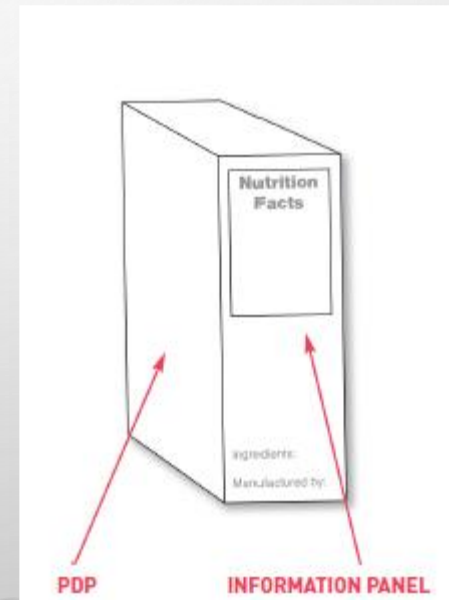
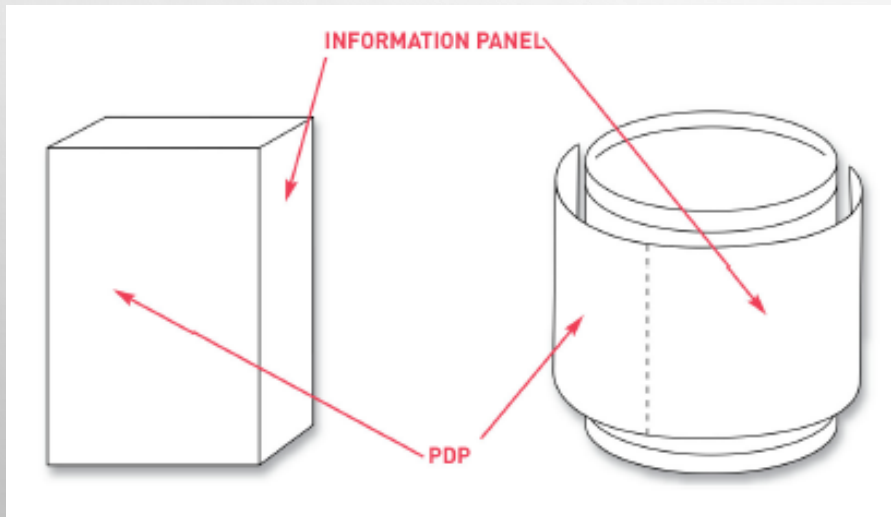




NUTRITION FACTS

- **Informazione obbligatoria**
- Se non apposti sul **PDP** (insieme a denominazione dell'alimento e quantità netta), **devono apparire sull'information panel** insieme a elenco ingredienti, allergeni, operatore, ed eventualmente dichiarazione di origine, **senza informazioni che ne interrompano la continuità**

- **PDP** è il panel che viene visto dal consumatore al momento dell'acquisto
- L'**information panel** è il primo panel alla destra del PDP. Se questo panel risulta troppo piccolo - oppure non è utilizzabile - è da considerare information panel quello immediatamente alla sua destra.



Sono esentati gli alimenti che contengono quantità **non significative** * di tutti i nutrienti che devono essere inclusi nella dichiarazione nutrizionale.

*“an **insignificant amount** of a nutrient or food component shall be that amount that allows a declaration of zero in nutrition labeling, except that for total carbohydrate, dietary fiber, and protein, it shall be an amount that allows a declaration of “less than 1 gram.”*”

ESEMPIO: CAFFÈ, TÈ, ECC

- In una **box**
- Stampati in **nero o monocolore**, su uno **sfondo bianco o altro sfondo neutro** che garantisca **sufficiente contrasto**

[21 CFR 101.9\(d\)\(1\)\(i\)](#)

Nutrition Facts

Serving Size about 2oz (56g)
Servings Per Container: 8

Amount Per Serving

Calories	200
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 42g	15%
Dietary Fiber 3g	11%
Soluble Fiber 2g	
Insoluble Fiber 1g	
Total Sugars 1g	

Protein 7g

Vitamin D	0mcg	0%	Thiamin	0.5mg	40%
Calcium	12mg	0%	Riboflavin	0.2mg	15%
Iron	2mg	10%	Niacin	5mg	30%
Potassium	118mg	2%	Folate	199mcg DFE	50%

*The % daily value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

Semolina (wheat), durum wheat flour.

Vitamins/Minerals:

Vitamin B3 (Niacin), Iron, (Ferrous Sulfate), Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid.

Contains wheat ingredients.

Not a significant source of added sugars.

(112mcg folic acid)

Nutrition Facts

about 4 servings per container
Serving size 5 sticks (110g)

Amount per serving
Calories 310

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 340mg	15%
Total Carbohydrate 40g	15%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 11g Added Sugars	22%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 70mg	5%
Iron 1.8mg	10%
Potassium 50mg	0%

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

INGREDIENTS: ENRICHED BREAD (ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, SOYBEAN OIL, SALT, CALCIUM PROPIONATE (PRESERVATIVE), DATEM, MONOGLYCERIDES, SPICE & COLORING, SOY LECITHIN), WATER, BATTER (BLEACHED WHEAT FLOUR, SUGAR, DEXTROSE, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF THE FOLLOWING: CRYSTALLINE MALTMEG, EGG, SKIM MILK, SALT, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVOR, LEAVENING (SODIUM BICARBONATE), CORN SYRUP SOLIDS, MODIFIED CELLULOSE, SOY LECITHIN), SOYBEAN OIL.
CONTAINS MILK, EGGS, WHEAT AND SOY.
DISTRIBUTED BY: Walmart Inc., Bentonville, AR 72716
CONTAINS BIOENGINEERED FOOD INGREDIENTS.

MICROWAVE INSTRUCTIONS:

- (per stick)
- Place French toast sticks in a single layer on microwave-safe plate.
 - Microwave on high for approximately 1 minute 30 seconds (for 5 sticks).

OVEN INSTRUCTIONS:

- Preheat oven to 400°F.
- Place sticks in a single layer on a shallow baking sheet.
- Bake for approximately 4 minutes, turn sticks over and bake an additional 4 minutes.

CAUTION:

Keep frozen until ready to prepare.
Product is not ready to eat until thoroughly cooked to an internal temperature of 160°F.
When following these instructions, consider the performance of your appliance as cooking time may need to be adjusted to achieve 160°F.

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Recycle if Clean & Dry

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PAPER BOX PLASTIC BAG

0 78742 09909 5

LA *SERVING SIZE*

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

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- È il quantitativo di prodotto consumato per singola occasione, e
- dipende dalla **RACC** e dalla categoria di appartenenza del prodotto

[21 CFR 101.9\(b\)\(1\)](#)

RACC

(quantità di riferimento abitualmente consumata per singola occasione)

Table 

Product category	Reference amount	Label statement ⁴
Bakery Products:		
Bagels, toaster pastries, muffins (excluding English muffins)	110 g	__ piece(s) (__ g)
Biscuits, croissants, tortillas, soft bread sticks, soft pretzels, corn bread, hush puppies, scones, crumpets, English muffins	55 g	__ piece(s) (__ g)
Breads (excluding sweet quick type), rolls	50 g	__ piece(s) (__ g) for sliced bread and distinct pieces (e.g., rolls); 2 oz (56 g/__ inch slice) for unsliced bread

[21 CFR 101.12\(b\)](#)

Not measurable with cup. e.g., burritos, enchiladas, pizza, pizza rolls, quiche, all types of sandwiches

140 g, add 55 g for products with gravy or sauce topping, e.g., enchilada with cheese sauce, crepe with white sauce¹³

__ piece(s) (__ g) for discrete pieces; __ fractional slice (__ g) for large discrete units

L64. Is a RACC different from a serving size?

Answer: Yes, the RACC is used to derive a serving size for a particular product. The following example shows how to use the RACC to determine the serving size for a 16 oz (454g) pizza:

1. **1st step:** From the RACCs table (21 CFR 101.12(b)), you determine that the RACC for pizza is 140g.

2. **2nd step:** Calculate the fraction of the pizza that is closest to the RACC of 140g (calculations shown for a pie of net weight 16oz/454g pizza): -

$$1/3 \times 454g = 151g -$$

$$1/4 \times 454g = 113g -$$

Note that 151g is closer than 113g to the RACC for pizza (140g)


3. **3rd step:** The serving size is the fraction closest to the RACC together with the actual gram weight for that fraction of the pizza:

Example: "Serving Size 1/3 pie (151g)"

Therefore, the serving size is "1/3 pizza (151g)" for this example, whereas the RACC is 140g for all pizzas. Note: Sections 101.9(b)(2)(i) (discrete units), 21 CFR 101.9(b)(2)(ii) (large discrete units), and 21 CFR 101.9(b)(2)(iii) (bulk products) describe how to use the RACC to derive a serving size.

21 CFR 101.12(b)

Nutrition Facts	
about 6 servings per container	
Serving size	1 1/4 cups (56g) dry
Amount per serving	
Calories	200
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 42g	15%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.8mg	10%
Potassium 110mg	2%
Thiamine	40%
Riboflavin	15%
Niacin	20%
Folate 195mcg DFE (110mcg folic acid)	45%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Pastas, plain	140 g prepared; 55 g dry	 __ cup(s) (__ g); __ piece(s) (__ g) for large pieces (e.g., large shells or lasagna noodles) or 2 oz (56 g/visual unit of measure) for dry bulk products (e.g., spaghetti)
---------------	--------------------------	--

- (i) For products in discrete units (e.g., muffins, sliced products, such as sliced bread, or individually packaged products within a multiserving package) and for products which consist of two or more foods packaged and presented to be consumed together where the ingredient represented as the main ingredient is in discrete units (e.g., pancakes and syrup), the serving size shall be declared as follows:
- (A) If a unit weighs 50 percent or less of the reference amount, the serving size shall be the number of whole units that most closely approximates the reference amount for the product category;
 - (B) If a unit weighs more than 50 percent, but less than 67 percent of the reference amount, the manufacturer may declare one unit or two units as the serving size;
 - (C) If a unit weighs 67 percent or more, but less than 200 percent of the reference amount, the serving size shall be one unit;
 - (D) If a unit weighs at least 200 percent and up to and including 300 percent of the applicable reference amount, the serving size shall be the amount that approximates the reference amount. In addition to providing a column within the Nutrition Facts label that lists the quantitative amounts and percent Daily Values per serving size, the manufacturer shall provide a column within the Nutrition Facts label that lists the quantitative amounts and percent Daily Values per individual unit. The first column would be based on the serving size for the product and the second column would be based on the individual unit. The exemptions in paragraphs (b)(12)(i)(A), (B), and (C) of this section apply to this provision.

[21 CFR 101.9\(b\)\(2\)\(i\)](#)

- (6) A product that is packaged and sold individually that contains less than 200 percent of the applicable reference amount must be considered to be a single-serving container, and the entire content of the product must be labeled as one serving. In addition to providing a column within the Nutrition Facts label that lists the quantitative amounts and percent Daily Values per serving, for a product that is packaged and sold individually that contains more than 150 percent and less than 200 percent of the applicable reference amount, the Nutrition Facts label may voluntarily provide, to the left of the column that provides nutrition information per container (*i.e.*, per serving), an additional column that lists the quantitative amounts and percent Daily Values per common household measure that most closely approximates the reference amount.

[21 CFR 101.9\(b\)\(6\)](#)

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[...] the number of servings shall be rounded to the nearest whole number except for the number of servings between 2 and 5 servings and random weight products. The number of servings between 2 and 5 servings shall be rounded to the nearest 0.5 serving. Rounding should be indicated by the use of the term about (e.g., about 2 servings, about 3.5 servings).

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories

230

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

la conversione calorica deve essere eseguita (pre-arrotondamento):

4 x proteine, 4 x tot.carb. (detratte le fibre che valgono 2), 9 x tot.fat.

Le fibre rientrano nel calcolo dei carboidrati

REGOLE DI ARROTONDAMENTO

21 CFR 101.9(C)

(6) "Carbohydrate, total" or "Total carbohydrate": A statement of the number of grams of total carbohydrate in a serving expressed to the nearest gram, except that if a serving contains less than 1 gram, the statement "Contains less than 1 gram" or "less than 1 gram" may be used as an alternative, or if the serving contains less than 0.5 gram, the content may be expressed as zero. Total carbohydrate content shall be calculated by subtraction of the sum of the crude protein, total fat, moisture, and ash from the total weight of the food. This calculation method is described in A. L. Merrill and B. K. Watt, "Energy Value of Foods—Basis and Derivation," USDA Handbook 74 (slightly revised 1973) pp. 2 and 3, which is incorporated by reference in accordance with 5 U.S.C. 552(a) and 1 CFR part 51 (the availability of this incorporation by reference is given in paragraph (c)(1)(i)(A) of this section).

(4) "Sodium": A statement of the number of milligrams of sodium in a specified serving of food expressed as zero when the serving contains less than 5 milligrams of sodium, to the nearest 5-milligram increment when the serving contains 5 to 140 milligrams of sodium, and to the nearest 10-milligram increment when the serving contains greater than 140 milligrams.

DV

Food component	Unit of measure	Adults and children ≥4 years	Infants through 12 months	Children 1 through 3 years	Pregnant women and lactating women
Fat	Grams (g)	¹ 78	30	² 39	¹ 78
Saturated fat	Grams (g)	¹ 20	N/A	² 10	¹ 20
Cholesterol	Milligrams (mg)	300	N/A	300	300
Total carbohydrate	Grams (g)	¹ 275	95	² 150	¹ 275
Sodium	Milligrams (mg)	2,300	N/A	1,500	2,300
Dietary Fiber	Grams (g)	¹ 28	N/A	² 14	¹ 28
Protein	Grams (g)	¹ 50	N/A	² 13	N/A
Added Sugars	Grams (g)	¹ 50	N/A	² 25	¹ 50

¹ Based on the reference caloric intake of 2,000 calories for adults and children aged 4 years and older, and for pregnant women and lactating women

² Based on the reference caloric intake of 1,000 calories for children 1 through 3 years of age.

[21 CFR 101.9\(c\)\(9\)](#)

RDI

Nutrient	Unit of measure	RDI			
		Adults and children \geq 4 years	Infants ¹ through 12 months	Children 1 through 3 years	Pregnant women and lactating women
Vitamin D	Micrograms (mcg) ²	20	10	15	15
Calcium	Milligrams (mg)	1,300	260	700	1,300
Iron	Milligrams (mg)	18	11	7	27
Potassium	Milligrams (mg)	4,700	700	3,000	5,100
Vitamin A	Micrograms RAE ³ (mcg)	900	500	300	1,300
Vitamin C	Milligrams (mg)	90	50	15	120
Vitamin E	Milligrams (mg) ⁴	15	5	6	19
Vitamin K	Micrograms (mcg)	120	2.5	30	90
Thiamin	Milligrams (mg)	1.2	0.3	0.5	1.4
Riboflavin	Milligrams (mg)	1.3	0.4	0.5	1.6

[21 CFR 101.9\(c\)\(8\)\(iv\)](#)

VERTICALE

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vit. D 2mcg 10% • Calcium 260mg 20%	
Iron 8mg 45% • Potas. 235mg 6%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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

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

No smaller than 8 pt with 4 pt of leading ²

Bold, no smaller than 8 pt with 4 pt of leading ³
 ¼ pt rule centered between nutrients
 (2 pt leading above and below)

Shortened rule above
 Added Sugars declaration

No smaller than 6 pt with 1 pt of leading

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

7 pt rule

Bold, no smaller than 22 pt

Bold, no smaller than 6 pt

Bold, no smaller than 8 pt ⁴

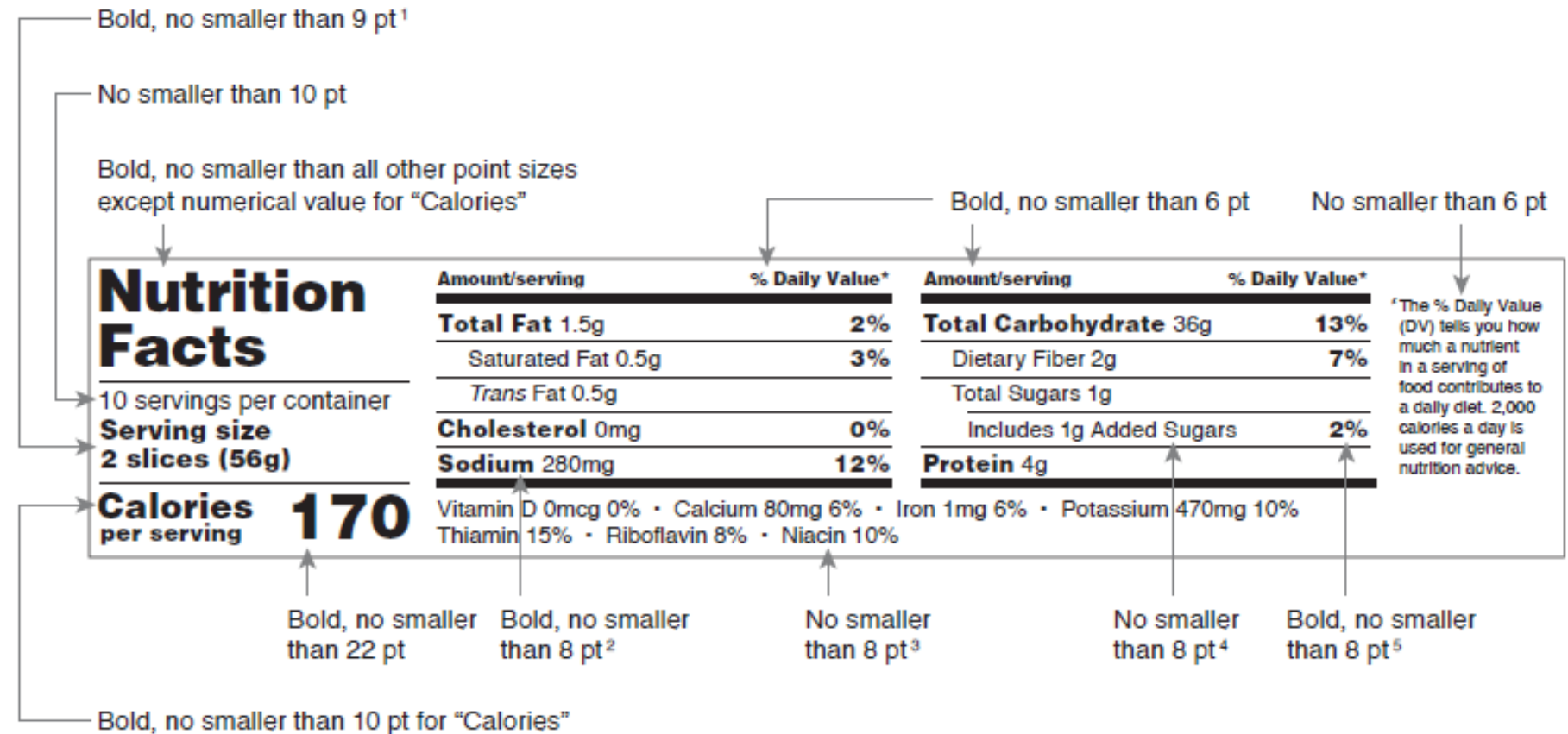
All labels enclosed by ½ point box rule within 3 point of text measure

7 pt rule

No smaller than 8 pt with 4 pt of leading and 8 pt bullets ⁵

TABELLARE

[...] if there is not sufficient continuous vertical space (i.e., approximately 3 in **circa 7,62 cm**) to accommodate the required components of the nutrition label up to and including the mandatory declaration of potassium, ...



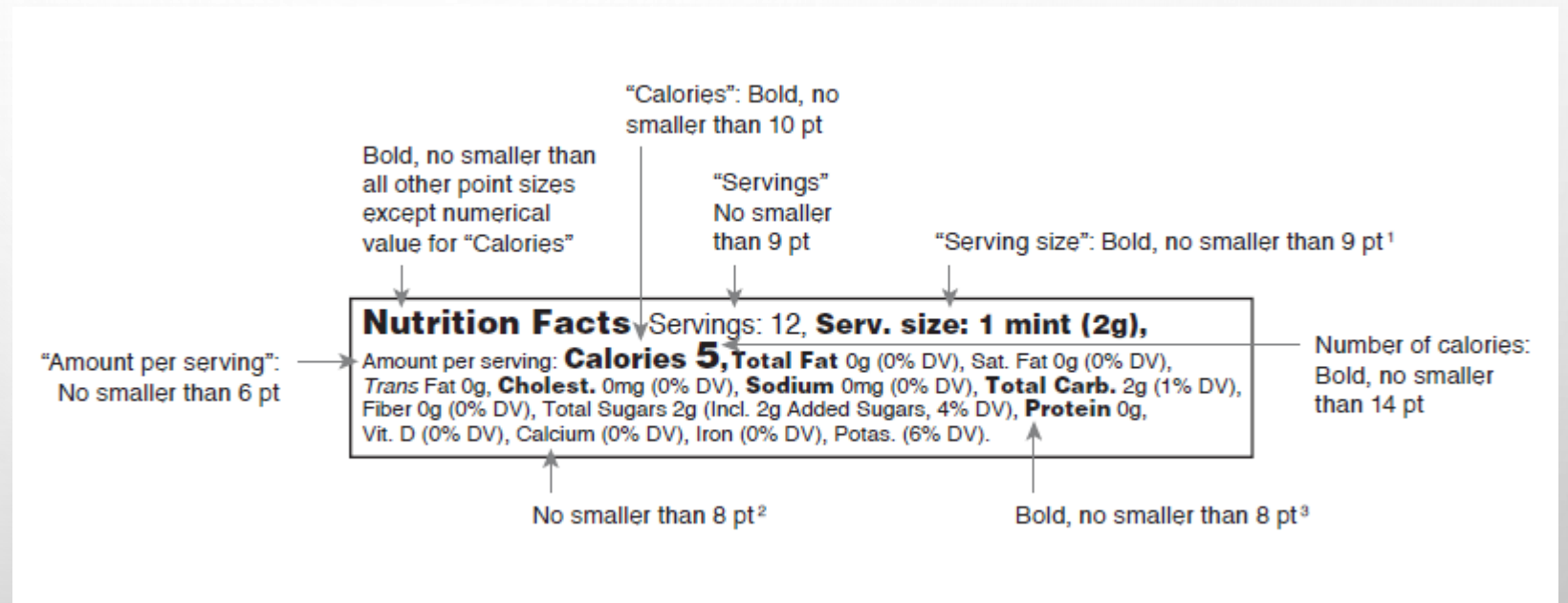
TABELLARE PER PICCOLE CONFEZIONI

[...] if the product has a total surface area available to bear labeling of less than 12 square inches (circa 77 cm²), or if the product has a total surface area available to bear labeling of 40 or less square inches (circa 258 cm²) and the package shape or size cannot accommodate a standard vertical column or tabular display on any label panel.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
5 servings per container		Total Fat 2g	3%	Total Carb. 15g	5%
Serving size 1/6 cup (28g)		Sat. Fat 1g	5%	Fiber 0g	0%
Calories per serving 90		Trans Fat 0.5g		Total Sugars 14g	
		Cholesterol 10mg	3%	Incl. 13g Added Sugars	26%
		Sodium 200mg	9%	Protein 3g	
		Vitamin D 0% • Calcium 6% • Iron 6% • Potassium 10%			

LINEARE PER PICCOLE CONFEZIONI

[...] nutrition information may be given in a linear fashion only if the label will not accommodate a tabular display.



L131. How is “total space available to bear labeling” calculated?

Answer: In determining the total surface area available to bear labeling, flanges and ends (tops and bottoms) of cans, shoulders and necks and caps of bottles and jars, and folded flaps and other unusable area may be excluded; as provided for in 21 CFR 101.1(c) and 21 CFR 101.2(a)(1). However, packages that provide label information on tops, bottoms, or necks should include those areas when calculating available label space. The available label space includes the principal display panel and is not limited to currently labeled areas.

L132. When should the bottoms of packages be included in calculating space available to bear labeling?

Answer: When normal handling by the consumer would result in the bottom of the box being easily seen, such as frozen food boxes. The bottom of boxes stored end up would not be considered “available to bear labeling” since consumers do not look at these areas during normal handling. Likewise, the bottoms of cans and jars are not normally seen and would not be calculated when determining “space available to bear labeling.”

[FDA Food labeling guide](#)

SEMPLIFICATO

[...] when a food product contains **insignificant amounts*** of eight or more of the following:

Calories, total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, dietary fiber, total sugars, added sugars, protein, vitamin D, calcium, iron, and potassium

** An “insignificant amount” shall be defined as that amount that allows a declaration of zero in nutrition labeling, except that for total carbohydrate, dietary fiber, and protein, it shall be an amount that allows a declaration of “less than 1 gram*

Nutrition Facts	
64 servings per container	
Serving size	1 tbsp (14g)
Amount per serving	
Calories	130
% DV*	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 2g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 6g	
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	
Not a significant source of cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium	
* %DV = %Daily Value	