

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 8mg **45%**

Potassium 235mg **6%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

How many "average one-sitting servings" are in the package

The amount of food an average person would eat at one sitting

Calories per serving

Food Labelling

Sian Astley



Food Labelling:

Food Labelling J R Blanchfield, 2000-07-25 J Ralph Blanchfield has brought together a distinguished panel of European and American experts from industry and academia Together they provide a comprehensive guide to producing labelling that complies with existing legislation and satisfies the needs of all interested parties Food labelling also provides a valuable insight into possible future developments The book deals with each aspect of food labelling from the EU and USA perspectives in turn The legislative requirements for both are fully examined in sections written by experts from the UK Ministry of Agriculture Fisheries and Food and the US Food and Drug Administration respectively There are chapters on major themes including the declaration of ingredients and additives durability indication nutrition information and nutrition and health claims Readers will find answers to the questions raised by the issues of Genetically Modified and irradiated foods and ingredients as well as guides to good international practice in design multi lingual requirements shelf life issues traceability and instructions for storage and use Food labelling is an invaluable guide for food processors those concerned with food law and regulation and all those involved in selling food products in the European Union United States and throughout the rest of the world Current legislation on the labelling of food products in the EU and US Full coverage of US and EU labelling regulations in a single source Controversial issue of labelling genetically modified and irradiated ingredients and foods

Food Labelling Ragnhild Kjelkevik, 1998 Food Labelling Joint FAO/WHO Codex Alimentarius Commission, 2007-01-01 Food labelling is the primary means of communication between the producer and seller of food on one hand and the purchaser and consumer on the other includes texts adopted by the Codex Alimentarius Commission up to 2007 Preface

Food Labelling Nordic Council of Ministers, 2007 This report summarizes the final results of a quantitative study on Nordic consumers attitudes to food labelling The study was conducted in the five Nordic countries Sweden Norway Denmark Finland and Iceland More than 1 000 interviews were conducted in each country The results of this survey show that information about ingredients nutritional contents best before date and country of origin must be printed clearly on the food package This is the top of mind information Nordic consumers want to see on food labels to be able to make a conscious choice when buying food Furthermore a majority of Nordic consumers welcome measures to help consumers to take in information and increase the legibility of food packages There is strong support for the introduction of a minimum print size and for obligatory labelling information always being laid out in the same format on the package The purpose of the study was to collect up to date information and knowledge on the needs and attitudes of Nordic consumers regarding food labelling The study aims to contribute to the preparation for the upcoming European Union revision of the food labelling rules

Innovations in Food Labelling J Albert, 2014-01-23 Increasingly consumers desire information about the health safety environmental and socioeconomic characteristics of food products These traits often cannot be detected by sight smell or taste Therefore consumers must use food labels to select products that meet their needs and preferences The growing

consumer and industry interest in food labels presents challenges for governments which must ensure that the product information is accurate truthful and not misleading to consumers Governments must decide whether provision of information should be mandatory or voluntary With the increase in global trade in food there is a need to harmonize food labels so that product information is understood and relevant to foreign markets Innovations in food labelling provides information about the principles and requirements of food labelling and reviews the latest trends in this important area Following an introduction on the evolution of food labelling further chapters cover the Codex Alimentarius and food labelling international trade agreements nutrition labelling allergies and food labels and environmental and social labels among other topics An essential reference for food regulatory agencies food law experts and professionals in the food industry responsible for labelling as well as consumer and environmental associations with an interest in labelling Provides important information about the principles and requirements of food labelling and reviews the trends in this area Documents label evolution and considers standards and legal issues as well as protection of the environment and sustainable food production Features labels for a variety of different markets including organic foods and addresses social issues such as association of food quality with location

Health Claims and Food Labelling Sian Astley, 2019-12-03 Providing an introduction to the use of nutrition and health claims this book explores these claims around the world and the impact of the different legislations on consumers as well as likely developments in the future As nations tackle the food and health issues of the 21st century this book will provide a single source drawing together all of these topics In recent years nutrition and health claims displayed on food packaging have become more regulated with the dual aims of protecting consumers from false claims and promoting consumption of foods with proven health benefits Edited by Si n Astley with contributions from renowned experts chapters describe the legislation underpinning nutrition and health claims globally explain the permitted use of claims globally in theory and practice and explore differences between the various legislative frameworks This book will be of interest to those involved in food health and dietary impact research as well as food manufacturers legal and healthcare students with an interest in food nutrition bioactive compounds and human health

The impact of the Chilean law on food labelling on the food production sector Food and Agriculture Organization of the United Nations, 2021-07-02 The worrying increase in overweight and obesity in the Region has led the countries to develop regulations and public policies to overcome this problem Many of these aim to transform food environments to be healthier improving access and influencing people s behavior discouraging the purchase and consumption of unhealthy foods In Chile in 2016 a Law on Nutritional Composition of Foods and its advertising was implemented which mandates the use of warning stamps HIGH IN on foods with high sugar sodium saturated fat or energy content also prohibiting their sale in schools and advertising with a focus on children under 14 years of age The food industry in Chile played a very active role during the discussion and implementation of the law having as major concern the impact it could have on the productive sector At the time of its implementation it showed good

compliance with the use of stamps also responding with reformulation and development of new products also adjusting its advertising and marketing campaigns This document evaluates four aspects of the response of the food production sector in the implementation of the first phase of the Law attitudes of the main actors of the food sector food reformulation use of stamps as a marketing strategy and impact on variables of the manufacturing sector and commercial This information is an additional input to the discussion of the impact of the labeling laws that are being implemented in countries of the Region

Food Marketing and Labelling Debasish Biswas,Debarun Chakraborty,Atanu Manna,2025-06-27 This book provides in depth coverage of the interconnection among food marketing labelling and technology to enhance consumers practitioners and scholars understanding of the modern food market In 14 chapters it explores the marketing labelling and technological aspects of the food industry It briefly discusses crucial aspects of food marketing from consumer preferences and branding strategies to regulation in food labelling technological advancement and sustainable practices It allows readers to understand the holistic view of food marketing labelling and technology and their interrelationship Throughout it includes several case studies and practical examples Key Features Analyses consumer psychology behind food choice and marketing strategy Covers food labelling regulations and compliance and nutritional requirements extensively Includes sustainable and ethical dimensions of food marketing labelling and technology for guiding readers on responsible practices **Nordic policy towards the labelling of foods** ,2002 **The Age of Clean Label Foods** Charis M. Galanakis,2022-06-06 In recent years clean label has become a trendy term in the food industry spurring innovations in food product development While the concept of clean label is relatively new without any legal definition it has a high market appearance and industrial relevance Consumer demands are leading food and beverage manufacturers toward removing synthetic additives e g emulsifiers and incorporating natural ingredients Indeed many big food companies have committed to eliminating artificial food additives from their products altogether However the substitution of chemical preservatives for natural ingredients without compromising food safety convenience and sensory quality is a challenge for food technologists The Age of Clean Label Foods offers a guide to this approach with a thorough exploration of clean label ingredients in foods and the development of these food products All aspects of clean label foods are covered in this essential reference including recent developments in clean label ingredients technologies for producing or enhancing the functionality of ingredients the interaction of ingredients with emerging food processing technologies legislative frameworks and consumer attitudes Particular emphasis is given to trendy topics in the clean label industry such as products with reduced fat or reduced salt content modified starches natural emulsifiers antioxidants flavorings and antimicrobials and fermented foods as well as active and intelligent packaging for clean label foods Through this text the authors hope to promote a better understanding from which food technologists and food microbiologists can operate in the clean label arena taking into consideration all the key aspects of food quality sensory characteristics and food safety *Strengthening Food Labeling Policies in Brazil* Rosires Deliza,Camila Corvalan,Fabio

Gomes, Simon Barquera, 2023-10-11 Data from Brazil shows an increase in obesity and non communicable diseases which is related to the expansion of the participation of ultra processed food products in diets and in the food environment displacing fresh and minimally processed foods and meals prepared with them One of the solutions to improve food environments requires the implementation of effective and adequate food labeling regulations including front of package labeling This policy tool has the potential to inform the consumers about the nutrients ingredients or any other component of public health concern contained in the products and facilitate healthier food choices

Consumer Acceptance of Genetically Modified Foods Robert Eugene Evenson, V. Santaniello, 2004 In recent years there have been increasing concerns about the potential health risks of genetically modified foods Consumer perceptions vary between countries but are probably most pronounced in Europe and least in North America These have had a profound and controversial effect on the development of markets for GM products This book presents a compilation of studies of consumer acceptance of GM foods These studies utilized different methods and evidence including price and expenditure data experimental methods willingness to pay consumer attitudes and economic consequences

Nutrition labelling: Nordic recommendations based on consumer opinions Nordic Council of Ministers, Nordisk Råd, 2004 Nordic recommendations on nutrition labelling Nordic work on general labelling of pre packed foods in 2002 led to a Nordic Policy towards the labelling of Foods published in the report TemaNord 2002 589 Since then a Nordic project has been working on nutrition labelling of foods The project group has concluded that as there is no perfect model for nutritional information a nutrition label is always a compromise between many demands A nutrition label is a tool for delivering information to be supported by educational and other efforts Fortification of food products was not included in this work The conclusions regarding nutrition labelling are the following recommendations I Nutrition labelling should be mandatory on all pre packed foods II Nutrition labels should be standardised No asterisks or footnotes Legible text III Nutrients Nutrition information should consist of the following mandatory list Energy Fat of which hard fat Carbohydrates of which sugars Fibre Protein Salt IV Mandatory formats should give information 1 Per 100 g and 2 Per portion item or household measure explanation in brackets 3 A simple guidance system low high or symbols should be devised and tested Recommended daily intake RDI should not be used as this concept is too complicated These four recommendations have been presented to the two Nordic Committees responsible namely those for Food Issues and Consumer Affairs Both Committees adopted the recommendations put forward and in their turn recommended that the Council of Ministers accept the recommendations as guidelines for the Nordic work regarding nutrition labelling The Nordic ministers for fisheries agriculture forestry and foods have made a decision in accordance with this recommendation

Genetic Modification in the Food Industry Sibel Roller, Susan K. Harlander, 1998-07-31 Intended for food industry professionals with little or no background in biotechnology this book provides an introduction to the basic concepts of gene modification in the food industry

Consumer Perceptions and Food Diana Bogueva, 2024-10-23

This book is a timely overview of the various aspects of consumer perception related to food. This book explores consumer perceptions that are vital to marketers and often underlie the success or failure of products in the marketplace. Perception is the process of selecting, organizing, and interpreting sensations into a meaningful whole, and this book highlights how human perceptions are unique, highly subjective, and easily distorted. These perceptions are influenced by our senses (sight, hearing, taste, smell, and touch) as well as our beliefs, emotions, opinions, and experiences. This book states that these are related to food, and perceptions are also guided by beliefs, thoughts, emotions, feelings, and opinions about or preferences, expectations, and knowledge of, and the sensory experience, the fear, and the relationships built between the consumers and the food over time. This book aims to further the understanding of the fundamental mechanisms which determine individual responses to existing and emerging food issues. This book provides insights into consumer behaviour, e.g., consumer decision making, promoting behaviour change, factors influencing consumers' food and meal choices, confidence in the safety of food, perception of health-related messages, and food laws and regulations, sustainable and responsible consumer behaviour, e.g., food waste, acceptability of new food alternatives, innovations, and technologies, integrating consumer insight and communication challenges in cross-functional communications in innovation processes. Consumer Perceptions and Food delves into how these perceptions shape consumer behavior from decision making and behavior change to meal choices and confidence in food safety. It explores the impact of health-related messages, food laws and regulations, and examines the acceptability of new food alternatives and technologies. The book also addresses the importance of sustainable and responsible consumer behavior, including food waste and ethical consumption. Through a rich array of insights, this book provides a deep understanding of the fundamental mechanisms that drive individual responses to food issues. It emphasizes the importance of mindful eating, making conscious food choices that benefit our health, the environment, and the planet. This involves considering the origins of our food, its production methods, and the broader impacts of our choices on public health and ecosystems. This book is a call to action for consumers to rethink their relationship with food, fostering deeper connections and appreciation for sustainable practices and ethical consumption. It is a crucial step in the ongoing journey of shaping the future of food, guided by informed and mindful consumers.

Food Labeling Institute of Medicine, Committee on State Food Labeling, 1992-02-01. The Nutrition Labeling and Education Act of 1990 (NLEA) changed the existing regulatory framework for food labeling requirements that was shared among federal, state, and local levels of government. In addition to creating a system of mandatory nutrition labeling for foods, NLEA provided a schedule for the preemption of state and local labeling requirements that were not identical to federal provisions. Six provisions were not to be preempted until a study on the adequacy of the federal implementation of those provisions was completed. Food Labeling is the result of that study. It presents recommendations concerning the Food and Drug Administration's implementation of the six provisions that were studied, suggestions for the future disposition of relevant state and local food labeling requirements, and views on the

continuing importance of the working relationship among the various levels of government in assuring that consumers are protected from misleading label information Regulatory Issues in Organic Food Safety in the Asia Pacific Bee Chen GOH, Rohan Price, 2020-06-16 The book seeks to address the intersection of food organics and the emergence of a new contractualism between producers distributors and consumers and between nation states Additionally it seeks to cater to the needs of a discerning public concerned about how its own country aims to meet their demands for organic food quality and safety as well as how they will benefit from integration in the standard setting processes increasingly occurring regionally and internationally This edited volume brings together expert scholars and practitioners and draws on their respective insights and experiences in the field of organics food and health safety The book is organized in three parts Part I outlines certain international perspectives Part II reflects upon relevant histories and influences and finally Part III examines the organic food regulatory regime of various jurisdictions in the Asia Pacific Functional Foods Giuseppe Mazza, 1998-06-19 This major reference provides a comprehensive treatment of the physiological effects of foods and food components capable of promoting good health and preventing or alleviating diseases It assembles in one volume extensive recent information on the nature and physiological effects of biologically active components of major plant foods cereals oilseeds fruits and vegetables and dairy and fish products For the first time in any reference work internationally renowned specialists discuss how to manufacture and evaluate food products with health enhancing effects using both traditional and novel processing methods Entire chapters are devoted to functional food products from oats wheat rice flaxseed mustard fruits vegetables fish and dairy products The chapter on designer vegetable oils covers all the recent developments in vegetable oils including genetically modified oils and engineering and production of structured lipids Functional products from quinoa amaranth beans ginseng echinacea and other botanicals are covered in separate chapters An authoritative final chapter discusses the present regulatory status of functional foods in the U S Japan Canada and the European Union This chapter also discusses the assessment of natural products for use in promoting human health and as medicinal agents considers where the burden of proof lies for showing the effect of a food product on a physiological or biochemical process and explores the costs of making health claim This comprehensive volume serves the information needs of food scientists and technologists food process engineers biochemists nutritionists public health professionals and entrepreneurs involved in the design processing and marketing of new functional food products Anyone who believes in the need for real foods that combine nutritional and medical benefits and who believes that such foods can be produced will find this book invaluable **Labeling Genetically Modified Food** Paul Weirich, 2007-11-01 Food products with genetically modified GM ingredients are common yet many consumers are unaware of this When polled consumers say that they want to know whether their food contains GM ingredients just as many want to know whether their food is natural or organic Informing consumers is a major motivation for labeling But labeling need not be mandatory Consumers who want GM free products will pay a premium to support voluntary

labeling Why do consumers want to know about GM ingredients GM foods are tested to ensure safety and have been on the market for more than a decade Still many consumers including some with food allergies want to be cautious Also GM crops may affect neighboring plants through pollen drift Despite tests for environmental impact some consumers may worry that GM crops will adversely effect the environment The study of risk and its management raises questions not settled by the life sciences alone This book surveys various labeling policies and the cases for them It is the first comprehensive interdisciplinary treatment of the debate about labeling genetically modified food The contributors include philosophers bioethicists food and agricultural scientists attorneys legal scholars and economists Intellectual Property and Genetically Modified Organisms Charles Lawson,Berris Charnley,2016-03-09 Taking a global viewpoint this volume addresses issues arising from recent developments in the enduring and topical debates over Genetically Modified Organisms GMOs and their relationship to Intellectual Property IP The work examines changing responses to the growing acceptance and prevalence of GMOs Drawing together perspectives from several of the leading international scholars in this area the contributions seek to break away from analysis of safety and regulation and examine the diversity of ways the law and GMOs have become entangled This collection presents the start of a much broader engagement with GMOs and law As GMO technology becomes increasingly more complex and embedded in our lives this volume will be a useful resource in leading further discussion and debate about GMOs in academia in government and among those working on future policy

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