

Processed fruit & veg products may need added sugar label

The FDA has issued a new regulation on whether products containing processed fruits and vegetables will be required to have an added sugar label. If sugars in the processed fruit or vegetable ingredient are in excess of what would be expected from 100% fruit or vegetables, those sugars must be declared as added sugars.

“If the ingredient contains all of the components of a whole fruit or vegetable, but has been processed so that the plant material is physically broken down into smaller pieces or water is removed, we would not consider the sugars contributed from the portion of the fruit or vegetable that is typically eaten which is used to make such an ingredient to be added sugars,”

the F.D.A. said. “However, if a fruit or vegetable is processed in such a way that it no longer contains all of the components of the portion of a whole fruit or vegetable that is typically eaten (e.g., the pulp from the fruit has been removed) and the sugars have been concentrated, the sugars in such an ingredient are consistent with how we have considered the sugars in fruit juice concentrate because the ingredient is a concentrated source of sugars and contributes additional calories to a food when added as an ingredient without additional water.”

Manufacturers with \$10 million or more in annual food sales must be in compliance with the new labeling rules by July 26, 2018. Manufacturers with less than \$10 million in annual sales have until July 26, 2019.

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