

## MENU LABELING REQUIREMENTS

The Food and Drug Administration (FDA) is requiring facilities with **20 or more locations (nationwide)**, to list nutritional information on menus and menu boards so consumers are able to make informed healthy dietary choices. This applies to food facilities that are doing business under the same name, offering for sale substantially the same menu items, and sell “restaurant type foods.”

### EXAMPLES OF COVERED ESTABLISHMENTS

Restaurants, or similar food facilities, that sell “restaurant-type food” fall under the new requirements. Examples of covered establishments are, but not limited to:

- Chain Restaurants, quick service and sit-down,
- Grocery and convenience stores that serve restaurant-type food,
- Food take-out establishments and pizza delivery chains,
- Entertainment venues that are part of a chain (e.g. movie theaters, amusement parks),
- Chain cafeterias, and
- Chain coffee shops and bakeries.

### MENU AND MENU BOARDS

- Menus and Menu boards are the main forms of communication from which a customer makes an order selection.
- Menu boards include mounted or free standing panels inside or outside a covered facility, including those used in counter service or drive-thru.
- Menus may be in different forms, such as booklets, laminated menus, single sheets of paper, in-store tablets, or kiosks.



CREATE YOUR OWN PIZZA CALORIES ARE LISTED PER SLICE			
<b>CHOOSE YOUR SIZE &amp; CRUST</b>			
SMALL \$9.99	MEDIUM \$11.99	LARGE \$13.99	XL \$15.99
<b>CHOOSE YOUR SAUCE*</b>			
TOMATO SAUCE 10 Cal.	WHITE GARLIC SAUCE 30-50 Cal.		
SPICY MARRINARA 10 Cal.	BRO 10-20 Cal.		
<b>CHOOSE YOUR TOPPING*</b>			
MEATS	VEGETABLES		
2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY.	BACON 45-60 Cal.	BANANA PEPPERS 0 Cal.	
ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST	BEEF 40-45 Cal.	GREEN PEPPERS 0 Cal.	
	CHICKEN 15-20 Cal.	JALAPENOS 0-5 Cal.	
	HAM 10-15 Cal.	FRESH MUSHROOMS 5 Cal.	
	PEPPERONI 25-35 Cal.	OLIVES, BLACK 10-15 Cal.	
	SALAMI 25-30 Cal.	FRESH ONIONS 0-5 Cal.	
	SAUSAGE, ITALIAN 40-50 Cal.	PINEAPPLE 10 Cal.	
		RED PEPPERS, ROASTED 0 Cal.	
		FRESH BABY SPINACH 10 Cal.	
		TOMATOES 5 Cal.	

### LABELING REQUIREMENTS

- Calories for each standard menu item listed on a menu/menu board must next to the name or price of the menu item and be no smaller than that text.
- For menu items that come in different flavors or varieties that are listed as a single item, calorie declarations where there are only two options available must be presented with a slash between the two calorie declarations (e.g., “150/250 calories”) or as a range (e.g., “150-300 calories”) if there are three or more options.
- Two statements are required on menus and menu boards declaring “*additional nutrition information available upon request*” & “*2000 calories a day is used for general nutrition advice, but calorie needs vary.*”
- Upon request, food facilities must provide the following written nutrition information for standard menu items: total calories, total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrates, dietary fiber, sugars, and protein.
- Self-service foods and foods on display must have calories listed in close proximity and clearly associated with the standard menu item. Also, calories must be declared in multiple serving items (e.g. 200 Cal/pizza slice).
- Some foods are exempt. Check out the Guidance for Industry document listed below for more information.

### HELPFUL LINKS

- FDA Guidance, Compliance, Regulatory Information - <http://www.fda.gov/>
- Menu Labeling Requirements - <https://bit.ly/2LMzvu8>
- Guidance for Industry - <https://bit.ly/2hVNCE6>
- FDA Information (Federal Register) - <https://bit.ly/2l8Oum9>
- USDA Nutrient Database - <https://ndb.nal.usda.gov>
- Personal Caloric Intake - <https://www.choosemyplate.gov/>