



## The United States Nutrition Facts Label Guidelines for Labeling Ground Whole Flaxseed

### Ground Whole Flaxseed United States Nutrition Facts Label

<b>Nutrition Facts</b>	
Serving Size 2 Tbsp (16 g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 70	Calories From Fat 60
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 1.0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 4g	16%
Sugars 0g	
<b>Protein</b> 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 4%
*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
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

The Food and Drug Administration (FDA) is the government body in the United States responsible for assuring that foods sold in the U.S. are safe, wholesome, and properly labeled. The Nutrition Facts label is required on most packaged foods. The Nutrition Facts label for ground whole flaxseed shows a serving amount of 2 TBSP or 16 g. The serving size is the basis for determining the number of calories, amount of each nutrient, and the % Daily Values of a food. The nutrients that must be included in the Nutrition Facts table are calories, calories from fat, total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, dietary fiber, sugars, protein, vitamin A, vitamin C, calcium, and iron.

### % Daily Value

The FDA has set reference values, the Daily Value (DV), for reporting nutrients in the Nutrition Facts table. The % Daily Value (% DV) is calculated by determining the ratio between the amount of the nutrient in a serving of food and the DV for the nutrient. The % DV is based on a 2,000 calorie diet and provides a quick overview of a food's nutrient content. The % DV tells you whether the nutrients in one serving of food contribute a little or a lot to your total daily diet. The "Quick Guide to % DV" published by the FDA states that 5% DV or less is low and 20% DV or more is high. Flaxseed does not contain cholesterol, sodium, vitamin A, or vitamin C. This is why the % DV for these nutrients is zero. The % DV can be used to compare two different food products to help make better food choices.

### Ground Flaxseed is a Source of Omega-3 Fatty Acids

Ground flaxseed is a source of the essential polyunsaturated omega-3 fatty acid alpha-linolenic acid (ALA). Our bodies cannot make ALA so we must have it in our diet. The minimum recommended DV for ALA Omega-3 is 1,600-mg per day. One serving (2 TBSP) of ground flaxseed provides 3.5 g of ALA, more than twice the DV.

Omega-3 fatty acids are not permitted in the Nutrition Facts table, but can be stated on the package outside of the table. The statement must simply specify the amount of omega-3 fatty acids per serving. For example, the statement "contains 3.5 g of omega-3 fatty acids per serving" is permitted.

One serving

(2 TBSP) of

ground whole

flaxseed is a

good source of

dietary fiber.

Nutrient content claims describe the level of a nutrient or dietary substance in the product. The following statements regarding omega-3 ALA are :

Label Claim	ALA Omega-3
"High"	320 mg or more than the DV per Reference Amount Customarily Consumed (RACC)
"Good Source Of"	160 mg of the DV per RACC
"More Than"	160 mg of the DV per RACC

The Claim must be accompanied in close proximity by one of the following statements :

"Contains \_\_\_mg of ALA per serving, which is \_\_\_% of the Daily Value for ALA (1.6g)."

"Contains \_\_\_% of the Daily Value of ALA per serving. The Daily Value for ALA is 1.6g."

For "More" claims :

" \_\_\_% more of the Daily Value for ALA per serving than (reference food). This product contains \_\_\_mg ALA omega-3 per serving, which is \_\_\_% of the Daily Value for ALA omega-3 (1.6g). (Reference food) contains \_\_\_mg ALA omega-3 per serving."



HealthyFlax.org is the source of information on the health benefits and uses of whole flaxseed, ground flaxseed and flaxseed oil. Our website includes recipes, nutritional evidence, facts and news about flaxseed in all its forms. HealthyFlax.org is supported by Canada's flax growers, processors, food manufacturers and governments. For more information, email us at [info@healthyflax.org](mailto:info@healthyflax.org)

Structure/function claims describe the role of a nutrient intended to affect the normal structure or function of the human body, for example, "Omega-3 ALA from flaxseed supports overall health." In addition, they may characterize the means by which a nutrient acts to maintain such structure or function, for example, "Omega-3 ALA helps support a healthy heart". This type of claim is not pre-approved by FDA, but the manufacturer must have substantiation that the claim is truthful and not misleading.

#### Ground Flaxseed is a Good Source of Dietary Fiber

Ground Flaxseed contains both soluble and insoluble fiber. Soluble fiber can help lower blood cholesterol and insoluble fiber promotes regularity. The DV used for fiber in the Nutrition Facts table is 25 g. One serving (2 TBSP) of ground whole flaxseed provides 4 g dietary fiber, or 16% of the DV. Foods that provide a % DV between 10 and 19 percent are permitted to use a "good source" claim for that nutrient. Thus, ground flaxseed is a "Good Source of Dietary Fiber".

#### For More Information

U.S. Food and Drug Administration. Office of Nutrition, Labeling, and Dietary Supplements. A Food Labeling Guide: Guidance for Industry. <http://www.fda.gov/FoodLabelingGuide>

Food and Drug Administration. April 28, 2014. Food Labeling: Nutrient Content Claims; Alpha-Linolenic Acid, Eicosapentaenoic Acid, and Docosahexaenoic Acid Omega-3 Fatty Acids



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