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SYSTEMS

## NUTRITIONIST PRO™ NEXGEN NUTRIENT ANALYSIS APPLICATION

### USA Food Label Checklist

- 📖 What are the USA label guidelines, and how do I access them?
- 📖 How do I apply those guidelines to Nutritionist Pro™ NexGen?
- 📖 How do I make my product stand apart in the marketplace?
- 📖 How do I accomplish my goal of providing nutrition info on my final food package?
- 📖 How do I print and get my final package ready?
- 📖 Great resources for your business!



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## Food Label Checklist

Topics covered in this document are:

- 📖 What are the USA label guidelines, and how do I access them?
- 📖 How do I apply those guidelines to Nutritionist Pro™ NexGen?
- 📖 How do I make my product stand apart in the marketplace?
- 📖 How do I accomplish my goal of providing nutrition info on my final food package?
- 📖 How do I print and get my final package ready?
- 📖 Great resources for your business!

### *What are the USA guidelines and how do I access them?*

The Nutrition Labeling and Education Act of 1990 (NLEA) provides FDA, FSIS USDA with specific authority to require nutrition labeling of most foods regulated by the Agency; and to require that all nutrient content claims (i.e., 'high fiber', 'low fat', etc.) and health claims be consistent with agency regulations.

- ✓ If you make a meat, poultry or egg product the governing agency is [FSIS](#).
- ✓ For other food items [FDA](#) will be the agency setting guidelines for your product.

### *NEW FDA rules for food packages what are they and how can I meet them?*

May 20 2016 FDA finalized the new Food package rules and label designs. July 2016 manufacturers started using the new rules on new products hitting the market. Compliance date for all packages are

#### Compliance Dates

1. ***FDA will require Manufacturers to incorporate the use of the new label by July 26, 2018.***
2. ***However, manufacturers with less than \$10 million in annual food sales will have an additional year to comply.***
  - Nutritionist Pro offer's these new labels in both our Online and CD desktop platforms, you can purchase whichever one you prefer. [See our product catalog here](#)
  - For some clients who are looking for older labels we also offer those in our CD desktop platform only until they are ready to move to the new labeling rules, if you are looking for older label designs please contact us at [sales@axxya.com](mailto:sales@axxya.com) and we can lay out the best option for your needs.

### *How do I apply those guidelines to Nutritionist Pro™ NexGen?*

Nutritionist Pro™ NexGen is an ingredient, recipe database and labeling software. What that means for you is that we have built in the nutrient values for over 75,000 foods, ingredients and recipes so that when you build your final recipe you can use the nutrient values from these common ingredients and calculate the nutrition profile for your final recipe.

- ✓ For ex if your final product is a baked item such as a Cookie your main ingredients perhaps are – flour, butter, water, sugar, salt, spices, chocolate chips.

- ✓ Your first step is to contact your ingredient supplier and obtain nutrition specs for some of your items like flour, chocolate chips etc. The other items like water, salt, sugar and butter if you use generic products then you can use our built in USDA (United States Department of Agriculture) data for those items.
  - To search by USDA filter in our applications go to the food search window and under source pick USDA and if needed you can make it your default source.
  - Remember to first pick Axxya Systems as the data source when you are picking the foods and making your filter selections.
- ✓ Our recommendation is to ask your supplier to provide that data in 100 gm unrounded values.
- ✓ Once you have the nutrient data for your products you are then ready to compile your recipe in Nutritionist Pro™ NexGen.
  - To get you more comfortable with our application and its features we offer
    - Videos
    - Webinars
    - Visit our website <http://www.nutritionistpro.com/training-for/nutrition-food-labeling/> for more details.

### *How do I make my food product stand apart from my competition?*

**Off course your end goal is to make a great product for your consumer and that on a grocery shelf it stands apart from your competition.**

- ✓ See if you qualify for any Nutrient content claims like low fat, sugar free etc. This is very easy to do in Nutritionist Pro™ NexGen.
  - Go to the label section pick your label style and you will see a button for Nutrient Claims this will showcase any claims per FDA guidelines that your food item qualifies for.
- ✓ See if you qualify for any other [health claims](#) that can also make your product stand apart.
- ✓ What will your final product package look like, what does your competitor's package look like?
- ✓ Once you have a good plan in place you can move on to making the final label.

### *How do I accomplish my goal of providing nutrition info on my final food package?*

A few questions to ask yourself or your team are:

1. What is the final RACC for your product? If you are not sure what the recommended RACC (Reference Amount Customarily Consumed) is for your food category no worries, we have the list built into our application. Go to the label section and click on the button **Reference Amount** and pick the category that represents your product.
  - a. This is a guideline of what your typical serving can be per FDA or FSIS.
2. What type of package will you have and how much space do you have on that package for nutrition labels.
  - a. [How to determine location of nutrition facts for your package?](#)

- b. Once you determine this and you have picked your label style for ex Vertical, Linear, Tabular, Dual Dec, Aggregate etc, you can come to Nutritionist Pro™ NexGen and pick your label format.
  - i. Go to the label section of our app and select USA, and the label style.
  - ii. We also offer our clients an ability to make their USA labels in English, Spanish or French to meet the demands of a multicultural diverse population. In the application you will have some language options as well based on what you have purchased.
    1. *Please note that if you export foods to Canada we offer a separate Canadian module that meets requirements for labeling. The French language option under USA is NOT compliant with Canadian regulations. We offer French option under USA as a language option should our clients want to offer their USA labels in the French language to accommodate the needs of their consumers as needed.*
3. Final label review
  - a. Once you are done selecting the label you have few choices here
    - i. Double check the allergens tagged in your label – this was done when the recipe was made in Nutritionist Pro™ so it's a good idea to see what you want to say about allergens on your final package.
      1. We offer 3 statements – Contains, May Contain, or added during processing. Pick the one that applies to you.
    - ii. Ingredient statement section – make sure and clean up and review your final statement, our application lists all ingredients in descending order by weight, in addition if you added translations during your recipe development part of the application you will see those reflected here as well.
  - b. Once you are done click next and see your label format, after you have reviewed the final label you have many editing features in the application such as color, size, pixel options etc. Adjust your label as needed and when finished save and print your label.

### *How do I print and get my final package ready?*

We understand that once your label is finished and you have your nutrition values, the next step is how to get a great label printed and how to finish and make your whole product package?

Rest assured we have done the legwork for you. Check out our [partners' page](#) where we have options for your next steps. Some partners also offer special pricing so be sure to mention the coupon codes or our name **Axxya Systems** to take advantage of the promotions offered by our partners.

### *Great resources for your business*

1. [Overview of Requirements for a Food Business](#)
2. [NLEA Food labeling guidelines](#)
3. [If you are making a label for meat, poultry and egg, the guidelines are governed by FSIS](#)

If you have any questions remember we offer many resources for assistance – other help files, videos, webinars etc. Visit our website for more details [www.nutritionistpro.com](http://www.nutritionistpro.com)

***Nutritionist Pro™ NexGen meets labeling needs for Canada, Europe/UK, China/Hong Kong and more. This gives you an opportunity to export to other regions and easily meet label requirements for your final package. Grow your business and we will be there to support you with label needs for many other regions.***