

# Memorandum

## Nutrition Services



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### **FDA Labeling Requirements for Restaurants, Similar Retail Food Establishments and Vending Machines**

The U.S. Food and Drug Administration has finalized two rules requiring that calorie information be listed on menus and menu boards in chain restaurants and similar retail food establishments and vending machines. The rules are required by the 2010 Patient Protection and Affordable Care Act.

- Menu labeling final rule: Applies to restaurants and similar retail food establishments if they are part of a chain of 20 or more locations, doing business under the same name, offering for sale substantially the same menu items and offering for sale restaurant-type foods. Compliance begins May 7, 2018.
- Vending machine final rule: Requires operators who own or operate 20 or more vending machines to disclose calorie information for food sold from vending machines, subject to certain exemptions. Compliance begins December 1, 2016.

The FDA's final rule for nutrition labeling in chain restaurants and similar retail food establishments will provide consumers with clear and consistent nutrition information in a direct and accessible manner for the foods they eat and buy for their families. Posting calories on menus and menu boards and providing other nutrient information in writing in chain restaurants and similar retail food establishments will fill a critical information gap and help consumers make informed and healthful dietary choices.

In order to help our customers who are required to comply with the menu labeling regulations, we have included an overview of nutrition analysis service options. The intention of this document is to provide resource options for calculating calorie and nutritional information.

For more information about the FDA menu labeling regulation, visit:

<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm217762.htm>

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## Nutrition Analysis Services

There are multiple options for nutrition analysis of menu items or packaged foods. Analysis can be done chemically, using a laboratory to breakdown nutrient content, or analytically, using sophisticated software programs. Since nutrition analysis is not an exact science, variability happens and slight calorie declarations can result – even from one lab to another.

1. **Laboratory Analysis** – Prepare menu item samples and send to laboratory for chemical analysis of calories and nutrient information
  - a. Time: Dependent on lab availability
  - b. Cost: Call for pricing; typically per menu item or set rate
  - c. Where to find:
    1. Search for labs in your area that specialize in “Nutrition Analysis and Food Labeling”
    2. NRA members receive discounted pricing through Silliker; <http://www.merieuxnutrisciences.com>
  - d. Notes: Fried items, stocks, and complicated recipes with preparation methods are best analyzed by laboratory



2. **Nutrition Analysis Services by Registered Dietitian (RD/RDN)** – They will use your standardized recipes with cooking methods and serving sizes to analyze for calorie/ nutrient breakdown. They use a combination of menu analysis software, nutrient databases, nutrition labels, and culinary expertise



- a. Time: Dependent on availability
- b. Cost: Call for pricing; typically per menu item or set rate
- c. Where to find:
  1. [www.eatright.org/programs/rdnfinder](http://www.eatright.org/programs/rdnfinder). Look for expertise in “Food Labeling”, “Nutrient Analysis”, and/or “Product/Recipe/Menu Development”
  2. NRA members receive discounted pricing through Healthy Dining and MenuTrinfo - <http://www.restaurant.org/Membership/Tools-Solutions/Food-Nutrition>
- d. Notes: Be prepared to provide standardized recipes to the RD/RDN and designate a point person who will be available to answer detailed questions. Signing a confidentiality agreement ensures that your recipes stay proprietary.

3. **Menu Analysis Software/ Online Nutrition Analysis** – Software programs and online systems utilize multiple databases of ingredients. You select items from the database and/ or input your own nutrition info to calculate nutrition breakdown

- a. Time: Dependent on user’s skill level
- b. Cost: There is a wide range of programs available from \$0 - \$6,000
- c. Where to find:
  1. eNutrition - <http://enutrition.sysco.com> – \$0 for Sysco customers only
  2. Other options (search “nutrition analysis software”):  
<http://www.esha.com>; <http://www.axxya.com>;  
<http://www.nutritionanalysis.com>;  
<http://www.menumax.com/nutrition-analysis>
- d. Notes: Customer support varies – look for a staff of experts and live support



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