

# TRABON

---

## FDA Menu Labeling Requirements for Restaurants Checklist

*This checklist is not intended to be a comprehensive list of all the requirements, but only a recap of the regulations. You should obtain and review a complete copy of the regulations to make sure your organization is in compliance.*

### Primary Writing: Menus/Menu Boards

- You have determined which materials are your primary writing(s) and would require nutrition. Primary writings must meet the 3 requirements to constitute a menu (item name/picture, price and a call to order at the time of viewing.) These rules do apply to any digital channel as well including online, apps and marketing materials.
- Calories are next to the item name or price of every standard menu item (food and beverage) on every menu/menu board.
- Calories are the same size as the menu item name or price.
- Calories are in a font color that is the same as the name of the menu item, or in a color that is equally easy-to-read. The font style does not need to match.
- Calories are rounded per FDA specifications.
- For items that list a calorie range- slashes for (two menu item options) and dashes for (three or more menu item options) are used correctly. You see this most commonly on items that have side choices.
- For Variable menu items that list the actual "flavors" or "choices" the individual calorie counts are listed. For example, soda or milkshake flavors.
- Food-on-display and self-serve food are labeled with calories and the correlating serving size.
- Caloric values look reasonably accurate given the description of the menu item. The goal of this legislation is to make it transparent and easy for a guest to figure nutrition for their meal.
- The two disclaimer statements are adjacent to one another at the bottom of the first page of each menu/menu board, and are in a font size no smaller than the smallest calorie declaration.
- The 2000 calorie disclaimer statement is at the bottom of each menu/menu board page or spread, and is in a font size no smaller than the smallest calorie declaration.
- Multi-serving dishes, such as appetizers, desserts or catering items- which may be intended for more than one person- are listed as their total amount, unless there is a clearly "discernible serving unit," like that in an order of wings, a sliced pizza or a basket of cookies. In only those cases, nutritional information may be listed for "one each," instead of for the total batch. You may also list both total and individual serving values, according to the FDA if you choose to.

### Additional Nutrition Information

- This is available to my guests when they request it in restaurant and/or any other place they may place an order (online, apps)
- If I provide a physical handout of this information it is available and current with my menus.
- If I provide this information in electronic form I have supplied the hand-held device or kiosk to view the information.
- My nutrition information is rounded per the FDA rounding rules for each of the 11 required nutrients.
- I have not listed any ranges of nutrients but the actual counts per choice a guest will have.