

Nutrition Labeling Resource

For Mushroom Growers and Marketers



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Prepared by:
Karen C. Duester, MS, RD
Food Consulting Company
www.foodlabels.com

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Nutrition Labeling Resource For Mushroom Growers and Marketers

This nutrition labeling resource was developed to provide mushroom growers and marketers an overview of nutrition labeling regulations for Nutrition Facts panels and nutrition marketing claims. Compliance with these regulations is your responsibility.

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Nutrition Labeling Resource For Mushroom Growers and Marketers

Under current FDA rules, nutrition labeling on product packaging for fresh fruits and vegetables – including mushrooms – is voluntary unless a grower or marketer makes nutrition or health benefit claims on the label or in product advertising. Still, even in the absence of claims, many mushroom growers opt to voluntarily include a Nutrition Facts panel on the product package to showcase to consumers that mushrooms are naturally low in calories and sodium, free of fat and cholesterol, and a source of important vitamins and nutrients. Consumers consider taste, nutrition, cost, convenience and sustainability when making food purchasing decisions. Nutrition labeling is a way for growers and marketers to address consumers' concerns at the point of sale, to encourage them to purchase healthy products, such as mushrooms.

FDA Nutrition Values for Mushrooms

As part of the voluntary labeling program for fresh fruits and vegetables* FDA has gathered data from many sources, applied statistical analysis, issued a proposed and final rule, accepted industry comments, and published the following dataset for fruit and vegetable nutrition in the [Code of Federal Regulations \(CFR\), Title 21, Part 101, Appendix C](#). FDA's set of [nutrition values](#) (below) is derived from the data for white button mushrooms and is for an 84g/3 oz serving size (5 medium mushrooms) with Daily Values based on a 2,000 calorie diet:

Calories 20 (0 from fat), Total Fat 0g (0g saturated, 0g trans), Cholesterol 0mg, Sodium 15mg, Potassium 300mg, Total Carbohydrate 3g (1g fiber, 0g sugar), Protein 3g, Vitamin A 0% DV, Vitamin C 0% DV, Calcium 2%DV, Iron 2% DV

To create FDA-compliant labels, mushroom growers need to keep the following requirements in mind when developing Nutrition Facts panels for their products:

- White button mushrooms – required to use FDA nutrition values ([21 CFR 101.45\(4b\)](#))
- Generic mushrooms (without mention of a specific variety, species or cultivar) – should also use FDA nutrition values
- Mushrooms that are identified on the front of the package as being distinct from generic mushrooms (for example, “Shiitake Mushrooms”) **may** still use FDA nutrition data with regard to serving size and nutrition values, **OR may** use values other than those from FDA for nutrition labeling (see page 4); *however*, in the case of using other values, all labeling requirements specified in [21 CFR 101.9](#) **must** be followed and the serving size **must** be based on the 85g “reference amount” (per [21 CFR 101.12](#) for all other vegetables without sauce).

* The voluntary labeling program for fresh fruits and vegetables is codified into regulation at [21 CFR 101.42](#). Guidelines for voluntary labeling under this program are published at [21 CFR 101.45](#).

Where to Get Other Nutrition Values for Mushrooms When Needed

For products identified as something other than white button mushrooms or generic mushrooms, growers may use nutrient database values, lab-analyzed nutrition values or a combination of the two instead of using FDA's values.

Nutrient database values - USDA has published database values for several varieties of mushrooms as shown on the chart on the next page. It is acceptable to use these values when developing Nutrition Facts panels for mushrooms that are identified as being distinct from generic mushrooms (for example, "Shiitake Mushrooms"). To prepare the data for the Nutrition Facts panel, the food labeler needs to determine the Serving Size representing the household measure (pieces for whole mushrooms, OR cups for sliced, chopped or pieces) closest to the 85g reference amount established by FDA. *Please note that the values from the USDA database are "per 100 grams."*

Lab-analyzed values – Another option for determining the nutritional composition of specialty mushrooms is via laboratory analysis. To prepare the data for the Nutrition Facts panel, the food labeler needs to determine the Serving Size representing the household measure (pieces for whole mushrooms, OR fractional portion of a cup for sliced, chopped or pieces) closest to the 85g reference amount established by FDA. *Please note that, as with nutrient database values, lab-analyzed values are typically reported "per 100 grams."*

Nutrients for Nutrition Facts Labeling

Some nutrients are mandatory within the Nutrition Facts panel; others are voluntary. Additionally, the nutrient order and nomenclature used are very important. Below is a listing of the nutrients allowed within the Nutrition Facts panel. Mandatory nutrients are shown in bold, and the listing is in the order specified by FDA.

Calories	Total Carbohydrate	Iron	Pantothenic Acid
Calories from Fat	Dietary Fiber	Vitamin D	Phosphorus
Calories from Saturated Fat	Soluble Fiber	Vitamin E	Iodine
Total Fat	Insoluble Fiber	Vitamin K	Magnesium
Saturated Fat	Sugars	Thiamin	Zinc
Trans Fat	Sugar Alcohol	Riboflavin	Selenium
Polyunsaturated Fat	Other Carbohydrate	Niacin	Copper
Monounsaturated Fat	Protein	Vitamin B6	Manganese
Cholesterol	Vitamin A	Folate	Chromium
Sodium	Vitamin C	Vitamin B12	Molybdenum
Potassium	Calcium	Biotin	Chloride

Notes:

For most nutrition labeling, potassium is not a mandatory nutrient. Potassium is, however, included in the dataset provided by FDA for the 20 most frequently consumed fresh fruits and vegetables.

The following voluntary nutrients are present in insignificant amounts in all mushrooms: polyunsaturated fat, monounsaturated fat, soluble fiber, insoluble fiber, sugar alcohol, other carbohydrate, vitamin K, biotin, iodine, chromium, molybdenum, and chloride. Because they are insignificant for mushrooms, these nutrients were omitted from the table on page 3, the Daily Values section on page 4, and the example on page 6.

NBD No.	Common Name	Scientific Name	Mandatory Nutrients															
			Calories (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
11239	Chanterelle	<i>Cantharellus californicus</i> or <i>Cantharellus cibarius</i>	38	4.77	0.53	—	—	—	9	506	6.86	3.8	1.16	1.49	—	—	15	3.47
11266	Cremini	<i>Agaricus bisporus</i>	22	0.9	0.1	0.01	0	0	6	448	4.3	0.6	1.72	2.5	0	0	18	0.4
11950	Enoki	<i>Flammulina velutipes</i>	37	2.61	0.29	0.02	0	0	3	359	7.81	2.7	0.22	2.66	0	0	0	1.15
11993	Maitake	<i>Grifola frondosa</i>	31	1.71	0.19	0.03	—	0	1	204	6.97	2.7	2.07	1.94	0	0	1	0.3
11240	Morel	<i>Morchella esculenta</i>	31	5.13	0.57	0.06	0	—	21	411	5.1	2.8	0.6	3.12	0	—	43	12.18
11987	Oyster	<i>Pleurotus ostreatus</i>	33	3.69	0.41	0.06	0	0	18	420	6.09	2.3	1.11	3.31	48	0	3	1.33
11265	Portobella	<i>Agaricus bisporus</i>	22	3.15	0.35	0.06	0	0	9	364	3.87	1.3	2.5	2.11	0	0	3	0.31
11998	Portobella, Exposed to UV Light	<i>Agaricus bisporus</i>	22	3.15	0.35	0.06	0	0	9	364	3.87	1.3	2.5	2.11	0	0	3	0.31
11238	Shiitake	<i>Lentinus edodes</i>	34	4.41	0.49	—	—	—	9	304	6.79	2.5	2.38	2.24	—	—	2	0.41
			Voluntary Nutrients															
			Vitamin D (IU)	Vitamin E (IU)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin B12 (mcg)	Pantothenic Acid (mg)	Phosphorus (mg)	Magnesium (mg)	Zinc (mg)	Selenium (mcg)	Copper (mg)	Manganese (mg)	
11239	Chanterelle	<i>Cantharellus californicus</i> or <i>Cantharellus cibarius</i>	212	—	0.01	0.22	4.08	0.04	2	—	1.08	57	13	0.71	2.2	0.35	0.29	
11266	Cremini	<i>Agaricus bisporus</i>	3	0.01	0.09	0.49	3.8	0.11	25	0.1	1.5	120	9	1.1	26	0.5	0.14	
11950	Enoki	<i>Flammulina velutipes</i>	5	0.01	0.22	0.2	7.03	0.1	48	0	1.35	105	16	0.65	2.2	0.11	0.07	
11993	Maitake	<i>Grifola frondosa</i>	1123	0.01	0.15	0.24	6.59	0.06	21	0	0.27	74	10	0.75	2.2	0.25	0.06	
11240	Morel	<i>Morchella esculenta</i>	206	—	0.07	0.2	2.25	0.14	9	—	0.44	194	19	2.03	2.2	0.62	0.59	
11987	Oyster	<i>Pleurotus ostreatus</i>	29	0	0.12	0.35	4.96	0.11	38	0	1.29	120	18	0.77	2.6	0.24	0.11	
11265	Portobella	<i>Agaricus bisporus</i>	10	0.03	0.06	0.13	4.49	0.15	28	0.05	1.14	108	11	0.53	18.6	0.29	0.07	
11998	Portobella, Exposed to UV Light	<i>Agaricus bisporus</i>	446	0.03	0.06	0.13	4.49	0.15	28	0.05	1.14	108	10	0.53	18.6	0.29	0.07	
11238	Shiitake	<i>Lentinus edodes</i>	18	—	0.01	0.22	3.88	0.29	13	—	1.5	112	20	1.03	5.7	0.14	0.23	

Determining the % Daily Values

FDA has established Daily Values based on a 2,000 calorie diet. Once the serving size and quantitative nutrient values are determined, then the food labeler must determine the % Daily Values that will be reported on the Nutrition Facts panel. This is achieved by dividing the quantitative value by the Daily Value. The FDA-established Daily Values are as follows:

Total Fat, 65g	Calcium, 1000mg	Pantothenic Acid, 10mg
Saturated Fat, 20g	Iron, 18mg	Phosphorus, 1000mg
Cholesterol, 300mg	Vitamin D, 400 IU	Magnesium, 400mg
Total Carbohydrate, 300g	Vitamin E, 30 IU	Zinc, 15mg
Dietary Fiber, 25g	Thiamin, 1.5mg	Selenium, 70mcg
Sodium, 2400mg	Riboflavin, 1.7mg	Copper, 2.0mg
Potassium, 3500mg	Niacin, 20mg	Manganese, 2.0mg
Protein, 50g	Vitamin B6, 2.0mg	
Vitamin A, 5000 IU	Folate, 400mcg	
Vitamin C, 60mg	Vitamin B12, 6mcg	

Notes:

There is no established Daily Value for Trans Fat or Sugars.

% Daily Value for Protein is optional and is typically omitted on fruits and vegetables. If used, the labeler must use a protein digestibility corrected amino acid score to correct the protein value before determining the % Daily Value.

In several cases, the Daily Values are different from newer daily recommendations established by the Institute of Medicine (IOM) of the National Academies of Science. For example, IOM's daily recommendation for Vitamin D is 600 IU vs. the FDA Daily Value of 400 IU. The FDA-established Daily Values are the values that must be used when calculating % Daily Values for the Nutrition Facts panel. It's possible (and even likely) that FDA will adopt some of the newer recommendations as Daily Values at some point in the future, but this will not be finalized for several years.

The Nutrition Facts Graphic

The Nutrition Facts panel is not the platform for your label designer to exercise creative talent! FDA has very specific rules for color, font, size, kerning, leading, weight of lines and outlines for Nutrition Facts labels. It is recommended that you use print-ready Nutrition Facts art provided by a professional food labeler, or consult Code of Federal Regulations at [21 CFR 101 Appendix B](#) for graphic specifications.

Example for a large package (>40 sq in space available for labeling)

Nutrition Facts	
Serving Size 5 medium (84g/3.0 oz)	
Servings Per Container about 5	
Amount Per Serving	
Calories 20	Calories from Fat 0
<hr/>	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Potassium 300mg	9%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	
<hr/>	
Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Example for a smaller package (≤40 sq in space available for labeling)

Nutrition Facts	
Serving Size 5 medium (84g/3.0 oz)	
Servings Per Container about 5	
Amount Per Serving	
Calories 20	Calories from Fat 0
<hr/>	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Potassium 300mg	9%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	
<hr/>	
Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

Notes:

FDA has special rules for Nutrition Facts labeling for fresh fruits, vegetables and fish – including mushrooms. However, these two special rules apply only when FDA nutrition values are used.

- (1) The Servings Per Container line may be omitted if desired.
- (2) A shortened Daily Values footnote may be used on any size package. Still, FDA encourages the use of the full footnote whenever possible.

When using the full Daily Values footnote, a side-by-side or tabular layout may be used if there is insufficient vertical space (about 3") for the horizontal layout. For smaller packages, additional options include the use of approved abbreviated nutrient names and the "not a significant source" statement. For more examples of graphic layouts, see www.foodlabels.com/nutritionfacts-examples.htm

The sample Nutrition Facts panel shown below is for a package of sliced light-exposed white button mushrooms. This panel has been expanded to show several voluntary nutrients: Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Pantothenic Acid, Phosphorus, Magnesium, Zinc, Selenium, Copper and Manganese. *Please note that Vitamin D is **required** to be included within the Nutrition Facts panel for light-exposed mushrooms.*

Nutrition Facts			
Serving Size 1 cup (85g)			
Servings Per Container about 4			
Amount Per Serving			
Calories 20		Calories from Fat 0	
% Daily Value*			
Total Fat 0g			0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 15mg			1%
Potassium 300mg			9%
Total Carbohydrate 3g			1%
Dietary Fiber	1g		4%
Sugars	0g		
Protein 3g			
Vitamin A 0%		• Vitamin C 2%	
Calcium 0%		• Iron 2%	
Vitamin D 100%		• Thiamin 4%	
Riboflavin 20%		• Niacin 15%	
Vitamin B6 4%		• Folate 4%	
Pantothenic Acid 15%		• Phosphorus 8%	
Magnesium 2%		• Zinc 2%	
Selenium 10%		• Copper 15%	
Manganese 2%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Note:

This example for a specialty mushroom uses 1 cup (85g) as the Serving Size (compared to 84g shown on the sample Nutrition Facts panels on page 7 for generic mushrooms). The serving size for Nutrition Facts panels for mushrooms identified as being distinct from generic mushrooms must be based on an 85g “reference amount.” (See 3rd bullet at bottom of page 3.) FDA guidance available [here](#) gives more information for determining the serving size for non-generic mushrooms.

Nutrient Content and Health Benefit Claims

Nutrient content and health benefit claims made on a product label or in advertising must follow all regulations established by FDA, which are published in the Code of Federal Regulations, Title 21, Parts 101.13, 101.14, 101.54-69, and 101.70-83.

Products with label claims face greater scrutiny than those without claims, but growers who have a good understanding of the regulations (or seek consultation from food labeling experts who do) do not need to shy away from communicating nutritional benefits of mushrooms on package labels.

The following is a sampling of **nutrient content claims** and their definitions:

- **Free** means a product's reference amount and labeled serving contains an insignificant amount of total fat, saturated fat, cholesterol, sodium, sugars, or calories. If the product is naturally free of the nutrient, then the labeler must indicate that the food inherently qualifies for the claim
(e.g., mushrooms, a fat-free food)
>> Synonyms: *zero, no, without, trivial source of, negligible source of*
- **Good source** means the reference amount of a product contains 10 to 19% of the Daily Value of a particular nutrient
>> Synonyms: *contains, provides*
- **Excellent source** means the reference amount of a product contains 20% or more of the Daily Value of a particular nutrient
>> Synonyms: *high in, rich in*
- **More** means the reference amount of a product contains at least 10% or more of the Daily Value of a nutrient than the reference product
>> Synonyms for altered products: *fortified, enriched, added, plus*
- **Healthy** for raw fruits and vegetables means that the food contains 3g or less fat, 1g or less saturated fat, 480mg or less sodium and 60mg or less cholesterol per reference amount or labeled serving (whichever is larger)
>> Synonyms: non specified

Health claims are pre-authorized by FDA, must use tightly-controlled wording and must characterize the ability of the nutrient or functional component to reduce the risk of disease or a health-related condition. At this time, there are 17 approved health claims and mushrooms do not qualify for any of them. (Mushrooms do not qualify for the health claim related to calcium, vitamin D, and osteoporosis because they do not contain the qualifying amount of calcium.)

Structure / function claims describe the role of a nutrient or functional component in affecting or maintaining normal body structure or function. This type of claim is not pre-approved by FDA, but the grower must have substantiation on file to show that the claim is truthful and not misleading, and be prepared to back up the claim, if challenged. (Structure / function claims can be a useful way for a grower or marketer to highlight the health benefits of vitamin D in light-exposed mushrooms.)

Determining Compliance

FDA regulations establish the allowable variance for random testing of the product vs. what is printed on the label. If FDA decides to verify the accuracy of a nutrition label for a product, the agency will conduct nutrition analysis on a composite sample of 12 packages collected from 12 separate shipping cases. The results of this analysis will be compared to the product label.

In addition to the nutrition values displayed on the label, FDA also monitors compliance with established nutrient content claims, other health benefit claims, nutrition facts formatting, ingredient labeling, product naming, net weight declaration, overall label layout and text size/positioning.

In all cases, every aspect of the label must be truthful and not misleading; otherwise the product is said to be misbranded.

Consequences of Non-Compliance

If FDA determines the label values are not compliant, or if the product is misbranded or misleading in another way (such as invalid claims, incorrect serving size or incorrect formatting), the agency will most likely issue a written warning that asks for a response within 15 days. These warning letters are a matter of public record, FDA publishes them on the Internet, and they can carry the potential for significant negative press. Though very unlikely for a first offense, FDA could also levy fines, seize product or force a recall.

Remember, compliance with the nutrition labeling regulations is the responsibility of the firm who carries the signature line on the product.

Nutrition Labeling Checklist for Mushroom Growers

All answers should be YES. If you check NO or are unsure about any of the items on the checklist, you may wish to consult with a food label expert to ensure that your labels are 100% FDA compliant.

No.	Item	YES	NO
1	If my package contains white button mushrooms or is labeled simply as "mushrooms" does the Nutrition Facts contain the required FDA values shown in 21 CFR 101.9 Appendix C ?		
2	If the nutrition values on my label are not consistent with FDA values for mushrooms, does my label include the name of the variety, species or cultivar within the product identity on the front of the package?		
3	If the product identity on my package is something other than "mushrooms" or "white button mushrooms" and if I have used values other than those published by FDA for mushrooms, do I have data to support the values I am using?		
4	Have vitamin declarations been adjusted to account for storage or other degradation issues so that the values shown on the package reflect what's in the package for the entire duration of the shelf life?		
5	Does my Nutrition Facts panel meet FDA's graphic requirements shown in 21 CFR 101 Appendix B ?		
6	Does my Nutrition Facts panel include the Daily Values footnote?		
7	Does the Serving Size shown on my Nutrition Facts panel include a household measure showing the number of mushrooms (for whole mushrooms) OR fractional portion of a cup (for sliced, chopped or pieces) that comply with FDA regulations?		
8	Does the Serving Size shown on my Nutrition Facts panel follow FDA's Reference Amounts Customarily Consumed and represent the whole number of pieces or fractional portion of a cup nearest 85 grams?		
9	If the Servings Per Container line is used, does it work together with the Serving Size line and make sense in the context of the declared net weight shown on the front of the package?		
10	Have the values shown in the Nutrition Facts panel been rounded per FDA rules?		
11	If my label contains any nutrition or health benefit claims, am I certain that they meet regulatory requirements?		
12	If claims are made about a nutrient that is ordinarily voluntary (for example, Vitamin D), does my Nutrition Facts panel include the required listing for that nutrient?		

Web Links Included in This Resource

Nutrition Facts for Raw Fruits and Vegetables, 21 CFR 101 Appendix C

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?an=21:2.0.1.1.2.7.1.4.3>

Nutrition labeling of raw fruit, vegetables, and fish, 21 CFR 101.42

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=101.42>

Guidelines for the voluntary nutrition labeling of raw fruits, vegetables, and fish, 21 CFR 101.45

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=101.45>

Nutrition labeling of food, 21 CFR 101.9

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=101.9>

Reference amounts customarily consumed per eating occasion, 21 CFR 101.12

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=101.12>

USDA National Nutrient Database for Standard Reference (SR23) Values

<http://www.ars.usda.gov/Services/docs.htm?docid=8964>

Graphic Enhancements Used by the FDA, 21 CFR 101 Appendix B

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?an=21:2.0.1.1.2.7.1.4.2>

More examples of graphic layouts

<http://www.foodlabels.com/nutritionfacts-examples.htm>

Guidance for Industry: Guidelines for Determining Metric Equivalents of Household Measures

<http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/FoodLabelingNutrition/ucm063102.htm>

Nutrient content claims – general principles, 21 CFR 101.13

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=101.13>

Health claims: general requirements, 21 CFR 101.14

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=101.14>

Specific Requirements for Nutrient Content Claims, 21 CFR 101.54-69

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?CFRPart=101&showFR=1&subpartNode=21:2.0.1.1.2.4>

Specific Requirements for Health Claims, 21 CFR 101.70-83

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?CFRPart=101&showFR=1&subpartNode=21:2.0.1.1.2.5>

Appendix: Sample Nutrition Facts for Variety Mushrooms

The following Nutrition Facts panels are strictly intended as examples. To use nutrition labels on your product packaging, you will need to create individual labels based on the information and compliance measures listed in this resource.

Sample Nutrition Facts for Cremini Mushrooms Sliced, 8 oz Package

Nutrition Facts	
Serving Size 1 cup (87g)	
Servings Per Container about 2.5	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Potassium 390mg	11%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Thiamin 6%	Riboflavin 25%
Niacin 15%	Vitamin B6 4%
Folate 6%	Pantothenic Acid 15%
Phosphorus 10%	Zinc 6%
Selenium 30%	Copper 20%
Manganese 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Sample Nutrition Facts for Portabella Mushrooms Whole, 12 oz Package

Nutrition Facts	
Serving Size 1 mushroom (84g)	
Servings Per Container about 4	
Amount Per Serving	
Calories 20	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium 310mg	9%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Vitamin D 2%	Thiamin 4%
Riboflavin 6%	Niacin 20%
Vitamin B6 6%	Folate 6%
Pantothenic Acid 10%	Phosphorus 10%
Magnesium 2%	Zinc 2%
Selenium 20%	Copper 10%
Manganese 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Sample Nutrition Facts for Shiitake Mushrooms Whole, 1 Pound Package

Nutrition Facts	
Serving Size 4 mushrooms (76g)	
Servings Per Container about 6	
Amount Per Serving	
Calories 25	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Potassium 230mg	7%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Vitamin D 4%	Riboflavin 10%
Niacin 15%	Vitamin B6 10%
Folate 2%	Pantothenic Acid 10%
Phosphorus 8%	Magnesium 4%
Zinc 6%	Selenium 6%
Copper 6%	Manganese 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Sample Nutrition Facts for Oyster Mushrooms Whole, 1 Pound Package

Nutrition Facts	
Serving Size 6 mushrooms (90g)	
Servings Per Container about 5	
Amount Per Serving	
Calories 30	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Potassium 380mg	11%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
Vitamin D 6%	Thiamin 8%
Riboflavin 20%	Niacin 20%
Vitamin B6 4%	Folate 8%
Pantothenic Acid 10%	Phosphorus 10%
Magnesium 4%	Zinc 4%
Selenium 4%	Copper 10%
Manganese 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g