

# Crisis Control Newsletter

RQA
Providing Solutions from Concept to Consumption

Crisis Control Newsletter from RQA, Inc.—A Catlin Preferred Provider to Foodservice, Food Processing and Consumer Products Industries

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## Nutrition Facts Panel – Proposed Changes

The FDA is proposing to update the Nutrition Facts label found on most food packages in the United States. The Nutrition Facts label, introduced 20 years ago, helps consumers make informed food choices and maintain healthy dietary practices. If adopted, the proposed changes would include the following.

### 1. Greater Understanding of Nutrition Science

- Require information about "added sugars." Many experts recommend consuming fewer calories from added sugar because they can decrease the intake of nutrient-rich foods while increasing calorie intake.
- Update daily values for nutrients like sodium, dietary fiber and Vitamin D. Daily values are used to calculate the Percent Daily Value listed on the label, which help consumers understand the nutrition information in the context of a total daily diet.
- Require manufacturers to declare the amount of potassium and Vitamin D on the label, because they are new "nutrients of public health significance." Calcium and iron would continue to be required, and Vitamins A and C could be included on a voluntary basis.
- While continuing to require "Total Fat," "Saturated Fat," and "Trans Fat" on the label, "Calories from Fat" would be removed because research shows the type of fat is more important than the amount.

### 2. Updated Serving Size Requirements and New Labeling Requirements for Certain Package Sizes

- Change the serving size requirements to reflect how people eat and drink today, which has changed since serving sizes were first established 20 years ago. By law, the label information on serving sizes must be based on what people actually eat, not on what they "should" be eating.
- Require that packaged foods, including drinks, that are typically eaten in one sitting be labeled as a single serving and that calorie and nutrient information be declared for the entire package. For example, a 20-ounce bottle of soda, typically consumed in a single sitting, would be labeled as one serving rather than as more than one serving.
- For certain packages that are larger and could be consumed in one sitting or multiple sittings, manufacturers would have to provide "dual column" labels to indicate both "per serving" and "per package" calories and nutrient information. This way, people would be able to easily understand how many calories and nutrients they are getting if they eat or drink the entire package at one time.

### 3. Refreshed Design

- Make calories and serving sizes more prominent to emphasize parts of the label that are important in addressing current public health concerns such as obesity, diabetes, and cardiovascular disease.
- Shift the Percent Daily Value to the left of the label, so it would come first. This is important because the Percent Daily Value tells you how much of certain nutrients you are getting from a particular food in the context of a total daily diet.
- Change the footnote to more clearly explain the meaning of the Percent Daily Value.

## Original vs. Proposed Label

### Original

**Nutrition Facts**
Serving Size 2/3 cup (55g)
Servings Per Container About 8

**Amount Per Serving**

| | |
|---|---|
| **Calories** 230 | Calories from Fat 72 |
| | **% Daily Value*** |
| **Total Fat** 8g | **12%** |
| Saturated Fat 1g | **5%** |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 160mg | **7%** |
| **Total Carbohydrate** 37g | **12%** |
| Dietary Fiber 4g | **16%** |
| Sugars 1g | |
| **Protein** 3g | |
| Vitamin A | 10% |
| Vitamin C | 8% |
| Calcium | 20% |
| Iron | 45% |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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 |

### Proposed

**Nutrition Facts**
**8 servings per container**
Serving size 2/3 cup (55g)

Amount per 2/3 cup
**Calories 230**

| % DV* | |
|---|---|
| **12%** | **Total Fat** 8g |
| **5%** | **Saturated Fat** 1g |
| | ***Trans* Fat** 0g |
| **0%** | **Cholesterol** 0mg |
| **7%** | **Sodium** 160mg |
| **12%** | **Total Carbs** 37g |
| **14%** | **Dietary Fiber** 4g |
| | **Sugars** 1g |
| | **Added Sugars** 0g |
| | **Protein** 3g |
| 10% | **Vitamin D** 2mcg |
| 20% | **Calcium** 260mg |
| 45% | **Iron** 8mg |
| 5% | **Potassium** 235mg |

* Footnote on Daily Values (DV) and calories reference to be inserted here.

### Dual Column Format

**Nutrition Facts**
**2 servings per container**
Serving size 1 cup (255g)

| | Per 1 cup | | Per container | |
|---|---|---|---|---|
| **Calories** | **220** | | **440** | |
| | **% DV*** | | **% DV*** | |
| **Total Fat** | **8%** | 5g | **15%** | 10g |
| **Saturated Fat** | **10%** | 2g | **20%** | 4g |
| ***Trans* Fat** | | 0g | | 0g |
| **Cholesterol** | **5%** | 15mg | **10%** | 30mg |
| **Sodium** | **10%** | 240mg | **21%** | 480mg |
| **Total Carbs** | **12%** | 35g | **23%** | 70g |
| **Dietary Fiber** | **21%** | 6g | **43%** | 12g |
| **Sugars** | | 7g | | 14g |
| **Added Sugars** | | 4g | | 8g |
| **Protein** | | 9g | | 18g |
| **Vitamin D** | 25% | 5mcg | 50% | 10mcg |
| **Calcium** | 15% | 200mg | 30% | 400mg |
| **Iron** | 6% | 1mg | 10% | 2mg |
| **Potassium** | 10% | 470mg | 20% | 940mg |

* Footnote on Daily Values (DV) and calories reference to be inserted here.

*Sources: FDA.gov*

## Food and Drug Administration Recalls (www.fda.gov)

**Product:** Taco Dinner Kits, Seasoning Mix, Sauce
**Incident:** Possible Health Risk–*Undeclared Allergen*

A Parsippany, NJ firm is recalling certain taco seasoning mix, sauce, kit products and enchilada sauce after learning that one or more of the spice ingredients purchased from a third party supplier contain peanuts and almonds, which are both allergens that are not declared on the products' ingredient statements. People who have an allergy or severe sensitivity to peanuts/almonds run the risk of serious or life-threatening allergic reaction if they consume these products. The recalled products were distributed to various retail grocery and foodservice outlets nationwide. The recall was initiated in consultation with the FDA after it was discovered that ingredients from a supplier were contaminated with peanut and almond allergens. The company has since terminated its relationship with this supplier and is receiving ingredients from other sources. People who are allergic to peanuts/almonds should return the recalled products for a full refund.

**Product:** Brown Rice Flour
**Incident:** Possible Health Risk–*Salmonella*

A Richvale, CA firm is recalling specific bags of brown rice flour because they have the potential to be contaminated with *Salmonella*. The recalled brown rice flour was distributed in retail store bulk bins and 25-lb. bulk bags between November 4-12, 2014 in the following states: CA, HI, MA, AZ, NV and through mail order. So far no illnesses have been reported to date. The recall was initiated after the potential for contamination was identified after routine testing. Immediate corrective action has been taken. Distributors and retailers have been notified and requested to discard the affected products in stock. The company notified the U.S. FDA and is cooperating fully with the agency. Consumers who have purchase these products should discard it and contact the place of purchase for a refund. Consumers with questions should contact the company with any questions or email them for more information.

## United States Department of Agriculture Recalls (www.usda.gov)

**Product:** Pork Products
**Incident:** Possible Health Risk–*Undeclared Allergen*

A Panorama City, CA establishment is recalling approximately 6,560 pounds of pork products due to misbranding and undeclared allergens. The product contains wheat and soy, known allergens which are not declared on the product label. These products were shipped to retail locations in CA and WA. The problem was discovered by FSIS during a routine label review. FSIS and the company have not received any reports of adverse reactions due to consumption of these pork products. Some products included in the recall are 1 and 5-lb. vacuum-packed packages containing blood sausage link products produced between August 28 and October 17, 2014. Media and consumers with questions in regard to the recall should contact the company for more information.

**Product:** Pierogi Products
**Incident:** Possible Health Risk–*Undeclared Allergen*

A Chicago, IL establishment is recalling approximately 2,059 pounds of pierogi products due to misbranding and undeclared allergens. The products contain wheat, soy, eggs and milk, known allergens which are not declared on the product label. The pierogi products were produced on various dates prior to September 19, 2014 and were shipped to a distributor for national online sales. The products were sold in 11.5 and 14-oz. white plastic tray packages containing 6 or 12 pieces of pierogi product. The problem was discovered by a FSIS investigation during routine surveillance when the investigator noticed that the packaging lacked ingredient labels and/or the mark of inspection. FSIS and the company have not received any reports of adverse reactions due to the consumption of these products. Media and consumers with questions in regard to the recall should contact the company's consumer hotline.

## Consumer Product Safety Commission Recalls (www.cpsc.gov)

**Product:** Tankless Water Heaters
**Incident:** Possible Risk-*Fire Hazard*

A Fort Worth, TX importer and a Chungbuk, Korea manufacturer are recalling approximately 29,000 units of all models of single and dual-purpose tankless gas water heaters (2,200 units in Canada). The recalled water heaters are white and heat either 4 or 7.2 gallons of water per minute. The water heaters can overheat, posing a fire hazard. The company has received 40 reports of the units overheating, including four involving burns on the wall where the heaters were mounted and two involving fires and property damage. No injuries have been reported. The heaters were manufactured in Korea and sold at independent dealers nationwide and on various websites from July 2008 through August 2014. Consumers should stop using the recalled water heaters immediately and contact the company to arrange for a free repair. Consumers with questions should contact the company directly or visit their website for more information.

**Product:** Whistles
**Incident:** Possible Risk-*Choking Hazard*

An Oak Brook, IL distributor is recalling approximately 2.3 million units of children's whistles (200,000 units in Canada). The recalled whistles are red and were included in a plastic figurine holding a pink heart-shaped lollipop. The whistle can be removed and used to make sounds by inhaling or exhaling through the mouth piece. The components inside of the whistle can detach, posing choking and aspiration hazards to young children. The whistles were manufactured in China and distributed in kids meals at a restaurant chain nationwide from October 2014 through the first week of November 2014. The company has received two reports of children who coughed out pieces of the whistle that they had sucked into their mouths, including one child who received medical attention. Consumers should immediately take away the recalled whistle and return it for a free replacement toy.

***Crisis Control is a newsletter jointly published by RQA, Inc. & Catlin Group.***

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