to FDA. Unlike claims authorized by an FDA health claim regulation, claims authorized via notification are limited to the specific claim submitted to FDA. Thus, only the exact wording of the claim submitted to FDA, and not objected to by the Agency, may appear on product labels.

Requirements:

- GOOD SOURCE of Potassium
- The food must contain 140 mg or less of sodium per reference amount.
- The food must be LOW FAT, LOW SATURATED FAT, LOW CHOLESTEROL.
Dietary Guidance Statements

FDA does not consider “dietary guidance statements” to be health claims subject to FDA review and authorization. Dietary guidance statements address the role of dietary patterns or of general categories of foods (e.g. fruits and vegetables) and remain guidance statements so long as the context of the statement does not suggest that a specific substance is the subject. Dietary guidance statements used on foods must be truthful and non-misleading.

In 2003, FDA published a dietary guidance statement for fruits and vegetables as part of the Consumer Health Information for Better Nutrition Initiative. The FDA, along with the National Cancer Institute (NCI), provided the message, “Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases.” FDA encourages the use of this message by the produce industry for all varieties of fruits and vegetables and by food manufacturers in association with those fruits, vegetables, and foods that meet the criteria established by the National Cancer Institute’s “5 A Day for Better Health Program.”
Structure/ Function Claims

Structure/function claims describe the impact of a food on a structure of the body (e.g., the heart) or a bodily function (e.g., digestion). Structure/function claims may be used to describe all types of food, including dietary supplements and conventional foods, although FDA has applied different standards to each. As opposed to a “health claim” as discussed in Section 6, a structure/function claim does not require FDA approval. There must, of course, be adequate substantiation for structure/function claims.

A key to crafting a permissible structure/function claim is to avoid suggestions that the product is intended to cure, treat, mitigate, or prevent a disease or a health-related condition. If a claim suggests that a product is intended to serve one of these purposes, and the claim is not expressly authorized by FDA, FDA will consider the product misbranded and possibly an unapproved new drug. As a general rule, this problem may be avoided by placing claims in a context that presumes the body is healthy or functioning normally. The more closely a particular structure/function claim is connected to a particular disease condition, the less likely it is that FDA will consider the claim to be a permissible structure/function claim.

Structure/function claims for conventional foods must be based on the “nutritive value” of the food or nutrient (e.g., “cranberry products help maintain urinary tract health,” 62 Fed. Reg. 49859, 49860 (September 23, 1997)). Although FDA has not defined the meaning of “nutritive value” in the context of structure/function claims, the term in the context of health claims refers to a substance that has “value in sustaining human existence by such processes as promoting growth, replacing loss of essential nutrients, or providing energy.” 21 C.F.R. § 101.14(a)(3).

Historically, FDA has generally permitted structure/function claims for well-known nutrients and the traditional role they play in the body. A claim such as the “vitamin C in ___ helps maintain the body’s natural defenses” also would be considered a permissible structure/function claim because it is based on the known nutritional role vitamin C plays in the body.
Foodservice

Overview

FDA issued a final rule on August 2, 1996, in which the Agency stated that its nutrient content and health claim rules apply to restaurant menus and all other forms of restaurant labeling, including signs, posters, and placards displayed in restaurants. This rule represented a reversal to the position that FDA took in 1993 when the NLEA rules were first issued. At that time, FDA had exempted restaurant foods from these rules, but that decision was soon attacked by consumer interest groups and the Agency decided to change its position.

Definitions

• Meal products. A meal product is defined as a food that makes a major contribution to the total diet by (1) weighing at least 10 ounces per labeled serving; and (2) containing not less than 40 grams for each of at least 3 different foods from 2 or more of the following 4 food groups: a. bread, cereal, rice, and pasta group; b. fruits and vegetables group; c. milk, yogurt, and cheese group; d. meat, poultry, fish, dry beans, eggs, and nuts group; (these foods shall not be sauces [except for foods in the above four food groups that are in the sauces], gravies, condiments, relishes, pickles, olives, jams, jellies, syrups, bringings, or garnishes). The meal product should also be represented as, or is in a form commonly understood to be, a breakfast, lunch, dinner, or meal. Such representations may be made either by statements, photographs, or vignettes.

• Main dish products. A main dish product is defined as a food that makes a major contribution to a meal by (1) weighing at least 6 oz per labeled serving; and (2) containing not less than 40 g of foods or food mixtures from two of the four food groups noted above; and is represented as, or is in a form commonly understood to be, a main dish (i.e., not a beverage or a dessert). Such representations may be made either by statements, photographs, or vignettes.

Nutrient Content Descriptors for Meal or Main Dish Products

Nutrient content claim definitions used on meals or main dishes differ somewhat from those for individual foods. Synonyms are the same as those for individual foods. Because they are somewhat more complex, criteria for making comparative claims (e.g. "reduced in calories") are not provided in this document.

Free Claims

• Sodium-free

  Synonyms: free of sodium, no sodium, zero sodium, without sodium, trivial source of sodium, negligible source of sodium, or dietarily negligible source of sodium.
Meal/main dish criteria: the meal or main dish contains less than 5 mg of sodium per labeled serving size.

- **Cholesterol free**
  Synonyms: *free of cholesterol, zero cholesterol, without cholesterol, no cholesterol, trivial source of cholesterol, negligible source of cholesterol, or dietarily insignificant source of cholesterol*

Meal/main dish criteria: meal products and main dish products must contain less than 2 mg cholesterol and 2 g or less of saturated fatty acids per labeled serving size. If the fat content exceeds 26 g fat per serving for meal products or 19.5 g fat per serving for main dish products and the food is not inherently free of cholesterol, then the food must contain at least 25% less cholesterol than the food for which it substitutes and the label must declare the level of total fat per serving in immediate proximity to the most prominent claim preceding the referral statement.

- **Fat free**
  Synonyms: Free of fat, no fat, zero fat, without fat, nonfat, trivial source of fat, negligible source of fat, or dietarily insignificant source of fat

Meal/main dish criteria: the meal or main dish contains 3 grams or less of total fat per labeled serving.

- **Saturated fat free**
  Synonyms: *free of saturated fat, no saturated fat, zero saturated fat, without saturated fat, trivial source of saturated fat, negligible source of saturated fat, or dietarily insignificant source of saturated fat*

Meal/main dish criteria: the meal or main dish contains less than 0.5 g of saturated fat per labeled serving and the level of trans fatty acids does not exceed 0.5 g per reference amount and per serving.

### Low Claims

#### Low-calorie
Synonyms: *few calories, contains a small amount of calories, low source of calories, or low-calorie*

Meal/main dish criteria: the meal or main dish contains 120 calories or less per 100 grams.

#### Very low sodium
Synonym: *very low in sodium*

Meal/main dish criteria: the meal or main dish contains 35 mg or less sodium per 100 grams of product.

#### Low-sodium
Synonyms: *low in sodium, little sodium, contains a small amount of sodium, or low source of sodium*

Meal/main dish criteria: the meal or main dish has 140 mg or less sodium per 100 grams.

#### Low fat
Synonyms: *Low in fat, contains a small amount of fat, low source of fat, or little fat*

Meal/main dish criteria: the meal or main dish must contain 3 g or less of total fat per 100 g and not more than 30% of calories from total fat.

#### Low-cholesterol
Synonyms: *low in cholesterol, low cholesterol, zero cholesterol, without cholesterol, trivial source of cholesterol, negligible source of cholesterol, or dietarily insignificant source of cholesterol*
cholesterol, contains a small amount of cholesterol, low source of cholesterol, or little cholesterol

Meal/main dish criteria: the meal or main dish must contain 20 mg cholesterol or less per 100 g and no more than 2 g saturated fat per 100 g. If the fat content exceeds 26 g fat per serving for meal products or 19.5 g fat per serving for main dish products and the food is not inherently free of cholesterol, then the food must contain at least 25% less cholesterol than the food for which it substitutes and the label must declare the level of total fat per serving in immediate proximity to the most prominent claim preceding the referral statement.

- Low saturated fat
  Synonyms: low in saturated fat, contains a small amount of saturated fat, low source of saturated fat, or a little saturated fat

Meal/main dish criteria: the product contains 1 g or less of saturated fatty acids per 100 g and less than 10% of calories from saturated fat.

High

Meal products or main dish products may use this term provided that the product contains a food that meets the definition of high and the label clearly identifies the food that is the subject of the claim (e.g., the serving of broccoli in this product is high in vitamin C).

High in fiber: 20% or more of DV (5 grams or more)
High in potassium: 20% or more of DV (700 mg or more)  Fresh

High in vitamin A: 20% or more of DV (1000 IU or more)
High in vitamin C: 20% or more of DV (12 mg or more)
High in folate: 20% or more of DV (80 μg or more)
High in iron: 20% or more of DV (3.6 mg or more)

Good Source

Meal products or main dish products may use this term provided that the product contains a food that meets the definition of good source and the label or labeling clearly identifies the food that is the subject of the claim (e.g., the serving of sweet potatoes in this product is a good source of fiber.)

Good source of fiber: 10–19% of DV (2.5 grams - < 5 grams)
Good source of potassium: 10–19% of DV (350 mg - < 700 mg)
Good source of vitamin A: 10–19% of DV (500 IU - < 1000 IU)
Good source of vitamin C: 10–19% of DV (6 mg - < 12 mg)
Good source of folate: 10–19% of DV (40 μg - < 80 μg)
Good source of iron: 10–19% of DV (1.8 mg - < 3.6 mg)

Fresh

The regulation defines the term fresh when it is used to suggest that a food is raw or unprocessed. In this context, fresh can be used only on a food that is raw, has never been frozen or heated, and contains no preservatives. (Irradiation at low levels is allowed.) Fresh frozen, frozen fresh, and freshly frozen can be used for foods that are
quickly frozen while still fresh. Blanching (brief scalding before freezing to prevent nutrient breakdown) is allowed.

The addition of approved waxes or coatings; post-harvest approved pesticides; mild chlorine wash or mild acid wash; or treatment with 1 kiloGray of ionizing radiation does not preclude produce from use of the term *fresh*. Other uses of the term *fresh*, such as in *fresh milk* or *freshly baked bread*, are not affected.

### Health Claims for Meal or Main Dish Products

In order for a meal product to make a health claim, the meal product must have no more than 26.0 g of fat, 8.0 g of saturated fat, 120 mg of cholesterol, or 960 mg of sodium per label serving size.

For a main dish product to qualify for making a health claim, the product must have no more than 19.5 g of fat, 6.0 g of saturated fat, 90 mg of cholesterol, or 720 mg of sodium per label serving size.

- **Health Claims on Fiber-Containing Fruits, Vegetables, and Grain Products and Cancer**

  Claim Example: Place a cancer prevention symbol next to an item on a label, poster, placard, etc. An example of a reference to the symbol elsewhere on the label, poster, placard, etc. would read: *(symbol) These products contain less than xx grams of fat, and more than 2.5 grams of fiber.* An additional statement must be added: Low fat diets rich in fiber-containing fruits, vegetables, and grain products may reduce the risk of some types of cancer, a disease affected by many factors.

  Criteria: A meal/main dish product must be/contain a grain product, fruit, or vegetable and meet the meal/main dish requirements for low fat and, without fortification, must be a good source of dietary fiber.

  Specific requirements and optional information for written health claims can be found in the earlier Health Claims section of this document.

- **Health Claims on Fruits and Vegetables and Cancer**

  Claim Examples: Place a cancer prevention symbol next to a label, poster, placard, etc. An example of a reference to the symbol elsewhere on the label, poster, placard, etc. would read: *(symbol) These products contain less than xx grams of fat, and more than 2.5 grams of fiber.* An additional statement must be added: Low fat diets rich in fruits and vegetables (foods that are low in fat and may contain dietary fiber and vitamins A and C) may reduce the risk of some types of cancer, a disease affected by many factors.

  Criteria: This claim may be for meal products or main dish products that are or contain fruits and vegetables. The product must meet the meal/main dish product requirements for low fat and, without fortification, for good source of fiber or vitamins A or C.

  Specific requirements and optional information for written health claims can be found in the earlier Health Claims section of this document.
Health Claims on Fruits, Vegetables and Grain Products that Contain Fiber and Risk of Coronary Heart Disease (CHD)

Claim Examples: Place a heart healthy symbol next to a label, poster, placard, etc. An example of a reference to the symbol elsewhere on the label, poster, placard, etc. would read: (symbol) These products contain less than xx grams of fat, xx grams of saturated fat, xx milligrams of cholesterol, and more than xx grams of soluble fiber. An additional statement must be added: Diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products that contain certain types of dietary fiber may reduce the risk of heart disease, a disease affected by many factors.

Criteria: A food must be/contain fruits, vegetables, or grain products and must meet the meal/main dish requirements for low saturated fat, low-cholesterol, and low fat and contain, without fortification, at least 0.6 g soluble fiber per serving.

Specific requirements and optional information for written health claims can be found in the earlier Health Claims section of this document.

Health Claims on Saturated Fat and Cholesterol and Coronary Heart Disease (CHD)

Claim Examples: Place a heart healthy symbol next to a label, poster, placard, etc. An example of a reference to the symbol elsewhere on the label, poster, placard, etc. would read: (symbol) These products contain less than xx grams of fat, xx grams of saturated fat, and xx milligrams of cholesterol. An additional statement must be added: Although many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.

Criteria: The food must meet the definitions for the meal/main dish product descriptors for low saturated fat, low cholesterol, and low fat.

Specific requirements and optional information for written health claims can be found in the earlier Health Claims section of this document.

Health Claims on Sodium and Hypertension (High Blood Pressure)

Claim Example: Place a high blood pressure prevention symbol or other symbol next to a label, poster, placard, etc. An example of a reference to the symbol elsewhere on the label, poster, placard, etc. would read; (symbol) These products contain less than xx milligrams of sodium. An additional statement must be added: Diets low in...
sodium may reduce the risk of high blood pressure, a disease affected by many factors.

Criteria: A food must meet the meal/main dish descriptor requirements for low sodium.

Specific requirements and optional information for written health claims can be found in the earlier Health Claims section of this document.

- Health Claims on Calcium and Osteoporosis

Claim Example: Place an osteoporosis prevention or other symbol next to a label, poster, placard, etc. An example of a reference to the symbol elsewhere on the label, poster, placard, etc. would read: (symbol) These products contain more than 200 milligrams of calcium. An additional statement must be added: Regular exercise and a healthy diet with enough calcium helps teen and young adult white and Asian women maintain good bone health and may reduce their risk of osteoporosis later in life.

Criteria: To carry this claim, a food must contain 20 percent or more of the Daily Value for calcium (200 mg) per serving, have a calcium content that equals or exceeds the food's content of phosphorus, and contain a form of calcium that can be readily absorbed and used by the body.

Additional criteria about this claim can be obtained from PMA, (302) 738-7100.
### Nutrition Facts

**Serving Size 1 medium stalk (148g)**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>40</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>0.5g</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>70mg</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>3%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>9g</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>3%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>4g</td>
</tr>
<tr>
<td><strong>Vitamin A</strong></td>
<td>10%</td>
</tr>
<tr>
<td>*</td>
<td>Vitamin C</td>
</tr>
<tr>
<td>Calcium</td>
<td>6%</td>
</tr>
<tr>
<td>*</td>
<td>Iron</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:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:

| Fat | 9 | Carbohydrate | 4 | Protein | 4 |

---

**Exhibit 1. Standard Format**

This example complies with FDA’s requirements for the standard format.
### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1 medium stalk (148g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td><strong>Calories</strong> 40 Calories from Fat 0</td>
</tr>
<tr>
<td><strong>Total Fat</strong> 0.5g 1%</td>
</tr>
<tr>
<td>Saturated Fat 0g 0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong> 0mg 0%</td>
</tr>
<tr>
<td>Sodium 70mg 3%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 9g 3%</td>
</tr>
<tr>
<td>Dietary Fiber 4g 16%</td>
</tr>
<tr>
<td>Sugars 0g</td>
</tr>
<tr>
<td>Protein 4g</td>
</tr>
<tr>
<td>Vitamin A 10% Vitamin C 200%</td>
</tr>
<tr>
<td>Calcium 6% Iron 4%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Calories: 2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat Less than 66g</td>
<td>80g</td>
</tr>
<tr>
<td>Cholesterol Less than 300 mg</td>
<td>300 mg</td>
</tr>
<tr>
<td>Sodium Less than 2,400 mg</td>
<td>2,400 mg</td>
</tr>
<tr>
<td>Total Carbohydrates 300 mg</td>
<td>375 mg</td>
</tr>
<tr>
<td>Dietary Fiber 25 g</td>
<td>30 g</td>
</tr>
</tbody>
</table>

### Exhibit 2. Footnote-to-side

This option is available only if the space beneath the Daily Values declarations for the mandatory vitamins and minerals is not sufficient to accommodate the Daily Value footnote(s).
### Nutrition Facts

**Serving Size** 1 medium stalk (148g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Daily Value%</th>
<th>Amount Per Serving</th>
<th>Daily Value%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 0.5g</td>
<td>1%</td>
<td>Total Carbohydrate 9g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td>Dietary Fiber 4g</td>
<td>16%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td>Sugars 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td>Protein 4g</td>
<td></td>
</tr>
<tr>
<td>Sodium 70mg</td>
<td>3%</td>
<td>Calcium 6%</td>
<td></td>
</tr>
<tr>
<td>Vitamin A 10%</td>
<td></td>
<td>Iron 4%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C 200%</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Calories** 40  
**Calories from Fat** 0  
**Vitamin A** 10%  
**Vitamin C** 200%  
**Calcium** 6%  
**Iron** 4%

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>65g</td>
</tr>
<tr>
<td>Sat. Fat</td>
<td>Less than 20g</td>
<td>20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**Exhibit 3. Tabular Standard Format**

This option is available for packages with insufficient continuous vertical labeling space to accommodate the standard format. FDA has estimated that 3 inches is the approximate minimum amount of continuous vertical labeling space needed to execute the standard format.
Exhibit 4. Simplified Format

This option is available for foods containing insignificant amounts of 8 or more of 14 mandatory nutrients (calories, total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, dietary fiber, sugars, protein, vitamin A, vitamin C, calcium, and iron). FDA’s regulations define an “insignificant amount” as the amount of a nutrient that must be declared as zero, or, in some cases, as less than 1 gram. Note that the format shortens the list of nutrients that must be declared in the amount/serving column and also permits the deletion of the mandatory Daily Value footnote. If any nutrient content claim or health claim is made for a product when using this simplified format, the statement “not a significant source of ____” must be included as a footnote at the bottom of the box for nutrients not included.
Appendix A

Nutrition Facts
Serving Size 1 medium stalk (148g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 40</td>
<td>Fat Cal. 0</td>
</tr>
<tr>
<td>Total Fat 0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Sat. Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholest. 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 70mg</td>
<td>3%</td>
</tr>
<tr>
<td>Total Carb. 9g</td>
<td>3%</td>
</tr>
<tr>
<td>Fiber 4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars 0g</td>
<td></td>
</tr>
<tr>
<td>Protein 4g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A 10%</td>
<td>Vitamin C 200%</td>
</tr>
<tr>
<td>Calcium 6%</td>
<td>Iron 4%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.

Exhibit 5. Abbreviated Columnar

To qualify for this option, the food’s package must have total surface area available to bear labeling of less than or equal to 40 square inches.
Exhibit 6. Abbreviated Tabular

To qualify for this option, the food’s package must have total surface area available to bear labeling of less than 40 square inches. FDA rules require that the abbreviated columnar format (Appendix A, Exhibit 5) be used if feasible. The tabular format can be used if a package cannot accommodate the columnar format or if there is less than 12 square inches of labeling space.
Appendix A

Nutrition Facts

Nutrition Facts  Serv. Size: 1 medium stalk (148g), Amount Per Serving: Calories 40, Fat Cal. 0,
Total Fat 0.5g (1% DV), Sat. Fat 0g (0% DV), Trans Fat 0g,
Cholest. 0mg (0% DV), Sodium 70 mg (3% DV), Total Carb.
8g (3% DV), Fiber 4g (16% DV), Sugars 0g, Protein 4g, Vitamin
A (10% DV), Vitamin C (200% DV), Calcium (6% DV), Iron (4% 
DV).  Percent Daily Values (DV) are based on a 2,000 calorie diet.

Exhibit 7. Abbreviated Tabular

To qualify for this option, the food’s package must have total surface area available to bear labeling of less than 40 square inches. FDA rules require that the abbreviated columnar format (Appendix A, Exhibit 5) be used if feasible. The tabular format can be used if a package cannot accommodate the columnar format or if there is less than 12 square inches of labeling space. The linear format should be used only as a last resort (i.e., the package cannot accommodate even the tabular format). Bolding of nutrients is voluntary.
### Appendix A

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 medium potato (148g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Calories from Fat</td>
</tr>
<tr>
<td>% Daily Value**</td>
</tr>
<tr>
<td>Total Fat 0g*</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 5mg</td>
</tr>
<tr>
<td>Total Carbohydrate 27g</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
</tr>
<tr>
<td>Sugars 3g</td>
</tr>
<tr>
<td>Protein 3g</td>
</tr>
</tbody>
</table>

*Amount in raw potato

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

<table>
<thead>
<tr>
<th>Calories: 2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
</tr>
</tbody>
</table>

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

### Exhibit 8. Dual Format

This format is voluntary in most situations. It is only mandatory when a product is promoted on the label or in advertising for a use that differs in quantity by two-fold or greater from the use upon which the Reference Amount Customarily consumed is based. The format may be used on a voluntary format to provide nutrition information for a product both on the required per serving/as packaged basis and (1) as consumed (e.g., raw potato versus cooked potato); (2) per standard quantity of product (e.g., per 100 grams); (3) per unit; or (4) based on population groups other than adults and children over 4 years of age.
Appendix A

Nutrition Facts/Datos de Nutricion

<table>
<thead>
<tr>
<th>Amount Per Serving/Cantidad por Racion</th>
<th>Calories/Calorias</th>
<th>Calories from Fat/Calorias de Grasa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size/Tamano por Racion 1 cup/1 taza (228g)</td>
<td>260 Calories</td>
<td>120</td>
</tr>
<tr>
<td>Servings Per Container/Raciones por Envase</td>
<td>2</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value/% Diario Valor</th>
<th>Total Fat/Grasa Total 13g</th>
<th>20%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat/Grasa Saturada 5g</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat/Grasa del Transporte 2g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Cholesterol/Colesterol 30mg | 10% |
| Sodium/Sodio 660mg | 28% |
| Total Carbohydrates/Carbohidrato Total 31g | 11% |
| Dietary Fiber/Fibra Dietetica 0g | 0% |
| Sugars/Azucares 5g | |
| Protein/Proteinas 5g | |
| Vitamin A/Vitamina A 4% | Vitamin C/Vitamina C 2% |
| Calcium/Calcio 15% | Iron/Hierro 4% |

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

<table>
<thead>
<tr>
<th>Calories 2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat/Grasa Total Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat/Grasa Saturada Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol/Colesterol Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium/Sodio Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates/Carbohidrato Total 300mg</td>
<td>375mg</td>
</tr>
<tr>
<td>Dietary Fiber/Fibra Dietetica 25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Exhibit 9. Multi-lingual Format

One of FDA’s pre-NLEA labeling requirements is that, if a label contains any representation in a second language, all required information must be given in both English and the second language. Now that nutrition labeling is mandatory for most foods, nutrition labeling falls within the scope of this rule. If dual language declaration is required, it may be provided either by using two (or more) Nutrition Facts boxes or by use of the above format.
### Nutrition Facts

<table>
<thead>
<tr>
<th></th>
<th>Lettuce</th>
<th>Croutons</th>
<th>Bacon Bits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size</td>
<td>1 ½ cups (85g)</td>
<td>1 pkg. (31g)</td>
<td>1 pkg. (5g)</td>
</tr>
<tr>
<td>Servings Per Container</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>120</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>70</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>100</td>
<td>0</td>
<td>0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>% Daily Value*</th>
<th>% Daily Value*</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0g 0%</td>
<td>0g 0%</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g 0%</td>
<td>0g 0%</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g 0%</td>
<td>0g 0%</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg 0%</td>
<td>0mg 0%</td>
<td>0mg 0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>27g 9%</td>
<td>27g 9%</td>
<td>2g 9%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>2g 9%</td>
<td>3g 3%</td>
<td>3g 3%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g 3%</td>
<td>3g 3%</td>
<td>3g 3%</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g 3%</td>
<td>3g 3%</td>
<td>3g 3%</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:

- Calories: 2,000 2,500
- Total Fat: Less than 65g 80g
- Saturated Fat: Less than 20 25g
- Cholesterol: Less than 300mg 300mg
- Sodium: Less than 2,400mg 2,400mg
- Total Carbohydrate: 300g 375g
- Dietary Fiber: 25g 30g

Vitamin A: 0% 0%
Vitamin C: 40% 40%
Calcium: 2% 2%
Iron: 6% 6%

Exhibit 10. Aggregate Format

Products that contain two or more separately packaged ingredients intended to be eaten together (e.g., salads with separate packages of salads, croutons, or bacon bits) may provide nutrition information on a composite basis (e.g., one label with everything) or on a per serving basis for each ingredient. If nutrition information is provided for each ingredient either 1) separate Nutrition Facts boxes could be used for each ingredient, or 2) the format above could be used.

[Note: if the product contains only raw fruits and vegetables (e.g., carrots, cabbage, and onions) the package is exempt from labeling requirements.]
Appendix A

### Nutrition Facts

**Serving Size 1 medium stalk (148g)**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories from Fat</td>
<td>0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 0.5g</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 70mg</td>
</tr>
<tr>
<td>Potassium 480mg</td>
</tr>
<tr>
<td>Total Carbohydrate 9g</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
</tr>
<tr>
<td>Sugars 0g</td>
</tr>
<tr>
<td>Protein 4g</td>
</tr>
<tr>
<td>Vitamin A 10%</td>
</tr>
<tr>
<td>Calcium 6%</td>
</tr>
<tr>
<td>Vitamin C 200%</td>
</tr>
<tr>
<td>Iron 4%</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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories per gram:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat 9</td>
</tr>
</tbody>
</table>

---

**Exhibit 11. Label Format Containing Potassium Values**

When adding potassium to the label, it must be added both in the top panel and in the Daily Values footnote.
Appendix B

Nutrition Facts

Serving Size 1 medium stalk (148g)

Amount Per Serving

<table>
<thead>
<tr>
<th>Calories 40</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 70mg</td>
<td>3%</td>
</tr>
<tr>
<td>Total Carbohydrate 9g</td>
<td>3%</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars 0g</td>
<td></td>
</tr>
<tr>
<td>Protein 4g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 10%  Vitamin C 200%
Calcium 6%  Iron 4%

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than</td>
<td>65g</td>
<td>20g</td>
<td>300mg</td>
<td>300g</td>
<td>25g</td>
<td>0g</td>
<td>4g</td>
</tr>
<tr>
<td>2,500</td>
<td>Less than</td>
<td>80g</td>
<td>25g</td>
<td>300mg</td>
<td>300g</td>
<td>25g</td>
<td>0g</td>
<td>4g</td>
</tr>
</tbody>
</table>

Voluntary

Exhibit 1. Line Spacing Requirements

At least one point leading is required between lines of text, except that 4 points leading is required between the lines indicated above.
### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium stalk (148g)</td>
<td></td>
</tr>
</tbody>
</table>

#### Calories
- **40** Calories
- **0** Calories from Fat

#### % Daily Value*
- **0.5g** Total Fat
- **1%** of Total Fat
- **0g** Saturated Fat
- **0%** of Saturated Fat
- **0g** Trans Fat
- **0%** of Trans Fat
- **0mg** Cholesterol
- **0%** of Cholesterol
- **70mg** Sodium
- **3%** of Sodium
- **9g** Total Carbohydrate
- **3%** of Total Carbohydrate
- **4g** Dietary Fiber
- **16%** of Dietary Fiber
- **0g** Sugars
- **0%** of Sugars
- **4g** Protein
- **4%** of Protein
- **10%** Vitamin A
- **200%** Vitamin C
- **6%** Calcium
- **4%** Iron

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>65g</td>
<td>300g</td>
<td>25g</td>
<td>0g</td>
<td>9g</td>
</tr>
<tr>
<td>2,500</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>80g</td>
<td>300g</td>
<td>25g</td>
<td>0g</td>
<td>9g</td>
</tr>
</tbody>
</table>

Calories per gram:
- **9** Calories per gram of Fat
- **4** Calories per gram of Carbohydrate
- **4** Calories per gram of Protein

### Exhibit 2. Type size Requirements

- Larger type than everything else on panel ≥ 8 pts.
- ≥ 6 pts.
- ≥ 8 pts.
### Appendix B

#### Nutrition Facts

**Serving Size**: 1 medium stalk (148 g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong> 40</td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td><strong>Total Fat</strong> 0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong> 0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong> 70mg</td>
<td>3%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 9g</td>
<td>3%</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars 0g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong> 4g</td>
<td></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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 20g</td>
<td>300mg</td>
<td>2,400mg</td>
<td>300g</td>
<td>25g</td>
<td>4g</td>
<td></td>
</tr>
<tr>
<td>2,500</td>
<td>Less than 80g</td>
<td>Less than 25g</td>
<td>Less than 25g</td>
<td>300mg</td>
<td>2,400mg</td>
<td>375g</td>
<td>25g</td>
<td>4g</td>
<td></td>
</tr>
</tbody>
</table>

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

### Exhibit 3. Highlighting Requirements

An asterisk [*] indicates that the item must be highlighted.
## Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1 medium stalk (148g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td><strong>Calories</strong> 40</td>
</tr>
<tr>
<td><strong>Calories from Fat</strong> 0</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat 0.5g 1%</td>
</tr>
<tr>
<td>Saturated Fat 0g 0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg 0%</td>
</tr>
<tr>
<td>Sodium 70mg 3%</td>
</tr>
<tr>
<td>Total Carbohydrate 9g 3%</td>
</tr>
<tr>
<td>Dietary Fiber 4g 16%</td>
</tr>
<tr>
<td>Sugars 0g</td>
</tr>
<tr>
<td>Protein 4g</td>
</tr>
<tr>
<td>Vitamin A 10%</td>
</tr>
<tr>
<td>Vitamin C 200%</td>
</tr>
<tr>
<td>Calcium 6%</td>
</tr>
<tr>
<td>Iron 4%</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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>Less than 3,500mg</td>
<td>3,500mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>Less than 300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>Less than 25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

### Exhibit 4. Required Hairlines and Bars

An asterisk [*] indicates that the hairlines must be centered between the two lines.
Nutrition Facts
Serving Size 1 large apple (242g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 130</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value</td>
<td>% Daily Value</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Potassium 260mg</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 34g</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 5g</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Sugars 25g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 1g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 2% • Vitamin C 8%
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:
<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat Less than 65g</td>
<td>80g</td>
<td></td>
</tr>
<tr>
<td>Sat Fat Less than 20g</td>
<td>25g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol Less than 300mg</td>
<td>300mg</td>
<td></td>
</tr>
<tr>
<td>Sodium Less than 2,400mg</td>
<td>2,400mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 300g</td>
<td>375g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 25g</td>
<td>30g</td>
<td></td>
</tr>
</tbody>
</table>

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

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
Potassium 260 mg; 7% DV
Soluble Fiber 1 g
Insoluble Fiber 3 g

Nutrient Content Descriptors
Allowed:
- fat free
- saturated fat free
- sodium free
- cholesterol free
- high source of fiber

Health Claims Allowed:
Fiber-containing fruits, vegetables, and grain products and cancer
Fruits and vegetables and cancer
Fruits, vegetables and grain products that contain fiber and the risk of coronary heart disease
Fat and Cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Apples are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

Please Note:
Where possible, data are used that have been approved by FDA. Where FDA-approved data do not yet exist, values have been selected from databases developed by PMA and its members, or from other sources, such as USDA’s Handbook 8. While PMA believes use of non FDA-approved data should not result in FDA regulatory action, such a result can never be assured.

Information contained in this document concerning labeling requirements has been synopsized specifically for fruits and vegetables and represents our best interpretation of the new rules. However, administrative and judicial interpretations, as well as the rules themselves, are subject to change. The general presentation of FDA’s new rules in this document is not intended as, and does not constitute, legal advice for particularized facts. For your specific labeling needs, contact your legal counsel.

Updated 2009 61
### Nutrition Facts

**Serving Size 4 apricots (140g)**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat 0%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>0.5g</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Potassium</strong></td>
<td>360mg</td>
<td>10%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>16g</td>
<td>5%</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td><strong>Sugars</strong></td>
<td>13g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>2g</td>
<td></td>
</tr>
</tbody>
</table>

**Vitamin A 50% • Vitamin C 25%**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calcium 0% • Iron 4%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>2,000 • 2,500</td>
</tr>
<tr>
<td><strong>Total Fat</strong> Less than</td>
<td>65g • 80g</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong> Less than</td>
<td>20g • 25g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong> Less than</td>
<td>300mg • 300mg</td>
</tr>
<tr>
<td><strong>Sodium</strong> Less than</td>
<td>2,400mg • 2,400mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>300g • 375g</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>25g • 30g</td>
</tr>
</tbody>
</table>

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

### Nutrient Content Descriptors Allowed:

- low fat
- saturated fat free
- sodium free
- cholesterol free
- high in vitamin A
- high in vitamin C

### Health Claims Allowed:

- Fruits and vegetables and cancer
- Fat and cancer
- Sodium and hypertension

### References:

- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.
- Fat calories were calculated based on the fat prediction interval values, multiplied by 9 kcal/g and rounded to 5 <= 50 calories.

### Please Note:

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Dried Apricots

Nutrition Facts
Serving Size 4 apricots (140g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>70</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>360mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>16g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
</tr>
<tr>
<td>Sugars</td>
<td>13g</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
</tr>
</tbody>
</table>

Vitamin A 50% • Vitamin C 25%
Calcium 0% • Iron 4%

* 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

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Nutrient Content Descriptors
Allowed:
- fat free
- saturated fat free
- very low sodium
- cholesterol free
- high in vitamin
- A good source of potassium (add 500 mg potassium; 14% DV to label)

Health Claims Allowed:
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.
- Dietary fiber data is based on fresh apricot data.

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## Artichoke

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 artichoke (56g edible portion)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>Calories 25</td>
</tr>
<tr>
<td>Calories</td>
<td>25</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>70mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>5g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</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:

| Calories | 2,000 | 2,500 |
| Total Fat | Less than 65g | 80g |
| Sat 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

**Note:** Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

### Voluntary Data:

Potassium 180 mg; 5% DV; 3500 mg per 2000 calorie diet
Folate 10%
Magnesium 10% DV
Phosphorus 6% DV
Manganese 8% DV
Vitamin E 2% DV

### Nutrient Content Descriptors Allowed:

- healthy: cholesterol free
- good source of fiber: low calorie
- good source of vitamin C: fat free
- good source of folate: saturated fat free
- good source of magnesium: low sodium

### Health Claims Allowed:

Fruits and vegetables and cancer
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Fiber-containing fruits, vegetables, and grain products and cancer
Sodium and hypertension
Fruits, vegetables, and grain products that contain fiber and risk of coronary heart disease

### References:

- PMA 1985 Artichoke Study.

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Asparagus

**Nutrition Facts**

Serving Size: 5 spears (93g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 20</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat 0</td>
<td></td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium 230mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate 4g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars 2g</td>
<td></td>
</tr>
<tr>
<td>Protein 2g</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Folate</td>
<td>30%</td>
<td>45%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Folate</td>
<td>30%</td>
<td>45%</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>45%</td>
<td></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.

**Voluntary Data:**
- Potassium 230 mg; 7% DV
- 100% of vitamin A is Beta Carotene
- Soluble Fiber 1 g
- Insoluble Fiber 1 g

**Nutrient Content Descriptors Allowed:**
- fat free
- saturated fat free
- sodium free
- cholesterol free
- low calorie
- good source of vitamin C
- high in folate (add 30% folate to label)
- good source of vitamin A

**Health Claims Allowed:**
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

**References:**
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Asparagus is one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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# Avocado, California

## Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/5 medium (30g)</td>
<td>50</td>
<td>35</td>
</tr>
</tbody>
</table>

### % Daily Value
- **Total Fat**: 4.5g, 7%
- **Saturated Fat**: 0.5g, 3%
- **Cholesterol**: 0mg, 0%
- **Sodium**: 0mg, 0%
- **Potassium**: 140mg, 4%
- **Total Carbohydrate**: 3g, 1%
- **Dietary Fiber**: 1g, 4%
- **Protein**: 1g

### Nutrient Content Descriptors
- Allowed:
  - sodium free
  - cholesterol free
  - low in saturated fat

### Voluntary Data:
- Potassium 140 mg; 4% DV

### References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Avocados are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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### Note:
Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

### Please Note:
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Banana

Nutrition Facts
Serving Size 1 medium banana (126g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>450mg</td>
<td>13%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>30g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars</td>
<td>19g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

Nutrient Content Descriptors
Allowed:
- fat free
- saturated fat free
- sodium free
- cholesterol free
- good source of fiber
- good source of vitamin C
- good source of potassium (add 450 mg potassium; 13% DV to label)

Health Claims Allowed:
Fiber-containing fruits, vegetables, and grain products and cancer
Fruits and vegetables and cancer
Fruits, vegetables and grain products that contain fiber and the risk of coronary heart disease
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

Voluntary Data:
- Soluble Fiber 1 g
- Insoluble Fiber 2 g
- Vitamin B6 20%
- Folate 6%
- Potassium 450 mg, 13% DV

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Bananas are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Green Snap Beans

Nutrition Facts
Serving Size 3/4 cup cut beans (85g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 20</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>200mg</td>
<td>6%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>5g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 4% • Vitamin C 10%
Calcium 4% • 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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- sodium free
- cholesterol free
- low calorie
- good source of fiber
- good source of vitamin C

Health Claims Allowed:
- Fiber-containing fruits, vegetables, and grain products and cancer
- Fruits and vegetables and cancer
- Fruits, vegetables and grain products that contain fiber and the risk of coronary heart disease
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Green beans are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Voluntary Data:
- Potassium 200 mg; 6% DV
- Soluble Fiber 1 g
- Insoluble Fiber 2 g

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

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Yellow Snap Beans

Nutrition Facts
Serving Size 3/4 cup cut beans (85g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>175mg</td>
<td>4%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>6g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 2% • Vitamin C 25%
Calcium 4% • Iron 4%

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Potassium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 5g</td>
<td>Less than 300mg</td>
<td>2,400mg</td>
<td>25g</td>
<td>3g</td>
<td>2g</td>
<td></td>
<td>2g</td>
</tr>
<tr>
<td>2,500</td>
<td>Less than 80g</td>
<td>Less than 25g</td>
<td>Less than 8g</td>
<td>Less than 300mg</td>
<td>2,400mg</td>
<td>25g</td>
<td>3g</td>
<td>2g</td>
<td></td>
<td>2g</td>
</tr>
</tbody>
</table>

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
Potassium 135 mg; 4% DV
Folate 6%

Nutrition Content Descriptors
Allowed:
fat free
saturated fat free
very low sodium
cholesterol free
low-calorie
high in vitamin C

Health Claims Allowed:
Fruits and vegetables and cancer
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:
• USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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**Beets**

**Nutrition Facts**
Serving Size 1 medium beet (100g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong> 50</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td><strong>Total Fat</strong> 0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong> 0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong> 150mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 11g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>9%</td>
</tr>
<tr>
<td>Sugars 6g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong> 1g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0% * Vitamin C 4%

Calcium 0% * Iron 0%

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

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>360g</td>
<td>375g</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:

- Fat * Carbohydrate 4 * Protein 4

**Voluntary Data:**
Potassium 290 mg; 8% DV

**Nutrient Content Descriptors Allowed:**
- low fat
- saturated fat free
- cholesterol free
- good source of folate (add 15% folate to label)

**Health Claims Allowed:**
- Fruits, vegetables and grain products that contain fiber and the risk of coronary heart disease
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease

**References:**
- PMA 1990 Beet Study.

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Updated 2009
Nutrition Facts
Serving Size 1 medium pepper (148g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat % Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 25</td>
<td>Calories from Fat 0%</td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 40mg</td>
<td>2%</td>
</tr>
<tr>
<td>Potassium 220mg</td>
<td>6%</td>
</tr>
<tr>
<td>Total Carbohydrate 6g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars 4g</td>
<td></td>
</tr>
<tr>
<td>Protein 1g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 4% • Vitamin C 190%
Calcium 2% • Iron 4%

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
- Potassium 220 mg; 6% DV
- Soluble Fiber 1 g
- Insoluble Fiber 1 g

Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- low sodium
- cholesterol free
- low calorie
- high in vitamin C

Health Claims Allowed:
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Bell peppers are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Bell Pepper
**Blackberries**

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 cup (140g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>60</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>5</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.5g 1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg 0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>15mg 0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>230mg 8%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>14g 6%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>7g 28%</td>
</tr>
<tr>
<td>Sugars</td>
<td>7g</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
</tr>
</tbody>
</table>

**Voluntary Data:**
- Potassium 280 mg; 8% DV

**Nutrient Content Descriptors Allowed:**
- low fat
- saturated fat free
- sodium free
- cholesterol free
- high in fiber
- high in vitamin C
- good source of folate (add 10% folate to label)

**Health Claims Allowed:**
- Fiber-containing fruits, vegetables, and grain products and cancer
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension
- Fruits, vegetables, and grain products that contain fiber and risk of coronary heart disease

**References:**
- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.
- Fat calories were calculated based on the fat prediction interval values, multiplied by 9 kcal/g and rounded to 5 <= 50 calories.

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presentation of FDA’s new rules in this document is not intended as, and does not constitute, legal advice for particularized facts. For your specific labeling needs, contact your legal counsel.
Blueberries

Nutrition Facts
Serving Size 1 cup (140g)

Amount Per Serving
Calories 80 Calories from Fat 0

% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Potassium 105mg 3%
Total Carbohydrate 20g 7%
Dietary Fiber 3g 12%
Sugars 14g
Protein 1g

Vitamin A 2% • Vitamin C 20%
Calcium 0% • 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 0g 0g
Sat Fat Less than 0g 0g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Calories per gram: Fat 0 • Carbohydrate 4 • Protein 4

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
Potassium 105 mg; 3% DV

Nutrient Content Descriptors Allowed:
low fat
saturated fat free
sodium free
cholesterol free
good source of fiber
good source of vitamin C

Health Claims Allowed:
Fiber-containing fruits, vegetables, and grain products and cancer
Fruits and vegetables and cancer
Fruits, vegetables and grain products that contain fiber and the risk of coronary heart disease
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

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Nutrition Facts
Serving Size 1 medium stalk (148g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 45</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.5g 1%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g 0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg 0%</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>80mg 3%</td>
<td></td>
</tr>
<tr>
<td>Potassium</td>
<td>460mg 13%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>8g 3%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g 12%</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>4g</td>
<td></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:

Voluntary Data:
Potassium 460 mg; 13% DV
100% of vitamin A is Beta Carotene
Soluble Fiber 2 g
Insoluble Fiber 3 g

Nutrient Content Descriptors Allowed:
low fat
saturated fat free
low sodium
cholesterol free
high in vitamin C
high in folate (add 25% folate to label)
good source of fiber
good source of potassium
good source of vitamin A

Health Claims Allowed:
Fruits and vegetables and cancer
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension
Fruits, vegetables, and grain products that contain fiber and risk of coronary heart disease
Fiber-containing fruits, vegetables, and grain products and cancer

References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Broccoli is one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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advice for particularized facts. For your specific labeling needs, contact your legal counsel.
Brussels Sprouts

Nutrition Facts
Serving Size 4 sprouts (85g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>20mg</td>
<td>1%</td>
</tr>
<tr>
<td>Potassium</td>
<td>340mg</td>
<td>10%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>8g</td>
<td>3%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 15% • Vitamin C 120%
Calcium 4% • Iron 6%
Folate 10% • Vitamin K 200%

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

<table>
<thead>
<tr>
<th>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
</tbody>
</table>

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
Potassium 290 mg; 8% DV

Nutrient Content Descriptors Allowed:
low fat
saturated fat free
very low sodium
cholesterol free
low-calorie
good source of fiber
high in vitamin C
good source of folate (add 10% folate to label)

Health Claims Allowed:
Fiber-containing fruits, vegetables, and grain products and cancer
Fruits and vegetables and cancer
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension
Fruits, vegetables, and grain products that contain fiber and risk of coronary heart disease

References:
- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service; Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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Nutrition Facts
Serving Size 1/12 medium head (84g)

Amount Per Serving
Calories 25 Calories from Fat 0

Total Fat 0g 0%
  Saturated Fat 0g 0%
  Trans Fat 0g
Cholesterol 0mg 0%
Sodium 20mg 1%
Potassium 190mg 5%
Total Carbohydrate 5g 2%
  Dietary Fiber 2g 8%
  Sugars 3g
Protein 1g

Vitamin A 0% • Vitamin C 70%
Calcium 4% • 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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
Potassium 190 mg; 5% of DV
Soluble Fiber 1 g
Insoluble Fiber 1 g

Nutrient Content Descriptors Allowed:
fat free
saturated fat free
very low sodium
cholesterol free
low-calorie
high in vitamin C

Health Claims Allowed:
Fruits and vegetables and cancer
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:
• Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
• Cabbage is one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Updated 2009
Nutrition Facts
Serving Size 1 1/4 cups shredded (85g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 25</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td>Total Fat 0g 0%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Saturated Fat 0g 0%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cholesterol 0mg 0%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sodium 20mg 1%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Potassium 200mg 6%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total Carbohydrate 5g 2%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dietary Fiber 2g 8%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sugars 3g</td>
<td></td>
</tr>
<tr>
<td>Protein 1g</td>
<td>Vitamin A 4% • Vitamin C 70%</td>
<td></td>
</tr>
<tr>
<td>Calcium 4% • Iron 6%</td>
<td></td>
<td></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.

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>2.000</th>
<th>2.500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than</td>
<td>65g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than</td>
<td>20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Voluntary Data:
- Potassium 85 mg; 2% DV
- Folate 4%

Nutrient Content Descriptors
Allowed:
- fat free
- saturated fat free
- very low sodium
- cholesterol free
- low-calorie
- high in vitamin C

Health Claims Allowed:
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

Please Note:
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Nutrition Facts
Serving Size 1 cup shredded (76g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 15</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>5mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>180mg</td>
<td>5%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>5g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 6% • Vitamin C 35%
Calcium 6% • Iron 2%
Vitamin B6 10% • Folate 15%

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

Total Fat Less than 65g
Sat Fat Less than 20g
Cholesterol Less than 300mg
Sodium Less than 2,400mg
Total Carbohydrate 300g
Dietary Fiber 25g

Voluntary Data:
Potassium 135 mg; 4% DV

Nutrient Content Descriptors Allowed:
fat free
saturated fat free
very low sodium
cholesterol free
low-calorie
high in vitamin A
high in vitamin C
good source of folate (add 15% folate to label)

Health Claims Allowed:
Fruits and vegetables and cancer
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:
• USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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Cabbage, Pe-Tsai

APPENDIX C

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.
Nutrition Facts

Serving Size 1/4 medium melon (134g)

Amount Per Serving

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Value</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>50</td>
<td>0%</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>20mg</td>
<td>1%</td>
</tr>
<tr>
<td>Potassium</td>
<td>240mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>12g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>11g</td>
<td>4%</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 120% • Vitamin C 80%
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.

Voluntary Data:

Potassium 240 mg; 7% DV
100% of vitamin A is Beta Carotene

Nutrient Content Descriptors Allowed:

- fat free
- saturated fat free
- very low sodium
- cholesterol free
- high in vitamin A
- high in vitamin C
- good source of folate (add 10% folate to label)

Health Claims Allowed:

- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:

- Food Labeling: Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Cantaloupe is one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.
**Nutrition Facts**

Serving Size 3/4 cup (140g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>45</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>185mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>9g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
</tr>
<tr>
<td>Sugars</td>
<td>7g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
</tr>
</tbody>
</table>

Vitamin A 2%  •  Vitamin C 80%
Calcium 0%  •  Iron 0%

* 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 per gram: Fat 9 • Carbohydrate 4 • Protein 4 |
|-------------------|-------------------|
| Total Fat | Less than 65g | 80g |
| Sat Fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 3,000mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |

**Voluntary Data:**

Potassium 140 mg; 4% DV

**Nutrient Content Descriptors Allowed:**

low fat
saturated fat free
sodium free
cholesterol free
high in vitamin C
low-calorie

**Health Claims Allowed:**

Fruits and vegetables and cancer
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

**References:**

- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.
- Fat calories were calculated based on the fat prediction interval values, multiplied by 9 kcal/g and rounded to 5 <= 50 calories.
- Saturated fat presumed to be zero.

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**Note:** Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

---

Update 2009
### Nutrition Facts

**Serving Size:** 7" long, 1 1/4" diam. (78g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>30</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>0</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>60mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>250mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>7g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</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:

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

**Note:** Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

### Voluntary Data:
- Potassium 250 mg; 7% DV
- Soluble Fiber 1 g
- Insoluble Fiber 1 g

### Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- low sodium
- cholesterol free
- high in vitamin A
- good source of vitamin C
- low-calorie

### Health Claims Allowed:
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension
- Fruits, vegetables, and grain products that contain fiber and risk of coronary heart disease

### References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction: August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Carrots are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Cauliflower

**Nutrition Facts**

Serving Size 1/6 medium head (99g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 25</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>30mg</td>
<td>1%</td>
</tr>
<tr>
<td>Potassium</td>
<td>270mg</td>
<td>8%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>5g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0% • Vitamin C 100%
Calcium 2% • Iron 2%
Vitamin K 20% • Folate 10%

* 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
- Sat Fat: Less than 20g
- Cholesterol: Less than 300mg
- Sodium: Less than 2,400mg
- Total Carbohydrate: 300g
- Dietary Fiber: 25g

**Voluntary Data:**
- Potassium 270 mg; 8% DV
- Soluble Fiber 1 g
- Insoluble Fiber 1 g

**Nutrient Content Descriptors Allowed:**
- fat free
- saturated fat free
- very low sodium
- cholesterol free
- low-calorie
- high in vitamin C
- good source of folate (add 10% folate to label)

**Health Claims Allowed:**
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

**References:**
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Cauliflower is one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Green Cauliflower

Nutrition Facts
Serving Size 1 1/2 cups (85g)

Amount Per Serving
Calories 30
Calories from Fat 0

% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 20mg 1%
Potassium 275mg 8%
Total Carbohydrate 5g 2%
Dietary Fiber 3g 12%
Sugars 3g 0%
Protein 3g 0%

Vitamin A 4% • Vitamin C 120%
Calcium 2% • Iron 4%
Vitamin K 15% • Folate 10%

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

Voluntary Data:
Potassium 280 mg; 8% DV
Soluble Fiber 1 g
Insoluble Fiber 1 g

Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- very low sodium
- cholesterol free
- low-calorie
- high in vitamin C
- good source of folate (add 10% folate to label)

Health Claims Allowed:
Fruits and vegetables and cancer
Fruits, vegetables and grain products that contain fiber and the risk of coronary heart disease
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:

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Note:
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# Nutrition Facts

**Serving Size** 2 medium stalks (110g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 15</td>
<td>Calories from Fat 0</td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 115mg</td>
<td>5%</td>
</tr>
<tr>
<td>Potassium 260mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate 4g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars 2g</td>
<td></td>
</tr>
<tr>
<td>Protein 0g</td>
<td></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.

| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 |
|-------------------|----------------------------------|
| Total Fat | Less than 20g | Less than 5g |
| Sat Fat | Less than 25g | Less than 10g |
| Cholesterol | Less than 200mg | Less than 40mg |
| Sodium | Less than 2,400mg | Less than 120mg |
| Total Carbohydrate | 30g | 10g |
| Dietary Fiber | 25g | 7g |

## Voluntary Data:

- **Potassium**: 260 mg; 7% DV
- **Soluble Fiber**: 1 g
- **Insoluble Fiber**: 1 g

## Nutrient Content Descriptors Allowed:

- Fat free
- Saturated fat free
- Low sodium
- Cholesterol free
- Low-calorie
- Good source of vitamin C

## Health Claims Allowed:

- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

## References:

- Food Labeling: Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Celery is one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

## Note:

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### Please Note:

Updated 2009
Nutrition Facts

Serving Size 1 cup (21 cherries) (140g)

Amount Per Serving

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat 0 % Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>100</td>
<td>0%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>350mg</td>
<td>10%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>26g</td>
<td>9%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>16g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 2% • Vitamin C 15%
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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
- Potassium 350 mg; 10% DV
- Soluble Fiber 1 g
- Insoluble Fiber 2 g

Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- sodium free
- cholesterol free
- good source of vitamin C
- good source of potassium

Health Claims Allowed:
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Cherries are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Updated 2009
Collards

Nutrition Facts
Serving Size 1 cup (85g)
Amount Per Serving
Calories 25
Total Fat 0g
Saturated Fat 0g
Cholesterol 0mg
Sodium 15mg
Potassium 25mg
Total Carbohydrate 5g
Dietary Fiber 3g
Sugars 2g
Protein 2g

% Daily Value
Total Fat 0% 0%
Saturated Fat 0%
Cholesterol 0%
Sodium 1%
Potassium 1%
Total Carbohydrate 2%
Dietary Fiber 12%

Voluntary Data:
Potassium 25 mg; 1% DV

Nutrient Content Descriptors
Allowed:
fat free
saturated fat free
very low sodium
cholesterol free
low-calorie
high in vitamin A
high in vitamin C

Health Claims Allowed:
Fruits and vegetables and cancer
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:
• USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

Please Note:
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Sweet Corn

Voluntary Data:
- Potassium 250 mg: 7% DV

Nutrient Content Descriptors
- Allowed:
  - low fat
  - saturated fat free
  - sodium free
  - cholesterol free
  - good source of vitamin C

Health Claims Allowed:
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Sweet corn is one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

Note:
- Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

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### Nutrition Facts

**Serving Size 1/3 medium (99g)**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
<td>Calories from Fat 0%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>140mg</td>
<td>4%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>2g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

| Vitamin A | 4% |
| Vitamin C | 10% |
| 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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>70g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>370mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2.400mg</td>
<td>2.450mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300mg</td>
<td>375mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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

### Voluntary Data:

- Potassium 140 mg; 4% DV

### Nutrient Content Descriptors Allowed:

- fat free
- saturated fat free
- sodium free
- cholesterol free
- low-calorie
- good source of vitamin C

### Health Claims Allowed:

- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension
- Fruits and vegetables and cancer

### References:

- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Cucumbers are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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# Dried Currants

## Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1/4 cup (36g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Trans Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Potassium</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Sugars</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Vitamin A</td>
</tr>
<tr>
<td>Calcium</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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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

### Voluntary Data:
- Potassium 280 mg; 8% DV

### Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- sodium free
- cholesterol free

### Health Claims Allowed:
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

### References:
- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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# Dates

**Nutrition Facts**

**Serving Size** 5-6 dates (40g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 120</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat 0</td>
<td></td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium 270mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate 31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars 29g</td>
<td></td>
</tr>
<tr>
<td>Protein 1g</td>
<td></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.

**Note:** Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

**Voluntary Data:**
Potassium 240 mg; 7% DV

**Nutrient Content Descriptors Allowed:**
- fat free
- saturated fat free
- sodium free
- cholesterol free
- good source of fiber

**Health Claims Allowed:**
- Fiber-containing fruits, vegetables, and grain products and cancer
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

**References:**
- PMA 1985-1987 Date Survey. California Date Administrative Committee.

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### Eggplant

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1/5 average eggplant (85g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>25</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>0</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g (0%)</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g (0%)</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg (0%)</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg (0%)</td>
</tr>
<tr>
<td>Potassium</td>
<td>195mg (5%)</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>5g (2%)</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g (12%)</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>Less than 50g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 2g</td>
<td>Less than 2g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 200mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,500mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>Less than 30g</td>
<td>Less than 30g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**Voluntary Data:**

Potassium 150 mg; 4% DV

**Nutrient Content Descriptors Allowed:**

- fat free
- saturated fat free
- sodium free
- cholesterol free
- low-calorie

**Health Claims Allowed:**

- Fruits, vegetables and grain products that contain fiber and the risk of coronary heart disease
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

**References:**

- PMA 1990 Eggplant Survey.

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## Nutrition Facts

**Serving Size**: 1 cup chopped (85g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat 0%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>20mg</td>
<td>1%</td>
</tr>
<tr>
<td>Potassium</td>
<td>275mg</td>
<td>8%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>3g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

### Percent Daily Value (DV)*

- Vitamin A: 30%
- Vitamin C: 10%
- Calcium: 4%
- Iron: 4%
- Vitamin K: 250%
- Folate: 10%

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>DV 2,000</th>
<th>DV 2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>2,500</td>
<td></td>
</tr>
</tbody>
</table>

### Voluntary Data:

- Potassium 170 mg; 5% DV

### Nutrient Content Descriptors Allowed:

- fat free
- saturated fat free
- very low sodium
- cholesterol free
- low-calorie
- high in folate (add 20% folate to label)

### Health Claims Allowed:

- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

### References:

- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.
- Fiber, chinese cabbage: USDA, HNIS, Provisional Table on the Dietary Fiber Content of Selected Foods,” 1988.

### Please Note:

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Belgian Endive

Nutrition Facts

Serving Size 1 endive (85g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>15</td>
<td>0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 0g</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 0mg</td>
</tr>
<tr>
<td>Potassium 190mg</td>
</tr>
<tr>
<td>Total Carbohydrate 4g</td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
</tr>
<tr>
<td>Sugars 1g</td>
</tr>
<tr>
<td>Protein 0g</td>
</tr>
</tbody>
</table>

Vitamin A 0% • Vitamin C 4%
Calcium 2% • Iron 0%

* 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 per gram:
- Fat 9
- Carbohydrate 4
- Protein 4

Voluntary Data:
- Potassium 140 mg; 4% DV
- Soluble Fiber 0 g
- Insoluble Fiber 1 g

Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- sodium free
- cholesterol free
- low-calorie

Health Claims Allowed:
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- PMA 1989 Belgian Endive Study.

Note:
Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

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Updated 2009
Figs

Nutrition Facts
Serving Size 3 medium figs (153g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>120</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>0</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.5g 1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg 0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg 0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>350mg 10%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>28g 9%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g 16%</td>
</tr>
<tr>
<td>Sugars</td>
<td>22g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
</tr>
</tbody>
</table>

Vitamin A 4% • Vitamin C 6%
Calcium 6% • 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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 300mg</td>
<td>Less than 2,400mg</td>
<td>300g</td>
<td>25g</td>
<td></td>
</tr>
<tr>
<td>2,500</td>
<td>Less than 80g</td>
<td>Less than 25g</td>
<td>Less than 300mg</td>
<td>Less than 2,400mg</td>
<td>25g</td>
<td>30g</td>
<td></td>
</tr>
</tbody>
</table>

Voluntary Data:
Potassium 310 mg; 9% DV

Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- sodium free
- cholesterol free
- good source of fiber

Health Claims Allowed:
- Fiber-containing fruits, vegetables, and grain products and cancer
- Fruits and vegetables and cancer
- Fat-and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- USDA Nutrient Data Base for Standard Reference, Full Version, Release IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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### Nutrition Facts
Serving Size: 2-3 figs (40g)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>100</td>
<td>Calories from Fat 0</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>5mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>270mg</td>
<td>8%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>23g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars</td>
<td>20g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

| Vitamin A           | 0%                  |
| Vitamin C           | 0%                  |
| Calcium             | 6%                  |
| 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 per gram: Fat 9 • Carbohydrate 4 • Protein 4
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>2,000</td>
<td>2,500</td>
</tr>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

### Voluntary Data:
Potassium 230 mg; 6% DV

### Nutrient Content Descriptors
**Allowed:**
- fat free
- saturated fat free
- very low sodium
- cholesterol free
- good source of fiber

### Health Claims Allowed:
- Fiber-containing fruits, vegetables, and grain products and cancer
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

### References:
- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.
- Fiber: USDA, HNIS, Provisional Table on the Dietary Fiber Content of Selected Foods,” 1988.

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Garlic

Nutrition Facts
Serving Size 1 clove (4g)

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Amount Per Serving</th>
<th>Calories 5 Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 0g</td>
<td>% Daily Value 0%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>% Daily Value 0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>% Daily Value 0%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>% Daily Value 0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 0mg</td>
<td>% Daily Value 0%</td>
<td></td>
</tr>
<tr>
<td>Potassium 15mg</td>
<td>% Daily Value 0%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 1g</td>
<td>% Daily Value 0%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>% Daily Value 0%</td>
<td></td>
</tr>
<tr>
<td>Sugars 0g</td>
<td>% Daily Value 0%</td>
<td></td>
</tr>
<tr>
<td>Protein 0g</td>
<td>% Daily Value 0%</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0% • Vitamin C 2%
Calcium 0% • Iron 0%

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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

Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- sodium free
- cholesterol free
- low-calorie

Health Claims Allowed:
- Fat and cancer
- Sodium and hypertension

References:
- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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Gooseberries

Nutrition Facts
Serving Size 1 cup (150g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 70</th>
<th>Calories from Fat 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 1g</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Potassium 295mg</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 15g</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 6g</td>
<td>24%</td>
<td></td>
</tr>
<tr>
<td>Sugars 12g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 0g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 10% • Vitamin C 70%
Calcium 4% • 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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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

Voluntary Data:
Potassium 250 mg; 7% DV

Nutrient Content Descriptors Allowed:
low fat
saturated fat free
sodium free
cholesterol free
high in vitamin C

Health Claims Allowed:
Fruits and vegetables and cancer
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:
• USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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### Grapefruit

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size 1/2 medium grapefruit (154g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories 60</td>
</tr>
<tr>
<td>Calories from Fat 0</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat 0g</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 0mg</td>
</tr>
<tr>
<td>Potassium 160mg</td>
</tr>
<tr>
<td>Total Carbohydrate 15g</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
</tr>
<tr>
<td>Sugars 11g</td>
</tr>
<tr>
<td>Protein 1g</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:

<table>
<thead>
<tr>
<th>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</th>
</tr>
</thead>
</table>

**Note:** Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

### Voluntary Data:

- Potassium 160 mg; 5% DV
- Soluble Fiber 4 g
- Insoluble Fiber 1 g
- 100% of vitamin A is Beta Carotene

### Nutrient Content Descriptors Allowed:

- fat free
- saturated fat free
- sodium free
- cholesterol free
- high in vitamin A
- high in vitamin C

### Health Claims Allowed:

- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

### References:

- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Grapefruit is one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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### Nutrition Facts

**Serving Size**: 3/4 cup grapes (126g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>90</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg 0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>15mg 1%</td>
</tr>
<tr>
<td>Potassium</td>
<td>240mg 7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>23g 8%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g 4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>20g</td>
</tr>
<tr>
<td>Protein</td>
<td>0g</td>
</tr>
</tbody>
</table>

**Vitamin A 0%** • **Vitamin C 2%**

**Calcium 2%** • **Iron 0%**

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

<table>
<thead>
<tr>
<th>Calories per gram:</th>
<th>Fat 9 • Carbohydrate 4 • Protein 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>2,000 2,500</td>
</tr>
<tr>
<td>Total Fat</td>
<td>Less than 65g 80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g 25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g 375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g 30g</td>
</tr>
</tbody>
</table>

**Note:** Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

---

### Voluntary Data:
- **Potassium 240 mg; 7% DV**
- **Soluble Fiber 1 g**
- **Insoluble Fiber 1 g**

### Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- very low sodium
- cholesterol free

### Health Claims Allowed:
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension
- Fruits and vegetables and cancer

### References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Grapes are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

---

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Nutrition Facts
Serving Size 1/4 cup chopped (25g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 0g</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 10mg</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium 70mg</td>
<td>2</td>
<td>2%</td>
</tr>
<tr>
<td>Total Carbohydrate 2g</td>
<td>1</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>4</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars 1g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 0g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 2% • Vitamin C 8%
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:

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than</td>
<td>65g</td>
<td>20g</td>
<td>0%</td>
</tr>
<tr>
<td>Less than</td>
<td>20g</td>
<td>25g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol Less than</td>
<td>300mg</td>
<td>300mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than</td>
<td>2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>30g</td>
<td>375g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
<td></td>
</tr>
</tbody>
</table>

Potassium 70 mg; 2% DV

Voluntary Data:

Nutrient Content Descriptors

Allowed:
- fat free
- saturated fat free
- very low sodium
- cholesterol free
- low-calorie

Health Claims Allowed:
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Green onions are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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## Guavas

### Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 60</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat 5</td>
<td></td>
</tr>
<tr>
<td>Total Fat 0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium 375mg</td>
<td>10%</td>
</tr>
<tr>
<td>Total Carbohydrate 13g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars 8g</td>
<td></td>
</tr>
<tr>
<td>Protein 2g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A 10%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C 300%</td>
<td></td>
</tr>
<tr>
<td>Calcium 2%</td>
<td></td>
</tr>
<tr>
<td>Iron 2%</td>
<td></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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>300mg</td>
<td>2,400mg</td>
<td>25g</td>
<td>25g</td>
<td>2g</td>
</tr>
<tr>
<td>2,500</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>300mg</td>
<td>2,400mg</td>
<td>30g</td>
<td>30g</td>
<td>2g</td>
</tr>
</tbody>
</table>

### Voluntary Data:

Potassium 200 mg; 6% DV

### Nutrient Content Descriptors Allowed:

- low fat
- saturated fat free
- sodium free
- cholesterol free
- good source of fiber
- high in vitamin C
- low-calorie

### Health Claims Allowed:

- Fiber-containing fruits, vegetables, and grain products and cancer.
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

### References:

- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.
- Fat calories were calculated based on the fat prediction interval values, multiplied by 9 kcal/g and rounded to 5 <= 50 calories.

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Honeydew Melon

Nutrition Facts
Serving Size 1/10 medium melon (134g)

Amount Per Serving
Calories 50 Calories from Fat 0
Total Fat 0g 0%  
  Saturated Fat 0g 0%  
  Trans Fat 0g
Cholesterol 0mg 0%
Sodium 30mg 1%
Potassium 210mg 6%
Total Carbohydrate 12g 4%
  Dietary Fiber 1g 4%
  Sugars 11g
Protein 1g

Vitamin A 2%  •  Vitamin C 45%
Calcium 2%  •  Iron 2%

% Daily Value*

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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

Voluntary Data:
Potassium 210 mg; 6% DV

Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- very low sodium
- cholesterol free
- high in vitamin C

Health Claims Allowed:
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Honeydew melon is one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Kiwifruit

Nutrition Facts
Serving Size 2 medium kiwifruit (148g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 90</th>
<th>Calories from Fat 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 1g</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Potassium 450mg</td>
<td>13%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 20g</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>16%</td>
<td></td>
</tr>
<tr>
<td>Sugars 13g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 1g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 2% • Vitamin C 240%
Calcium 4% • Iron 2%
Vitamin K E 10% • Vitamin K 50%

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

<table>
<thead>
<tr>
<th>Calories per gram:</th>
<th>Fat 9 • Carbohydrate 4 • Protein 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g 60g 50g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g 18g 15g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg 279mg 249mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg 2,200mg 1,990mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g 275g 250g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g 22g 20g</td>
</tr>
</tbody>
</table>

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
- Potassium 450 mg; 13% DV
- Soluble Fiber 1 g
- Insoluble Fiber 3 g

Nutrient Content Descriptors Allowed:
- low fat
- saturated fat free
- sodium free
- cholesterol free
- good source of fiber
- high in vitamin C
- good source of potassium (add 450 mg, 13% potassium to the label)
- good source of vitamin E (add 10% vitamin E to the label)

Health Claims Allowed:
- Fiber-containing fruits, vegetables, and grain products and cancer
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension
- Fruits, vegetables and grain products that contain fiber and the risk of coronary heart disease

References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Kiwifruit is one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Updated 2009
Iceberg Lettuce

Nutrition Facts
Serving Size 1/6 medium head (89g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 10mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Potassium 125mg</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>2g 1%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Sugars 2g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 1g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 6% • Vitamin C 6%
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.

<table>
<thead>
<tr>
<th>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</th>
</tr>
</thead>
</table>

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
Potassium 125 mg; 4% DV

Nutrient Content Descriptors Allowed:
fat free
saturated fat free
very low sodium
tree cholesterol
low-calorie

Health Claims Allowed:
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:
• Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
• Iceberg lettuce is one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Updated 2009
Nutrition Facts
Serving Size 1 medium lemon (58g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 15</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>75mg</td>
<td>2%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>5g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>0g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0% • Vitamin C 40%
Calcium 2% • Iron 0%

* 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

Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- sodium free
- cholesterol free
- low-calorie
- high in vitamin C

Health Claims Allowed:
- Fruits and vegetables and cancer
- Fruits vegetables and grain products that contain fiber and the risk of coronary heart disease
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Lemons are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
- Potassium 75 mg; 2% DV
- Soluble Fiber 1 g
- Insoluble Fiber 0 g

APPENDIX C
Lemon

Updated 2009 110
Nutrition Facts
Serving Size 1 1/2 cups shredded (85g)

Amount Per Serving
Calories 15 Calories from Fat 0

% Daily Value
Total Fat 0g 0%
  Saturated Fat 0g 0%
  Trans Fat 0g
Cholesterol 0mg 0%
Sodium 35mg 1%
Potassium 170mg 5%
Total Carbohydrate 2g 1%
  Dietary Fiber 1g 4%
  Sugars 1g
Protein 1g

Vitamin A 130% • Vitamin C 6%
Calcium 2% • Iron 4%
Vitamin K 120% • Folate 15%

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

Voluntary Data:
Potassium 170 mg; 5% DV
Soluble Fiber 1 g
Insoluble Fiber 0 g
100% of vitamin A is Beta Carotene.

Nutrient Content Descriptors Allowed:
fat free
saturated fat free
very low in sodium (35mg or less)
cholesterol free
low-calorie
high in vitamin A
good source of folate (add 15% folate to label)

Health Claims Allowed:
Fruits and vegetables and cancer
Fruits, vegetables and grain products that contain fiber and the risk of coronary heart disease
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:
• Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
• Leaf lettuce is one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Romaine Lettuce

Nutrition Facts
Serving Size 6 leaves (85g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>5mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>205mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>3g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
</tr>
</tbody>
</table>

Vitamin A 90% • Vitamin C 30%
Calcium 2% • Iron 2%
Vitamin K 100% • Folate 10%

<table>
<thead>
<tr>
<th>% Daily Value*</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>4%</td>
</tr>
</tbody>
</table>

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
Potassium 140 mg; 4% DV

Nutrient Content Descriptors Allowed:
- low fat
- saturated fat free
- sodium free
- cholesterol free
- low-calorie
- high in vitamin A
- good source of folate (add 10% folate to label)

Health Claims Allowed:
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- 1990 PMA Romaine Lettuce Study.

Please Note:
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Nutrition Facts
Serving Size 1 medium lime (67g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 20</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>75mg</td>
<td>2%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>7g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>0g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0% • Vitamin C 35%
Calcium 0% • Iron 0%

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat Less than</th>
<th>Sat Fat Less than</th>
<th>Cholesterol Less than</th>
<th>Sodium Less than</th>
<th>Total Carbohydrate Less than</th>
<th>Dietary Fiber Less than</th>
<th>Sugars Less than</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>65g</td>
<td>20g</td>
<td>300mg</td>
<td>2,400mg</td>
<td>300g</td>
<td>25g</td>
<td>30g</td>
</tr>
<tr>
<td>2,500</td>
<td>80g</td>
<td>25g</td>
<td>300mg</td>
<td>2,400mg</td>
<td>375g</td>
<td>30g</td>
<td></td>
</tr>
</tbody>
</table>

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

Voluntary Data:
Potassium 75 mg; 2% DV
Soluble Fiber 1 g
Insoluble Fiber 1 g

Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- sodium free
- cholesterol free
- low calorie
- high in vitamin C

Health Claims Allowed:
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Limes are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Voluntary Data:
Potassium 125 mg; 4% DV

Nutrient Content Descriptors Allowed:
low fat
saturated fat free
sodium free
cholesterol free
high in vitamin A
good source of vitamin C

Health Claims Allowed:
Fruits and vegetables and cancer
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension.

References:
• USDA Nutrient Data Base for Standard Reference, Fun Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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Mushrooms

Voluntary Data:
Potassium 300 mg; 9% DV
Riboflavin 20%
Niacin 15%
Copper 15%
Pantothenate 10%

Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- very low in sodium
- cholesterol free
- low-calorie
- high in riboflavin (add 20% riboflavin to the label)
- good source of niacin (add 15% niacin to the label)
- good source of copper (add 15% copper to the label)
- good source of pantothenate (add 10% pantothenate to the label)

Health Claims Allowed:
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Mushrooms are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.
### Nutritional Facts

**Serving Size:** 1 1/2 cups shredded (85g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>25</td>
<td></td>
</tr>
</tbody>
</table>

**% Daily Value**

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>0g</th>
<th>0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>20mg</td>
<td>1%</td>
</tr>
<tr>
<td>Potassium</td>
<td>295mg</td>
<td>8%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>5g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td></td>
</tr>
</tbody>
</table>

**Vitamin A** 130%  • **Vitamin C** 90%

**Calcium** 8%  • **Iron** 8%

**Vitamin K** 500%  • **Folate** 40%

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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

**Nutrient Content Descriptors Allowed:**

- fat free
- saturated fat free
- low sodium
- cholesterol free
- low-calorie
- high in vitamin A
- high in vitamin C
- high in folate (add 40% folate to label)

**Health Claims Allowed:**

- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

**References:**

- USDA Nutrient Data Base for Standard Reference, Fun Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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Please Note:

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**Nutrition Facts**

**Serving Size** 1 medium (140g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0.5g</td>
<td></td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>250mg</td>
<td></td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>15g</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>11g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 8% • Vitamin C 15%

Calcium 0% • 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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than</td>
<td>65g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than</td>
<td>20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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

**Note:** Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

**Voluntary Data:**
- Potassium 250 mg; 7% DV
- Soluble Fiber 1 g
- Insoluble Fiber 1 g

**Nutrient Content Descriptors Allowed:**
- low fat
- saturated fat free
- sodium free
- cholesterol free
- good source of vitamin C

**Health Claims Allowed:**
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

**References:**
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Nectarines are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Okra

Nutrition Facts
Serving Size 6 pods (83g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>30</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>0</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>15mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>6g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>20%</td>
</tr>
<tr>
<td>Calcium</td>
<td>6%</td>
</tr>
<tr>
<td>Iron</td>
<td>4%</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:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 6g</td>
<td>8g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
Potassium 150 mg; 4% DV

Nutrient Content Descriptors Allowed:
fat free
saturated fat free
very low sodium
cholesterol free
low-calorie
good source of vitamin A
high in vitamin C
good source of folate (add 10% folate to label)
good source of thiamin (add 10% thiamin to the label)
good source of magnesium (add 10% magnesium to the label)

Health Claims Allowed:
Fruits and vegetables and cancer
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:

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**Nutrition Facts**

**Serving Size 1 medium onion (148g)**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 45</td>
<td>Calories from Fat 0</td>
</tr>
<tr>
<td>Total Fat 0g 0%</td>
<td>Saturated Fat 0g 0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>Cholesterol 0mg 0%</td>
</tr>
<tr>
<td>Sodium 5mg 0%</td>
<td>Potassium 190mg 5%</td>
</tr>
<tr>
<td>Total Carbohydrate 11g 4%</td>
<td>Dietary Fiber 3g 12%</td>
</tr>
<tr>
<td>Sugars 9g</td>
<td>Protein 1g</td>
</tr>
<tr>
<td>Vitamin A 0%</td>
<td>Vitamin C 20%</td>
</tr>
<tr>
<td>Calcium 4%</td>
<td>Iron 4%</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.

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

**Note:** Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

**Voluntary Data:**
- Potassium 190 mg; 5% DV
- Soluble Fiber 2 g
- Insoluble Fiber 1 g

**Nutrient Content Descriptors Allowed:**
- fat free
- saturated fat free
- very low sodium
- cholesterol free
- high in vitamin C
- good source of fiber

**Health Claims Allowed:**
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

**References:**
- Food Labeling: Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Onions are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Updated 2009
Nutrition Facts
Serving Size 1 medium orange (154g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 80</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Potassium 250mg</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 19g</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>Sugars 14g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 1g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 2% • Vitamin C 130%  
Calcium 6% • Iron 0%

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

Voluntary Data:
Potassium 250 mg; 7% DV  
Soluble Fiber 2 g  
Insoluble Fiber 2 g

Nutrient Content Descriptors
Allowed:
fat free  
saturated fat free  
sodium free  
cholesterol free  
good source of fiber  
high in vitamin C

Health Claims Allowed:
Fiber-containing fruits, vegetables, and grain products and cancer  
Fruits and vegetables and cancer  
Fruits, vegetables and grain products that contain fiber and the risk of coronary heart disease  
Fat and cancer  
Saturated fat and cholesterol and coronary heart disease  
Sodium and hypertension

References:
• Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction: August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations  
• Oranges are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

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### Nutrition Facts

**Serving Size** 1/2 papaya (140g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 70</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>5mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>360mg</td>
<td>10%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>14g</td>
<td>5%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>9g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

**Vitamin A** 30%  
**Vitamin C** 140%  
**Calcium** 4%  
**Iron** 0%  
**Vitamin E** 8%  
**Folate** 10%

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**Voluntary Data:**

Potassium 220 mg; 6% DV

### Nutrient Content Descriptors Allowed:

- fat free
- saturated fat free
- very low sodium
- cholesterol free
- good source of fiber
- high in vitamin C
- good source of folate (add 10% folate to label)

### Health Claims Allowed:

- Fiber-containing fruits, vegetables, and grain products and cancer
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

### References:

- PMA 1984 Papaya Study.

### Note:

Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

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Nutrition Facts
Serving Size 1 Tbsp chopped (4 g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 0</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 5mg</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate 0g</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars 0g</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Protein 0g</td>
<td>0%</td>
<td>0%</td>
</tr>
</tbody>
</table>

Vitamin A 4% | Vitamin C 6%
Calcium 0% | 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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than 6g</td>
<td>Less than 20g</td>
<td>Less than 300mg</td>
<td>Less than 2,400mg</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>Less than 8g</td>
<td>Less than 25g</td>
<td>Less than 300mg</td>
<td>Less than 2,400mg</td>
<td>375g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Voluntary Data:
Potassium 10 mg; 0% DV
Folate 2%

Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- very low sodium
- cholesterol free
- calorie free

Health Claims Allowed:
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- Prediction interval compliance calculations were used to develop label data.

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## Peaches

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium peach (147g)</td>
<td>Calories 60</td>
</tr>
<tr>
<td></td>
<td>Calories from Fat 5</td>
</tr>
</tbody>
</table>

#### % Daily Value
- **Total Fat**: 0.5g (1%)
- **Saturated Fat**: 0g (0%)
- **Trans Fat**: 0g (0%)
- **Cholesterol**: 0mg (0%)
- **Sodium**: 0mg (0%)
- **Potassium**: 230mg (7%)
- **Total Carbohydrate**: 15g (5%)
- **Dietary Fiber**: 2g (8%)
- **Sugars**: 13g
- **Protein**: 1g

### Voluntary Data:
- Potassium 230 mg; 7% DV

### Nutrient Content Descriptors

**Allowed:**
- low fat
- saturated fat free
- sodium free
- cholesterol free
- good source of vitamin C

### Health Claims Allowed:
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

### References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Peaches are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Nutrition Facts

Serving Size 1 medium (166g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>100</td>
<td>0 %</td>
</tr>
</tbody>
</table>

| Total Fat 0g | 0 % |
| Saturated Fat 0g | 0 % |
| Trans Fat 0g | 0 % |
| Cholesterol 0mg | 0 % |
| Sodium 0mg | 0 % |
| Potassium 190mg | 5 % |
| Total Carbohydrate 26g | 9 % |
| Dietary Fiber 6g | 24 % |
| Sugars 16g | 1g |

Protein 1g

Vitamin A 0% • Vitamin C 10%
Calcium 2% • Iron 0%

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

<table>
<thead>
<tr>
<th>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Sat Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
</tbody>
</table>

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
- Potassium 190 mg; 5% DV
- Soluble Fiber 2 g
- Insoluble Fiber 2 g

Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- sodium free
- cholesterol free
- high in fiber
- good source of vitamin C

Health Claims Allowed:
- Fiber-containing fruits, vegetables, and grain products and cancer
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension
- Fruits, vegetables and grain products that contain fiber and the risk of coronary heart disease

References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction: August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Pears are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Updated 2009
Hot Chili Pepper

Nutrition Facts
Serving Size one pepper (45g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>20</td>
<td>0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value*</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>10mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>145mg</td>
<td>4%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>4g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>&lt;1g</td>
<td>2%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 10% • Vitamin C 170%
Calcium 0% • 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:

<table>
<thead>
<tr>
<th>Calories per gram:</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>9</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>0</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Sodium</td>
<td>0</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Voluntary Data:
Potassium 0 mg; 0% DV
Folate 2%

Nutrient Content Descriptors
Allowed:
fat free
saturated fat free
very low sodium
cholesterol free
low-calorie
high in vitamin A
high in vitamin C

Health Claims Allowed:
Fruits and vegetables and cancer
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:
- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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Le Rouge Royale Pepper

Nutrition Facts
Serving Size 1/3 medium pepper (68g)

<table>
<thead>
<tr>
<th></th>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>20 Calories from Fat 0</td>
</tr>
<tr>
<td></td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg 0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg 0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>140mg 4%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>5g 2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g 5%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
</tr>
</tbody>
</table>

Vitamin A 20% • Vitamin C 100%
Calcium 0% • Iron 0%
Vitamin B6 8% • Folate 10%

* 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

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
- Potassium 140 mg; 4% DV

Nutrient Content Descriptors
Allowed:
- fat free
- saturated fat free
- sodium free
- cholesterol free
- low calorie
- high in vitamin A
- high in vitamin C
- good source of folate (add 10% folate to label)

Health Claims Allowed:
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- PMA 1988 Le Rouge Royale Pepper.

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Pineapple

### Nutrition Facts

**Serving Size 2 slices, 3” diameter, 3/4” thick (112g)**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>50</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Sodium</td>
<td>10mg</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Potassium</td>
<td>120mg</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Total Carbohydrate</td>
<td>13g</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Sugars</td>
<td>10g</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

- **Vitamin A**: 2%
- **Vitamin C**: 50%
- **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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 300mg</td>
<td>Less than 2,400mg</td>
<td>30g</td>
<td>25g</td>
<td></td>
</tr>
<tr>
<td>2,500</td>
<td>Less than 80g</td>
<td>Less than 25g</td>
<td>Less than 300mg</td>
<td>Less than 2,400mg</td>
<td>37g</td>
<td>30g</td>
<td></td>
</tr>
</tbody>
</table>

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

**Note:** Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

### Voluntary Data:

- Potassium 120 mg; 3% DV

### Nutrient Content Descriptors Allowed:

- fat free
- saturated fat free
- very low sodium
- cholesterol free
- high in vitamin C

### Health Claims Allowed:

- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

### References:

- **Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations**
- Pineapples are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Plums

Nutrition Facts
Serving Size 2 medium (151g)

Amount Per Serving
Calories 70 Calories from Fat 0

% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Potassium 230mg 7%
Total Carbohydrate 19g 6%
Dietary Fiber 2g 8%
Sugars 16g
Protein 1g

Vitamin A 8% • Vitamin C 10%
Calcium 0% • 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 per gram: Fat 9 • Carbohydrate 4 • Protein 4

Voluntary Data:
Potassium 230 mg; 7% DV
Soluble Fiber 1 g
Insoluble Fiber 1 g

Nutrient Content Descriptors Allowed:
fat free
saturated fat free
sodium free
cholesterol free
good source of vitamin C

Health Claims Allowed:
Fruits and vegetables and cancer
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:
• Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
• Plums are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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**Nutrition Facts**

**Serving Size 1 medium (148g)**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 110</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Potassium 620mg</td>
<td>18%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 26g</td>
<td>9%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Sugars 1g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 3g</td>
<td></td>
<td></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.*

<table>
<thead>
<tr>
<th>Calories per gram:</th>
<th>Fat 9 • Carbohydrate 4 • Protein 4</th>
</tr>
</thead>
</table>

**Voluntary Data:**

Potassium 620 mg; 18% DV
Soluble Fiber 1 g
Insoluble Fiber 2 g

**Nutrient Content Descriptors Allowed:**

- fat free
- saturated fat free
- sodium free
- cholesterol free
- high in vitamin C
- good source of potassium

**Health Claims Allowed:**

- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

**References:**

- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Potatoes are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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# Pricklypear

## Nutrition Facts

**Serving Size**: 1 pricklypear (103g)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>5mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>226mg</td>
<td>6%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>8g</td>
<td>3%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars</td>
<td>7g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>2%</td>
<td></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.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td></td>
</tr>
</tbody>
</table>

## Nutrient Content Descriptors

**Allowed:**
- low fat
- saturated fat free
- very low sodium
- cholesterol free
- high in vitamin C

## Health Claims Allowed:

- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

## References:

- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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## Nutrition Facts

**Serving Size** 5 prunes (42g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>100</td>
<td>0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>0g</th>
<th>0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cholesterol</th>
<th>0mg</th>
<th>0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>280mg</td>
<td>8%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>25g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars</td>
<td>18g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

### Voluntary Data:
- **Potassium** 280 mg; 8% DV

### Nutrient Content Descriptors
**Allowed:**
- fat free
- saturated fat free
- sodium free
- cholesterol free
- good source of fiber
- good source of vitamin A

### Health Claims Allowed:
- Fiber-containing fruits, vegetables, and grain products and cancer
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

### References:
- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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**Nutrition Facts**

Serving Size 1/4 pummelo (52g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 60</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>300mg</td>
<td>9%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>14g</td>
<td>5%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>10g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percent Daily Values Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Sat Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
</tbody>
</table>

**Voluntary Data:**

Potassium 260 mg; 7% DV

**Nutrient Content Descriptors Allowed:**

- saturated fat free
- sodium free
- cholesterol free
- high in vitamin C

**Health Claims Allowed:**

- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

**References:**

- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM pc. 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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### Nutrition Facts

**Serving Size:** 7 radishes (85g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>20</td>
<td>0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value*</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>20mg</td>
<td>1%</td>
</tr>
<tr>
<td>Potassium</td>
<td>150mg</td>
<td>4%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>6g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

### Voluntary Data:

- **Potassium 190 mg; 5% DV**

### Nutrient Content Descriptors Allowed:

- fat free
- saturated fat tree
- low sodium
- cholesterol free
- low-calorie
- high in vitamin C

### Health Claims Allowed:

- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

### References:

- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Radishes are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

### Note:

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Nutrition Facts
Serving Size 1/4 cup (40g)

Amount Per Serving
Calories 130 Calories from Fat 0
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 10mg 0%
Potassium 300mg 8%
Total Carbohydrate 31g 10%
Dietary Fiber 2g 9%
Sugars 24g
Protein 1g

Vitamin A 0% • Vitamin C 2%
Calcium 2% • Iron 6%

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

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
Potassium 310 mg; 9% DV

Nutrient Content Descriptors Allowed:
fat free
saturated fat free
very low sodium
cholesterol free

Health Claims Allowed:
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:
• USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.
• California Raisin Advisory Board.

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APPENDIX C

Raisins

Nutrition Facts
Serving Size 1/4 cup (40g)

Amount Per Serving
Calories 130 Calories from Fat 0
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 10mg 0%
Potassium 300mg 8%
Total Carbohydrate 31g 10%
Dietary Fiber 2g 9%
Sugars 24g
Protein 1g

Vitamin A 0% • Vitamin C 2%
Calcium 2% • Iron 6%

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

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
Potassium 310 mg; 9% DV

Nutrient Content Descriptors Allowed:
fat free
saturated fat free
very low sodium
cholesterol free

Health Claims Allowed:
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:
• USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.
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Raspberries

Nutrition Facts
Serving Size 1 cup (125g)
Amount Per Serving
Calories 60
Calories from Fat 0

% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Potassium 185mg 5%
Total Carbohydrate 17g 6%
Dietary Fiber 8g 32%
Sugars 8g
Protein 1g

Vitamin A 0% • Vitamin C 50%
Calcium 2% • Iron 4%

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than 65g</td>
<td>20g</td>
<td>Less than 300mg</td>
<td>Less than 2400mg</td>
</tr>
<tr>
<td>2,500</td>
<td>Less than 80g</td>
<td>25g</td>
<td>Less than 300mg</td>
<td>2400mg</td>
</tr>
</tbody>
</table>

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

Voluntary Data:
Potassium 160 mg; 5% DV
Soluble Fiber 3 g
Insoluble Fiber 5 g

Nutrient Content Descriptors Allowed:
Fat free
saturated fat free
sodium free
cholesterol free
high in fiber
high in vitamin C

Health Claims Allowed:
Fiber-containing fruits, vegetables, and grain products and cancer
Fruits and vegetables and cancer
Fruits, vegetables and grain products that contain fiber and the risk of coronary heart disease
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:
• 1990 PMA Raspberry Study.

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**Nutrition Facts**

**Serving Size** 2/3 cup diced (85g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg 0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>5mg 0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>230mg 7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>4g 1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g 4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</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.

**Voluntary Data:**

Potassium 130 mg; 4% DV

**Nutrient Content Descriptors Allowed:**

- fat free
- saturated fat free
- very low sodium
- cholesterol free
- low-calorie

**Health Claims Allowed:**

- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

**References:**

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Nutrition Facts
Serving Size 1/2 cup (85g)

Amount Per Serving

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>30</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>0</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>15mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>290mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>7g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>30%</td>
</tr>
<tr>
<td>Calcium</td>
<td>4%</td>
</tr>
<tr>
<td>Iron</td>
<td>2%</td>
</tr>
</tbody>
</table>

% Daily Value*:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>1%</td>
</tr>
<tr>
<td>Potassium</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>2%</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>30%</td>
</tr>
<tr>
<td>Calcium</td>
<td>4%</td>
</tr>
<tr>
<td>Iron</td>
<td>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:

- Calories: 2,000, 2,500
- Total Fat: Less than 65g, 80g
- Sat Fat: Less than 20g, 25g
- Cholesterol: Less than 300mg
- Sodium: Less than 2,400mg
- Total Carbohydrate: Less than 300g
- Dietary Fiber: Less than 25g
- Sugars: Less than 4g
- Protein: Less than 1g

Voluntary Data:
- Potassium 230 mg; 6% DV
- Folate 2%

Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- very low sodium
- cholesterol free
- low-calorie
- high in vitamin C

Health Claims Allowed:
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- USDA Nutrient Data Base for Standard Reference, Full Version, Release IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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## Nutrition Facts

**Serving Size** 1 1/2 cups shredded (85g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>20</td>
<td>0g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value*</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>65mg</td>
<td>3%</td>
</tr>
<tr>
<td>Potassium</td>
<td>470mg</td>
<td>13%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>4g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td></td>
</tr>
</tbody>
</table>

| Vitamin A          | 110%     |
| Vitamin C          | 40%      |
| Calcium            | 8%       |
| Iron               | 15%      |
| Magnesium          | 15%      |
| Folate             | 20%      |

* 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, 20g
- Saturated Fat: Less than 20g, 25g
- Cholesterol: Less than 300mg, 240mg
- Sodium: Less than 2,400mg, 2,400mg
- Total Carbohydrate: 300g, 375g
- Dietary Fiber: 25g, 30g

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

### Voluntary Data:
- Potassium 130 mg; 4% DV

### Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- cholesterol free
- low-calorie
- good source of fiber
- high in vitamin A
- high in vitamin C
- high in iron
- high in folate (add 20% folate to label)
- good source of magnesium (add 15% magnesium to the label)

### Health Claims Allowed:
- Fiber-containing fruits, vegetables, and grain products and cancer
- Fruits and vegetables and cancer
- Fruits, vegetables and grain products that contain fiber and the risk of coronary heart disease
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease

### References:
- 1989 PMA Spinach Study.

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Updated 2009
Nutrition Facts

Serving Size 1/2 cup (85g)

Amount Per Serving

Calories 15
Calories from Fat 0
% Daily Value*

Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Potassium 120mg 3%
Total Carbohydrate 3g 1%
Dietary Fiber 2g 8%
Sugars 1g
Protein 0g

Vitamin A 2% • Vitamin C 10%
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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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

Voluntary Data:
Potassium 120 mg; 3% DV
Folate 4%

Nutrient Content Descriptors Allowed:
fat free
saturated fat free
sodium free
cholesterol free
low-calorie

Health Claims Allowed:
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

Reference:
• USDA Nutrient Database for Standard Reference, Fun Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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Nutrition Facts
Serving Size 1/2 cup (85g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>25 Calories from Fat 0</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg 0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>15mg 1%</td>
</tr>
<tr>
<td>Potassium</td>
<td>75mg 2%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>6g 2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>&lt;1g 2%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
</tr>
</tbody>
</table>

Vitamin A 0%  •  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:

<table>
<thead>
<tr>
<th>Calories Per Gram</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 300mg</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Calories</td>
<td>2,000</td>
<td>2,500</td>
<td>3,000</td>
<td>3,200</td>
</tr>
</tbody>
</table>

Potassium 75 mg; 2% DV
Folate 2%

Voluntary Data:

Nutrient Content Descriptors
Allowed:
no fat
saturated fat free
very low sodium
cholesterol free
low-calorie

Health Claims Allowed:
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:
- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.
Summer Squash

### Nutrition Facts

**Serving Size** ½ medium squash (98g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>20</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Calories from Fat</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td></td>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td></td>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td></td>
<td>Sodium</td>
<td>0mg</td>
</tr>
<tr>
<td></td>
<td>Total Carbohydrate</td>
<td>4g</td>
</tr>
<tr>
<td></td>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td></td>
<td>Sugars</td>
<td>2g</td>
</tr>
<tr>
<td></td>
<td>Protein</td>
<td>1g</td>
</tr>
</tbody>
</table>

**Vitamin A** 6%  
**Vitamin C** 30%

**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:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than</td>
<td>6g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than</td>
<td>20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**Calories per gram:**
- Fat 9
- Carbohydrate 4
- Protein 4

**Note:** Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

### Voluntary Data:

- Potassium 260 mg; 7% DV
- 100% of vitamin A is Beta Carotene
- Soluble Fiber <1 g
- Insoluble Fiber 1 g

### Nutrient Content Descriptors Allowed:

- fat free
- saturated fat free
- sodium free
- cholesterol free
- low-calorie
- high in vitamin C

### Health Claims Allowed:

- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

### References:

- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Summer squash is one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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**Strawberries**

### Nutrition Facts

Serving Size: 8 medium berries (147g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>50</td>
<td>0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value*</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>170mg</td>
<td>5%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>11g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>8g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>0%</td>
</tr>
<tr>
<td>C</td>
<td>160%</td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
</tr>
<tr>
<td>Iron</td>
<td>2%</td>
</tr>
<tr>
<td>Manganese</td>
<td>25%</td>
</tr>
<tr>
<td>Folate</td>
<td>20%</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.

<table>
<thead>
<tr>
<th>Calories per gram:</th>
<th>Fat • Carbohydrate • Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
</tr>
</tbody>
</table>

**Voluntary Data:**

- Potassium 170 mg; 5% DV
- Soluble Fiber 1 g
- Insoluble Fiber 3 g

**Nutrient Content Descriptors Allowed:**

- fat free
- saturated fat free
- sodium free
- cholesterol free
- high in vitamin C
- high in folate (add 20% folate to label)

**Health Claims Allowed:**

- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

**References:**

- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Strawberries are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Sweet Potato

Nutrition Facts
Serving Size 1/2 medium, 5" long, 2" diam.(130g)

Amount Per Serving
Calories 100 Calories from Fat 0

% Daily Value*
Total Fat 0g 0%
  Saturated Fat 0g 0%
  Trans Fat 0g
Cholesterol 0mg 0%
Sodium 70mg 3%
Potassium 440mg 13%
Total Carbohydrate 23g 8%
  Dietary Fiber 4g 16%
  Sugars 7g
Protein 2g

Vitamin A 120% • Vitamin C 30%
Calcium 4% • Iron 4%

* 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 per gram: Fat 9 • Carbohydrate 4 • Protein 4
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>2,000</td>
<td>2,500</td>
</tr>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Voluntary Data:
- Potassium 440 mg; 13% DV
- Soluble Fiber 1 g
- Insoluble Fiber 3 g

Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- low sodium
- cholesterol free
- good source of fiber
- high in vitamin A
- high in vitamin C
- good source of potassium

Health Claims Allowed:
- Fiber-containing fruits, vegetables and grain products and cancer
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension
- Fruits, vegetables and grain products that contain fiber and the risk of coronary heart disease

References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Sweet potatoes are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Updated 2009
Tangerines

Nutrition Facts
Serving Size 1 medium (109 g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>50</th>
<th>Calories from Fat</th>
<th>0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 0g</td>
<td>% Daily Value</td>
<td>0%</td>
<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
<td>Sodium 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate 13g</td>
<td>4%</td>
<td></td>
<td>Dietary Fiber 2g</td>
<td>8%</td>
</tr>
<tr>
<td>Protein 1g</td>
<td></td>
<td></td>
<td>Sugars 9g</td>
<td></td>
</tr>
</tbody>
</table>

| Vitamin A 6%      | * Vitamin C 45% |
| Calcium 4%        | * Iron 0%       |

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

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 6g</td>
<td>60g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
- Potassium 160 mg; 5% DV
- Soluble Fiber 1 g
- Insoluble Fiber 2 g

Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- sodium free
- cholesterol free
- high in vitamin C

Health Claims Allowed:
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Tangerines are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Updated 2009
Nutrition Facts

Serving Size 3 oz (85g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 70</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat 20</td>
<td></td>
</tr>
<tr>
<td>Total Fat 2g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 10mg</td>
<td>1%</td>
</tr>
<tr>
<td>Potassium 185mg</td>
<td>5%</td>
</tr>
<tr>
<td>Total Carbohydrate 11g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber &lt;1g</td>
<td>2%</td>
</tr>
<tr>
<td>Sugars 1g</td>
<td></td>
</tr>
<tr>
<td>Protein 4g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 2%  •  Vitamin C 0%
Calcium 8%  •  Iron 6%
Manganese 30%  •  Magnesium 10%

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
Potassium 75 mg; 2% DV

Nutrient Content Descriptors Allowed:
very low sodium
cholesterol free
high in magnesium (add 30% magnesium to the label)

Health Claims Allowed:
Sodium and hypertension

References:
- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.
- Fat calories were calculated based on the fat prediction interval values, multiplied by 9 kcal/g and rounded to 5 <= 50 calories.

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## Nutrition Facts

Serving Size 1 medium tomato (148g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 25</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>20mg</td>
<td>1%</td>
</tr>
<tr>
<td>Potassium</td>
<td>340mg</td>
<td>10%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>5g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 20% • Vitamin C 40%
Calcium 2% • Iron 4%

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>Less than 80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>Less than 25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>Less than 30g</td>
<td>Less than 37g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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

### Voluntary Data:
Potassium 340 mg; 10% DV
100% of vitamin A is Beta Carotene

### Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- very low sodium
- cholesterol free
- low-calorie
- high in vitamin A
- high in vitamin C
- good source of potassium

### Health Claims Allowed:
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

### References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Tomatoes are one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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**Note:** Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.
Nutrition Facts

Serving Size 2 cups diced, 1/18 medium melon (280g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 80</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>270mg</td>
<td>8%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>21g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>20g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 30% • Vitamin C 25%
Calcium 2% • Iron 4%

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

Voluntary Data:
Potassium 270 mg; 8% DV
Soluble Fiber 1 g
Insoluble Fiber 1 g
100% of vitamin A is Beta Carotene

Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- sodium free
- cholesterol free
- high in vitamin A
- high in vitamin C

Health Claims Allowed:
- Fruits and vegetables and cancer
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction; August 17, 2006 Federal Register, Vol. 71, No. 159, Rules and Regulations
- Watermelon is one of the top 40 produce items that are labeled as part of the voluntary fruit and vegetable labeling program.

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Nutrition Facts

Serving Size 1/2 cup dry (85g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 110</td>
<td>Calories from Fat 0</td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 15mg</td>
<td>1%</td>
</tr>
<tr>
<td>Potassium 360mg</td>
<td>10%</td>
</tr>
<tr>
<td>Total Carbohydrate 21g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber 7g</td>
<td>28%</td>
</tr>
<tr>
<td>Sugars 4g</td>
<td></td>
</tr>
<tr>
<td>Protein 10g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 10%
Thiamin 15% • Magnesium 20%
Manganese 40% • Folate 40%
Copper 15% • Phosphorus 15%

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

<table>
<thead>
<tr>
<th>Calories 2,000 2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat Less than</td>
</tr>
<tr>
<td>Sat Fat Less than</td>
</tr>
<tr>
<td>Cholesterol Less</td>
</tr>
<tr>
<td>Sodium Less than</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
</tbody>
</table>

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

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
Potassium 600 mg; 17% DV

Nutrient Content Descriptors Allowed:
low fat
saturated fat free
very low sodium
cholesterol free
good source of fiber
good source of potassium
good source of iron
high in folate (add 40% folate to label)
good source of thiamin (add 15% to label)
good source of phosphorus (add 15% to label)
good source of magnesium (add 20% to label)
good source of copper (add 15% to label)
high in fiber

Health Claims Allowed:
Fruits and vegetables and cancer
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension.

References:
• USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.
• Vitamin C: USDA, HNIS, Agriculture Handbook Number 8-16 (1986), NDB No. 16074.

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# Large Lima Bean

## Nutrition Facts

**Serving Size** 1/2 cup dry (85g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>120</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>24g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>7g</td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
</tr>
<tr>
<td>Protein</td>
<td>8g</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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>60g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 10%
Copper 15% • Magnesium 25%
Phosphorus 15% • Folate 40%

Voluntary Data:
Potassium 780 mg; 22% DV

## Nutrient Content Descriptors Allowed:
- fat free
- saturated fat free
- very low sodium
- cholesterol free
- high in fiber
- high in potassium
- good source of iron
- high in folate (add 40% folate to label)
- good source of phosphorus (add 15% phosphorus to label)
- good source of copper (add 15% copper to label)
- high in magnesium (add 25% magnesium to label)

## Health Claims Allowed:
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

### References:
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Nutrition Facts
Serving Size 1/4 cup dry (35g)
Amount Per Serving
Calories 120  Calories from Fat 5
% Daily Value*
Total Fat 0.5g  1%
Saturated Fat 0g  0%
Trans Fat 0g
Cholesterol 0mg  0%
Sodium 10mg  0%
Potassium 360mg  10%
Total Carbohydrate 22g  7%
Dietary Fiber 7g  28%
Sugars 0g
Protein 7g

Vitamin A 0% • Vitamin C 2%
Calcium 4% • Iron 10%
Phosphorus 15% • Magnesium 15%
Copper 15% • Folate 50%

* 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 Less than 80g
Sat Fat Less than 20g Less than 25g
Cholesterol Less than 300mg Less than 300mg
Sodium Less than 2,400mg Less than 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
Potassium 580 mg; 17% DV

Nutrient Content Descriptors Allowed:
low fat
saturated fat free
very low sodium.
cholesterol free
high in fiber good source of potassium (add 580 mg
potassium to label) high in folate (add 50% folate to label)
good source of phosphorus (add 15% phosphorus to label)
good source of magnesium (add 15% magnesium to label)
good source of copper (add 15% coppertone label)
good source of iron

Health Claims Allowed:
Fruits and vegetables and cancer
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:
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Nutrition Facts
Serving Size 1/4 cup dry (50g)

Amount Per Serving

<table>
<thead>
<tr>
<th>Calories 170</th>
<th>Calories from Fat 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 3g</td>
<td>6%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 20mg</td>
<td>1%</td>
</tr>
<tr>
<td>Potassium 430mg</td>
<td>12%</td>
</tr>
<tr>
<td>Total Carbohydrate 27g</td>
<td>9%</td>
</tr>
<tr>
<td>Dietary Fiber 9g</td>
<td>36%</td>
</tr>
<tr>
<td>Sugars 5g</td>
<td></td>
</tr>
<tr>
<td>Protein 10g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0% • Vitamin C 2%
Calcium 4% • Iron 15%
Phosphorus 15% • Manganese 50%
Copper 15% • Folate 60%

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

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Voluntary Data:
Potassium 360 mg; 10% DV

Nutrient Content Descriptors Allowed:
- low fat
- very low sodium
- saturated fat free
- cholesterol free
- good source of iron
- high in folate (add 60% folate to label)
- good source of phosphorus (add 15% phosphorus to label)
- good source of copper (add 15% copper to label)
- good source of fiber
- good source of potassium (add 360 mg of potassium to label)

Health Claims Allowed:
- Sodium and hypertension
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease

References:
- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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Updated 2009
Nutrition Facts

Serving Size 1/4 cup dry (35g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat 5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>5mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Potassium</strong></td>
<td>200mg</td>
<td>6%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>22g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>7g</td>
<td>28%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>8g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0%  •  Vitamin C 4%
Calcium 2%  •  Iron 15%
Thiamin 15%  •  Phosphorus 20%
Vitamin B6 15%  •  Folate 40%
Manganese 35%  •  Copper 15%

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

Voluntary Data:
Potassium 380 mg; 11% DV

Nutrient Content Descriptors

Allowed:
- low fat
- saturated fat free
- very low sodium
- cholesterol free
- high in fiber
- good source of iron
- high in folate (add 40% folate to label)
- high in phosphorus (add 20% phosphorus. to label)
- good source of copper (add 15% copper to label)
- good source of potassium

Health Claims Allowed:

Fruits and vegetables and cancer
Fat and cancer
Saturated fat and cholesterol and coronary heart disease
Sodium and hypertension

References:


Please Note:

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# Winged Bean

## Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/3 cup sliced, raw (85g)</td>
<td>Calories 65</td>
</tr>
<tr>
<td></td>
<td>Total Fat 1g</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat 0g</td>
</tr>
<tr>
<td></td>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td></td>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td></td>
<td>Sodium 10mg</td>
</tr>
<tr>
<td></td>
<td>Potassium 150mg</td>
</tr>
<tr>
<td></td>
<td>Total Carbohydrate 12g</td>
</tr>
<tr>
<td></td>
<td>Dietary Fiber 3g</td>
</tr>
<tr>
<td></td>
<td>Sugars &lt;1g</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Potassium</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>25g</td>
<td>20g</td>
<td>Less than 65g</td>
<td>Less than 2g</td>
<td>2,400mg</td>
</tr>
<tr>
<td>2,500</td>
<td>30g</td>
<td>25g</td>
<td>Less than 80g</td>
<td>Less than 2g</td>
<td>2,400mg</td>
</tr>
</tbody>
</table>

### Voluntary Data:
- Potassium 350 mg; 10% DV
- Folate 6%

### Nutrient Content Descriptors Allowed:
- very low sodium
- cholesterol free
- high in fiber
- good source of calcium
- good source of iron
- high in thiamin (add 30% thiamin to label)
- high in copper (add 60% copper to label)
- good source of magnesium (add 15% magnesium to label)
- good source of phosphorus (add 15% phosphorus to label)
- good source of potassium

### Health Claims Allowed:
- Sodium and hypertension
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease

### References:
- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

### Note:
Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

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White Bean

Nutrient Content Descriptors Allowed:

- low fat
- saturated fat free
- very low sodium
- cholesterol free
- high in iron
- good source of potassium (add 620 mg potassium; 18% DV to label)
- high folate (add 50% folate to label)
- good source of phosphorus (add 15% phosphorus to label)
- high in magnesium (add 25% magnesium to label)
- high in copper (add 25% copper to label)
- good source of fiber

Health Claims Allowed:

- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:

- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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Nutrient Content Descriptors Allowed:
- low fat
- saturated fat free
- very low sodium
- cholesterol free
- high in fiber
- good source of iron
- high in potassium (add 750 mg potassium; 21% DV to label)
- high in folate (add 45% folate to label)
- high in thiamin (add 20% thiamin to label)
- high in phosphorus (add 20% phosphorus to label)
- high in magnesium (add 20% magnesium to label)

Health Claims Allowed:
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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Nutrition Facts
Serving Size 1/4 cup dry (40g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 140</th>
<th>Calories from Fat 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0.5g 1%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g 0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg 0%</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>5mg 0%</td>
<td></td>
</tr>
<tr>
<td>Potassium</td>
<td>590mg 17%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>26g 9%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>9g 36%</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>8g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0% • Vitamin C 4%
Calcium 6% • Iron 15%
Folate 45% • Magnesium 20%
Phosphorus 15% • Thiamin 20%

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 300mg</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>2,500</td>
<td>Less than 80g</td>
<td>Less than 25g</td>
<td>Less than 300mg</td>
<td>Less than 2,400mg</td>
</tr>
</tbody>
</table>

Note: Pursuant to the final rule on the voluntary nutrition labeling regulations for fruits and vegetables published on July 25, 2006, trans fat labeling for fruits and vegetables becomes mandatory on January 1, 2008. Voluntary trans fat disclosure is currently accepted by FDA.

Nutrient Content Descriptors Allowed:
- low fat
- saturated fat free
- very low sodium
- cholesterol free
- good source of fiber
- good source of iron
- high in potassium (add 730 mg potassium; 21% DV to label)
- high in folate (add 50% folate to label)
- high in thiamin (add 25% thiamin to label)
- high in of phosphorus (add 20% phosphorus to label)
- high in of magnesium (add 20% magnesium to label)
- good source of copper (add 15% copper to label)

Health Claims Allowed:
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
- USDA Nutrient Data Base for Standard Reference, Full Version, Release 9 IBM PC 360K for microcomputers, National Technical Information Service, Order Number PB90-50241, May, 1990. Prediction interval compliance calculations were used to develop label data.

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Nutrient Content Descriptors Allowed:

- low fat
- saturated fat free
- very low sodium
- cholesterol free
- high in fiber
- good source of potassium (add 680 mg potassium; 19% DV to label)
- high in folate (add 50% folate to label)
- good source of thiamin (add 15% thiamin to label)
- good source of magnesium (add 15% magnesium to label)
- good source of copper (add 25% copper to label)
- good source of iron

Health Claims Allowed:

- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:

Split Pea

Nutrition Facts
Serving Size 1/4 cup dry (35g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>120</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>5</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>5mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>390mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>22g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>9g</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g</td>
</tr>
<tr>
<td>Protein</td>
<td>9g</td>
</tr>
</tbody>
</table>

Vitamin A 2% • Vitamin C 2%
Calcium 2% • Iron 10%
Folate 20% • Thiamin 20%
Phosphorus 15% • Copper 20%

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

Nutrient Content Descriptors
Allowed:
- low fat
- saturated fat free
- very low sodium
- cholesterol free
- high in folate (add 20% folate to label)
- high in thiamin (add 25% thiamin to label)
- good source of phosphorus (add 15% phosphorus to label)
- high in copper (add 20% copper to label)
- good source of fiber
- good source of potassium

Health Claims Allowed:
- Fat and cancer
- Saturated fat and cholesterol and coronary heart disease
- Sodium and hypertension

References:
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Appendix D

Fat Free

This descriptor may be made for fruits and vegetables that contain less than 0.5 g total fat per reference amount. If the fruit or vegetable is naturally fat free, the claim must communicate this fact. Fruits and vegetables in this document that PMA believes to qualify for this descriptor are:

apple  leaf lettuce
dried apricots  lime
artichoke  mushrooms
asparagus  mustard greens
banana  okra
green beans  onion
yellow snap beans  oranges
bell pepper  papaya
cabbage  parsley
red cabbage  peaches
Pe-tsai cabbage  hot chili pepper
cantaloupe  Le Rouge Royale pepper
carrot  pineapple
cauliflower  potato
dried figs  dried prunes
green cauliflower  pummelo
celery  radishes
collards  seedless raisins
cucumber  raspberries
dried currants  rhubarb
dates  rutabagas
eggplant  spinach
endive  crookneck squash
Belgian endive  spaghetti squash
figs  summer squash
garlic  strawberries
grapefruit  sweet potato
green onion  watermelon
honeydew melon  large lima beans
Iceberg lettuce
lemons
Low Fat

This descriptor may be made for fruits and vegetables that contain 3 grams fat or less per reference amount of fruit or vegetable. If the fruit or vegetable is naturally low in fat, the claim must communicate this fact. Fruits and vegetables in this document that PMA believes to qualify for this descriptor are:

- apricots
- beets
- blackberries
- blueberries
- broccoli
- Brussels sprouts
- carambola
- cherries
- sweet corn
- gooseberries
- grapes
- guavas
- kiwifruit
- Romaine lettuce
- mango
- nectarines
- pear
- plums
- prickly pears
- tangerines
- tomatoes
- baby lima beans
- pinto bean
- chickpeas
- lentils
- white bean
- small white beans
- pink beans
- pigeon pea (bean)
- split pea
Saturated Fat Free

This descriptor may be made for fruits and vegetables that contain less than 0.5 grams saturated fat and less than 0.5 grams trans fatty acids per reference amount or per 50 grams if the reference amount is 30 g/2 tbsp or less. If the fruit or vegetable is naturally free of saturated fats, the claim must communicate this fact. Fruits and vegetables in this document that PMA believes to qualify for this descriptor are:

apples       grapefruit       crookneck quash
apricots     grapes           spaghetti squash
dried apricots green onion   summer squash
artichoke asparagus guavas   strawberries
banana       honeydew melon   sweet potato
green beans  kiwifruit      tangerines
yellow snap beans Iceberg lettuce tomatoes
beets         lemons          watermelon
bell pepper   leaf lettuce    baby lima beans
blackberries Romaine lettuce large lima beans
blueberries   lime             pinto bean
broccoli      mango           chickpea
Brussels sprouts mushrooms   lentils
cabbage       mustard greens  white bean
red cabbage   nectarines      small white beans
cantaloupe    okra             pink bean
carambola     onion            pigeon pea (bean)
carrot        oranges          split pea
cauliflower   papaya          watermelon
green cauliflower parsley
celery         peaches     
cherries       pears         
collards       hot chili pepper
sweet corn     nectarines   
cucumbers      okra          Le Rouge Royale pepper
dried Zante    onion         pineapple
currants       oranges       plums
dates          papaya        potato
dried Zante    pricklypears  prune peaches
eggplant       plums          prunes
dried Zante    dried prunes  pummelo
dried Zante    radishes      pummelo
collards       seedless raisins   
dated            peach          pumelo
Belgian endive dried figs     prunes
figs            garlic        radishes

gooseberries   spinach
Sodium Free

This descriptor may be made for fruits and vegetables that contain less than 5 mg sodium per reference amount. If the fruit or vegetable is naturally free of sodium, the claim must communicate this fact. Fruits and vegetables in this document that PMA believes to qualify for this descriptor are:

apples
apricots
asparagus
avocado
banana
green bean
bell pepper
blackberries
blueberries
carambola
cherries
corn
cucumber
currants
dried dates
eggplant
Belgian endive
figs
garlic
gooseberries
grapefruit
grapes
guava
kiwifruit
Romaine lettuce
lime
mango
mushrooms
nectarines
oranges
peaches
pear
Le Rouge Royale pepper
plums
potato
prunes
pummelo

raspberries
crookneck squash
summer squash
strawberries
tangerines
Very Low Sodium

This descriptor may be made for fruits and vegetables that contain 35 mg or less sodium per reference amount (or per 50 grams if the reference amount is 30 grams/2 tbsp or less). If the fruit or vegetable is naturally very low in sodium, the claim must communicate this fact. Fruits and vegetables in this document that PMA believes to qualify for this descriptor are:

- dried apricots
- yellow snap beans
- Brussels sprouts
- green cabbage
- red cabbage
- Pe-tsai cabbage
- cantaloupe
- cauliflower
- green cauliflower
- collards
- endive
- dried figs
- green onion
- honeydew melon
- Iceberg lettuce
- leaf lettuce
- lemons
- okra
- onion
- papaya
- parsley
- hot chili pepper
- pineapple
- prickly pears
- radishes
- seedless raisins
- rhubarb
- rutabagas
- spaghetti squash
- tofu
- tomatoes
- watermelon
- baby lima bean
- large lima bean
- pinto bean
- chickpea
- lentils
- winged bean
- white bean
- small white bean
- pink bean
- pigeon pea (bean)
- split pea
Low Sodium

This descriptor may be made for fruits and vegetables that contain 140 mg or less sodium per reference amount (or per 50 grams if the appropriate reference amount is 30 grams/2 tbsp or less). If the fruit or vegetable is naturally low in sodium, the claim must communicate this fact. Fruits and vegetables in this document that PMA believes to qualify for this descriptor are:

artichoke
broccoli
carrot
celery
mustard greens
sweet potato
Cholesterol Free

This descriptor may be made for fruits and vegetables that contain 2 g or less of saturated fatty acids and less than 2 mg of cholesterol per reference amount. If the fruit or vegetable is naturally cholesterol free, the claim must communicate this fact. Fruits and vegetables in this document that PMA believes to qualify for this descriptor are:

apple, apricots, dried apricots, artichoke, asparagus, avocado, banana, green beans, yellow snap beans, beets, bell pepper, blackberries, blueberries, broccoli, Brussels sprouts, green cabbage, red cabbage, Pe-tsai cabbage, cantaloupe, carambola, carrot, cauliflower, green cauliflower, celery, cherries, collards, sweet corn, cucumber, dried currants, dates, eggplant, endive, Belgian endive, figs, dried figs, garlic, gooseberries, grapefruit, grapes, green onion, guavas, honeydew melon, kiwifruit, Iceberg lettuce, lemon, leaf lettuce, Romaine lettuce, lime, mango, mushrooms, mustard greens, nectarines, okra, onion, orange, papaya, parsley, peaches, pear, hot chili pepper, Le Rouge Royale pepper, pineapple, plums, potato, pricklypears, dried prunes, pummelo, radishes, raisins, raspberries, rhubarb, rutabagas, spinach, crookneck squash, spaghetti squash, summer squash, strawberries, sweet potato, tangerines, tofu, tomato, watermelon, baby lima bean, large lima bean, pinto bean, chickpea, lentils, winged bean, white bean, small white bean, pink bean, pigeon peas (bean), split pea.

Updated 2009
Low Calorie

This descriptor may be made for fruits and vegetables that contain 40 calories or less per reference amount (or per 50 grams if the reference amount is 30 grams/2 tbsp or less). Fruits and vegetables in this document that PMA believes to qualify for this descriptor are:

- artichoke
- asparagus
- green beans
- yellow snap beans
- bell pepper
- Brussels sprouts
- green cabbage
- red cabbage
- Pe-tsai cabbage
- carambola
- carrot
- cauliflower
- green cauliflower
- celery
- collards
- cucumber
- eggplant
- endive
- Belgian endive
- garlic
- green onion
- guava
- Iceberg lettuce
- lemons
- leaf lettuce
- Romaine lettuce
- lime
- mushrooms
- mustard greens
- okra
- onion
- hot chili pepper
- Le Rouge Royale pepper
- radishes
- rhubarb
- rutabagas
- spinach
Calorie Free

This descriptor may be made for fruits and vegetables that contain less than 5 calories per reference amount. Fruits and vegetables in this document that PMA believes to qualify for this descriptor are:

parsley
High in Fiber

This description may be made for fruits and vegetables that contain 5 grams or more fiber per reference amount (20% or more of the Daily Value per reference amount). Fruits and vegetables in this document that PMA believes to qualify for this descriptor are:

apple
blackberries
broccoli
grapefruit
oranges
raspberries
baby lima bean
large lima bean
pinto bean
lentils
small white bean
winged bean
pigeon pea
Good Source of Fiber

This descriptor may be made for fruits and vegetables that contain 2.5 grams but less than 5 grams fiber per reference amount (10-19% of the Daily Value per reference amount). Fruits and vegetables in this document that PMA believes to qualify for this descriptor are:

artichoke
banana
green beans
blueberries
Brussels sprouts
sweet corn
cherries
dates
figs
dried figs
guavas
kiwifruit
nectarines
onion
papaya
pear
potato
dried prunes
spinach
strawberries
sweet potato
tangerines
pink bean
chickpea
white bean
split pea
Good Source of Potassium

This descriptor may be made for fruits and vegetables that contain 350 mg to less than 700 mg potassium per reference amount (10-19% of the Daily Value per reference amount). Fruits and vegetables in this document that PMA believes to qualify for this descriptor are:

dried apricots
broccoli
banana
celery
kiwifruit
potato
sweet potato
tomato
baby lima bean
chickpea
lentils
winged bean
split pea
pinto bean
white bean
pigeon peas (bean)
High in Potassium

This description may be made for fruits and vegetables that contain 700 milligrams or more potassium per reference amount (20% or more of the Daily Value per reference amount). Fruits and vegetables in this document that PMA believes to qualify for this descriptor are:

large lima bean
small white bean
pink bean
High in Vitamin A

This descriptor may be made for fruits and vegetables that contain 1000 IU or more of vitamin A per reference amount (20% or more of the Daily Value per reference amount). Fruits and vegetables in this document that PMA believes qualify for this descriptor are:

- apricots
- dried apricots
- Pe-tsai cabbage
- cantaloupe
- carrot
- collards
- leaf lettuce
- Romaine lettuce
- mango
- mustard greens
- hot chili pepper
- Le Rouge Royale pepper
- spinach
- sweet potato
- tomato
- watermelon
Good Source of Vitamin A

This descriptor may be made for fruits and vegetables that contain 500 IU to less than 1000 IU of vitamin A per reference amount (10-19% of the Daily Value per reference amount). Fruits and vegetables in this document that PMA believes qualify for this descriptor are:

- asparagus
- broccoli
- grapefruit
- okra
- dried prunes
High in Vitamin C

This descriptor may be made for fruits and vegetables that contain 12 mg or more vitamin C per reference amount (20% or more of the Daily Value per reference amount). Fruits and vegetables in this document that PMA believes qualify for this descriptor are:

- apricots
- yellow snap beans
- bell pepper
- blackberries
- broccoli
- Brussels sprouts
- cabbage
- red cabbage
- Pe-tsai cabbage
- cantaloupe
- carambola
- cauliflower
- green cauliflower
- collards
- gooseberries
- grapefruit
- grapes
- green onion
- guavas
- honeydew melon
- kiwifruit
- lemon
- lime
- mustard greens
- okra
- onion
- orange
- papaya
- hot chili pepper
- Le Rouge Royale pepper
- pineapple
- plums
- potato
- prickly pears
- pummelo
- radishes
- raspberries
- rutabagas
- spinach
- summer squash
- strawberries
- sweet potato
- tangerines
- tomato
- watermelon
Good Source of Vitamin C

This descriptor may be made for fruits and vegetables that contain 6 mg to less than 12 mg vitamin C per reference amount (10-19% of the Daily Value per reference amount). Fruits and vegetables in this document that PMA believes qualify for this descriptor are:

- artichoke
- asparagus
- banana
- blueberries
- carrot
- celery
- sweet cherries
- sweet corn
- cucumber
- mango
- nectarines
- peaches
- pear
- green snap beans
High in Folate

This descriptor may be made for fruits and vegetables that contain 80 µg or more folate per reference amount (20% of the Daily Value per reference amount). Fruits and vegetables in this document that PMA believes qualify for this descriptor are:

- asparagus
- broccoli
- endive
- mustard greens
- spinach
- strawberries
- baby lima bean
- large lima bean
- pinto bean
- chickpea
- lentils
- white bean
- small white bean
- pink bean
- pigeon peas (bean)
- split pea
Good Source of Folate

This descriptor may be made for fruits and vegetables that contain 40 μg to less than 80 μg folate per reference amount (10-19% of the Daily Value per reference amount). Fruits and vegetables in this document that PMA believes qualify for this descriptor are:

artichoke
beets
blackberries
Brussels sprouts
Pe-tsai cabbage
cantaloupe
cauliflower
green cauliflower
leaf lettuce
Romaine lettuce
okra
papaya
Le Rouge Royale pepper
High in Iron

This descriptor may be made for fruits and vegetables that contain 3.6 mg or more iron per reference amount (20% of the Daily Value per reference amount). Fruits and vegetables in this document that PMA believes qualify for this descriptor are:

spinach
white bean lentils
winged beans
Good Source of Iron

This descriptor may be made for fruits and vegetables that contain 1.8 mg to less than 3.6 mg iron per reference amount (10-19% of the Daily Value per reference amount). Fruits and vegetables in this document that PMA believes qualify for this descriptor are:

- dried apricots
- baby lima bean
- large lima bean
- pinto bean
- chickpea
- lentils
- small white bean
- pink bean
- pigeon peas
Health Claims on Fiber-Containing Fruits, Vegetables, and Grain Products and Cancer

In order to make this claim, a food must be or contain a grain product, fruit, or vegetable and meet the requirements for low fat and, without fortification, be a good source of dietary fiber. Fruits and vegetables in this document that PMA believes to qualify for this health claim are:

apple
artichoke
banana
green beans
blackberries
blueberries
broccoli
Brussels sprouts
cherries
sweet corn
dates
figs
dried figs
grapefruit
guavas
kiwifruit
onion
orange
papaya
pear
potato
dried prunes
raspberries
spinach
strawberries
sweet potato
tangerines
Health Claims on Fruits and Vegetables and Cancer

This claim may be made for fruits and vegetables that meet the requirements for low fat and, without fortification, for good source of fiber or vitamins A or C. Fruits and vegetables in this document that PMA believes to qualify for this health claim are:

apple  lemon
apricots  leaf lettuce
dried apricots  Romaine lettuce
artichoke  lime
asparagus  mango
banana  mustard greens
green beans  nectarines
yellow snap beans  okra
bell pepper  onion
blackberries  orange
blueberries  papaya
broccoli  peaches
Brussels sprouts  pear
cabbage  hot chili pepper
red cabbage  Le Rouge Royale pepper
Pe-tsai cabbage  pineapple
cantaloupe  plums
carambola  potato
carrot  prickly pears
cauliflower  dried prunes
green cauliflower  pummelos
celery  radishes
cherries  raspberries
collards  rutabagas
sweet corn  spinach
cucumber  summer squash
dates  strawberries
figs  sweet potato
dried figs  tangerines
gooseberries  tomato
grapefruit  watermelon
grapes  
green onion  
guavas  
honeydew melon  
kiwifruit  

Updated 2009
Health Claims on Fruits, Vegetables, and Grain Products that Contain Fiber and Risk of Coronary Heart Disease (CHD)

In order to make this claim, a food must be/contain fruits, vegetables, or grain products and must meet the requirements for low saturated fat, low-cholesterol, and low fat and contain, without fortification, at least 0.6 g soluble fiber per reference amount. Fruits and vegetables in this document that PMA believes to qualify for this health claim are:

apple  sweet potato
artichoke  tangerines
banana  watermelon
green beans  baby lima bean
beets  large lima bean
blackberries  pinto bean
blueberries  lentils
Brussels sprouts  small white bean
carrot  pink bean
green cauliflower  pigeon peas (bean)
cherries
dates
figs
dried figs
grapefruit
guavas
kiwifruit
lemon
leaf lettuce
Romaine lettuce
lime
nectarines
orange
papaya
pear
dried prunes
raspberries
spinach
summer squash
strawberries
# Health Claims on Fat and Cancer

In order to make this health claim, a food must meet the descriptor requirements of lowfat. Fruits and vegetables in this document that PMA believes to qualify for this health claim are:

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>apple</td>
<td>Romaine lettuce</td>
</tr>
<tr>
<td>apricots</td>
<td>lime</td>
</tr>
<tr>
<td>dried apricots</td>
<td>mango</td>
</tr>
<tr>
<td>artichoke</td>
<td>mustard greens</td>
</tr>
<tr>
<td>asparagus</td>
<td>nectarines</td>
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<tr>
<td>banana</td>
<td>okra</td>
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<tr>
<td>green beans</td>
<td>onion</td>
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<tr>
<td>yellow snap beans</td>
<td>orange</td>
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<tr>
<td>bell pepper</td>
<td>papaya</td>
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<tr>
<td>blackberries</td>
<td>peaches</td>
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<tr>
<td>blueberries</td>
<td>pear</td>
</tr>
<tr>
<td>broccoli</td>
<td>hot chili pepper</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Le Rouge Royale pepper</td>
</tr>
<tr>
<td>cabbage</td>
<td>pineapple</td>
</tr>
<tr>
<td>red cabbage</td>
<td>plums</td>
</tr>
<tr>
<td>Pe-tsai cabbage</td>
<td>potato</td>
</tr>
<tr>
<td>cantaloupe</td>
<td>pricklypears</td>
</tr>
<tr>
<td>carambola</td>
<td>dried prunes</td>
</tr>
<tr>
<td>carrot</td>
<td>pummelos</td>
</tr>
<tr>
<td>cauliflower</td>
<td>radishes</td>
</tr>
<tr>
<td>green cauliflower</td>
<td>raspberries</td>
</tr>
<tr>
<td>celery</td>
<td>rutabagas</td>
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<tr>
<td>cherries</td>
<td>spinach</td>
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<tr>
<td>collards</td>
<td>summer squash</td>
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<tr>
<td>sweet corn</td>
<td>strawberries</td>
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<tr>
<td>cucumber</td>
<td>sweet potato tangerines</td>
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<tr>
<td>dates</td>
<td>tomato</td>
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<tr>
<td>Belgian endive</td>
<td>watermelon</td>
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<tr>
<td>figs</td>
<td>baby lima bean</td>
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<tr>
<td>dried figs</td>
<td>large lima bean</td>
</tr>
<tr>
<td>gooseberries</td>
<td>pinto bean</td>
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<tr>
<td>grapefruit</td>
<td>lentils</td>
</tr>
<tr>
<td>grapes</td>
<td>white bean</td>
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<tr>
<td>guavas</td>
<td>small white bean</td>
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<tr>
<td>honeydew melon</td>
<td>pink bean</td>
</tr>
<tr>
<td>kiwifruit</td>
<td>pigeon peas (bean)</td>
</tr>
<tr>
<td>lemon</td>
<td>split pea</td>
</tr>
<tr>
<td>leaf lettuce</td>
<td></td>
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</tbody>
</table>
## Health Claims on Saturated Fat and Cholesterol and Coronary Heart Disease (CHD)

In order to make this health claim, a food must meet the definitions for the descriptors *low saturated fat*, *low-cholesterol*, and *low fat*. Fruits and vegetables in this document that PMA believes to qualify for this health claim are:

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Fruits</th>
<th>Fruits</th>
</tr>
</thead>
<tbody>
<tr>
<td>apple</td>
<td>honeydew melon</td>
<td>baby lima bean</td>
</tr>
<tr>
<td>apricots</td>
<td>kiwifruit</td>
<td>large lima bean</td>
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<td>dried apricots</td>
<td>lemon</td>
<td>pinto bean</td>
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<tr>
<td>artichoke</td>
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<td>lentils</td>
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<td>asparagus</td>
<td>Romaine lettuce</td>
<td>white bean</td>
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<tr>
<td>banana</td>
<td>lime</td>
<td>small white bean</td>
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<tr>
<td>green beans</td>
<td>mango</td>
<td>pink bean</td>
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<tr>
<td>yellow snap beans</td>
<td>mustard greens</td>
<td>pigeon peas (bean)</td>
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<td>bell pepper</td>
<td>nectarines</td>
<td>split pea</td>
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<td>blackberries</td>
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<tr>
<td>blueberries</td>
<td>onion</td>
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<td>broccoli</td>
<td>orange</td>
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<tr>
<td>Brussels sprouts</td>
<td>papaya</td>
<td></td>
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<tr>
<td>cabbage</td>
<td>peaches</td>
<td></td>
</tr>
<tr>
<td>red cabbage</td>
<td>pear</td>
<td></td>
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<tr>
<td>Pe-tsai cabbage</td>
<td>hot chili pepper</td>
<td></td>
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<tr>
<td>cantaloupe</td>
<td>Le Rouge Royale pepper</td>
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<tr>
<td>carambola</td>
<td>pineapple</td>
<td></td>
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<tr>
<td>carrot</td>
<td>plums</td>
<td></td>
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<tr>
<td>cauliflower</td>
<td>potato</td>
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<tr>
<td>green cauliflower</td>
<td>pricklypears</td>
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<tr>
<td>celery</td>
<td>dried prunes</td>
<td></td>
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<tr>
<td>cherries</td>
<td>pummelos</td>
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<tr>
<td>collards</td>
<td>radishes</td>
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<tr>
<td>sweet corn</td>
<td>raspberries</td>
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<tr>
<td>cucumber</td>
<td>rhubarb</td>
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<tr>
<td>dates</td>
<td>rutabagas</td>
<td></td>
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<tr>
<td>figs</td>
<td>spinach</td>
<td></td>
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<tr>
<td>dried figs</td>
<td>summer squash</td>
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<tr>
<td>gooseberries</td>
<td>strawberries</td>
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<tr>
<td>grapefruit</td>
<td>sweet potato</td>
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<tr>
<td>grapes</td>
<td>tangerines</td>
<td></td>
</tr>
<tr>
<td>guavas</td>
<td>tomato</td>
<td></td>
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<tr>
<td></td>
<td>watermelon</td>
<td></td>
</tr>
</tbody>
</table>
Health Claims on Sodium and Hypertension (High Blood Pressure)

In order to make this health claim, a food must meet the descriptor requirements for low sodium. Fruits and vegetables in this document that PMA believes to qualify for this health claim are:

apple apricots dried apricots artichoke asparagus avocado banana green beans yellow snap beans bell pepper blackberries blueberries broccoli Brussels sprouts cabbage red cabbage Pe-tsai cabbage cantaloupe carambola carrot cauliflower green cauliflower celery cherries collards sweet corn cucumber dates endive figs dried figs gooseberries grapefruit grapes guavas honeydew melon kiwifruit lemon leaf lettuce Romaine lettuce lime mango mustard greens nectarines okra onion orange papaya peaches pear hot chili pepper Le Rouge Royale pepper pineapple plums potato pricklypears dried prunes pummelos radishes raspberries rhubarb rutabagas summer squash strawberries sweet potato tangerines tomato watermelon baby lima bean large lima bean pinto bean chickpea lentils winged bean white bean small white bean pink bean pigeon peas (bean) split pea
Appendix E

Background Information on Health Claims


(a) Definitions. For purposes of this section, the following definitions apply:

(1) **Health claim** means any claim made on the label or in labeling of a food, including a dietary supplement, that expressly or by implication, including “third-party” references, written statements (e.g., a brand name including a term such as “heart”), symbols (e.g., a heart symbol), or vignettes, characterizes the relationship of any substance to a disease or health-related condition. Implied health claims include those statements, symbols, vignettes, or other forms of communication that suggest, within the context in which they are presented, that a relationship exists between the presence or level of a substance in the food and a disease or health-related condition.

(2) **Substance** means a specific food or component of food.

(3) **Nutritive value** means a value in sustaining human existence by such processes as promoting growth, replacing loss of essential nutrients, or providing energy.

(4) **Disqualifying nutrient levels** means the levels of total fat, saturated fat, cholesterol, or sodium in a food above which the food will be disqualified from making a health claim. These levels are 13.0 grams (g) of fat, 4.0 g of saturated fat, 60 milligrams (mg) of cholesterol, or 480 mg of sodium, per reference amount customarily consumed, per label serving size, and, only for foods with reference amounts customarily consumed of 30 g or less or 2 tablespoons or less, per 50 g. For dehydrated foods that must have water added to them prior to typical consumption, the per 50 g criterion refers to the as prepared form. Any one of the levels, on a per reference amount customarily consumed, a per label serving size or, when applicable, a per 50 g basis, will disqualify a food from making a health claim unless an exception is provided in subpart E of this part, except that:

(i) The levels for a meal product as defined in 101.13(1) are 26.0 g
of fat, 8.0 g of saturated fat, 120 mg of cholesterol, or 960 mg of sodium per label serving size, and

(ii) The levels for a main dish product as defined in 101.13 (m) are 19.5 g of fat, 6.0 g of saturated fat, 90 mg of cholesterol, or 720 mg of sodium per label serving size.

(5) **Disease or health-related condition** means damage to an organ, part, structure, or system of the body such that it does not function properly (e.g., cardiovascular disease), or a state of health leading to such dysfunctioning (e.g., hypertension); except that diseases resulting from essential nutrient deficiencies (e.g., scurvy, pellagra) are not included in this definition (claims pertaining to such diseases are thereby not subject to 101.14 or 101.70).

(b) **Eligibility.** For a substance to be eligible for a health claim:

(1) The substance must be associated with a disease or health-related condition for which the general U.S. population, or an identified U.S. population subgroup (e.g., the elderly) is at risk, or, alternatively, the petition submitted by the proponent of the claim otherwise explains the prevalence of the disease or health-related condition in the U.S. population and the relevance of the claim in the context of the total daily diet and satisfies the other requirements of this section.

(2) If the substance is to be consumed as a component of a conventional food at decreased dietary levels, the substance must be a nutrient listed in 21 U.S.C. 343(q)(1)(C) or (q)(1)(D), or one that the Food and Drug Administration (FDA) has required to be included in the label or labeling under 21 U.S.C. 343 (q)(2)(A); or

(3) If the substance is to be consumed at other than decreased dietary levels:

(i) The substance must contribute taste, aroma, or nutritive value, or any technical effect listed in 170.3(o) of this chapter, to the food and must retain that attribute when consumed at levels that are necessary to justify a claim; and

(ii) The substance must be a food or a food ingredient or a component of a food ingredient whose use at the levels necessary to justify a claim has been demonstrated by the proponent of the claim, to FDA’s satisfaction, to be safe and lawful under the applicable food safety provisions of the Federal Food, Drug, and Cosmetic Act.

(c) **Validity requirement.** FDA will promulgate regulations authorizing a health claim only when it determines, based on the totality of publicly available scientific evidence (including evidence from well-designed studies conducted in a manner which is consistent with generally recognized scientific procedures and principles), that there is significant scientific agreement, among experts qualified by scientific training and experience to
evaluate such claims, that the claim is supported by such evidence.

(d) General health claim labeling requirements.

(1) When FDA determines that a health claim meets the validity requirements of paragraph (c) of this section, FDA will propose a regulation in subpart E of this part to authorize the use of that claim. If the claim pertains to a substance not provided for in 101.9, FDA will propose amending that regulation to include declaration of the substance.

(2) When FDA has adopted a regulation in subpart E of this part providing for a health claim, firms may make claims based on the regulation in subpart E of this part, provided that:

(i) All label or labeling statements about the substance-disease relationship that is the subject of the claim are based on, and consistent with, the conclusions set forth in the regulations in subpart E of this part;

(ii) The claim is limited to describing the value that ingestion (or reduced ingestion) of the substance, as part of a total dietary pattern, may have on a particular disease or health-related condition;

(iii) The claim is complete, truthful, and not misleading. Where factors other than dietary intake of the substance affect the relationship between the substance and the disease or health-related condition, such factors may be required to be addressed in the claim by a specific regulation in subpart E of this part;

(iv) All information required to be included in the claim appears in one place without other intervening material, except that the principal display panel of the label or labeling may bear the reference statement, “See _____ for information about the relationship between______and______,” with the blanks filled in with the location of the labeling containing the health claim, the name of the substance, and the disease or health related condition (e.g., “See attached pamphlet for information about calcium and osteoporosis”), with the entire claim appearing elsewhere on the other labeling. Provided that, where any graphic material (e.g., a heart symbol) constituting an explicit or implied health claim appears on the label or labeling, the reference statement or the complete claim shall appear in immediate proximity to such graphic material;

(v) The claim enables the public to comprehend the information provided and to understand the relative significance of such information in the context of a total daily diet; and

(vi) If the claim is about the effects of consuming the substance at decreased dietary levels, the level of the substance
in the food is sufficiently low to justify the claim. To meet this requirement, if a definition for use of the term “low” has been established for that substance under this part, the substance must be present at a level that meets the requirements for use of that term, unless a specific alternative level has been established for the substance in subpart E of this part. If no definition for “low” has been established, the level of the substance must meet the level established in the regulation authorizing the claim; or

(vii) If the claim is about the effects of consuming the substance at other than decreased dietary levels, the level of the substance is sufficiently high and in an appropriate form to justify the claim. To meet this requirement, if a definition for use of the term “high” for that substance has been established under this part, the substance must be present at a level that meets the requirements for use of that term, unless a specific alternative level has been established for the substance in subpart E of this part. If no definition for “high” has been established (i.e., where the claim pertains to a food either as a whole food or as an ingredient in another food), the claim must specify the daily dietary intake necessary to achieve the claimed effect, as established in the regulation authorizing the claim, provided that:

(A) Where the food that bears the claim meets the requirements of paragraphs (d)(2)(vi) or (d)(2)(vii) of this section based on its reference amount customarily consumed, and the labeled serving size differs from that amount, the claim shall be followed by a statement explaining that the claim is based on the reference amount rather than the labeled serving size (e.g., “Diets low in salt and sodium may help lower blood pressure in many people. A serving of _____ounces of this product conforms to such a diet.”).

(B) Where the food that bears the claim is sold in a restaurant (except if the claim is made on a menu) or in other establishments in which food that is ready for human consumption is sold, the food can meet the requirements of paragraphs (d)(2)(vi) or (d)(2)(vii) of this section if the firm that sells the food has a reasonable basis on which to believe that the food that bears the claim meets the requirements of paragraphs (d)(2)(vi) and (d)(2)(vii) of this section and providing that basis upon request.

(3) Nutrition labeling shall be provided in the label or labeling of any food for which a health claim is made in accordance with 101.9 or, for restaurant foods, in accordance with 101.10.

(e) Prohibited health claims. No expressed or implied health claim may be made on the label or in labeling for a food unless:

(1) The claim is specifically provided for in subpart E of this part;
(2) The claim conforms to all general provisions of this section as well as to all specific provisions in the appropriate section of subpart E of this part;

(3) None of the disqualifying levels identified in paragraph (a)(5) of this section is exceeded in the food, unless specific alternative levels have been established for the substance in subpart E of this part; or unless FDA has permitted a claim despite the fact that a disqualifying level of a nutrient is present in the food based on a finding that such a claim will assist consumers in maintaining healthy dietary practices, and, in accordance with the regulation in subpart E of this part that makes such a finding, the label bears a referral statement that complies with 101.13(h), highlighting the nutrient that exceeds the disqualifying level;

(4) Except as provided in paragraph (e)(3) of this section, no substance is present at an inappropriate level as determined in the specific provision authorizing the claim in subpart E of this part;

(5) The label does not represent or purport that the food is for infants and toddlers less than 2 years of age except if the claim is specifically provided for in subpart E of this part; and

(6) Except for dietary supplements not in conventional food form, or unless otherwise specified, the food contains 10 percent or more of the Reference Daily Intake or the Daily Reference Value for vitamin A, vitamin C, iron, calcium, protein, or

fiber per reference amount customarily consumed prior to any nutrient addition.

(f) The requirements of this section do not apply to:

(1) Infant formulas subject to section 412(h) of the Federal Food, Drug, and Cosmetic Act, and

(2) Medical foods defined by section 5(b) of the Orphan Drug Act.

(g) Applicability. The requirements of this section apply to foods intended for human consumption that are offered for sale.
Appendix F
PMA Food Labeling Q&A

INGREDIENT LIST

This Q & A presents information relating to the requirements of the Food and Drug Administration on declaration of ingredients. Some of the answers below include citations that the reader may refer to for additional information about a particular requirement. The “C.F.R.” refers to the Code of Federal Regulations. All other references are presented in nonabbreviated form.

One of the Food and Drug Administration’s (FDA) primary requirements for a food label is to identify all ingredients present in a food. An exemption to this rule exists for foods consisting of a single ingredient (e.g., fresh produce with no coatings of any kind). However, other types of produce items, as well as the majority of processed foods, are subject to the requirement.

What rules apply with respect to the order in which ingredients are declared on the label?

All ingredients in a product must be declared in descending order of predominance.

21 C.F.R. § 101.4(a)(1).

Where should the ingredient list be placed on the label?

The ingredient list may be placed on the principal display panel, which is that portion of the package label that is most likely to be seen by consumers at the time of purchase.

21 C.F.R. § 101.1.

A second (and more commonly used) option is to place the ingredient list on the “information panel.” The information panel is the label panel immediately to the right of the principal display panel, as the package is displayed to consumers. If this panel is not usable due to package design or construction, then the information panel is the first available label panel to the right of the principal display panel.

21 C.F.R. § 101.2(a).

What type size is required for the ingredient list?

The ingredient list must have a minimum type size of 1/16th inch (expressed as the height for small case letters used in the statement).

21 C.F.R. § 101.2(c).

How do I decide what names to use when declaring ingredients?

Ingredients should be identified by their common or usual name. FDA generally requires each ingredient to be identified
by a specific name, but collective (generic) names (e.g., “natural flavors,” “spices”) are permitted for some substances. FDA’s lists of permitted collective names are found at 21 C.F.R. §§ 101.4 and 101.22.

**How do I declare an ingredient that is itself made up of more than one ingredient?**

One option would be to include a parenthetical after the name of the ingredient and list each component within the parenthetical in descending order of predominance.

A second option would be to incorporate the individual components into a “master” ingredient list as if each were a distinct ingredient.

21 C.F.R. § 101.4(b).

**Is it necessary to declare trace ingredients?**

Ingredients need not be declared if they are “incidental additives” that meet the following two conditions: (1) they have no technical or functional effect in the finished food, and (2) they are present at insignificant levels in the finished food.

Examples of incidental additives include:

- substances that are present in a food by reason of having been incorporated into the food as an ingredient of another food where the substance did have a technical or functional effect;
- processing aids;
- substances migrating to food from equipment or packaging materials, so long as the substances are used in accordance with food additive regulations.

NOTE: Sulfites cannot qualify for incidental additive status unless present at levels below 10 parts per billion. Please see the last question in this section for a discussion on allergen labeling.

21 C.F.R. § 101.100(a)(3).

**Must I declare pesticide residues on the ingredient list?**

Residues of pesticide chemicals that are applied either pre-harvest or post-harvest to fresh produce are exempt from ingredient labeling requirements. Section 4030) of the Federal Food, Drug, and Cosmetic Act. However, when postharvest pesticides are used, the shipping container of the produce must bear the name of the pesticide as well as a description of its function.

When individual bags, berry boxes, or similar containers of raw agricultural commodities that are products of the soil are packed into master cartons for shipment, only the master carton is considered the shipping carton that must bear the required labeling. If the bags, boxes, or other packages are not packed into other containers, but are shipped individually, each individual bag or other container is the “shipping container” and must bear the required labeling.

FDA Compliance Policy Guide 7120.27.

**Must I declare chlorine residues for products that have been washed with chlorine?**
Whether or not chlorine washes should be declared on the ingredient list depends on whether the chlorine residue qualifies for incidental additive status (see above).

**What special ingredient list labeling requirements apply if chemical preservatives are used in or on my product?**

Chemical preservatives used in or on produce items must be declared in the ingredient list (assuming that the substances are serving a preservative function in the finished product). FDA requires that the ingredient listing for preservatives be followed by a parenthetical description of the purpose of the preservative, e.g., “potassium sorbate (to preserve freshness).”


**If I have a multi-component product consisting of distinct foods, e.g., a salad kit containing a produce mix, salad dressing, and croutons, should I provide one big ingredient list, or have separate ingredient lists for each component?**

FDA’s rules do not specify whether a single “master” ingredient list should be used in such situations, or whether separate ingredient lists for each component should be provided. We are not aware of any situations where FDA has challenged either approach.

**Do I have to list waxes as ingredients?**

Packers, repackers, shippers, and retailers of fresh fruits and vegetables treated with post-harvest wax or resin coatings are required to declare the coatings. Coatings should be declared by using either the phrase:

- Coated with food-grade animal-based wax, to maintain freshness (followed by a list of commodity (-ies) coated with this wax)

or the phrase:

- Coated with food-grade vegetable-, petroleum-, beeswax-, and/or shellac-based wax or resin, to maintain freshness (followed by a list of the commodity (-ies) coated with these waxes or resins)

21 C.F.R. § 101.4(b)(22).

**Are there specific rules that apply to labeling of allergens, including those in wax coatings?**

Yes. The Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA) amends the FD&C Act to require more complete labeling of foods that contain the eight most common food allergens or ingredients derived from them. The eight most common allergens, defined in new section 201(qq)(1) of the FD&C Act, are: (1) milk; (2) eggs; (3) fish (e.g., bass, flounder, or cod); (4) crustacean shellfish (e.g., crab, lobster, or shrimp); (5) tree nuts (e.g., almonds, pecans, or walnuts); (6) wheat; (7) peanuts; and (8) soybeans. The term “major food allergens” also includes food ingredients that contain protein derived from one of the eight. So, if a wax coating contains allergenic protein it must be labeled pursuant to FALCPA. The new labeling provisions went into effect on January 1, 2006.
To adhere to FALCPA’s labeling provisions the label must either:

(1) use the word “contains” followed by the name of the food source from which the major food allergen is derived (e.g., “Contains peanuts”) or

(2) bear the common or usual name of the major food allergen in the ingredient list followed by the name of the food source from which the major food allergen is derived (e.g., “semolina (wheat),” “whey (milk)”).

The name of the food source from which the major food allergen is derived is not required in parentheses next to the common or usual name of the food allergen in the ingredient list when the common or usual name uses the name of the food source or the name of the food source appears elsewhere in the ingredient list.

The term “name of the food source from which the major food allergen is derived” refers to these eight major food allergen groups. However, in the case of tree nuts, fish, or crustacean shellfish, the specific type must be included in the declaration (e.g., almond, salmon, shrimp). Spices, flavoring, colorings, or incidental additives that are or that bear or contain a major food allergen must also adhere to the above outlined labeling requirements (e.g., “natural flavor (almond)”). Highly refined oils that are derived from any of the major allergen groups and ingredients from these highly refined oils are exempt from the labeling requirements. In addition, FALCPA includes a petition and notification process to exempt certain food ingredients that contain protein from one or more of the eight major allergen groups.

All citations are to the Code of Federal Regulations (C.F.R.).

Information contained in this document concerning labeling requirements has been synopsized specifically for fruits and vegetables and represents our best interpretation of the rules in this area. However, administrative and judicial interpretations, as well as the rules themselves, are subject to change. Some states have laws that also impact on food labeling. The general presentation of FDA’s rules in this document does not constitute legal advice for particularized facts. For your specific labeling needs, contact your legal counsel.

The law firm of Keller and Heckman, which represents PMA and assisted in the preparation of this document, is available to answer your particular regulatory/technical questions. Direct your questions to Melvin S. Drozen 202-434-4222. Fees associated with Keller and Heckman’s assistance with your questions will be discussed when you contact the firm.

COMPANY NAME AND ADDRESS

This Q & A presents information relating to the requirements of the Food and Drug Administration on identification of manufacturer, distributor, or packer. Some of the
answers below include citations that the reader may refer to for additional information about a particular requirement. The “C.F.R.” refers to the Code of Federal Regulations. All other references are presented in non-abbreviated form.

One of the Food and Drug Administration’s (FDA) primary labeling requirements is that the name and place of business of the manufacturer, packer, or distributor of a particular food product must be stated on the label. This requirement is sometimes referred to as the “company signature line.”

**Where must the company signature line be placed on the label?**

The company signature line may be placed on the “principal display panel” (PDP), which is that portion of the package label that is most likely to be seen by consumers at the time of purchase.

A second (and more commonly used) option is to place the company signature line on the “information panel.” The information panel is the label panel immediately to the right of the PDP, as the package is displayed to consumers. If this panel is not usable due to package design or construction, then the information panel is the first available label panel to the right of the PDP.

For example, for a bag of potatoes with no significant side panels, the information panel would be the back panel of the bag.

21 C.F.R. §§ 101.1 and 101.2.

**What is the required type size for the company signature line?**

The company signature line must have a minimum type size of 1/16th inch (expressed as the minimum height for small case letters used in the statement).

21 C.F.R. § 101.2(c).

**What name should be used, the name of the producer or the distributor?**

FDA permits use of the name of either the manufacturer, packer, or distributor.

If the food product is not manufactured (produced) by the company whose name appears on the label, the name should be qualified by a phrase that reveals the connection such company has with the food, such as “Distributed by___________” or “Produced for_________________” or any other words that express the facts.

21 C.F.R. § 101.5(a).

**Must I include the entire street address, including the zip code?**

The company signature line must include the actual corporate name (which may be preceded or followed by division names), the street address, city, state, and zip code.

The street address may be omitted if it is published in a current city directory or telephone directory.

21 C.F.R. § 101.5(b) and (d).

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PRODUCT
IDENTITY
STATEMENT

This Q & A presents information relating to the requirements of the Food and Drug Administration on identifying food products. Some of the answers below include citations that the reader may refer to for additional information about a particular requirement. The “C.F.R.” refers to the Code of Federal Regulations. All other references are presented in nonabbreviated form.

One of the Food and Drug Administration’s (FDA) primary requirements for a food label is to identify or name the product being sold. The product name must appear on the front panel of a food label, and should generally be in a type size no smaller than half that of the largest type appearing on the front panel.

How do I pick an appropriate name for my product?

FDA has established a three-step hierarchy in choosing an appropriate name for a product. The first option is to use the name picked by FDA if the product has a “standard of identity.” FDA’s standards of identity are found at 21 C.F.R. Parts 130-169. FDA has no standards of identity for fresh produce, but there are standards for related products, such as canned fruits (Part 145), canned vegetables (Part 155), frozen vegetables (Part 158), and condiment-type products that are sometimes sold in conjunction with fresh products, e.g., cheeses (Part 133), sour cream (Part 131), and food dressings and flavorings (Part 169).

If no standard of identity exists, the second option is to use a “common or usual name.” For nearly all fresh produce, the common or usual name will be obvious (“Celery,” “Brussels Sprouts,” “Raspberries”).

If there is no common or usual name, because the product is unique or novel, the third and last option is to use an appropriately descriptive term, or, when the nature of the food is obvious, a fanciful name commonly used by the public for the food, e.g., “Party Platter: Fresh Vegetables with Sour Cream Dip.”

21 C.F.R. § 101.3.

May I identify my fruit or vegetable product by a general name (e.g.,
“Apples”) or must also include a reference to the variety (“Golden Delicious Apples”)?

FDA has no hard or fast rules for the degree of specificity that must be used in identifying most produce items. In the absence of a specific requirement, manufacturers and distributors should include a varietal name if such information would be of potential importance or materiality to consumers (e.g., are there significant differences among the varieties of a particular produce item that make it important to identify a particular product as belonging to a certain variety?) Look to current industry practice as a useful guide for what to do with your product.

Where must the product name be placed on the label?

The FDA requires the product name (also called the “product identity statement”) to appear on the “principal display panel.” The principal display panel is that portion of the package label that is most likely to be seen by consumers at the time of purchase. The product name must be generally parallel to the base of the package.

21 C.F.R. § 101.3(a) and (d).

What size type should I use for the product name?

The product name should be in a type size reasonably related to the most prominently printed material on the PDP.

FDA’s informal rule is that to meet the “reasonably related” requirement, the product name should be no less than one-half the size of the largest type appearing on the principal display panel. The absolute minimum type size ever permitted for the product name is 1/16 inch type (for the height of any small case letters that are used), but for many packages this minimum type size may not satisfy the “reasonably related” requirement.

21 C.F.R. § 101.2(c).

When is it necessary to include terms like “cut,” “sliced,” “diced,” etc., as part of the statement of identity?

FDA generally requires that information about the form in which a food is sold (whole, sliced, diced, etc.) should be part of the product name when that food is normally marketed in a variety of forms. Such information must be in a type size reasonably related to the type size used for the rest of the product name. Id. However, if the physical form of the food is visible through the package or is depicted by an appropriate vignette on the label, the particular form need not be specified in the product name.

21 C.F.R. § 1013(c).

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**NUTRIENT CONTENT CLAIMS**

This Q & A addresses requirements of the Food and Drug Administration’s (FDA) relating to nutrient content claims. Many of the answers below include citations that the reader may refer to for additional information about a particular requirement. The “C.F.R.” refers to the Code of Federal Regulations. All other references are presented in non-abbreviated form. Another excellent source for information about nutrient content claims is the PMA Nutrition and Produce Labeling Guide.

Nutrient content claims are claims that characterize, either expressly or by implication, the level of a nutrient in a product. Examples include: “High in Vitamin C,” “Fat Free,” and “Low-calorie.”

The Food and Drug Administration (FDA) has a number of requirements that must be satisfied when a nutrient content claim is made. First, keep in mind that nutrient content claims trigger the need for nutrition labeling. That is, the exemption from nutrition labeling that normally exists for raw agricultural commodities is lost when a nutrient content claim is made either on the label, or in labeling or advertising.

Second, companies making nutrient content claims should also keep in mind that certain threshold levels for the nutrient must be satisfied when making a claim. For example, to make a “high” claim for a vitamin, the product must contain at least 20% of the Daily Value for that vitamin.

**If I make a nutrient content claim on my label, is nutrition labeling required?**

This question raises a very important point. If a nutrient content claim is made on the label, or in labeling or advertising, nutrition labeling becomes mandatory. The normal exemption from nutrition labeling for raw agricultural commodities is lost.

**May I make nutrient content claims other than those listed in FDA’s regulations?**

FDA’s current rules provide for the use of a limited number of “defined” claims. Undefined terms may not be used.

**What proof must I have that my products qualify for a nutrient content claim?**

FDA’s regulations do not specify how a manufacturer must document the validity of a claim. In the event that FDA questions a claim, the Agency would conduct analytical testing to determine the level of the nutrient in the product. The manufacturer should be comfortable
that, in the event its product were tested, the claim would be justified. For those nutrients and products where there is an approved database, a company can be relatively comfortable that the approved data may be used as the basis for the claim. In other cases, it may be necessary to conduct analytical testing to assure that the qualifying levels for the nutrients are met.

What is the status of “healthy” and similar claims?

When the term “healthy” (and variations such as “healthier,” “healthiest”) is used in a nutritional context, the term is a nutrient content claim because it characterizes — indirectly — the level of nutrients that the food contains. FDA has determined that “healthy” represents that a product does not exceed threshold levels of fat, saturated fat, cholesterol, and sodium, and that the product contains at least 10% of the Daily Value of either fiber, protein, vitamin A, vitamin C, calcium, or iron. Raw fruits and vegetables are exempt from the latter requirement, as well as frozen or canned single ingredient fruit and vegetables and mixtures thereof — ingredients whose addition does not change the nutrient profile of the fruit or vegetable added.

21 C.F.R. § 101.65(d).

Do general claims such as “nutritious” or “wholesome” fall within the nutrient content claim category?

FDA considered whether it should establish requirements for use of the terms “nutritious” and “wholesome” when it finalized its rule for “healthy.” The Agency decided against establishing special rules for the use of these terms. FDA did note, however, that companies should only use these terms in a truthful and non-misleading manner. Further, when these claims are directly or indirectly tied to the level of a particular nutrient(s) (“The fiber and vitamin A in this product assure that it is nutritious”), they may become nutrient content claims.

May I report on my label how many grams of beta-carotene or some other nutrient is in a serving of my product?

Yes. FDA permits simple quantitative statements on the label about the level of nutrient for which there is no established Daily Value. However, FDA views these statements as nutrient content claims. Thus, their presence on the label would require full nutrition.

Care must also be taken when making these statements to assure that they only specify the amount of a nutrient per serving, and do not imply that there is a lot or a little of that nutrient in the product. A statement such as “x mg of beta carotene” would be permitted since it is a straightforward quantitative statement. However, statements such as “contains beta carotene” or “provides beta carotene” would not be permitted since they imply the product is a “good source” of beta carotene. In FDA’s view, it is not possible to make a “good source” claim for a nutrient with no established Daily Value since there is no basis for making this determination.

Are there any limits on the placement or size of nutrient content claims on the label?

Nutrient content claims must never be more than twice the size of the product identity statement and must not be
unduly prominent in type-style compared to the product identity statement.

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GENERAL LABELLING MATTERS

This Q & A addresses issues of general interest relating to food labeling. Many of the answers below include citations that the reader may refer to for additional information about a particular requirement. The “C.F.R.” refers to the Code of Federal Regulations. All other references are presented in non-abbreviated form.

The Federal Food, Drug, and Cosmetic Act (the “Act”) contains two major commandments with respect to the preparation and marketing of food products: (1) thou shall not adulterate; and (2) thou shall not misbrand.

Commandment 1 relates to food safety issues. Commandment 2, which is the subject of this Q & A, and a series of related Q & A’s, is concerned with assuring that food labels contain all necessary information, and that all label information is presented in a truthful and non-misleading manner.

Where must label information required by FDA appear on a food package?

With a few exceptions, discussed below, required label information must appear either on the principal display panel or the information panel.

What is the principal display panel?

The principal display panel (PDP) is that portion of the package label most likely to be seen by the consumer at the time of purchase. Depending on how the package is designed to be displayed to the consumer, this is normally the front or the top of a bag or box or can. Many containers are designed with two or more different surfaces that are suitable for display as the PDP. These are referred to as alternative PDP panels.

21 C.F.R. § 101.
What label statements must appear on the PDP?

The statement of identity or name of the food, and the net quantity of contents statement must be placed on the principal display panel. Other required label information (e.g., ingredient list, company name and address, nutrition labeling) may be placed on the PDP.

21 C.F.R. § 101.3(a) and 101.105(a).

What is the information panel?

The information panel is the label panel immediately to the right of the PDP, as displayed to the consumer. If this panel is not usable, due to package design or construction (e.g., folded flaps), then the information panel is the next label panel immediately to the right.

21 C.F.R. § 101.2(a).

What label statements must appear on the information panel?

The ingredient list, company signature line, and the Nutrition Facts box (if required) must be placed together, without intervening material, on the information panel. If the information panel will not accommodate all three items, nutrition information may be placed on any alternative panel likely to be seen by consumers during ordinary conditions of purchase.

21 C.F.R. § 101.2(a) and (b).

What label information must appear on food packages?

The five “core” mandatory labeling requirements are:

- product name
- net quantity of contents statement
- ingredient list
- company name and address
- nutrition information (packaged produce is exempt from nutrition labeling and falls under the voluntary program unless a nutrient or health claim is made for the product)

Other elements may be mandatory in particular cases, e.g., wax labeling, country-of-origin labeling.

What type size and placement requirements apply to each required label item?

The product name should be in prominent print and type, parallel to the base of the package. To be sufficiently “prominent,” the Food and Drug Administration (FDA) advises that the product name be at least 1/2 the size of the largest print on the label.

The net quantity of contents should be in a minimum type size that is related to the size of the PDP on which it appears. The relationship between the area of the PDP and the minimum type size is shown below.

<table>
<thead>
<tr>
<th>Area of PDP</th>
<th>Min. Height of Any Letter or Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 5 sq. in.</td>
<td>1/16th inch</td>
</tr>
<tr>
<td>5-25 sq. in.</td>
<td>1/8th inch</td>
</tr>
<tr>
<td>25-100 sq. in.</td>
<td>3/16th inch</td>
</tr>
<tr>
<td>over 100 sq. in.</td>
<td>1/4 inch</td>
</tr>
</tbody>
</table>

The ingredient list and company name and address should appear in at least 1/16 inch type (this height applies to all letters and numbers, whether capital or small-case).
The typesetting requirements for nutrition information are very complex. For details, consult the PMA Nutrition and Produce Labeling Guide or FDA’s regulation at 21 C.F.R. § 101.9(d).

What are FDA rules with respect to using stickers, adhesives, or inks for label information (e.g., little stickers for apples, inks for oranges)?

Label information may be provided in this manner. However, companies should carefully consider the extent to which some label information might trigger the need for other information. Companies wishing to provide labeling information by using stickers on individual pieces of fruit or vegetable must assure that all adhesives, papers, inks, etc., that contact food, or can reasonably be expected to become a component of the food, have appropriate safety clearances from FDA.

See, generally, 21 C.F.R. Parts 172, 182, 184.

What label information must appear on shipping cartons?

Much of the information required on the label of retail packages is not required on shipping cartons. However, there are situations where FDA’s rules require information on the labels of shipping cartons. Examples of information that is sometimes required to appear on the shipping carton include: (1) wax labeling; (2) postharvest pesticide labeling; and (3) country-of-origin marking (consult the relevant Q&As on each of the subjects for more information).

21 C.F.R. § 101.4 (wax labeling); FDA Compliance Policy Guide No. 7120.27 (February 9, 1989) (pesticide labeling); and 19 C.F.R. Part 134 (country-of-origin labeling)

If I have a multi-component product (e.g., a salad kit), must required label information be placed on the outer retail package if it already appears on smaller packages contained within the larger package? For example, if a small package of salad dressing already contains labeling information, must this same information be repeated on the outer package of the salad kit?

Yes. FDA rules state that all mandatory label information must appear on the outermost container. This rule is intended to assure that all information is available to be read by the consumer at the time of purchase.

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WAX LABELING

This Q & A presents information relating to the requirements of the Food and Drug Administration on wax labeling. Some of the answers below include citations that the reader may refer to for additional information about a particular requirement. The “C.F.R.” refers to the Code of Federal Regulations. All other references are presented in non-abbreviated form.

Packers, repackers, shippers, and retailers of fresh fruits and vegetables treated with post-harvest wax or resin coating are required to label to indicate the presence of the wax or coating.

Waxes and coatings should be declared by one of the following two phrases:

“Coated with food-grade animal-based wax, to maintain freshness.”

or

“Coated with food-grade vegetable-, petroleum-, beeswax-, and/or shellac-based wax or resin, to maintain freshness.”

Use of the terms “food-grade” and “to maintain freshness” are optional. The term “lac-resin” may be substituted for the term “shellac.” “Petroleum-based” must be used instead of “mineral-based” for such coatings.

In addition, the Food Allergen Labeling and Consumer Protection Act (FALCPA) creates labeling requirements for foods that are a major food allergen or that contain protein from one of the eight major food allergens. Please see the section in the “Mandatory Wax Labeling” section for more information.

21 C.F.R. § 101.4(b)(22).

What wax labeling requirements apply to packers, repackers, and shippers?

Packers, repackers, and shippers must provide coating information on the packing cartons. The lettering should be at least 1/4 inch in height for all characters.

21 C.F.R. § 101.100(a)(2)(i).

What requirements apply to packaged products sold at retail?

When packaged products have written or graphic material on their labels, wax and coating information must also appear in lettering at least 1/16th inch in height. The information may be placed on either the front panel or the panel immediately to the right of the front panel.

21 C.F.R. § 101.2(c).

What requirements apply to retailers?

Retailers must provide information on coatings for non-packaged produce items via point-of-purchase signs. The information relating to coating must appear in a minimum type size of 1/4th inch.

21 C.F.R. § 101.100(a)(2)(ii).
**As a retailer, how do I know what commodities are waxed so I know what to put on my signs?**

This information will often appear on the shipping cartons. In cases of doubt, retailers should check with their suppliers.

**What should be done with respect to labeling dairy waxes?**

Any dairy-based ingredients in the waxes or resins are covered by the “animal-based wax” designation described in the beginning paragraphs of this document.

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**COUNTRY-OF-ORIGIN LABELING**

This Q & A presents information relating to the requirements of the U.S. Customs and Border Protection (U.S. Customs) and the USDA Agricultural Marketing Service (AMS) on country-of-origin marking. Some of the answers below include citations that the reader may refer to for additional information about a particular requirement. The “C.F.R.” refers to the Code of Federal Regulations. All other regulations are presented in non-abbreviated form.

One of the requirements of the U.S. Customs Service is that all articles of foreign origin that are imported into the United States be marked in such a manner that its ultimate purchaser will be aware of its country of origin.

In addition, the USDA-AMS has issued regulations at part 65 to Title 7 of the C.F.R. regarding country-of-origin labeling (COOL) for covered commodities including perishable agricultural commodities—fresh and frozen fruits and vegetables. These regulations went into effect on September 30, 2008. The regulations also set forth recordkeeping requirements for suppliers and retailers.

For produce items, the country of origin is generally considered to be the country where the article was produced or grown.
**What if I import produce and then further process it? Is country-of-origin marking necessary?**

When imported from a non-NAFTA country (i.e., not Mexico or Canada), U.S. Customs does not require country-of-origin marking if the product has been substantially transformed in the U.S.

Whether or not substantial transformation has occurred is a complicated determination that must be made after considering the facts in each particular case. In general, slight processing will not result in substantial transformation. More substantial processing will result in substantial transformation.

For products imported from a NAFTA country (Canada or Mexico), country-of-origin marking is not required if further processing results in a change of tariff classification.

For most fresh-cut product items—e.g., fruit and salads—there will likely not be a tariff shift or substantial transformation by processing in the U.S.

Under USDA-AMS COOL regulations, “processed food items” are excluded from country-of-origin notification requirements. A “processed food item” is defined as either: (1) a retail item derived from a covered commodity that has undergone specific processing resulting in a change in the character of the covered commodity (includes cooking, curing, smoking, and restructuring); or (2) a covered commodity that has been combined with at least one other covered commodity (e.g., lettuce and tomatoes) or other substantive food component (e.g., croutons), except that the addition of a component (such as water, salt, or sugar) that enhances or represents a further step in the preparation of the product for consumption, would not in itself result in a processed food item. Examples of processed food items exempt from USDA-AMS COOL requirements are: fruit medley, salad mix that contains lettuce and a dressing packet, salad mix that contains lettuce and carrots, a bag of mixed vegetables that contains peas and carrots.

Foodservice establishments are exempt from USA-AMS COOL requirements.

USDA-AMS regulations provide that imported covered commodities for which origin has already been established and for which no production has taken place in the U.S. will retain their origin as declared to Customs at the time of import.

Special provisions have been made for “commingled covered commodities.” Commingled covered commodities are defined as the same type of covered commodity that is prepared from raw materials that have different origins. For these products, all countries of origin must be represented. For example, for a bag of red and green leaf lettuce where the red and green leaf lettuces come from different countries, the product must bear all possible countries of origin. USDA will use U.S. Grade Standards to help determine whether a product is a combination of different covered commodities.

**Describe the placement and type size requirements for the country-of-origin statement.**

U.S. Customs requires that the country-of-origin statement be legibly,
permanently, and conspicuously marked in a manner that will notify the product’s “ultimate purchaser” of its country of origin. Generally, the marking may appear anywhere on the label and in any type size with one exception. If a domestic firm’s name and address is declared as the firm responsible for the manufacturing, distributing, or packing of a product, then the country-of-origin statement must appear in close proximity to the company name and address and must be at least comparable in size and lettering to the name and address.

USDA-AMS COOL regulations do not specify exact placement or type size of the country-of-origin notifications. The regulations state that the marking may be typed, printed, or handwritten as long as it is legible and conspicuous. 19 C.F.R. § 134.11

**Should the country-of-origin statement be placed on individual fruit or vegetables, the shipping container, or on the consumer package?**

U.S. Customs does not require individual pieces of fresh fruits and vegetables to be directly stickered with a country-of-origin marking. However, the outermost container in which they are imported must be marked. Thus, for example, the crate or other shipping container in which apples or pears are shipped into the U.S. would have to bear the required marking. Repacked containers of imported apples and pears must also be marked with the country of origin.

If the fruit is to be repacked by the party that imports it, the importing party must provide a certificate to Customs stating that the new containers for the product will bear the country-of-origin marking. 19 C.F.R. § 134.25. If the fruit is shipped in bulk to a subsequent party for repacking, the importing party must certify to Customs that notice has been provided to the subsequent party of the need to mark the new containers with the country of origin.

USDA-AMS regulations require retailers to inform consumers, at the final point of purchase of the commodity’s country of origin. This can be done either by product marking or posting at point of purchase via the label placard, sign, sticker, band, twist tie, pin tag, or other clear and visible sign on the product or on the package, display, holding unit, or bin at final point of sale. In addition, the USDA regulations permit the use of checkboxes to deliver country-of-origin information.

**As a retailer, do I need to worry about country-of-origin markings for unpackaged fruits and vegetables sold from bulk containers?**

Under Customs jurisdiction, when fruits and vegetables are transferred from bulk containers and displayed in an open bin on a grocery store shelf there is no need to place any designation of country of origin at the point of purchase. Customs does not consider an open bin a “container.” However, if fruits are repackaged in bags, boxes, baskets, or other such containers and wrappings, they must be labeled with the country of origin.

However, under USDA-AMS requirements retailers will have to deliver country-of-origin information for unpackaged fruits and vegetables to the consumers at the final point of purchase. Where there are multiple countries of
origin on retail bulk containers (e.g., display case, shipper, bin, carton, barrel) all possible origins may be listed instead of labeling each commodity individually. When stickers are used on individual items, USDA encourages retailers to also use point-of-sale signage given that the adherence level of stickers is not 100%.

Certain states, such as Florida, have had required point-of-purchase country-of-origin labeling. Any state country-of-origin requirements that conflict with USDA-AMS COOL requirements would be preempted.

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FOREIGN LANGUAGE AND/ OR EXPORT LABELING

This Q & A presents information relating to the requirements of the Food and Drug Administration on foreign language labeling and the labeling for exported products. Some of the answers below include citations that the reader may refer to for additional information about a particular requirement. The “C.F.R.” refers to the Code of Federal Regulations. All other references are presented in non-abbreviated form.

What is the “all-or-nothing” rule with respect to providing labeling information in more than one language?

Food and Drug Administration (FDA) regulations state that, if any representation appears on the label in a foreign language, all required label elements must appear in both English and in the foreign language.

For instance, on a salad kit product, if instructions for use are given in English and Spanish, all required label information (e.g., product name, ingredient list, company name and address, nutrition labeling, net weight statement) must appear in both languages.
21 C.F.R. § 101.15(c)(2).

*May I provide label information in Spanish only for product being sold in Puerto Rico?*

Yes. For articles distributed solely in Puerto Rico or in a U.S. Territory where the predominant language is one other than English, the predominant language may be substituted for English.

*Can I sell my products in Canada if they have a U.S. label?*

Whether a label in compliance with U.S. law will comply with Canadian law is a question that must be answered on a case by-case basis by taking into consideration the nature of the product involved.

*Any suggestions on what I should do if I am not sure whether my product will be sold in the U.S. or Canada?*

Depending on the nature of the product involved, it may be possible to develop a “universal” label that would be acceptable in both the U.S. and in Canada. If this is not possible, a company would have no choice but to maintain separate label inventories for products intended for sale in the U.S. and those intended for sale in Canada.

*I export my product. What label information do I need?*

Exported products must comply with the label requirements of the country to which they are being exported.

*How can I find out about labeling regulations for other markets: Japan, Canada, Mexico, South America, European Union, etc.?*

USDA’s Agricultural Market Service, the embassy of the country of interest, or your legal counsel are all good places to start in trying to obtain this information.

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FRESH, NATURAL, ORGANIC, AND NEGATIVE INGREDIENT CLAIMS

This Q & A addresses the requirements of the Food and Drug Administration (FDA) relating to certain food claims. Many of the answers below include citations that the reader may refer to for additional information about a particular requirement. The “C.F.R.” refers to the Code of Federal Regulations. All other references are presented in non-abbreviated form.

Each item of information found on a food label or in labeling is subject to the statutory mandate that it must not be “false or misleading in any particular.” In deciding on whether a particular representation is false or misleading, the Food and Drug Administration (FDA) looks at not only direct representations made or suggested by statements, designs, vignettes, etc., but also at the extent to which representations fail to reveal material facts important to fully understanding a claim.

Each of the claims discussed in this document is subject to this “false or misleading” prohibition. “Fresh” claims are also subject to a specific regulation issued by FDA which sets forth conditions as to when a product may be referred to by that term.

What are FDA’s requirements for making a “fresh” claim?

FDA requires that, when “fresh” is used in a manner that implies a product is unprocessed, the claim should only be used for products in the raw state, i.e., products that have not been frozen or subjected to any form of thermal processing or preservation.

The following minimal “processing” steps do not preclude use of the term “fresh”:

- waxing raw fruits or vegetables
- use of pesticides before or after harvest
- pasteurization of milk
- treatment of produce with mild chorine wash or mild acid wash
- refrigeration
- treatment with ionizing radiation in compliance with FDA regulations

21 C.F.R. § 101.95(a) and (c).

Am I disqualified from making a “fresh” claim if my product contains processed ingredients?

This answer will depend in part on whether the “fresh” claim can reasonably be expected to be understood by consumers to suggest that the entire product is made of fresh ingredients.

This determination needs to be made on a case-by-case basis by considering the way the “fresh” claim is presented and the nature of the product involved.

What are FDA’s requirements for making “all natural” claims?

FDA has no specific regulations for “all natural” claims. FDA’s informal policy is that “natural” means that nothing
artificial or synthetic (including all color additives regardless of source) has been included in, or has been added to, a food that would not normally be expected to be in the food.

**Are there any requirements for making “organic” claims?**

FDA has no specific regulations for “organic” claims, although the United States Department of Agriculture has promulgated regulations in this area.

The Organic Foods Production Act of 1990 (OFPA), codified as amended at 7 U.S.C. § 6501 et seq., was enacted to provide uniform standards for the marketing of raw and processed organic agricultural products in the United States for human or livestock consumption. The OFPA, administered by the USDA, provides for the establishment of a national program to implement organic standards, including production, handling, certification, accreditation of certifying agents, and testing of products. The National Organic Standards Board, appointed by USDA pursuant to the OFPA, develops the National List of Allowed and Prohibited Substances, which governs organic production and processing. Violators are subject to civil penalties of up to $10,000 per violation.

As mentioned, USDA is responsible for regulating the use of “organic” claims on food labels, pursuant to OFPA. On December 21, 2000, USDA’s Agricultural Marketing Service (AMS) issued long-awaited regulations to implement the OFPA and establish uniform national standards to govern the production, handling, and marketing of foods bearing “organic” claims. 65 Fed. Reg. 80548 (Dec. 21, 2000). The final rule follows a ten-year rulemaking period in which USDA issued two major proposals to implement the OFPA, one of which was withdrawn in response to a hailstorm of criticism voiced in over 275,000 comments. The National Organic Program (NOP) established by the final rule was fully implemented on October 21, 2002.

The NOP regulations require (with limited exceptions) operations that intend to produce or handle organic products or ingredients to obtain organic certification through a USDA-accredited certifying agent. Applicants seeking certification are required to submit an “Organic Plan” to demonstrate compliance with USDA’s production and/or handling standards. Organic certification is available only for “agricultural products,” broadly defined to include crops, livestock, and certain processed products containing agricultural commodities.

Central to the NOP is the notion that a product’s organic composition—that is, the percentage of organic ingredients in the product—determines both the specific marketing terms and the type of nonorganic ingredients that may be used. The regulations set forth four categories of products that may, to varying degrees, be represented as organic or containing organic ingredients:

- 100% organic products may be marketed as “100% organic”
- Products with no less than 95% organic ingredients may be represented as “organic”
- Products that contain at least 70% organic ingredients may be marketed as “made with organic” (specified ingredients/food groups), naming up
to three specific organic ingredients or food groups
• Products in package form that are less than 70% organic may identify specific organic ingredients in the list of ingredients

A product’s organic composition is determined by calculating the percentage of organic ingredients in the product (by weight or fluid volume) exclusive of water and salt.

USDA has carefully limited the circumstances under which non-organic ingredients are permitted in products represented as “organic” or “made with organic” (specified ingredients/food groups). For both types of products, non-organic ingredients may be used only if the ingredients are permitted under the National List of Allowed and Prohibited Substances set forth in the regulations. In addition, for organic products, non-organic ingredients that are agricultural products may be used only if the certified operation has documented that organic versions of the ingredients are not “commercially available.” The final rule provides little guidance on the meaning of this term. Although USDA had announced its intention to issue standards for determining “commercial availability” before the rule went into effect in October 2002, it failed to do so.

As expected, USDA has bowed to public pressure and has prohibited the use of technologies such as biotechnology (i.e., the use of food that contains or that is produced using genetically modified organisms (GMOs) and irradiation in organic foods). USDA has even gone so far as to prohibit the use of these technologies in connection with non-organic ingredients in organically produced products (ORGANIC or MADE WITH ORGANIC). In taking this approach, USDA has declined to exercise independent judgment, and has positioned the NOP as simply a marketing standard that is intended to conform to consumers’ expectations. The Agency’s approach is problematic from a compliance standpoint, as organic food processors will undoubtedly struggle to find and document sources of non-biotech materials.

**How do I know whether I qualify for a “negative ingredient” claim?**

Negative ingredient claims include statements such as “No Artificial Flavors,” “No Preservatives,” “No Added MSG.” These claims are governed only by FDA’s general prohibition against “false and misleading” information. Companies making these claims should assure that the claims are substantiated based on the formulation of their products. Multi-component ingredients in a product should be checked to assure that they have no components that would invalidate a claim.

Companies should also carefully consider the extent to which a negative ingredient statement might be truthful on its face, but misleading because of failure to reveal a material fact. For instance, a “No Added MSG” claim might be viewed by FDA as false and misleading for a product containing hydrolyzed vegetable protein (HVP) products, even if the product contains no added MSG. HVPs are known to be high in free glutamic acid, which, in the presence of salt or other sources of sodium, would result in the formation of MSG.
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HEALTH CLAIMS

This Q & A addresses issues relating to the Food and Drug Administration’s (FDA) health claim regulations. Many of the answers below include citations that the reader may refer to for additional information about a particular requirement. The “C.F.R.” refers to the Code of Federal Regulations. All other references are presented in non-abbreviated form. An excellent source for additional information on FDA’s health claim regulations is PMA’s Nutrition and Produce Labeling Guide.

Claims made on the label or in labeling that characterize the relationship of any substance to a disease or health-related condition are known as “health claims.” Health claims may take several different forms. The substance/disease relationship might be characterized either expressly or implicitly, by means of statements, third party endorsements, symbols, or vignettes.

Health claims may not be made unless the substance/disease relationship has been approved by FDA and authorized by means of a regulation. Currently approved relationships include:

- calcium/osteoporosis (21 C.F.R. § 101.72)
- dietary lipids/cancer (§ 101.73)
- sodium/hypertension (§ 101.74)
- saturated fat, cholesterol/coronary heart disease (§ 101.75)
- fiber-containing produce, grain/cancer (§ 101.76)
- fiber-containing produce, grain/coronary heart disease (§ 101.77)
- fruits and vegetables/cancer (§ 101.78)
- folates/neural tube defects (§ 101.79)
- sugarfree/dental caries (§ 101.80)
- soluble fiber from whole oats and psyllium husk/reduced risk of heart disease (§ 101.81)
- soybean protein/reduced risk CHD (§ 101.82)
- plant sterol and stanol esters and CHD (adding § 101.83) (Interim Final Rule)
- whole grain foods/certain cancers and CHD (per authorization statement)
• whole grain foods with moderate fat content/reduced risk of CHD, certain cancers (per authorization statement)
• potassium/high blood pressure, stroke (per authorization statement)
• dietary supplements containing omega-3 fatty acids/CHD (qualified health claim)
• dietary supplements containing folic acid, vitamin B₆, and vitamin B₁₂/vascular disease (qualified health claim)
• dietary supplements containing folic acid/neural tube defects (qualified health claim)
• antioxidant vitamins/cancer (qualified health claim)
• dietary supplements containing selenium/cancer (qualified health claim)
• dietary supplements containing phosphatidylserine /cognitive dysfunction, dementia (qualified health claim)
• nuts and heart disease (qualified health claim)
• walnuts and heart disease (qualified health claim)
• omega-3 fatty acids (ALA and DHA) and heart disease (qualified health claim)
• monounsaturated fatty acid from olive oil and heart disease (qualified health claim)

How can I find out whether my products qualify for any health claims?

The PMA Nutrition and Produce Labeling Guide provides information on the eligibility of many popular produce items for the some of the currently authorized health claims.

For products not listed in the Labeling Guide, companies should look at two sources to determine whether their product(s) qualify for any of the eight currently approved health claims. First, general requirements for making health claims are found at 21 C.F.R. § 101.14. These requirements include saturated fat, cholesterol, and sodium) and “qualifying” levels for other nutrients (10% of the Daily Value for at least one of six of the following nutrients: fiber, protein, vitamin A, vitamin C, calcium, iron).

The second source of important information is the individual health claim regulation that authorizes the claim. These regulations contain compositional requirements for making the specific claim of interest (for example, the calcium/ osteoporosis authorizing regulation sets threshold levels for the amount of calcium needed to qualify for the claim).

If I make a health claim on my label, am I required to report any other information on the label?

Mandatory nutrition labeling is triggered when a health claim is made on the label or in labeling.

Also, keep in mind that FDA closely regulates the wording of health claims. For many health claims, FDA requires that the claim use the words “might” or “may” reduce the risk of disease. Many claims must also indicate that the disease in question depends on many factors, and the claim must not attribute any degree of risk reduction to consumption of the food substance that is the subject of the claim.

May I make a health claim other than those listed in the PMA Nutrition and Produce Labeling Guide?

Only FDA-approved health claims may be made. The approved substance/disease relationships are listed in the beginning paragraphs of this document.

I want to use the PMA “5-A-Day” slogan on my label. Is it a health claim?

Whether the “5-A-Day” slogan is a health claim or not depends on how it is used. Label statements such as “5-A-Day for better health” or “The National Cancer Institute recommends that you eat five servings daily of fruits and vegetables” would not be health claims as long as the information cannot reasonably be understood to be about a specific food or food substance. However, the statement: “The National Cancer Institute recommends that you eat five servings daily of fruits and vegetables to increase your intake of fiber” would be a health claim because of the reference to a specific nutrient (fiber) and to a disease (cancer).

What about third-party references that I might want to use on my label to indicate that health experts believe that fresh fruits and vegetables are good for you?

“Third-party references” are product endorsements made by a person or organization that is not related to the company making the claim. Whether these references are health claims depends on whether they can reasonably be understood to characterize the relationship between a substance and a disease or health-related condition.

As one example, an endorsement of a product by the American College of Nutrition would not, standing alone, be a health claim since there would be no reference to either a substance (nutrient) or a disease.

In contrast, an endorsement by the American Heart Association of a vegetable product where there is a specific reference to the fiber content of the vegetable would be a health claim since a relationship is established between the two basic elements of a health claim, i.e., the substance and the disease/health-related condition.

Are there any limits on the placement or size of health claims on the label?

FDA has no type size requirements for health claims. The Agency does have a requirement that all required elements of a health claim appear in a single location, without intervening material. FDA is currently considering a proposal that would permit an abbreviated form of a health claim to appear on a front panel, as long as other required elements of the claim appear elsewhere on the label and a reference is included with the abbreviated claim as to where the other important information necessary for understanding the claim can be found.


What is the jelly bean rule?

The jelly bean rule is a general requirement that applies to all health claims. The rule requires that food products making a health claim contain a minimum of 10% of the Daily Value for at least one of the following six nutrients: fiber, protein, vitamin A, vitamin C, calcium, iron. It is called the
“jelly bean” rule because it prevents foods that do not offer “good” nutrition profiles, such as jelly beans, from making health claims. FDA wants products bearing health claims to be a good source of at least one of the six nutrients identified above.


Is it true that some products are disqualified from making health claims because they contain disqualifying levels of certain nutrients?

The flip-side of the jelly bean rule is another rule that prohibits health claims for foods containing high levels of certain nutrients. One may not make health claims for a food product if any of the following disqualifying levels are exceeded: 13.0 g of fat; 4.0 g of saturated fat; 60 milligrams of cholesterol; 480 mg of sodium (all amounts per reference amount).


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NET QUANTITY OF CONTENTS STATEMENT

This Q & A presents information relating to the requirements of the Food and Drug Administration on declaration of net quantity of contents. Some of the answers below include citations that the reader may refer to for additional information about a particular requirement. The “C.F.R.” refers to the Code of Federal Regulations. All other references are presented in non-abbreviated form.

One of the Food and Drug Administration’s (FDA) primary labeling requirements is that the net quantity of contents must be declared on food packages. The net quantity of contents statement must generally appear within the bottom 30% of the front panel of the food label, and must be in a type size proportional to the area of the front panel.

See Section 403A(a)(1) of the Federal Food, Drug, and Cosmetic Act. However, FDA and the states share responsibility for the enforcement of the regulations, and many states are active in
monitoring the marketplace to assure compliance with net quantity of contents requirements and in checking the accuracy of NQC statements. States are permitted to use different enforcement guidelines in terms of how accurate NQC statements must be, and many in fact do use guidelines different from those of the FDA. Most states have a “Weights and Measures” division that can be contacted for specific state compliance guidelines.

**What must I include in the net quantity of contents statement?**

The net quantity of contents (NQC) statement must provide consumers with information about the amount of food in the container or package. This information is generally reported using units of weight (if the food is a solid) and units of volumetric measure (if the food is a liquid). However, for fresh fruits and vegetables, FDA permits the use of “dry” volumetric measures (i.e., pints, bushels) if a particular produce item is customarily sold by dry measures. Id. If there is an established industry practice to declare a particular produce by numerical count (e.g., “3 Tomatoes”) such a declaration may be used as long as it facilitates value comparisons for consumers. Id.

21 C.F.R. § 101.105(a).

**Where must the NQC statement be placed on the label?**

FDA requires the NQC statement to be placed within the bottom 30% of the principal display panel (PDP) of a food package. 21 C.F.R. § 101.105(f). The principal display panel is that portion of the package label that is most likely to be seen by consumers at the time of purchase.

The NQC statement must be a distinct and easy-to-find item on the PDP. It must be separated from surrounding printed material (1) by a distance, above and below, equal to at least the height of the capital letter “N” of a style of type used in the NQC statement; and (2) by a distance, on either side, equal to at least twice the width of the letter “N” of the style of type used in the NQC statement.


**What type size should be used for the NQC statement?**

The minimum type size for the NQC statement is related to the area of the PDP as follows:

<table>
<thead>
<tr>
<th>Area of PDP</th>
<th>Min. Height of Any Letter or Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 5 sq. in.</td>
<td>16th inch</td>
</tr>
<tr>
<td>5-25 sq. in.</td>
<td>1/8th inch</td>
</tr>
<tr>
<td>25-100 sq. in.</td>
<td>3/16th inch</td>
</tr>
<tr>
<td>over 100 sq. in.</td>
<td>1/4 inch</td>
</tr>
</tbody>
</table>

21 C.F.R. § 101.105(i).

**My company sells random weight packages. May I provide the NQC statement in terms of count (e.g., “3 Tomatoes”) instead of by weight?**

FDA’s regulations permit NQC statements to be provided in terms of numerical count as long as it will facilitate value comparisons for consumers. Thus, if a particular commodity is usually declared by weight, it may not be possible to use numerical count since consumers would not be able to readily compare the value of the product versus competitive products.
Must the NQC statement be provided in both pounds/ounces and in metric units?

Yes. With the passage of the American Technology Preeminence Act of 1991, declaration of net quantity of contents must now be reported in both English and metric units. Either system may be used first in a particular NQC statement, i.e., either “1 lb (454 g)” or “454 g (1 lb)” is appropriate.

What conversion factors should I use to convert a pound/ounce measurement to metric units?

FDA-approved conversion factors for mass (weight) are as follows: (1) to convert ounces to grams multiply by 28.3495231; (2) to convert ounces to kilograms multiply by 0.02834952; (3) to convert pounds to grams multiply by 453.59237; (4) to convert pounds to kilogram multiply by 0.45359237. For more information, please see FDA’s Compliance Policy Guide 7150.17, Section 140.500 Metric Declarations of Quantity of Contents on Product Labels, available at, http://www.fda.gov/ora/compliance_ref/cpg/cpggenl/cpg140-500.html.

What abbreviations should I use in expressing English and metric units of measure?

FDA-approved abbreviations are as follows: (1) “oz” for ounces; (2) “lb” for pounds; (3) “g” for grams; and (4) “kg” for kilograms.

What rules apply when expressing the weight of my product? For example, may I use fractions?

When the NQC statement is declared in terms of units of weight or volume, the largest whole customary English unit should be used. For example, “32 ounces” should be expressed as “2 pounds.”

When a quantity does not divide evenly into a whole unit, the remainder may be expressed using either fractions of the largest whole unit or in terms of the next smaller whole unit. A third option would be to use decimals. For example, the NQC statement for a package weighing 24 ounces could be expressed as either “1 1/2 lb” or “1 pound 8 oz” or “1.5 lb.”

If I use decimals, how many places after the decimal should I use?

Decimals should never be extended more than three places. Care should be taken when using decimals not to express a quantity with a degree of precision that the manufacturer cannot justify. For example, a declaration of 2.567 kg would mean that the manufacturer is sure of the weight of a package to the nearest gram, i.e., the weight is closer to 2567 g, than it is to 2568 g or 2566 g. On the other hand, a declaration of 2.56 kilograms only assures precision to the nearest 10 grams, and 2.5 kg to the nearest 100 grams.

How close should the declared weight be to the actual weight of the product?

The NQC statement should accurately reveal the quantity of food in a package exclusive of wrappers and other materials packed therein.

When FDA tests the accuracy of net weight statements, it will permit reasonable variations caused by loss or
gain of moisture during the course of good distribution practice or by unavoidable deviations in good manufacturing practice. During compliance checks, FDA will use an “average concept” where 48 units of product are examined. If the average is short weight by 1% or more, FDA may take action against the product, unless it can be shown that storage or shipping conditions, or variations in tare weights (i.e., the weight of packaging), was a significant contributing factor to the short weight problem. See FDA Compliance Policy Guide 7120.19.

For compliance purposes, many states use a different set of guidelines based on the National Institute of Standards and Technology’s (KIST) Handbook 133 “Checking the Net Contents of Package Goods.” Handbook 133 also employs an averaging concept, but adds a second key factor, the “Maximum Acceptable Variation” concept, that prohibits any single package from being too far below the declared weight.

Is a NQC statement (and metric labeling) necessary on shipping containers as well as on consumer packages?

FDA does not require NQC statements on shipping cartons, provided the shipping cartons do not serve as “retail units” that are directly purchased by consumers.

Citations in this document are to the Code of Federal Regulations (C.F.R.) unless otherwise noted. FDA issued several proposed rules in 1993 to implement metric labeling requirements. See 58 Federal Register 29716 (May 21, 1993) and 58 Federal Register 674.44 (December 21, 1993). The proposed rules not only add metric labeling requirements, but would also make several other significant changes to the law in this area. These proposed rules have not yet been finalized, but FDA’s Office of Food Labeling has informally advised individuals to follow the proposed rule issued on December 21, 1993 pending issuance of a final rule. The requirements found in the December 21, 1993 proposal are reflected in this document.

Information contained in this document concerning labeling requirements has been synopsized specifically for fruits and vegetables and represents our best interpretation of the rules in this area. However, administrative and judicial interpretations, as well as the rules themselves, are subject to change. Many states also have laws that import on food labeling. The general presentation of FDA’s rules in this document does not constitute legal advice for particularized facts. For your specific labeling needs, contact your legal counsel.

The law firm of Keller and Heckman, which represents PMA and assisted in the preparation of this document, is available to answer your particular regulatory/technical questions. Direct your questions to Melvin S. Drozen 202-434-4222. Fees associated with Keller and Heckman’s assistance with your questions will be discussed when you contact the firm.

NUTRITION LABELING

This Q & A presents information relating to the requirements of the Food
One of the Food and Drug Administration’s (FDA) primary requirements for a food label is to provide nutrition labeling for the product as packaged. An exemption to nutrition labeling exists for raw agricultural commodities whether packaged or not, provided that no nutrient content or health claims are made on the label, or in labeling or advertising.

As a trade-off for exempting raw agricultural commodities from mandatory nutrition labeling, Congress and FDA have established a voluntary program whereby retailers provide nutrition information for the top 20 selling fruits and top 20 selling vegetables. FDA surveys retail stores every two years to determine whether there is “substantial compliance” with the voluntary program. If, during any of these surveys, FDA were to find that retailers are no longer in substantial compliance with the voluntary program, the Agency will initiate rulemaking to require nutrition labeling for raw fruits and vegetables.

What is the responsibility of retailers with respect to providing nutrition information for fresh fruits and vegetables?

Retailers are urged to participate in the voluntary program for nutrition labeling that Congress and FDA have established for raw agricultural commodities. As part of this program, retailers provide nutrition information for the top 20 selling fruits and top 20 selling vegetables. Nutrition labeling may be provided by means of signs, posters, brochures, notebooks, etc. at the point of purchase.


Are there any abbreviations permitted when voluntarily declaring nutrition information at retail?

When retailers provide nutrition information for more than one raw fruit or vegetable (on signs, posters, brochures, notebooks or leaflets), the listing of saturated fat, trans fat, and cholesterol may be omitted if the following footnote is used: “Most fruits and vegetables provide negligible amounts of saturated fat, trans fat, and cholesterol; avocados provide 0.5g of saturated fat per ounce.” The footnote may also contain information about the polyunsaturated and monounsaturated fat content of avocados.


What degree of processing will result in my product losing its status as a “raw agricultural commodity” exempt from nutrition labeling?

The law defines “raw agricultural commodity” as any food in its raw or natural state, including all fruits that are washed, colored, or otherwise treated in their unpeeled natural form prior to marketing. Waxed fruits and vegetables that receive little or no processing
qualify as “raw agricultural commodities” and are subject to the voluntary program. Similarly, fruit and vegetables that are trimmed and/or packaged by the retailer (e.g., carrot sticks or broccoli stalks) are also subject to the voluntary program.

What happens to the exemption for raw agricultural commodities if I make nutrition claims on my label or in advertising?

Nutrition claims (i.e., nutrient content claims and health claims) subject a raw agricultural commodity to mandatory nutrition labeling.

21 C.F.R. § 101.90)(10).

We package fresh vegetables and want to provide information only on the level of vitamin C in our products. May we do this without having to use a complete Nutrition Facts box?

No. FDA requires that, when any nutrition information is provided on a label, consumers must be provided with the “whole picture.” Thus, information on the level of one nutrient in a product triggers the need for a complete Nutrition Facts box.

Are any other exemptions available from nutrition labeling for my product if it does not qualify as a raw agricultural commodity?

FDA has established approximately 20 exemptions from nutrition labeling. Exemptions of potential relevance in addition to the one for raw agricultural commodities include those for small businesses, small packages, products primarily processed and prepared at the retail establishment, and restaurant foods. Similar to the exemption for raw agricultural commodities, many of these other exemptions are lost if a nutrient content or health claim is made on the label, or in labeling or advertising.

21 C.F.R. § 101.90).

Where should nutrition information appear on the label?

Nutrition information may appear either on the front panel of a packaged food, or on the side panel immediately to the right of the front panel. Most manufacturers place nutrition information on the right side panel. If the right side panel is already crowded with other mandatory labeling information, companies have the option of placing nutrition information on any other panel where it is reasonable to expect it to be seen at the time of purchase.

21 C.F.R.§ 101.2(c).

What type size requirements apply to nutrition labeling?

FDA has established very specific typesetting requirements for the Nutrition Facts box. These requirements are too detailed to present here. The PMA Nutrition and Produce Labeling Guide or FDA’s regulations at 21 C.F.R. § 101.9(d) can be consulted for this information.

What should I do if the standard “NUTRITION FACTS” box does not fit on my label?

Packages with surface area available to bear labeling of 40 or less square inches are permitted to use an “abbreviated format” for providing nutrition information. These formats: permit the use of abbreviations for the names of
nutrients/food components, allow the use of an abbreviated footnote at the bottom of the Nutrition Facts box, and provide flexibility in terms of how the Nutrition Facts box must be formatted.

21 C.F.R. § 101.90)(13).

Most Nutrition Facts boxes that I have seen provide information for 14 mandatory food components/nutrients and they also contain a lengthy footnote. Do I have to include all of this information on my labels, or may I cut down on the information that I report?

FDA permits the use of a “simplified format” if a product contains fewer than 8 nutrients.

21 C.F.R. § 101.9(f).

My product is sold from bulk containers and I must provide nutrition information because I make nutrient content claims for the product. How do I provide nutrition information?

FDA allows foods sold from bulk containers to display the required nutrition information on the outside of the container or on posters, counter cards, tags, or by using similar measures.

21 C.F.R. §§ 101.9(a)(2) and 101.9(j)(9).

How should nutrition labeling be provided for salad kits and other multi-component food packages? For example, for a salad kit containing lettuce, dressing, and croutons, the manufacturer could calculate nutrient levels for a single serving of the assembled salad based on the proportions of each of the components. Another alternative would be to use an “aggregate format” whereby separate columns are provided for each of the components of the salad kit.

21 C.F.R. §§ 101.9(d)(13) and 101.9(h)(1).

How do I go about getting nutrition values for my products?

Nutrient values for many raw agricultural commodities may be obtained from PMA’s database. For processed foods, and raw agricultural commodities not covered by PMA’s database, it may be possible to utilize other databases for this information. Where reliable databases do not exist, analytical testing of the product may need to be conducted.

What if I have analytical data demonstrating that the nutrition information for my product is different from the FDA-approved values?

Small deviations from the FDA values can be ignored. When FDA reviewed PMA’s database for fruits and vegetables, the Agency took into account that there is often variation in nutrition information for fresh fruits and vegetables. The values that have been approved have taken this variation into account. In addition, FDA’s nutrition labeling rules permit some deviation between declared values and actual values for nutrients.
How do I calculate the serving size to use as the basis for reporting nutrition labeling for my products?

The first step in determining serving size is to consult FDA’s regulations for reference amounts customarily consumed (RACCs) at 21 C.F.R. § 101.12(b). RACCs are converted to serving sizes by applying FDA’s rules at 21 C.F.R. § 101.9(b). These rules are too detailed to present here. Details about these rules can be found in the above-cited regulations or in the PMA Nutrition and Produce Labeling Guide.

How do I provide nutrition labeling if my product contains a mixture of various fruits or vegetables?

This question might best be answered by providing several examples.

First, consider a “fruit salad” product, consisting of 20% grapes, 40% watermelon, and 40% cantaloupe, with a serving size of 100 grams. The nutrition values for the entire fruit salad product may be determined by calculating the nutrient levels (using the approved data base values) in 20 g of grapes, 40 g of watermelon, and 40 g of cantaloupe. These values are then added to provide a “composite” set of values for the fruit salad.

Second, consider a mixture of cut carrot sticks, celery sticks, and radishes. Note that the difference between this product and the fruit salad product above is that this product is not properly thought of as a single food item (i.e., a “salad”), but rather is a mixture of several different food items (i.e., carrots, celery, and radishes). The nutrition information for the vegetable mixture could be provided in one of two ways. First, an “aggregate” Nutrition Facts box could be used where the number of servings and nutrition values are provided separately for each vegetable. Another alternative would be to provide a single, composite set of values. This second alternative would be accomplished by using the 85 gram reference amount for raw vegetables to determine an appropriate serving size for the product. For example, perhaps the serving size would be “3.0 oz (84 g)(about 10 pieces of vegetables).” The composite nutrition information would be computed as in example 1 above, i.e., use the relative percentages of each vegetable to calculate the composite values.

What are the values for labeling fresh cut items, like salad or chopped onions?

FDA has informally approved the use of values from the FDA/PMA database for these items.

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PESTICIDE LABELING

This Q & A presents information relating to the requirements of the Food and Drug Administration on pesticide labeling.

**When must pesticides be declared on the label?**

If a pesticide chemical was applied to raw produce after harvest, the food is misbranded unless its shipping container bears a label statement declaring the presence of the chemical by its common or usual name and its function. Once the produce has been removed from the shipping container and is being held or displayed for sale at retail out of the container, the labeling is no longer required.

**What is considered a “shipping container” for purposes of this rule?**

When individual bags, berry boxes, or similar containers of raw agricultural commodities that are products of the soil are packed into master cartons for shipment, only the master carton is considered the shipping carton that must bear the required labeling. If the bags, boxes, or other packages are not packed into other containers, but are shipped individually, each individual bag or other container is the “shipping container” and must bear the required labeling.

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