



Nutritional Produce Labeling Signs.

RAW FRUIT NUTRITION FACTS		SERVING SIZE	SERVING SIZE	CALORIES	PROTEIN	CARBO-HYDRATE	FAT	SODIUM	DIETARY FIBER	VITAMIN A	VITAMIN C	CALCIUM	IRON
FRUIT	Household Serving	(G)	(OZ)	(G)	(G)	(G)	(MG)	(G)	(G)	% of U.S. RDA			
APPLE	1 large apple	242	8.0	130	1	34	0	0	5	2	8	2	2
AVOCADO	1/5 med. avocado	30	1.1	50	1	3	4.5	0	1	•	4	•	2
BANANA	1 med. banana	126	4.5	110	1	30	0	0	3	2	15	•	2
CANTALOUPE	1/4 med. melon	134	4.8	50	1	12	0	20	1	120	80	2	2
GRAPEFRUIT	1/2 med. grapefruit	154	5.5	60	1	15	0	0	2	35	100	4	•
GRAPES	3/4 cups grapes	126	4.5	90	0	23	0	15	1	•	2	2	•
HONEYDEW	1/10 med. melon	134	4.8	50	1	12	0	30	1	2	45	2	2
KIWIFRUIT	2 med. kiwi fruit	148	5.3	90	1	20	1.0	0	4	2	240	4	2
LEMON	1 med. lemon	58	2.1	15	0	5	0	0	2	•	40	2	•
LIME	1 med. lime	67	2.4	20	0	7	0	0	2	•	35	•	•
NECTARINE	1 med. nectarine	140	5.0	60	1	15	0.5	0	2	8	15	•	2
ORANGE	1 med. orange	154	5.5	80	1	19	0	0	3	2	130	6	•
PEACH	1 med. peach	147	5.3	60	1	15	0.5	0	2	6	15	•	2
PEAR	1 med. pear	166	5.9	100	1	26	0	0	6	•	10	2	0
PINEAPPLE	2 slices, 3" D 3/4" thk	112	4.0	50	1	13	0	10	1	2	50	2	2
PLUMS	2 med. plums	151	5.4	70	1	19	0	0	2	8	10	•	2
STRAWBERRIES	8 med. berries	147	5.3	50	1	11	0	0	2	•	160	2	2
SWEET CHERRIES	21 cherries, 1 cup	140	5.0	100	1	26	0	0	1	2	15	2	2
TANGERINE	1 med. tangerine	109	3.9	50	1	13	0	0	2	6	45	4	•
WATERMELON	2 cups diced	280	10	80	1	21	0	0	1	30	25	2	4

Are you compliant?

On January 1st, 2008 the U.S. Food and Drug Administration set a regulation that trans fat labeling will have to be declared if nutrition labeling for raw fruits and vegetables is provided. Blanc Industries has the nutrition chart signs that will keep you in compliance. Our 7.75" x 10" two piece sets for Fruits and Vegetables have all the nutritional information to help your customer choose a produce item that will fit their healthy lifestyle.

Don't miss a beat... get compliant today!

Black Version

Earthtone Version

RAW VEGETABLE NUTRITION FACTS		SERVING SIZE	SERVING SIZE	CALORIES	PROTEIN	CARBO-HYDRATE	FAT	SODIUM	DIETARY FIBER	VITAMIN A	VITAMIN C	CALCIUM	IRON
VEGETABLE	Household Serving	(G)	(OZ)	(G)	(G)	(G)	(MG)	(G)	(G)	% of U.S. RDA			
ASPARAGUS	5 spears	93	3.3	20	2	4	0	0	2	10	15	2	2
BELL PEPPER	1 med. pepper	148	5.3	25	1	6	0	40	2	4	190	2	4
BROCCOLI	1 med. stalk	148	5.3	45	4	8	0.5	80	3	6	220	6	6
CARROT	1 med. carrot	78	2.8	30	1	7	0	60	2	110	10	2	2
CAULIFLOWER	1/6 med. head	99	3.5	25	2	5	0	30	2	•	100	2	2
CELERY	2 med. stalks	110	3.9	15	0	4	0	115	2	10	15	4	2
CUCUMBER	1/3 med. cucumber	99	3.5	10	1	2	0	0	1	4	10	2	2
GREEN (SWP) BEANS	3/4 cup beans	83	3.0	20	1	5	0	0	3	4	10	4	2
GREEN CABBAGE	1/12 med. head	84	3.0	25	1	5	0	20	2	•	70	4	2
GREEN ONION	1/4 cup chopped	25	0.9	10	0	2	0	10	1	2	8	2	2
ICEBERG LETTUCE	1/6 med. head	89	3.2	10	1	2	0	10	1	6	6	2	2
LEAF LETTUCE	1 1/2 cups shredded	85	3.0	15	1	2	0	35	1	130	6	2	4
MUSHROOM	5 med. mushrooms	84	3.0	20	3	3	0	15	1	•	2	2	2
ONION	1 med. onion	148	5.3	45	1	11	0	5	3	•	20	4	4
POTATO	1 med. potato	148	5.3	110	3	26	0	0	2	•	45	2	6
RADISH	7 radishes	85	3.0	10	0	3	0	55	1	•	30	2	2
SUMMER SQUASH	1/2 med. squash	98	3.5	20	1	4	0	0	2	6	30	2	2
SWEET CORN	1 med. ear	90	3.2	90	4	18	2.5	0	2	2	10	•	2
SWEET POTATO	1 med. potato	148	5.3	110	3	26	0	0	2	•	45	2	6
TOMATO	1 med. tomato	148	5.3	25	1	5	0	20	1	20	40	2	2

ISSUE ALERT

PMA
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DATE: July 19, 2007
TO: All PMA Members
FROM: Kathy Maans, PMA Vice President of Government Relations, kmaans@pma.com
RE: Correction on July 17 Alert about Produce Labeling Changes

On Tuesday, July 17, PMA issued an alert reminding its members about the upcoming produce labeling changes in January 2008. Unfortunately the alert entitled a commodity (potato) and also should have provided additional clarification in its summary of the revised rule. We have corrected and reissued the alert from Tuesday, which is provided below.

As you know, last July the U.S. Food and Drug Administration issued a final rule on the Voluntary Nutrition Labeling of Raw Fruits, Vegetables and Fish. FDA has permitted voluntary compliance with the nutrition labeling changes since the issuance of the final rule but PMA would like to remind all members that the changes are required beginning January 1, 2008.

The new requirements are summarized below, but more information on the changes and on produce labeling in general can be found in PMA's Nutrition and Produce Labeling Guide.

The final rule revised the nutrition values for the following raw fruits and vegetables since the reopening of the comment period in 2005: apples, avocados, banana, cantaloupe, honeydew melon, kiwifruit, lemon, nectarine, orange, pear, pineapple, plums, strawberries, tangerine, watermelon, and whole, sliced, and cut-up fruits and vegetables. The following items were not further revised: grapes, pears, pineapples, sweet potatoes, and winter squash.

When retailers provide nutrition information for more than one raw fruit or vegetable (on signs, posters, brochures, notebooks or leaflets), the listing of saturated fat, trans fat, and cholesterol may be omitted if the following footnote is used: "Most fruits and vegetables provide negligible amounts of saturated fat, trans fat, and cholesterol; avocados provide 0.5 g of saturated fat per ounce." 21 CFR 101.45(a)(3)(ii). The footnote may also contain information about the polyunsaturated and monounsaturated fat content of avocados.

As mentioned above, PMA's Nutrition and Produce Labeling Guide includes the most current nutrient content claims and trans fat labeling requirements and answers to frequently asked questions about nutrition labeling. For more details or to order, visit the PMA E-store at <http://www.pma.com/estore> and click on the Government Relations link under Products by Business Issue.

This alert is a PMA member benefit; if it was forwarded to you, you can contact the PMA Solution Center at solutionc@pma.com or +1 (303) 733-7100 to be added to the list of people at member companies who receive these alerts. You are receiving this message because PMA believes you will benefit from this information. If you have any concerns about mailings of this type, please contact PMA's Solution Center.

Photo Nutritional Sign Set

- IS100 Black Photo Produce Nutritional Panel Set\$30.00
 - IS101 Earthtone Photo Produce Nutritional Panel Set\$30.00
- (Each set includes one fruit and one vegetable insert panel)

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