

# The Nutrition Facts Label Declaration of Added Sugars for Single-Ingredient Sugars and Certain Cranberry Products

The U.S. Food and Drug Administration (FDA) is issuing a **final guidance** to provide clarification on the added sugars labeling requirements on packages and/or containers of pure honey, maple syrup, and other single ingredient sugars and syrups. On May 27, 2016, the FDA revised the Nutrition Facts label for packaged foods to reflect updated scientific information, including the link between diet and certain chronic diseases such as obesity and heart disease. One of the changes made is that manufacturers must include the declaration of “added sugars” in grams and the percent Daily Value, on the Nutrition Facts label. However, the Agriculture Improvement Act of 2018 (Pub. L. 115-334), commonly referred to as the “Farm Bill”, states that packages of single-ingredient sugars, honey, agave and syrups, including maple syrup, do not need to bear the declaration “Includes Xg Added Sugars” on the Nutrition Facts label.



As discussed in the final guidance, these single-ingredient sugars are not required to have the words “Includes Xg Added Sugars” on the Nutrition Facts label but must still include the percent Daily Value for added sugars on their labels to ensure that consumers have information about how a serving of these products contributes to the Daily Value for added sugars and to their total diet. Daily Values are the amounts in grams, milligrams, or micrograms recommended for certain nutrients or recommended not to exceed for certain other nutrients for Americans 4 years of age and older. The guidance also advises manufacturers of single-ingredient sugars that FDA intends to exercise enforcement discretion to allow these manufacturers to include a “†” symbol after the percent Daily Value that leads to an accompanying footnote. The footnote would explain the amount of added sugars that one serving of the product contributes to the diet as well as the contribution of a serving of the product towards the percent Daily Value. The symbol and footnote are not required, but FDA encourages manufacturers to use them as a way to provide useful information to consumers.

This guidance also provides clarification on the labeling requirements for certain dried cranberry and cranberry beverage products. These products must still label added sugars in grams and include the percent Daily Value for added sugars. However, FDA intends to exercise enforcement discretion for certain dried cranberry and cranberry beverage products to allow the use of the symbol “†” immediately following the added sugars percent Daily Value leading to a statement outside the Nutrition Facts label explaining that sugars are added to improve the palatability of naturally tart cranberries. The cranberry products discussed in the guidance are those where the addition of sugars is intended to increase palatability, and for which the amount of total sugars per

serving is at a level that does not exceed the amount of total sugars in a comparable product with no added sugars. An example of a comparable product for cranberry juice beverage products is unsweetened grape juice.

Finally, FDA is advising manufacturers of single-ingredient packages and/or containers of pure honey, pure maple syrup, and other pure sugars and syrups, as well as the cranberry products discussed in the guidance of its intent to exercise enforcement discretion until July 1, 2021 for complying with the labeling changes outlined in the Nutrition Facts label rule and the Serving Size rule. FDA is taking this action because we recognize the importance of giving manufacturers of the products discussed in the guidance additional time to make appropriate label changes consistent with the Farm Bill and the final guidance.

Below are illustrations of the Nutrition Facts label for honey, maple syrup, or other single-ingredient sugars or syrups as well as for certain cranberry products. For additional information, see [Guidance for Industry: The Declaration of Added Sugars on Honey, Maple Syrup, Other Single-Ingredient Sugars and Syrups, and Certain Cranberry Products](#).

<b>Nutrition Facts</b>	
16 servings per container	
<b>Serving size</b>	<b>1 Tbsp. (21g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 17g	<b>34%†</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>† One serving adds 17g of sugar to your diet and represents 34% of the Daily Value for Added Sugars.</small>	

1. Illustration of Nutrition Facts label for single ingredient honey, maple syrup, or other single-ingredient sugars or syrups with “†” symbol leading to a footnote. This example is for honey.

# Nutrition Facts

8 servings per container  
**Serving size 8 fl oz (240mL)**

Amount per serving  
**Calories 110**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 25g	
Includes 23g Added Sugars	<b>46%<sup>†</sup></b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Recommended factual statements

<sup>†</sup> Sugars added to improve the palatability of naturally tart cranberries. The 2015-2020 Dietary Guidelines for Americans state that there is room for limited amounts of Added Sugars in the diet, including from nutrient dense foods, like naturally tart fruit.

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<sup>†</sup> Sugars added to improve palatability.

<sup>†</sup> Sugars added to improve the palatability of naturally tart cranberries. The 2015-2020 Dietary Guidelines for Americans recommends limiting calories from added sugars to no more than 10% each day.

2. Illustration of Nutrition Facts label for cranberry juice or dried sweetened cranberries with “†” symbol leading to a factual statement outside the Nutrition Facts label.