

News You Can Use ...

ROUNDING RULES ESTABLISHED

For the first time, the Food and Drug Administration has outlined the rounding rules to be used when reporting the quantities of nutrients in foods. Though these rules were originally established for the Nutrition Facts labels that appear on packaged foods, they can also be used by food journalists and recipe writers who report the nutritional composition of their published recipes.

BASIC NUTRIENT PROFILE

<i>Nutrient</i>	<i>Rounding Increments</i>	<i>Round to Zero</i>
Calories	Nearest 5 calories up to 50 calories; nearest 10 calories if more than 50	if less than 5 calories
Protein	Nearest 1 gram; if less than 1 gram, may report as "less than 1 gram"	if less than 0.5 gram
Carbohydrate	Nearest 1 gram; if less than 1 gram, may report as "less than 1 gram"	if less than 0.5 gram
Fat	Nearest 0.5 gram up to 5 grams; nearest 1 gram if more than 5 grams	if less than 0.5 gram
Cholesterol	Nearest 5 milligram increment; if between 2 and 5 milligrams, may report as "less than 5 milligrams"	if less than 2 milligrams
Sodium	Nearest 5 milligrams up to 140 milligrams; nearest 10 milligrams if more than 140 milligrams	if less than 5 milligrams
REFERENCE: Fed. Reg. Jan 6, 1993. (58 FR 2066 <i>et seq.</i>)		

(continued on next page)

OTHER NUTRIENTS

Nutrient	Rounding Increments	Round to Zero
Dietary Fiber	Nearest 1 gram; if less than 1 gram, report as "less than 1 gram"	if less than 0.5 gram
Sugars	Nearest 1 gram; if less than 1 gram, may report as "less than 1 gram"	if less than 0.5 gram
Saturated Fat	Nearest 0.5 gram up to 5 grams; nearest 1 gram if more than 5 grams	if less than 0.5 gram
Polyunsaturated Fat	Nearest 0.5 gram up to 5 grams; nearest 1 gram if more than 5 grams	if less than 0.5 gram
Calories From Fat	Nearest 5 calories up to 50 calories; nearest 10 calories if more than 50	if less than 5 calories
Calories From Saturated Fat	Nearest 5 calories up to 50 calories; nearest 10 calories if more than 50	if less than 5 calories
Calories From Polyunsaturated Fat	Nearest 5 calories up to 50 calories; nearest 10 calories if more than 50	if less than 5 calories
Potassium	Nearest 5 milligrams up to 140 milligrams; nearest 10 milligrams if more than 140 milligrams	if less than 5 milligrams
Vitamins/Minerals	nearest 2% increment up to and including the 10% level; nearest 5% above 10% up to and including the 50% level; nearest 10% above the 50% level	if less than 2% DV

REFERENCE: Fed. Reg. Jan 6, 1993. (58 FR 2066 *et seq.*)

Voluntary compliance with NLEA Regulations by all food journalists helps assure that consumers receive a consistent and easy-to-understand nutrition message. It also helps assure we haven't implied a greater degree of accuracy than one can reasonably expect. *For more information or to have your recipes analyzed, contact: Karen C. Duester, MS, RD, Food Consulting Company, 13724 Recuerdo Drive, Del Mar, CA 92014-3430. Phone: (800) 793-2844. Email: karen@foodlabels.com*

© Food Consulting Company, Del Mar, CA