

U.S. NUTRITION LABELING FOR ADDED SUGARS Key Considerations from the 2016 Final Rules

As of May 27, 2016, FDA added the requirement to declare added sugars on the Nutrition Facts label so that Americans can distinguish between naturally occurring and added sugars in their foods.

New definition and daily value for added sugars:

- Sugars (free, mono- and disaccharides)
- Sugars from syrups and honey
- Sugars from concentrated fruit or vegetable juices
 - Included: the amount of sugar in excess of what is expected from the same volume of 100% juice
 - Not included: fruit/vegetable juice concentrates from 100% juices that are sold as such; fruit/vegetable juice concentrates used to standardize for Brix; fruit juice concentrates used to formulate the fruit component of standardized jellies, jams or preserves; fruit juice concentrates used in fruit spreads
- The daily value for added sugars is 50 grams based on a 2,000 calorie diet.

Implications of the new rule:

- Listing on the Nutrition Facts label has changed to include “Total Sugars” (previously “Sugars”), with added sugars now indented under Total Sugars and expressed as “Includes Xg Added Sugars”.
- The value for added sugars is rounded to the nearest gram.
 - If a serving contains less than 1 gram of added sugars, “less than 1g” may be used; if a serving contains less than 0.5 gram, the value may be listed as “0”.
 - If a serving contains less than 1 gram *and* there are no claims about sweeteners, sugars, added sugars or sugar alcohol, a separate line for added sugars is not required. However, the statement “Not a significant source of added sugars” must then be included.
- When there is only one type of sugar in a food, calculating the value is very straightforward.
 - If all of the total sugars are added sugars, then added sugars will equal total sugars.
 - If all of the total sugars are naturally occurring sugars, then added sugars will be zero.
- When there is a combination of naturally occurring and added sugars, database analysis can be used to calculate total sugars and added sugars by ingredient, and then totaled.
- Laboratory analysis *alone* cannot be used to determine the value for added sugars because added sugars are not chemically distinguishable from naturally occurring sugars.
- Manufacturers must keep separate records to validate values for added sugars. There are special requirements when added sugars undergo fermentation and enzymatic browning.

Compliance dates:

The compliance date is July 26, 2018 for manufacturers with \$10 million or more in annual food sales. Manufacturers with less than \$10 million have one additional year to comply (July 26, 2019).

Note: This document is intended as a broad overview. Consult the reference for additional caveats.

References: Federal Register May 27, 2016, pp. 33741-34047; 21CFR 101.9(c)(6)(iii)