

trition information, when appropriate—as long as it complies with the new regulations.

Also, packages with less than 12 square inches available for labeling do not have to carry nutrition information. However, they must provide an address or telephone number for consumers to obtain the required nutrition information.

Nutrition information about game meats—such as deer, bison, rabbit, quail, wild turkey, and ostrich—may be provided on counter cards, signs, or other point-of-purchase materials rather than on individual labels. Because little nutrient data exists for these foods, FDA believes that allowing this option will enable game meat producers to give first priority to collecting appropriate data and make it easier for them to update the information as it becomes available.

Nutrition Panel—Content

The new food label will feature a revamped nutrition panel. It will be headed with a new title, "Nutrition Facts," which replaces "Nutrition Information Per Serving." The new name will signal to consumers that the product label meets the new regulations.

There will be a new set of dietary components on the nutrition panel. The mandatory (underlined) and voluntary components and the order in which they must appear are:

- total calories
- calories from fat
- calories from saturated fat
- total fat
- saturated fat
- polyunsaturated fat
- monounsaturated fat
- cholesterol
- sodium
- potassium
- total carbohydrate
- dietary fiber
- soluble fiber
- insoluble fiber
- sugars
- sugar alcohol (for example, the sugar substitutes xylitol, mannitol and sorbitol)
- other carbohydrate (the difference between total carbohydrate and the sum of dietary fiber, sugars, and sugar alcohol if declared)
- protein
- vitamin A
- vitamin C
- calcium
- iron
- other essential vitamins and minerals

If a claim is made about any of the optional components, or if a food is fortified or enriched with any of them, nutrition information for these components then becomes mandatory.

These mandatory and voluntary components are the only ones allowed on the nutrition panel. The listing of single amino acids, maltodextrin, calories from polyunsaturated fat,

and calories from carbohydrates, for example, may not appear as part of the nutrition facts on the label.

The required nutrients were selected because they address today's health concerns. The order in which they must appear reflects the priority of current dietary recommendations.

Thiamin, riboflavin and niacin will no longer be required in nutrition labeling because deficiencies of each are no longer considered of public health significance. However, they may be listed voluntarily.

Nutrition Panel—Format

The format for declaring nutrient content per serving also has been revised. Now, all nutrients must be declared as a percent of their Daily Value—the new label reference values. The amount, in grams, of macronutrients (such as fat, cholesterol, sodium, carbohydrates and protein) still must be listed to the immediate right of each of the names of each of these nutrients. But, for the first time, a column headed "% Daily Value" will appear, as will a footnote to help consumers place their individual nutrient needs with respect to the Daily Values used on the label.

Requiring nutrients to be declared as a percent of the Daily Value is intended to prevent misinterpretations that arise with quantitative values. 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 actuality, however, that amount represents less than 6 percent of the Daily Value for sodium, which is 2,400 mg.

On the other hand, a food with 5 grams (g) of saturated fat could be construed as being low in that nutrient. But, in fact, that food would provide one-fourth the total Daily Value because 20 g is the Daily Value for saturated fat based on a 2,000-calorie diet.

Format Modifications

Variations in the format of the nutrition panel are allowed. Some are mandatory. For example, the labels of foods for children under 2 (except infant formula, which has special labeling rules under the Infant Formula Act of 1980) may not carry information about saturated fat, polyunsaturated fat, monounsaturated fat, cholesterol, calories from fat, or calories from saturated fat.

The reason is to prevent parents from wrongly assuming that infants and toddlers should restrict their fat intake, when, in fact, they should not. Fat is important during these years to ensure adequate growth and development.

Also, the labels of foods for children under 4 may not include the percent of Daily Values per serving or the actual Daily Values for macronutrients. Only the percent of the Daily Values for vitamins and minerals is allowed. The reason: FDA has not established Daily Values for macronutrients for this age group.

Some foods may qualify for a simplified label format. This format is allowed when the food contains insignificant amounts of seven or more of the mandatory nutrients and total calories. "Insignificant" means that a declaration of zero could be made in nutrition labeling, or, for total carbohy-