



Presented by ESHA Research

Wednesday, March 16, 2022

11:00 AM PT | 1:00 PM CT | 2:00 PM ET



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<sup>®</sup> Food Formulation

Genesis R&D<sup>®</sup> Supplement Formulation

REX<sup>®</sup> Regulations Expert Document Search Portal

Food Processor<sup>®</sup> Nutrition & Diet Analysis

Consulting Services

Our mission is to help remove the complexity of product development and regulatory compliance for the food, beverage, and supplement industries through software, services, and nutritional databases.



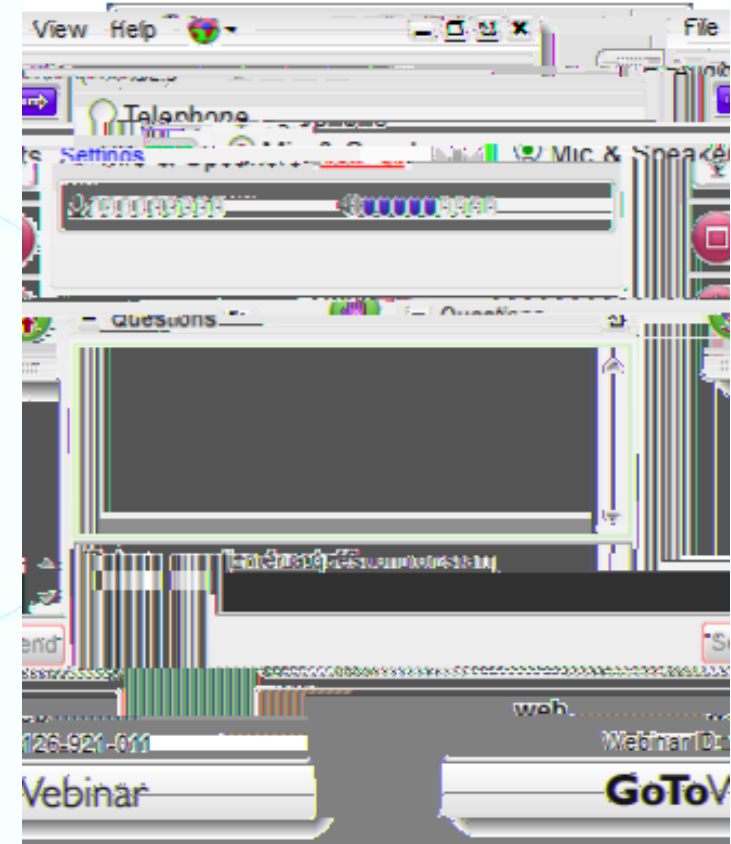
webinar schedule.

New Regulatory  
Focused webinars  
and topics continue  
to be added.

To view archived webinars:



The webinar is being recorded  
All webinars available on our website  
Submit your questions in the  
GoToWebinar control panel  
We'll email a copy of the recording and  
the slides following the webinar







Contribute excess Calories and excess sugars when compared to whole food sources

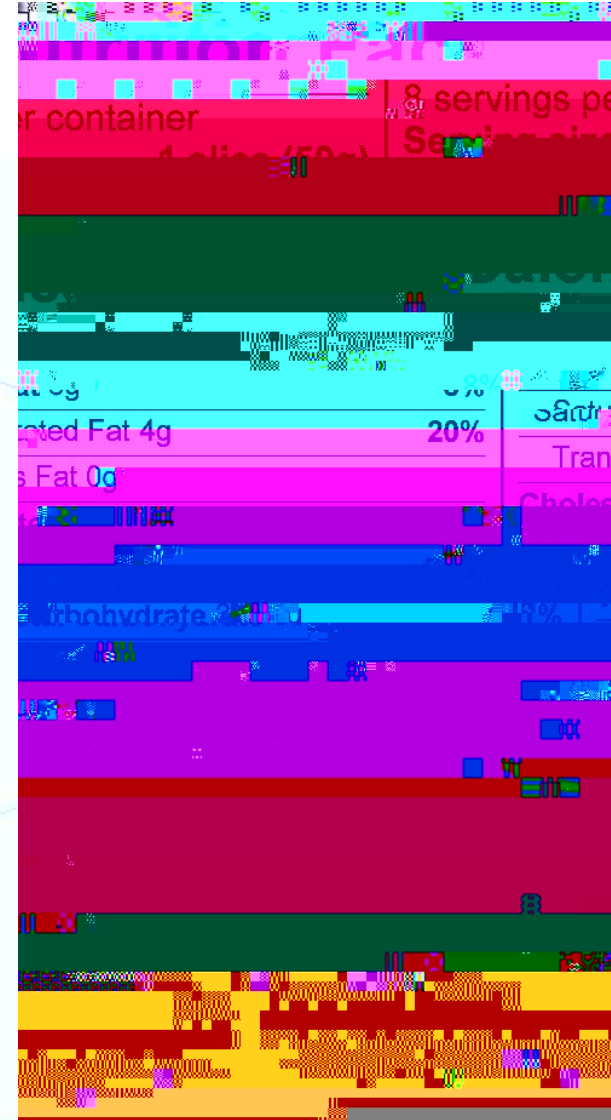
Identification and declaration of Added Sugars has led some manufacturers to reformulate products





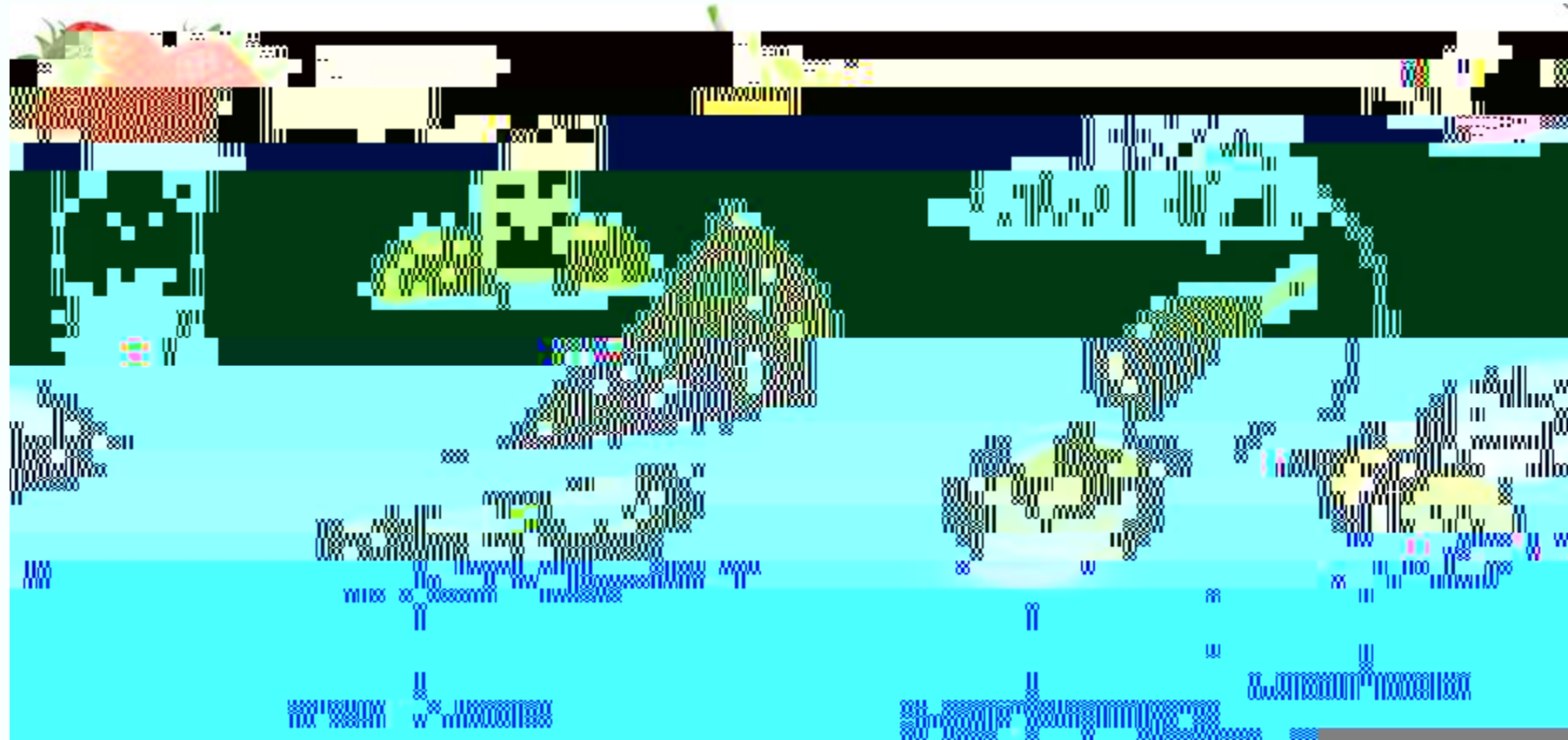
2016 FDA final rule for food labeling includes Added Sugars as a mandatory label nutrient

Quantitative amount (for most products) and a percent Daily Value is reported for Added Sugars









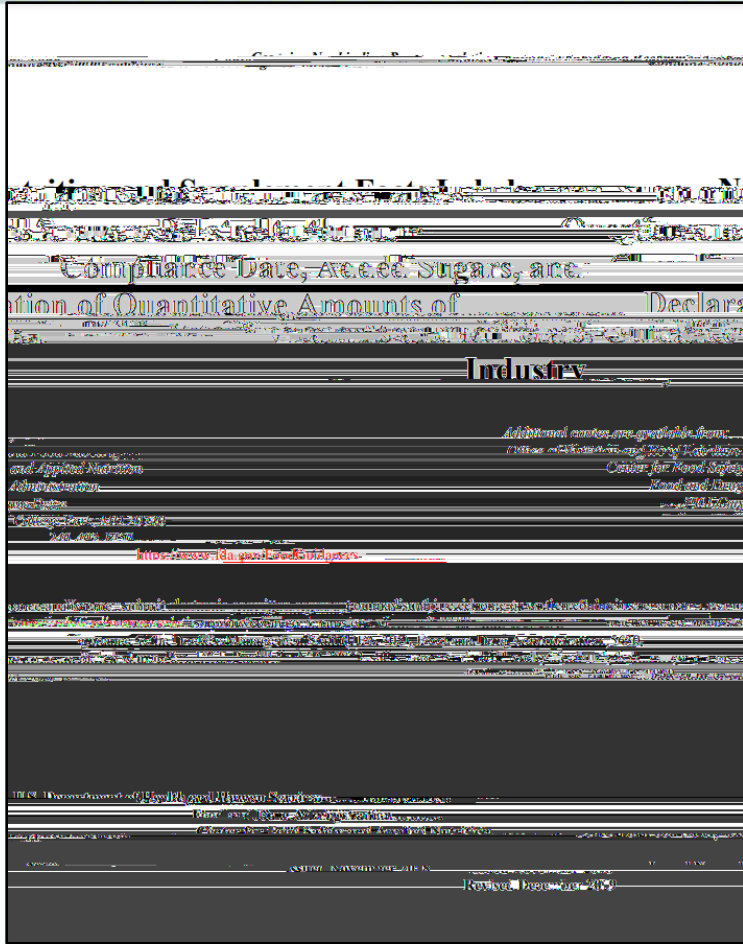


Sugars that are either added during the processing of foods or packaged as such and includes sugars (free, mono- and disaccharides), sugars from syrups and sugars concentrated from fruit or vegetable juices that are in excess of what would be expected from the same volume of 100% fruit or



Dehydrated Milk Powder vs. Purified Lactose  
Dairy ingredients, except lactose as defined  
in § 168.122, are not included in the





## Includes:

- Clarification of Added Sugars definitions
- Use of enforcement discretion regarding labeling of Added Sugars
- Concentrates
- Brix
- Examples of Added Sugars calculations
- Hydrolysis
- Fermentation

## ON THE LABEL

Added Sugars are Indented

10g 20% DV

# ADDED SUGARS

10g 20% DV

10g 20% DV

Less than 5g may be expressed as zero

## ADDED SUGARS

10g 20% DV

10g 20% DV

10g 20% DV

10g 20% DV

Total Sugars	10g	20%
Added Sugars	10g	20%
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added sugars

10g 20% DV

10g 20% DV

10g 20% DV

10g 20% DV

10g 20% DV

10g 20% DV

10g 20% DV



10g 20% DV



10g 20% DV



(iii) "Added Sugars": A statement of the number of grams of added sugars in a serving,

if no claims are made about sweeteners, sugars, added sugars, or sugar alcohol content. Except as provided for in paragraph (f) of this section,

shall be placed at the bottom of the table of nutrient values in the same type size.

..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, and if the serving contains less than 0.5 gram, the content may be expressed as zero.

(21 CFR 101.9)

Ingredients: Flour, Water, Sugar, Yeast, Soybean Oil, Salt, Wheat Gluten, Corn Starch.

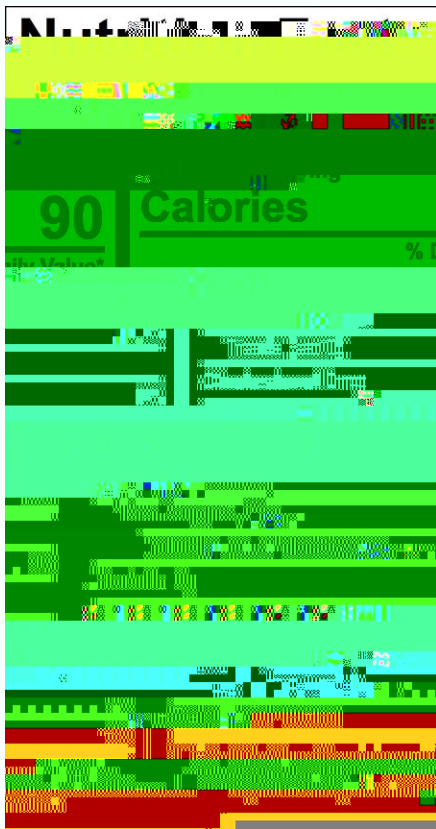




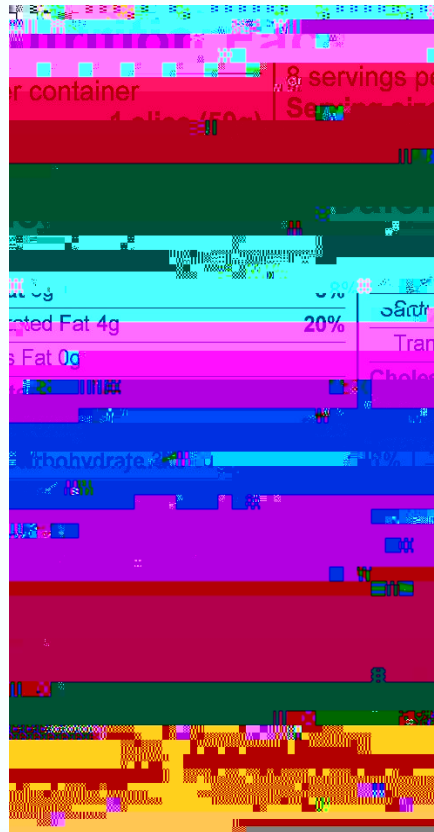
Foods that are single ingredient sugars  
Agriculture Improvement Act of 2018 aka the  
Farm Bill  
The food labeling requirements under section  
403..of the Federal Food, Drug, and Cosmetic



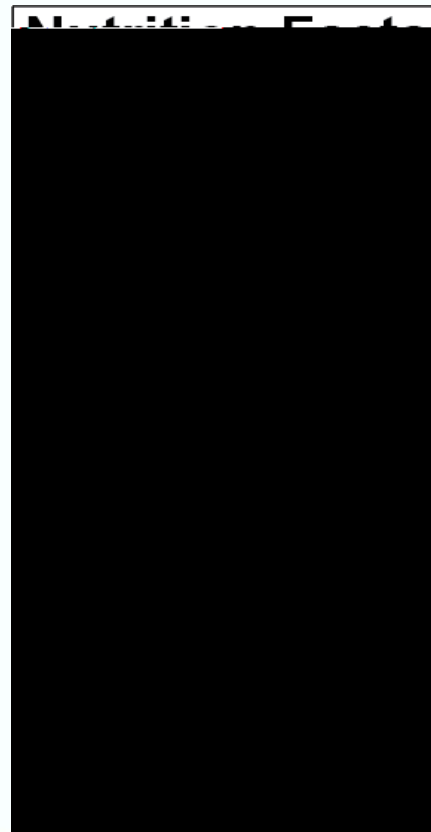
Whole food with only naturally occurring sugars



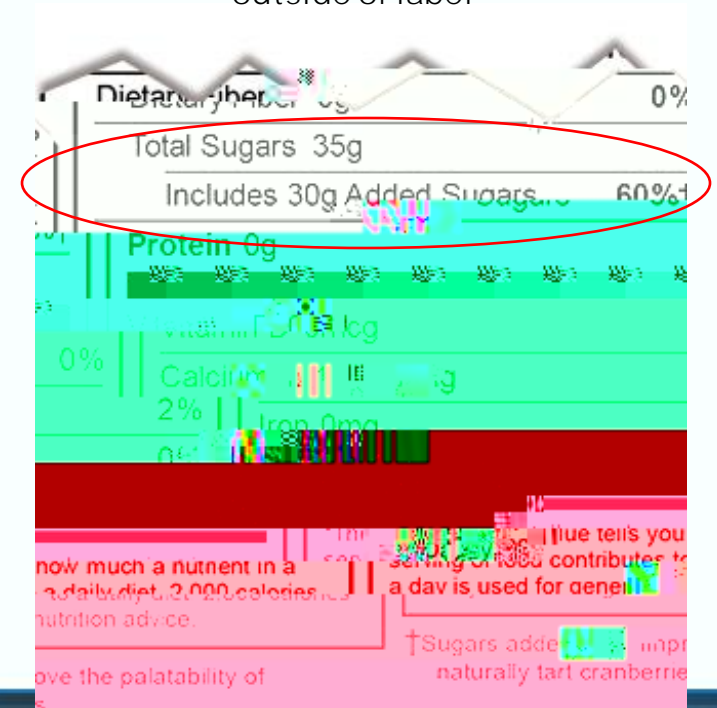
Mixed food containing naturally occurring and added sugars



Single ingredient sugar product with footnote within label



Cranberry product with statement outside of label





\* %DV based on US Label 2016 standards.

Nutrients	Value	% DV
Insoluble Fiber (g)	0	0
Non-digestible Carbohydrate (g)	0	0
Insoluble Non-digestible Carbohydrate (g)	0	0
Total Sugars (g)	12.09792	
Added Sugar (g)	3.45000	6.90000
Added Sugar: Simple (g)	3.45000	6.90000
Disaccharides (g)	3.19929	
Sucrose (g)	4.00531	
Other Carbo/ele...	0.56100	



Complete and correct entry of Ingredients contributes to accurate and compliant recipe analysis and labels. Review the Spreadsheet report for ALL *Recipes* to ensure that required information is reported. Identify missing values (indicated by dashes) and populate the Ingredient record to fill in the blanks.

Ingredient Name	Quantity	Measure	Category	Brand	Serving Size	Notes
flour all purpose white						
water						



Make and keep records of the amount of added sugars included in the food and added during processing

Look for Added Sugars on ingredient supplier sheets

Added Sugars can be equal to or less than Total Sugars

Added Sugars should not be greater than Total Sugars

Single ingredient sugars: Total Sugars = Added Sugars

Might not be labeled by suppliers, but when used as an ingredient, the sugars are considered Added Sugars

Mixed food ingredients – if Added Sugars are not reported, contact supplier

If the Ingredient List identifies that the product contains no Added Sugars ingredients, then a value *might* be determined.

You want to be accurate in the values you record and confident that your documentation supports the values you report.

*When a mixture of naturally occurring and added sugars is present in the food, and for specific foods containing added sugars, alone or in combination with naturally occurring sugars, where the added sugars are subject to fermentation and/or non-enzymatic browning,*



Use the tools available in Genesis R&D for consistent record-keeping:

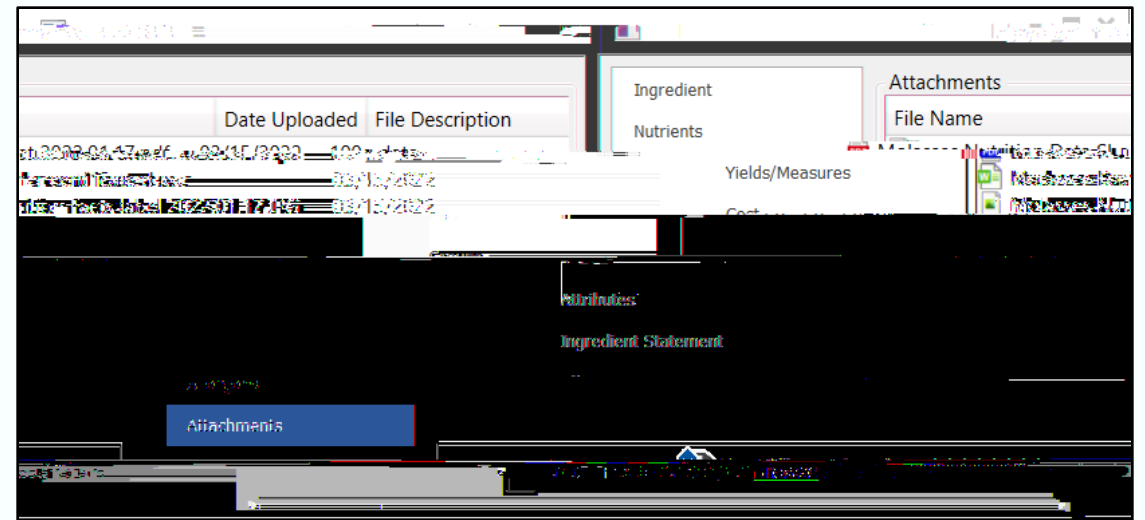
Notes Fields

Audit Trail

Attachments

Attach files to Ingredient records, Recipes, and Advanced Labels for documentation purposes

Various file types can be attached  
PDF, JPG, CSV, MP4, and more





Location Options:

ESHA Training Center (Oak Brook, IL)

Online

Session Options:

Professional (12 CPE Credits)



QUESTIONS?



## CONTACT US

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Training: [training@esha.com](mailto:training@esha.com)

## HELPFUL RESOURCES

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