



Presented by ESHA Research

Wednesday, September 16, 2020

11:00 AM PDT | 1:00 PM CDT | 2:00 PM EDT

# ESHA Research

ESHA Research was established in 1981 as one of the very first nutrition software solutions. Today, ESHA's suite of nutritional software products, services, and databases are recognized as the industry's top choice for food and supplement formulation, recipe development, labeling, nutritional analysis, and regulatory compliance.

ESHA Solutions

# Genesis R&D Foods

Genesis R&D Foods, first released in 1991, is designed to help users manage processes, overcome industry challenges, and meet federal requirements. Industry professionals use Genesis R&D for quick and accurate nutrient evaluation, virtual product development, nutrition labeling, and regulatory compliance.

- Product Development
- Formulation Analysis
- Menu Analysis
- Reporting
-

# Upcoming Webinars

September 23, 2020 | Drive to Digital: Integrating Genesis R&D to Improve Your Innovation Workflow

During this webinar, we will discuss the key features of the Genesis R&D API and how you can quickly and predictably integrate Genesis R&D using pre-built integration accelerators (using Verdant's COG platform) that connect your nutrition analysis and Nutrition Facts label data in Genesis R&D with common ERP, PLM, and MDM vendor solutions.

Guest Speaker, Andy Greenwald, Senior Project Manager for R&D and Manufacturing Systems at The Kraft Heinz Company will share his experience with integrated compliance and how they are using it to streamline and improve their overall NPD process.

October 14, 2020 | Tracking and Disclosing Sulfites Using Genesis R&D Foods

The FDA requires that products containing 10 ppm (parts per million) or more of sulfiting agents must declare the presence of sulfites on the product label. During this webinar, we will walk users through the steps for entering, tracking, and declaring sulfites on your product label.

STAY TUNED FOR ADDITIONAL WEBINARS

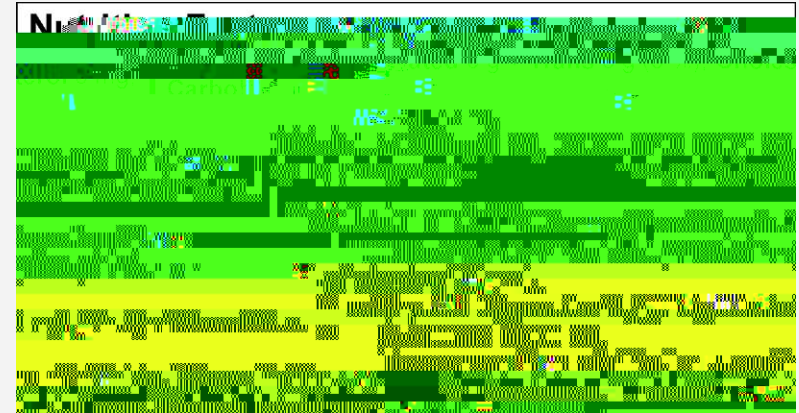
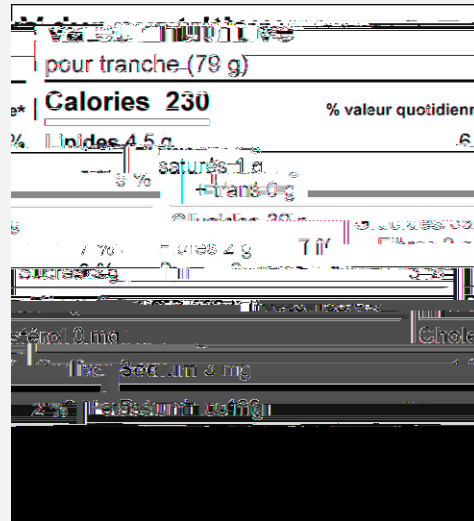
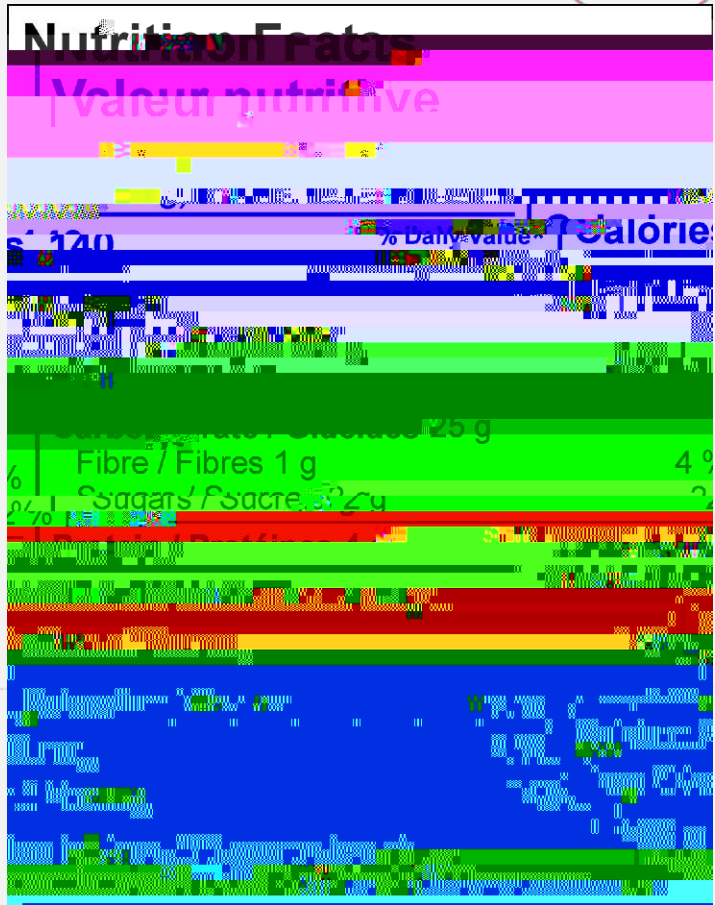
To register or view archived webinars visit: [www.asha.com/news-events/webinars](http://www.asha.com/news-events/webinars)



# What we'll cover today

- Review of Regulatory Changes
  - Compliance Dates
  - Nutrients and %DVs
  - Serving Size
  -

# Canadian Labels 2016



# Compliance Date

- Health Canada finalized changes to the Nutrition Facts tables on December 14, 2016 giving manufacturers a five-year compliance period
- Compliance date: December 14, 2021\*

*"\*Note: It is currently being proposed that the transition period be extended to December 14, 2022. Additional information will be provided at a later date."*

<https://www.canada.ca/en/health->



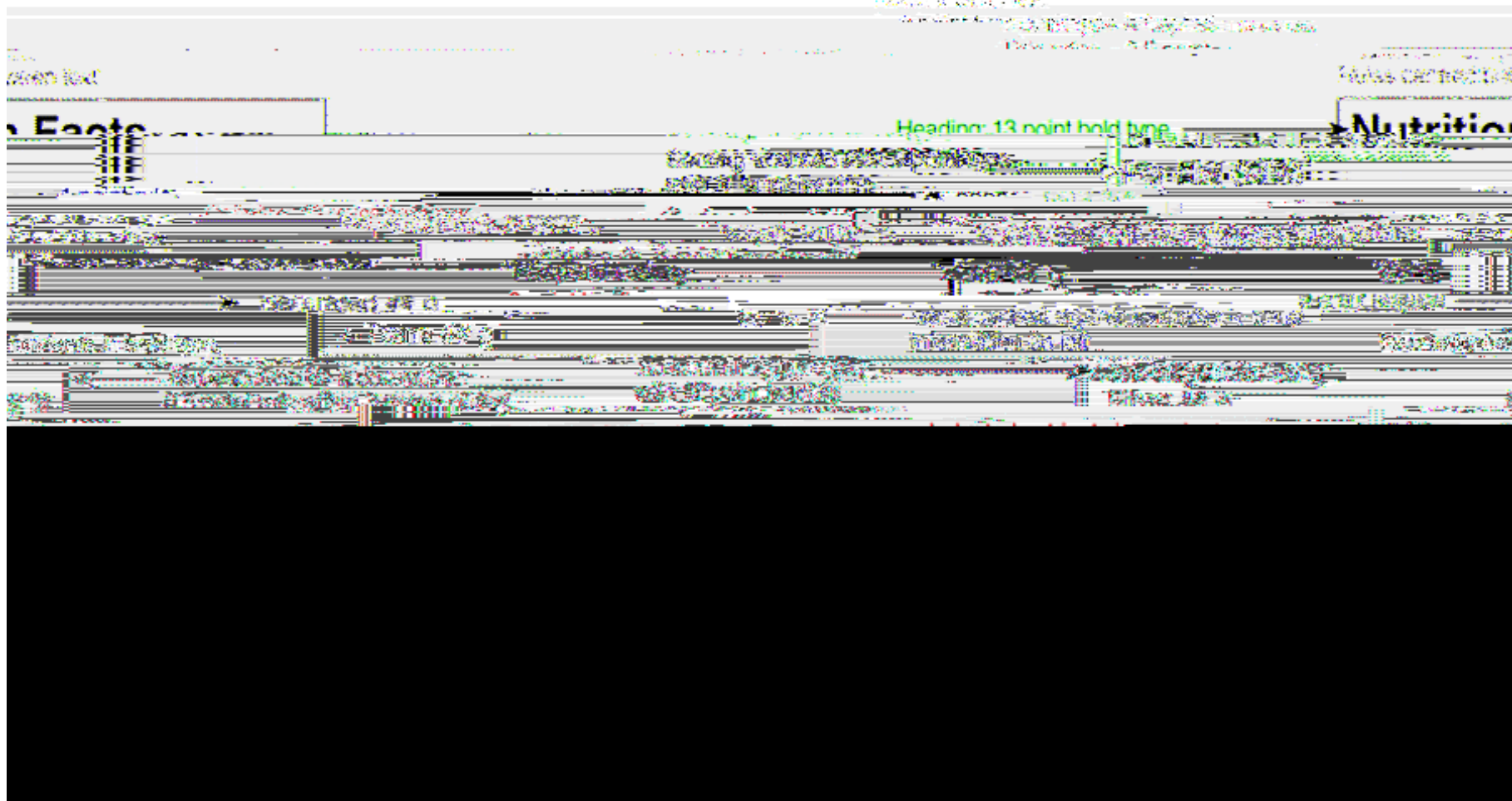
# Highlights of Nutrition Facts Changes

- Display of Calories
- Serving Sizes
- Updated Daily Values (DV) based on scientific findings
- New DV for Total Sugars
- Core Nutrients Updated
- Added amounts in mg for minerals (Potassium, Iron, Calcium)
- Footnote explaining %DV
- Ingredient and Allergen Statement updates

# Nutrition Facts 2003 vs. 2016

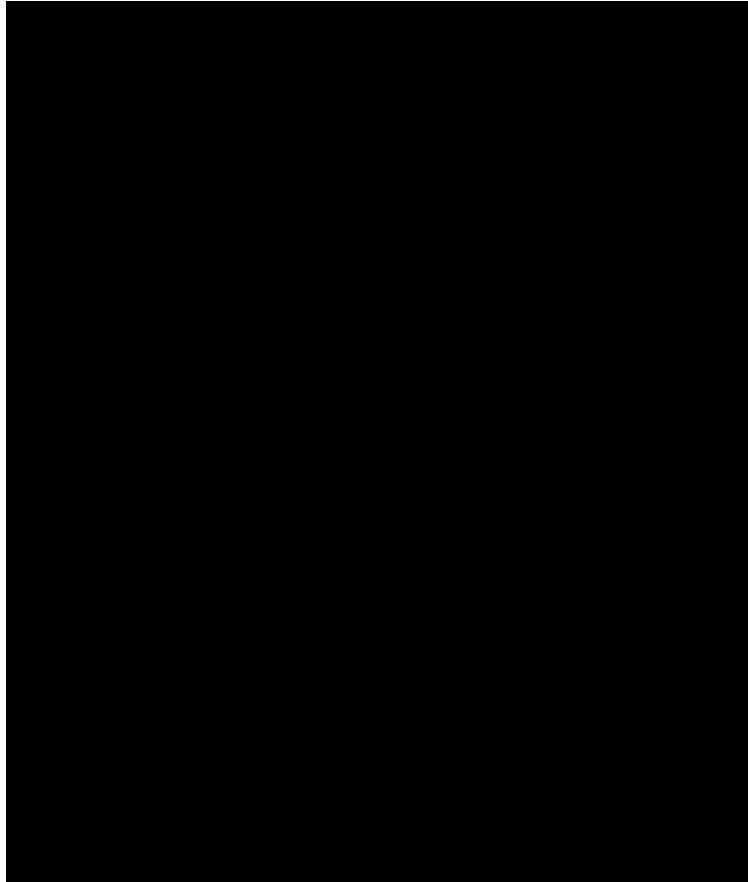
- Calories is larger and stands out more with bold line below
- Serving Sizes are consistent

# Standard Label Format Specs



<https://www.canada.ca/en/health-canada/services/technical-documents-labelling-requirements/directory-nutrition-facts-table-formats/nutrition-labelling.html#a1>

# Rounding of Nutrition Facts Table Information



Nutrition Facts		Valeur nutritive	
Per 1 cup (140 g) pour 1 tasse (140 g)			
<b>Calories 520</b>		% Daily Value*	
Total Fat	40g	80%	
Saturated Fat	20g	40%	
+ Trans	0g	0%	
Total Carbohydrate	115g	23%	
Dietary Fiber	5g	10%	
Sugars	30g	60%	
Sodium	100mg	20%	
Iron	10mg	20%	

Rounding Rules	
or saturated fat - express as zero	<0.5g all other ca
ses - nearest multiple of 0.1g	>=0.5g to <=5g - ne
arest multiple of 0.5g	>5g - nearest multi
SODIUM	< 5 mg, meets
"free of so	
multiple of 0.1g	
> 0.5g - nearest multiple of 1g	

# Nutrient Changes: Core Nutrients

Calories

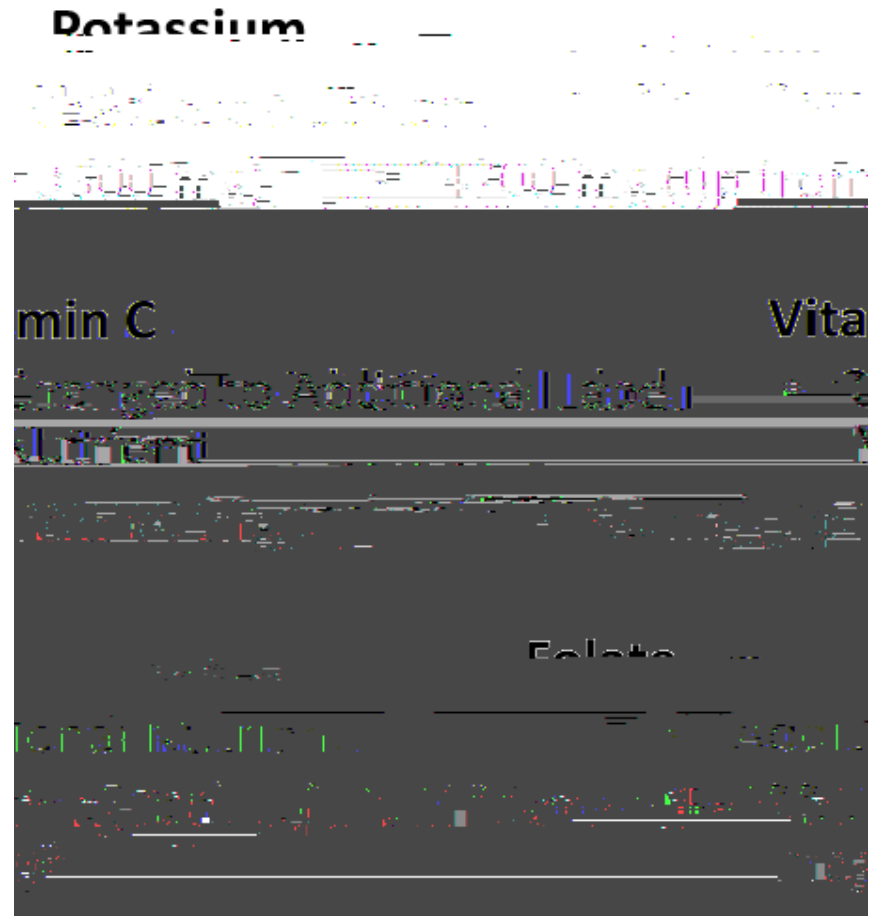
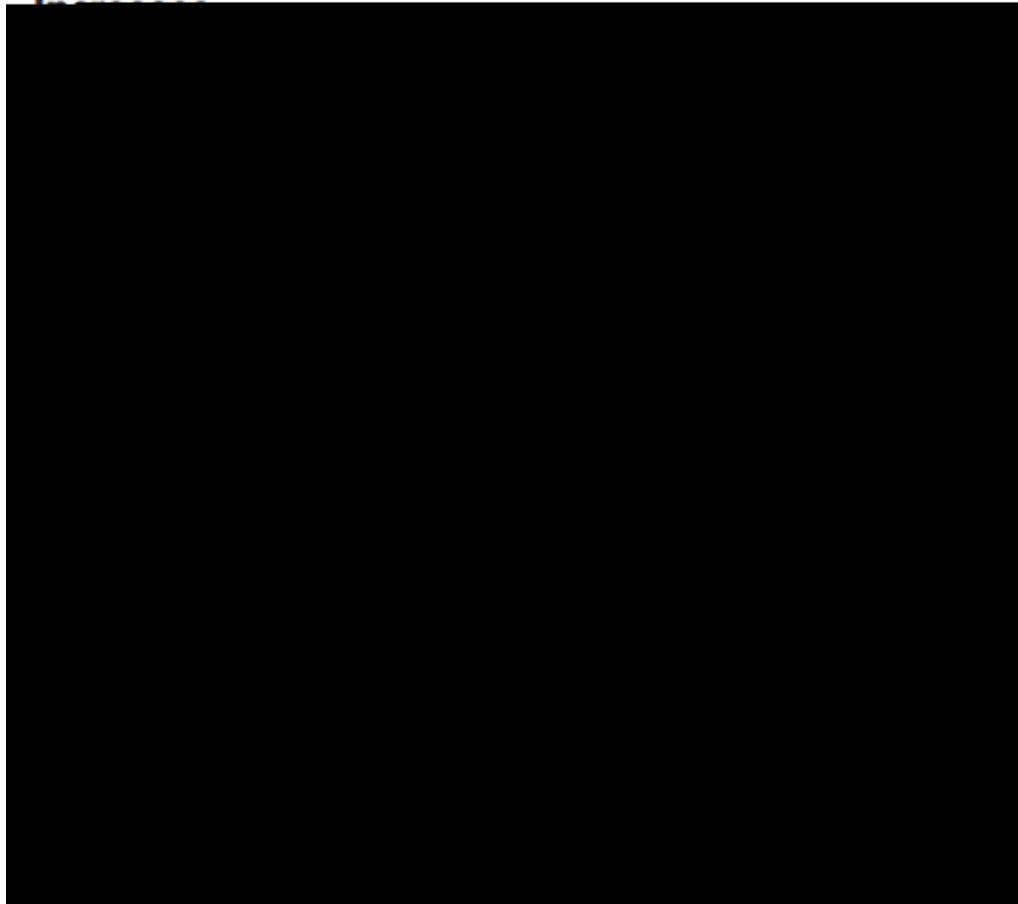
Fat

Saturated Fat

Trans Fat

CarbFC6.089al q0.000014305 0 960 540 reW\* nBT/F3(y)0

# Nutrient Changes: Increases



# Nutrient Changes: Decreases

Old DV	Nutrient	New DV
2300 mg	SODIUM	2400 mg
1.2 mg	THIAMINE	1.3 mg
1.3 mg	RIBOFLAVIN	1.6 mg
10 mg	NIACIN	14 mg
5 mg	PANTOTHENIC ACID	7 mg
160 mcg*	CHROMIUM	100 mcg*
45 mcg*	MOLYBDENUM	75 mcg*

## Vitamin A

- Change to Additional Label Nutrient

1000 mcg RAE (change from 1000 mcg RAE)

## Sodium

- Core Label Nutrient

## Sugar

## Choline

- New Additional Label Nutrient

mg

# Nutrient Unit Changes and Calculations

Vitamin A (Voluntary nutrient -



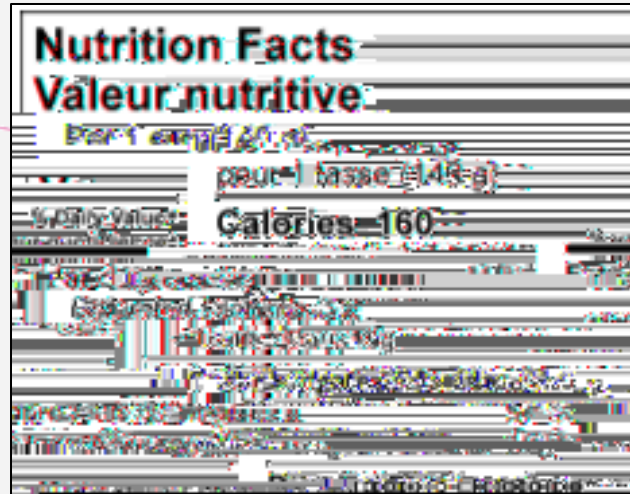


# Bilingual Requirements

All mandatory information must be shown on the label in both English and French

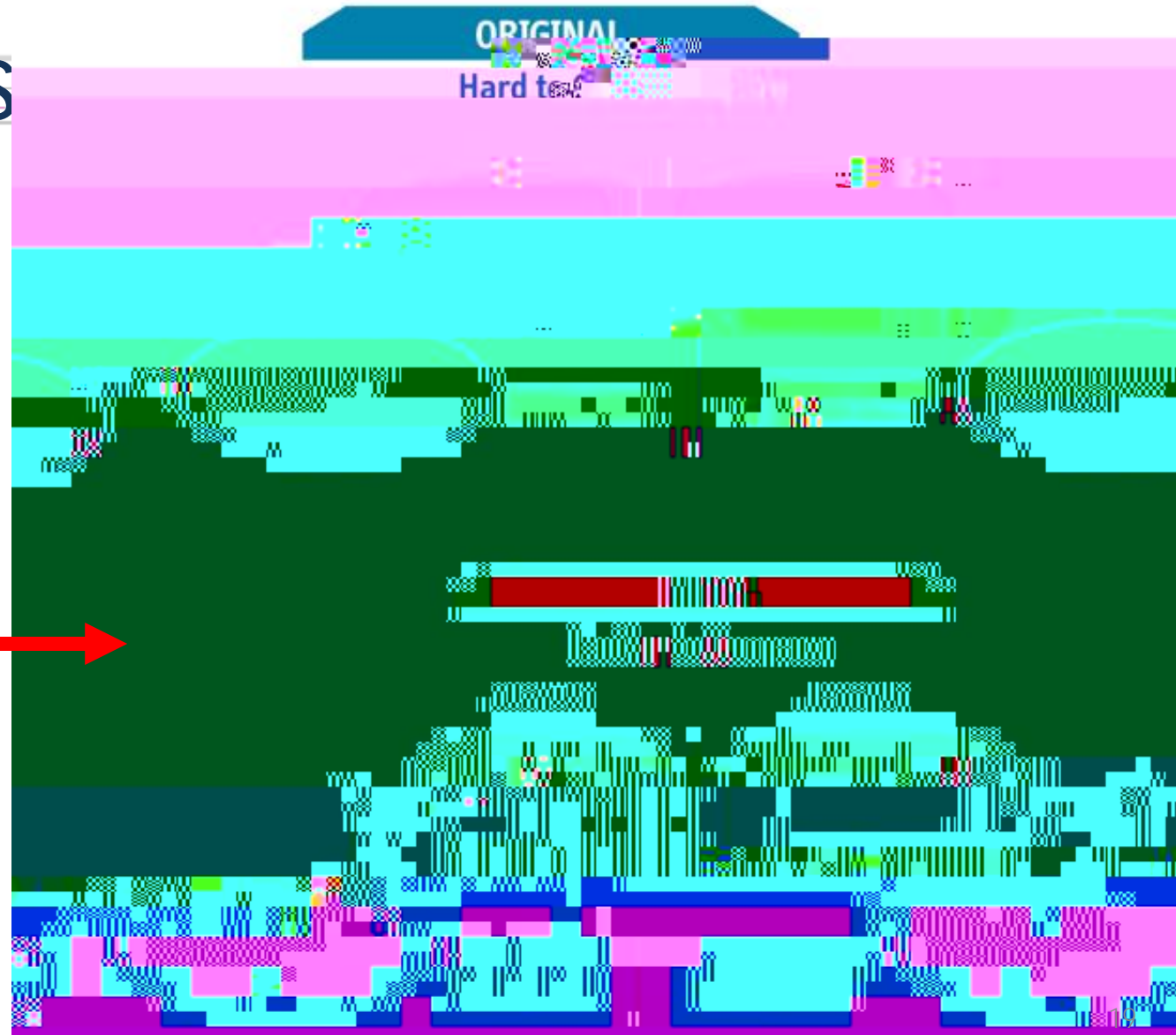
Exemptions:

- Specialty Foods
- Test Market Foods
- Local Foods
- *Some provinces may have additional language requirements for products marketed within their jurisdiction. For example, the province of Quebec has additional requirements concerning the use of the French language on all products marketed in Quebec.*



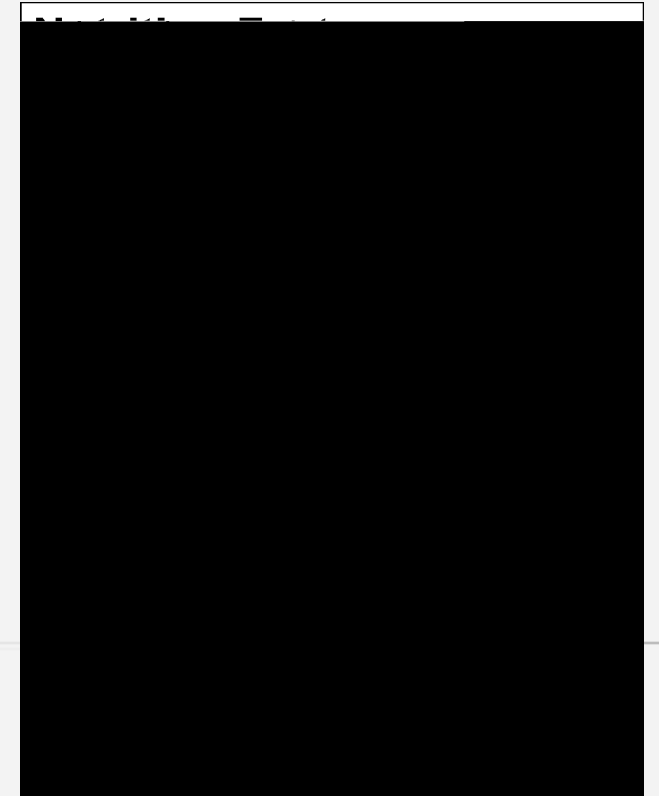
# Updated Serving Sizes

- Serving Sizes more consistent for food groups
- Easier for consumers to compare one product or brand to another



# Serving Size

- Serving Size is based on a specific amount of food (edible portion) and is a quantity of food that can be reasonably consumed at a single eating occasion
- The serving size must be expressed in the Nutrition Facts table by declaring a household measure (HM) first, followed by the corresponding metric measure (MM), within brackets
- Table of Reference Amounts for Food



# Foods in Single Serving Containers

Weight or mL	Serving Size Declaration	Serving Size Example

# Foods in Multi-serve Packages

- Refer to Table of Reference Amounts for Food Groups
- Household Measure
  - Might be volume, pieces, slices, etc, or expressed as fraction of the whole
- Look for additional descriptions in the Table of RA

Snack Crackers - Reference Amount (RA)	Criteria to Determine Serving Size for Multi-serve Packages	Serving Size
30 g	Multiple units (where 14 or less pieces = RA) MM = 30g HM: # whole pieces closest to weight of RA	12 crackers (30 g)

Cracker(s)

(where 14 or less pieces make up the RA):

- HM: number of whole pieces or units closest to weight of RA
- MM: 30g

Package of multiple, individually prepackaged units, where one unit \_\_\_\_\_

1 unit (# g)

# Servings Per Container

- Servings Per Container shows the total number of servings per container





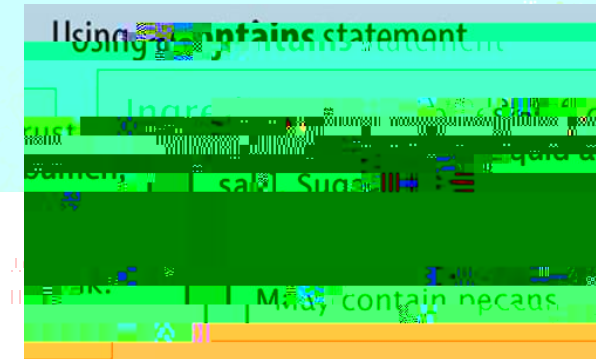
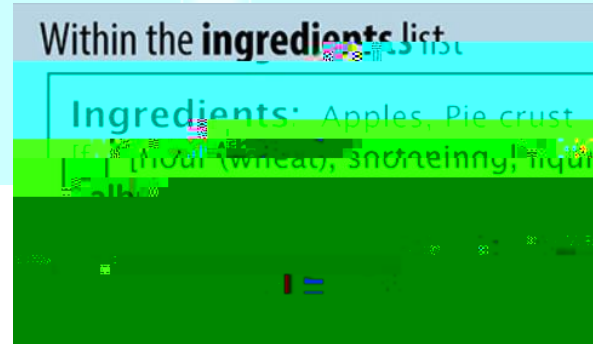




# Allergens, Gluten, and Sulfites

Food allergen means any protein from any of the following foods, or any modified protein that includes any protein fraction derived from any of the following foods:

- Crustaceans
  - Eggs
  - Fish
  - Milk
  - Mustard seeds
  - Peanuts
  - Sesame seeds
  - Shellfish
  - Soybeans
  - Tree Nuts: almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios or walnuts
  - Wheat or triticale
- OR
- Gluten – gluten protein or modified gluten protein or fraction from: barley, oats, rye, triticale, or wheat, and prolamins
  - Sulphites – added sulphites in a total amount of 10 ppm or more



# Best Practices for Record Keeping

- Review and Document in Genesis
  - Ingredient records
  - Recipes
- Attachments
  - Attach supplier spec sheets, lab analyses, and other records
- Notes
  - Use the Notes fields in Ingredient and Recipe records to capture further detail and clarification
- Check Data Feature
- Spreadsheet to review Recipes
  - For every Recipe
  - Check for missing data

# Genesis R&D Training

Genesis R&D Training | September 22-24, 2020 | web-based

Professional *and/or* Advanced training session. The first two days cover the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, nutrition analysis and reporting, labeling, and best practices. In addition, you can attend a third day of Advanced instruction, or just attend the Advanced session as a single day. Advanced training presents more complex scenarios and more comprehensive regulatory issues.

Genesis R&D Training | October 6-8, 2020 | web-based

Professional *and/or* Advanced training session. The first two days cover the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, nutrition analysis and reporting, labeling, and best practices. In addition, you can attend a third day of Advanced instruction, or just attend the Advanced session as a single day. Advanced training presents more complex scenarios and more comprehensive regulatory issues.

Genesis R&D Training | December 1-3, 2020 | web-based

Professional *and/or* Advanced training session. The first two days cover the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, nutrition analysis and reporting, labeling, and best practices. In addition, you can attend a third day of Advanced instruction, or just attend the Advanced session as a single day. Advanced training presents more complex scenarios and more comprehensive regulatory issues.

Contact [training@esha.com](mailto:training@esha.com) with any questions or to inquire about training for your organization

See the Training Schedule at: <https://www.esha.com/news-events/training-schedule/>

