

# RESTAURANT & VENDING MACHINE NUTRITION SERVICES



The U.S. Food and Drug Administration (FDA) have finalized two rules to provide the consumer with more nutritional information about the foods they eat outside of the home.

## MENU LABELING

- > Applies to restaurants and similar retail food establishments (including movie theaters and amusement parks) if part of a chain of 20 or more locations
- > Required to clearly and conspicuously display calorie information for standard items on menus and menu boards
- > Required to provide upon consumer request written nutritional information about total calories, total fat, calories from fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrates, fiber, sugars and protein
- > Deadline for compliance is **May 5, 2017**

## VENDING MACHINES

- > Requires operators who own or operate 20 or more vending machine to disclose calorie information for food sold (some exceptions apply)
- > Deadline for compliance is **December 1, 2016**



## WE PROVIDE THE FOLLOWING NUTRITION INFORMATION FOR CORE MENU ITEMS:

- > Calories (total, from fat)
- > Protein
- > Cholesterol
- > Sodium
- > Carbohydrate, fiber, sugars
- > Total fat, saturated fat, trans fat

NSF has the expertise to create a concise, easy-to-read document that includes all the necessary information for consumers to make informed dining decisions.

We generate caloric and nutrient values based on recipes, serving size, preparation considerations and ingredient supplier specifications sheets.

For more information, contact [foodregulations@nsf.org](mailto:foodregulations@nsf.org).



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## Nutrition Information

Sample Menu	Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Fiber (%DV)	Sugar (g)	Protein (g)
<b>Starter / Side</b>													
Butternut Squash Soup	250 mL	90	15	1.5	1	0	5	830	18	3	12	8	2
Butternut Squash Soup (reduced sodium)	250 mL	80	15	1.5	0.5	0	0	45	15	4	14	3	2
<b>Main</b>													
Chicken Salad with Italian Dressing	540 g	340	130	14	1.5	0	60	920	24	7	28	10	30
Italian Dressing	30 mL	110	110	12	2	0	0	510	2	0	0	2	0
Chicken Salad with Fat-free Dressing	540 g	260	35	4	0	0	60	750	30	7	29	14	30
Fat-free Honey Lime Dressing	30 mL	30	0	0	0	0	0	65	8	0	0	6	0
<b>Dessert</b>													
Brownie	30 g	130	60	7	4	0	30	100	16	1	4	12	2
Brownie (reduced saturated fat)	30 g	110	45	5	0.5	0	25	100	15	1	4	12	2

## NSF INTERNATIONAL

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