

Kev Lo Ntawv Rau Pob Zaub Mov hauv Tej Lab Ua Mov Noj

Food Labeling for Retail Food Establishments

KEV CAI LO NTAWV NPLAUM

LABEL REQUIREMENTS

Hmong

Yuav tsum muab ntawv lo rau tej pob zaub mov uas ntim. Cov zaub mov uas ntim yog tej koos poom yas, koos poos hlau, thawv ntawv, muab ntawv qhwv los sis hlab ntim es zoo rau cov neeg yuav khoom nqa yuav mus.

Daim ntawv lo saum pob khoom noj qhia tsi ntsees tias dab tsi nyob hauv pob zaub mov. Cov ntawv lo pob khoom noj no yuav tsum muab sau ua lus Askiv. Muaj 5 feem yuav tsum sau muaj nyob hauv daim ntawv lo pob khoom noj:

- Yog hom zaub mov dab tsi (lub npe)
- Ntau pes tsawg
- Daim ntawv teev tej khoom sib tov ua yam zaub mov ntawd, nrog rau tej khoom tov uas yuav ua rau lwm tus txhaum fab tau
- Lub lab ua pob mov ntawd npe thiab chaw nyob
- Ntawv teev muaj yam twg pab tau rau lub cev loj hlob (nutrition facts)

Lub npov ntawm pob khoom

Lub npov ntawm pob khoom (principal display panel (PDP)) yog qhov xub thawj koj pom ntawm pob khoom thiab cim tau npov khoom

English

Packaged food must be labeled. Food is packaged if the food establishment bottles, cans, cartons, wraps or bags the product and makes it available for self-service.

The label on a food package tells consumers exactly what is inside the package. Food package label information must be written in English. There are five parts of a food label:

- Identity (name of food)
- Net quantity of contents
- Ingredient list, including major food allergens
- Business name and address
- Nutrition facts

Principal display panel

The principal display panel (PDP) is the front of the package and is easily seen by the consumer at the time of purchase. Include

ntawd thaum mus yuav. Nyob sab nraum npov khoom, yuav qhia tias muaj npaum cas nyob hauv pob khoom ntawd.

Hom zaub mov dab tsi

Hom zaub mov yuav qhia tseeb tias lub npe ib txwm siv hu yam zaub mov ntawd yog dab tsi tiag. Qhov yus muaj yus ib lub npe ntiag tug (brand) yog nyob ntawm yus ua xwb.

- Siv ib lub npe uas qhia kom ncaj tias yam khoom nyob hauv yog dab tsi.
- Siv cov npe ntawv loj thiab tuab.
- Muab lub npe sau tso hauv lub nrab ntawm daim ntawv lo.

Ntau pes tsawg

Qhov ntau pes tsawg yog qhia tias muaj ntau npaum cas qhov tsim nyog muaj hauv pob khoom noj, tsis suav nrog seb pob khoom hnyav npaum cas thiab tsis suav seb muab dab tsi los ntim cov khoom noj ntawd.

- Muab sau raws li tsim nyog qhov nws hnyav ntau (yam khoom noj los sis khoom noj xyaw kua, volume (rau cov kua), los sis count (txheeb pes tsawg) (siv rau tej pob khoom xwb). Piv txwv: NET WT 12 OZ; 64 FL OZ; 6 COUNT.
- Muab lo rau hauv qab thawv khoom noj (lower third of the PDP) thiab tsis txhob sau lwm yam lo ntxiv nrog.
- Sau qhov hnyav rau hauv ntawv lo tej nqaij, nqaij ntses, thiab cws (Minnesota Rules, part 1545.0290).

Yog xav paub ntxiv txog tej zaub mov muag raws qhov hnyav los sis raws qhov txheeb pes tsawg ces mus nyeem [Grocers Guide to Weights and Measures](#).

the identity and the net quantity of contents on the PDP.

Identity

The identity is the truthful common or usual name of the product. Providing a brand name is voluntary.

- Use a name that is not misleading.
- Use large, bold type.
- Print the name in the middle of the label.

Net quantity of contents

The net quantity of contents is the minimum amount of food contained within a package, not including the weight of the package and packing material.

- Print the net quantity of contents as weight (for solids or semi-solids), volume (for liquids), or count (in limited situations). Examples: NET WT 12 OZ; 64 FL OZ; 6 COUNT.
- Place in the lower third of the PDP with no other information next to or below.
- Use weight for meat, fish, and shellfish labels (Minnesota Rules, part 1545.0290).

For more information about food sold by weight or count refer to the [Grocers Guide to Weights and Measures](#).

Phab ntawv qhia

Phab ntawv qhia (information panel) yeej ib txwm nyob sab xis ntawm qhov PDP. Sau muaj yam khoom noj sib tov dab tsi nyob hauv, lub lab ua pob mov ntawd npe thiab chaw nyob, thiab yam twg pab tau rau lub cev loj hlob.

Ntawv teev cov khoom tov

- Pib sau raws qhov nws hnyav (sau qhov hnyav ua ntej ces mam sau qhov tsis tshua hnyav lawv qab). Yog tias tsawg tshaj 2% ntawm qhov hnyav, ces muab yam khoom tov ntawd sau rau thaum kawg, sau tias "contains 2% or less of ____." (muaj 2% los sis tshaj tsawg qhov ____.)
- Sau tagnrho cov khoom tov uas txheeb yam khoom tov xub thawj. Piv txwv: Flour hmoov peeb (bleached wheat flour, malt barley, flour, niacin, iron, potassium thiamine, riboflavin).
- Kuj sau txog cov tshuaj siv los tso kom cov zaub mov tsis txhob lwj sai thiab yam xim tau muab tso rau hauv (yam ntau tshaj ua ntej ces mam li sau yam tsawg lawv qab) raws qhov nws hnyav.

Tej kev txhaum fab zaub mov uas nrov npe

Yuav tsum sau txog yim yam zaub mov uas nrov npe tibneeg txhaum fab xws li: kua mis, qe, ntses, cws nruab deg, noob txiv ntoo, noob txiv laum huab xeeb, nplej, thiab taum (milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, thiab soy).

Sau tsi ntsees lub npe ntawm yam zaub mov uas txhaum fab nrov npe ntawd nyob hauv

Information panel

The information panel is usually found to the right of the PDP. Include the ingredient list, business name and address, and nutrition facts on the information panel.

Ingredient list

List all ingredients by their common or usual name.

- List all ingredients in descending order (most to least) by weight. If less than 2% by weight, an ingredient can be mentioned at the end of the list, stating "contains 2% or less of ____."
- Include all sub-ingredients. Example: Flour (bleached wheat flour, malt barley, flour, niacin, iron, potassium thiamine, riboflavin).
- Include chemical preservatives and food coloring in descending order (most to least) by weight.

Major food allergens

Allergen labeling is required for packaged food products that contain any of the major food allergens: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, and sesame.

Identify by name any major food allergens in the product as part of the ingredient list. This must include protein derived from a major

yam li yog yam khoom sib tov ua yam zaub mov ntawd. Qhov no kuj muaj xws li cov zaub mov plhaus thees uas ncau los ntawm yam zaum mov txhaum fab uas nrov npe ntawd. Siv ib yam piv txwv hauv qab no:

1. Sau lub npe ib txwm siv rau yam khoom tov ua yam zaub mov ntawd, nrog rau lub npe ntawm yam khoom txhaum fab ntawd. Piv txwv: flour (wheat), whey (milk).

LOSSIS

2. Tom qab sau daim ntawv teev tej khoom sib tov tag, sau lo lus "Contains:" uas muaj yam khoom txhaum fab ntawd nyob rau hauv. Piv txwv: Contains: wheat, milk.

Rau cov txiv noob, sau tsi ntsees seb yog hom noob txiv twg. Piv txwv: almonds, coconut, pecans. Rau tej ntses los sis cws nruab deg, sau tsi ntsees seb yog hom ntses twg. Piv txwv: walleye, shrimp, lobster.

Lub lab ua pob mov ntawd npe thiab chaw nyob

Sau tawm lub lag luam uas tsim, npaj ntim, los sis yog tus xa tawm zaub mov lub npe, lub zos, xeev, thiab zauv cheeb tsam. Yog tias lub lag luam tsis muaj nyob hauv phau ntawv qhia xov tooj hauv nroog, ces sau txoj kev ntawm chaw nyob nrog daim ntawv lo.

Yog tias lub npe tis tsis yog tseem tswv ntawm pob khoom, ces sau seb lub npe lag luam txheeb pob khoom yog leejtwg. Piv txwv: "Manufactured for" (tsim los muag rau) los sis "Distributed by."

Ntawv teev muaj yam twg pab tau rau lub cev loj hlob

Qees zaus yuav tsum sau cov ntawv teev seb muaj yam twg nyob hauv pob khoom uas pab

food allergen. Use one of the following options:

1. List the common or usual name of the food source, followed by the name of the allergen in parentheses. Example: flour (wheat), whey (milk).

OR

2. After the ingredient list, place the word "Contains:" followed by the food allergen. Example: Contains: wheat, milk.

For tree nuts, declare the specific type of nut. Examples: almonds, coconut, pecans. For fish or crustacean shellfish, declare the species. Examples: walleye, shrimp, lobster.

Business name and address

Print the business name, city, state, and ZIP code of the manufacturer, packer, or distributor. If the business is not listed in the current telephone guide for the city, include the street address.

If the name given is not the actual manufacturer, also state the establishment's relation to the product. Examples: "Manufactured for" or "Distributed by."

Nutrition facts

A nutrition facts panel is sometimes required. Packaged foods that do not have a nutrient

tau rau lub cev loj hlob (nutrition facts). Tej pob khoom noj uas ntim lawm yuav tsis tas sau daim ntawv teev yam twg nyob hauv pab tau rau lub cev yog tias:

- Lub lag luam tsis loj.
- Seb nyob ntawm cov zaub mov muag li cas, muab noj li cas.
- Tsis muaj yam twg nyob rau hauv uas yuav pab tau rau lub cev loj hlob xws li tej txuj lom, tshuaj yej los sis kasfes.

Daim ntawv teev muaj yam twg pab tau rau lub cev loj hlob kuj yuav sau seb qhov ua ib zaug noj yuav noj ntau npaum cas, muaj pes tsawg calorie. Yog tias hais kom ua, tso dai ntawv teev muaj yam twg pab tau rau lub cev loj hlob saum toj ntawm phab ntawv qhia.

Yog xav paub ntxiv txog tej uas tsis tas muab ntawv lo rau, mus nyeem phau taw qhia rau cov khoom tsis tas lo ntawv [Small Business Nutrition Labeling Exemption Guidance](#)

Qhia tawm thaum muaj yam twg hauv cov khoom noj uas zoo pab tau rau lub cev

Thaum qhia tawm txog ib yam twg pab tau rau lub cev loj hlob, muab sau rau hauv ntu teev yam twg pab tau rau lub cev uas nyob rau phab ntawv qhia.

- Qhov qhia tawm yam viv tas mees uas zoo rau lub cev hauv cov zaub mov. Piv txwv: "tsis muaj rog ntau," "muaj oat bran ntau," los sis "muaj txog 100 calories."
- Qhov qhia tawm tias pab tau rau txoj kev noj qab nyob zoo. Piv txwv: ib lub npe ua ntiag tug ntawm pob khoom (brand) nrog rau lo lus "healthy" los sis ua lub cim muaj lub plawv nyob nrog.

content claim or health claim may be exempt due to:

- Size of the business.
- How food is sold, served or offered for sale.
- Insignificant amount of nutrients, such as in spices, tea or coffee.

The nutrition facts panel includes information about the serving size, calories and key nutrients of the food. If required, place the nutrition facts panel at the top of the information panel.

For more information about exemptions refer to the [Small Business Nutrition Labeling Exemption Guidance](#).

Nutrient content claims and health claims

When making a nutrient content claim or health claim, include nutrition facts in the information panel.

- Nutrient content claims indicate the nutritional value of the food. Examples: "low fat," "high in oat bran," or "contains 100 calories."
- Health claims describe the relationship between a food component and a disease or health-related condition. Examples: a brand name including a term such as "healthy," or a heart symbol.

Tej yam yuav tsum ua ntxiv

Daim ntawv no tsuas qhia menthis txog tsoom fvw loj thiab hauv xeev tej txheem lus txog kev lo ntawv nplaum rau pob khoom noj xwb.

Yog xav paub ntau ntxiv txoj kev lo nplaum ntawv rau tej lag luam muag khoom xws:

- Tsis muab mog ua (Gluten-free claim)
- Hnub tim cov khoom noj tseem tshiab
- Ntawv lo qhia seb los lub tebchaws twg tuaj (Country of origin labeling (COOL))
- Lus qhia kom paub saib xyuas zoo cov zaub mov
- Yog grade dab tsi thiab loj me li cas

Additional requirements

This fact sheet provides only a brief summary of some federal and state labeling requirements for retail establishments. Some additional label components for retail establishments could include:

- Gluten-free claim
- Meaningful quality assurance date
- Country of origin labeling (COOL)
- Safe handling instructions
- Grade and size

Ntaub Ntawv Pab Ntxiv (Resources)

[Minnesota Department of Health Food Business Safety \(www.health.state.mn.us/foodbizsafety\)](http://www.health.state.mn.us/foodbizsafety)

[Small Business Nutrition Labeling Exemption Guidance \(www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm053857.htm\)](http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm053857.htm)

[Grocers Guide to Weights and Measures \(mn.gov/commerce-stat/pdfs/grocers-manual.pdf\)](http://mn.gov/commerce-stat/pdfs/grocers-manual.pdf)

[A Food Labeling Guide \(FDA\) \(www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide\)](http://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide)

[Guidance for Industry: Gluten-Free Labeling of Foods; Small Entity Compliance Guide \(www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/ucm402549.htm\)](http://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/ucm402549.htm)

[Food Allergen Training for Food Service Employees \(https://learning.umn.edu/search/publicCourseSearchDetails.do?method=load&courseId=1920057&courseTitle=serve-it-up-safely-online-food-allergen-training-for-food-service-employees\)](https://learning.umn.edu/search/publicCourseSearchDetails.do?method=load&courseId=1920057&courseTitle=serve-it-up-safely-online-food-allergen-training-for-food-service-employees)

[Country of Origin Labeling \(www.ams.usda.gov/AMSV1.0/cool\)](http://www.ams.usda.gov/AMSV1.0/cool)

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LABELING FOR RETAIL FOOD ESTABLISHMENTS

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