

Ingredient solutions for a consumer-pleasing Nutrition Facts label



In May 2016, the U.S. Food and Drug Administration finalized the Nutrition Facts and Supplement Facts Label and Serving Size final rules.

Recently the FDA announced that the implementation will be extended (originally July 2018) to a date to be announced at a later time. These label updates, designed to help consumers make better informed food choices, are encouraging many food and beverage manufactures to rethink their product formulas.

Serving size

The number of servings per container has been updated to reflect more accurately what people actually eat and drink. For example, both 12- and 20-ounce bottles of beverages will be considered one serving. Some packages, such as 3-ounce bags of chips, which may or may not be consumed in one sitting, will be required to have both a *per serving* and a *per package* Nutrition Facts label. Along with this change, the amount of calories will be bigger and bolder.

Added sugars

The quantity of added sugars, both in grams and as a percent daily value (%DV) is now required. This change is intended to help consumers reduce their overall sugar consumption. The 2015-2020 Dietary Guidelines for Americans recommends limiting items with added sugars, as well as those high in sodium and saturated fat.

Nutrients

The amount of potassium and vitamin D are now required while vitamin A and C values will be optional. According to the American Heart Association, many Americans don't consume enough potassium. <u>Potassium's growing profile</u>.

continued



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Cargill Ingredient Solutions



Cargill has label-friendly ingredient options to help you reduce sugar, fat, sodium and calories- while maintaining consumer-pleasing taste and texture.

- ViaTech[®] stevia sweeteners are high-intensity ingredients that bring optimal taste and sweetness to reduced- and zero-calorie formulations. The ViaTech portfolio can help you achieve sugar reduction of 50 percent or more, even in the most challenging applications.
- Zerose[®] erythritol is a unique, zero-calorie bulk sweetener that looks and tastes like sugar, making it ideal for food and beverage applications promoting sugar reduction and weight management. It is also does not promote tooth decay, making it an excellent choice for products positioned to promote oral health.
- Oliggo-Fiber[®] chicory root fiber is a versatile ingredient that offers several functional and health benefits. Useful in food and beverage applications, this label-friendly ingredient helps you meet your sugarand fat- reduction goals without negatively affecting taste or texture. It also helps deliver consumer-pleasing prebiotic fiber.
- Cargill's portfolio includes many potassium chloride ingredient options, which may help manufacturers achieve sodium reduction in some food products while maintaining taste. For example, the FlakeSelect[®] product has a compacted flake particle that is roughly 50 percent sodium chloride and 50 percent potassium chloride.

Sources

- ¹ U.S. Food and Drug Administration. "Changes to the Nutrition Facts Label."
- ² American Heart Association. "About Sodium: A Primer on Potassium." Accessed on 4 Apr 2017. Retrieved from https://sodiumbreakup.heart. org/a_primer_on_potassium
- ³ Cargill Salt. "Reduce sodium and increase potassium.together." <u>https://cargillsaltinperspective.com/reduce-sodium-increase-potassium-together/</u>

