

Nutritional Labeling Requirements

From: Steven D. Weyhing (General Counsel Paramount Coffee Company)

Question

The applicability of federal nutritional labeling requirements to our packaged ground and whole bean coffee, including the applicability of new calorie and nutrition disclosures for restaurants and other consumer food service establishments.

Short Answer

Paramount's ground and whole bean coffee is exempt from the nutritional labeling requirements of the federal Food Drug and Cosmetic Act, because coffee contains "insignificant amounts of all of the nutrients and food components" required by the Act's declaration of nutrition. In short, coffee has no calories and no significant nutrients. See 21 CFR §101.9(j)(4).

The new restaurant/consumer food service regulations apply to on premise food establishments (not Paramount). These new regulations permit a covered establishment to list 0 calories for a beverage like **black coffee** that has less than 5 calories per serving. Also- if a beverage, again like **black coffee**, has "insignificant amounts" of nutrients- no nutritional information is required. See 21 CFR 101.11.