Food Safety Fact Sheet

Labeling

Every package of food must have the following information on its label:

- The common and usual name of the product.
- The name and street address, including city and zip code, of the manufacturer or distributer.
- The net weight.
- A list of ingredients in the order of their prevalence.
- The common name of the food source of each of the eight major food allergens contained in the product, including:
  - (A) Milk;
  - (B) egg;
  - (C) the specific type of each fish, such as anchovy or tuna;
  - (D) the specific type of crustacean shellfish, such as crab or lobster;
  - (E) peanuts;
  - (F) the specific type of each tree nut, such as walnut or pecan;
  - (G) wheat; or
  - (H) soybeans.
- A qualifying statement like “Manufactured for” or “Distributed by”, as applicable.
- Nutrition facts, unless exempted.

Nutrition Facts

Serving Size 2 slices (56g)
Servings Per Container 10

Calories 140
Calories from Fat 10

Amount Per Serving	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 280mg	12%

Amount Per Serving	% Daily Value*
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	

Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 6%
Thiamin 15% • Riboflavin 8% • Niacin 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
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

Required information must be printed in type of sufficient size and prominence to be easily read under the normal conditions of sale and display. This information should be printed on the main part of the label in a color that contrasts with its background.

Required information must be in English.

The term "package" means any food that has been put into a bottle, can, carton, bag, or secure wrapper, by either a food establishment or a food processing plant, before it is offered for wholesale or retail sale.