

GUIDANCE FOR FDA UPDATES TO
NUTRITION FACT LABELS FOR

Alaska Seafood



GENERAL UPDATES

SERVING SIZE CHANGES: 35 to 30 oz (85g)

NUTRIENTS: POTASSIUM, VITAMIN D, IRON & CALCIUM

DAILY VALUE (DV): SODIUM

Manufacturers (>\$10 million) comply by: July 26, 2018

Small businesses comply by: July 26, 2019*

*On June 13, 2017, the FDA announced its intention to extend the compliance date for the Nutrition Facts Label final rules. The FDA will provide details of the extension through a Federal Register Notice at a later time.



Wild, Natural & Sustainable®

LABEL UPDATES



Wild, Natural & Sustainable®

OLD LABEL

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

NEW LABEL

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* 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.	

Serving size: larger

Calories: larger type

Daily Value: updated values

Added sugar update

Actual amounts declared

Changed nutrient requirements

New footnote



FDA Nutritional Component	DV Amount
CALORIES	2000
PROTEIN (G)	50
FAT (G)	78
SODIUM (MG)	2300
CHOLESTEROL (MG)	300
OMEGA-3s DHA+EPA (MG)	
VITAMIN B12 (MCG)	2.4
VITAMIN A (MCG)	900
VITAMIN D (MCG)	20
SELENIUM (MCG)	55
POTASSIUM (MG)	4700
IRON (MG)	18
CALCIUM (MG)	1300

Changed from 65 g

Changed from 2400 mg

Changed from 6 mcg

Changed from 1500 mcg

Changed from 10 mcg

Changed from 70 mcg

Changed from 3500 mg

Changed from 1000 mg

* FDA 21 CFR 101.9(c)

ALASKA'S SALMON



Wild, Natural & Sustainable®

	ALASKA KING	%DV	ALASKA COHO	%DV	ALASKA SOCKEYE	%DV	ALASKA KETA	%DV	ALASKA PINK	%DV
CALORIES	200	10%	120	6%	130	7%	130	7%	130	7%
PROTEIN (G)	22	44%	20	40%	23	46%	22	44%	21	42%
FAT (G)	11	14%	4	5%	5	6%	4	5%	4	5%
SATURATED FAT (G)	3	11%	1	4%	1	4%	1	4%	1	4%
SODIUM (MG)	51	2%	49	2%	78	3%	54	2%	76	3%
CHOLESTEROL (MG)	70	23%	50	17%	50	17%	80	27%	50	17%
OMEGA-3s DHA+EPA (MG)	1476	NA	900	NA	730	NA	683	NA	524	NA
VITAMIN B12 (MCG)	2	83%	4	167%	4	167%	3	125%	4	167%
VITAMIN A (MCG; (IU))	130 (422)	14%	40 (144)	4%	50(164)	6%	30 (97)	3%	36 (107)	4%
VITAMIN D (MCG; (IU))	NA	NA	10 (383)	50%	14 (570)	70%	NA	NA	11 (444)	55%
SELENIUM (MCG)	40	73%	32	58%	30	55%	40	73%	32	58%
POTASSIUM (MG)	430	9%	370	8%	370	8%	470	10%	370	8%
IRON (MG)	0.8	4%	0.5	3%	0.4	2%	0.6	3%	0.4	2%
CALCIUM (MG)	20	2%	40	3%	10	*	10	*	7	*

*not a significant source of nutrient
cooked, 3 oz./ 85 g

Source: USDA Standard Reference Release 28
Rounded per FDA guidelines



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ALASKA'S CANNED SALMON

	ALASKA SOCKEYE (Traditional)	%DV	ALASKA SOCKEYE (skinless/boneless)	%DV	ALASKA SOCKEYE (no salt)	%DV	ALASKA PINK (Traditional)	%DV	ALASKA PINK (skinless/boneless)	%DV	ALASKA PINK (no salt, contains liquid)	%DV	ALASKA KETA (Traditional)	%DV	ALASKA KETA (no salt)	%DV
CALORIES	140	7%	130	7%	130	7%	120	6%	120	6%	120	6%	120	6%	120	6%
PROTEIN (G)	20	40%	22	44%	17	34%	20	40%	21	42%	17	34%	18	36%	18	36%
FAT (G)	6	8%	5	6%	6	8%	4	5%	4	5%	5	6%	5	6%	5	6%
SATURATED FAT (G)	1	4%	1	4%	1	4%	1	4%	1	4%	1	4%	1	4%	1	4%
SODIUM (MG)	350	15%	330	14%	65	3%	320	14%	320	14%	65	3%	330	14%	65	3%
CHOLESTEROL (MG)	70	23%	55	18%	40	13%	70	23%	70	23%	45	15%	35	12%	35	12%
OMEGA-3s DHA+EPA (MG)	1077	NA	965	NA	982	NA	916	NA	812	NA	1403	NA	1009	NA	999	NA
VITAMIN B12 (MCG)	5	208%	5	208%	4	167%	4	167%	4	167%	4	167%	4	167%	4	167%
VITAMIN A (MCG; (IU))	50(156)	6%	50 (159)	6%	50 (150)	6%	20 (55)	2%	20 (56)	2%	10 (41)	2%	20 (51)	2%	20 (52)	2%
VITAMIN D (MCG; (IU))	18 (715)	90%	18 (730)	90%	NA	NA	12 (493)	60%	12 (479)	60%	NA	NA	8 (328)	40%	NA	NA
SELENIUM (MCG)	29	53%	29	53%	30	55%	33	60%	34	62%	28	51%	37	67%	37	67%
POTASSIUM (MG)	270	6%	270	6%	320	7%	280	6%	280	6%	280	6%	260	6%	260	6%
IRON (MG)	0.6	3%	0.4	2%	0.9	5%	0.7	4%	0.5	3%	0.7	4%	0.6	3%	0.6	3%
CALCIUM (MG)	200	15%	30	2%	200	15%	240	18%	50	4%	180	14%	210	16%	210	16%

drained solids, 3.0 oz/85 grams

Source: USDA Standard Reference Release 28

Rounded per FDA guidelines

ALASKA'S WHITEFISH



Wild, Natural & Sustainable®

	ALASKA COD	%DV	HALIBUT	%DV	ALASKA POLLOCK	%DV	ROCKFISH	%DV	SABLEFISH	%DV	SOLE	%DV	LINGCOD	%DV	HERRING	%DV
CALORIES	70	4%	100	5%	70	4%	90	5%	210	11%	70	4%	90	5%	210	11%
PROTEIN (G)	15	30%	20	40%	16	32%	19	38%	15	30%	13	26%	20	40%	18	36%
FAT (G)	0	0%	2	3%	0	0%	2	3%	17	22%	2	3%	1	1%	15	19%
SODIUM (MG)	156	7%	70	3%	142	6%	76	3%	62	3%	90	4%	65	3%	81	4%
CHOLESTEROL (MG)	40	13%	51	17%	63	21%	52	17%	54	18%	51	17%	57	19%	84	28%
OMEGA-3s DHA+EPA (MG)	141	NA	201	NA	285	NA	300	NA	1543	NA	257	NA	225	NA	181	NA
VITAMIN B12 (MCG)	1.6	67%	1.1	45%	3.1	131%	1.4	57%	1.2	51%	1.1	45%	3.6	148%	8.2	342%
VITAMIN A (MCG)	0	*	20	2%	10	*	0	*	90	10%	10	*	10	*	30	3%
VITAMIN D (MCG)	0.4	2%	5.0	25%	1.1	6%	3.9	20%	NA	NA	3.0	15%	NA	NA	NA	NA
SELENIUM (MCG)	24	44%	47	85%	38	69%	65	118%	40	73%	28	51%	40	73%	40	73%
POTASSIUM (MG)	260	6%	450	10%	310	7%	400	9%	390	8%	170	4%	480	10%	460	10%
IRON (MG)	0.1	*	0.2	*	0.2	*	0.3	2%	1.4	8%	0.2	*	0.4	2%	1.2	7%
CALCIUM (MG)	10	*	10	*	10	*	10	*	40	3%	20	2%	20	2%	90	7%

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ALASKA'S SHELLFISH

	KING CRAB	%DV	SNOW CRAB	%DV	DUNGENESS CRAB	%DV	SHRIMP	%DV	SCALLOPS	%DV	GEODUCK	%DV	RAZOR CLAM	%DV	SEA URCHIN (ROE)	%DV	SEA CUCUMBER	%DV
CALORIES	70	4%	100	5%	90	4%	80	4%	90	5%	70	4%	130	7%	120	6%	45	2%
PROTEIN (G)	16	32%	20	40%	19	40%	20	40%	17	34%	15	30%	22	44%	15	30%	11	22%
FAT (G)	1	1%	1	1%	1	0%	0	0%	1	0%	0	0%	2	3%	7	9%	0	0%
SATURATED FAT (G)	0.1	0%	0.16	1%	0.1	0%	0.4	1%	0.2	1%	NA		0.16	1%	NA		NA	
SODIUM (MG)	911	40%	572	25%	321	14%	94	4%	567	25%	257	11%	1022	44%	63	3%	NA	NA
CHOLESTEROL (MG)	45	15%	60	20%	65	22%	160	53%	35	12%	30	10%	60	20%	266	89%	NA	NA
OMEGA-3s DHA+EPA (MG)	351	NA	405	NA	501	NA	260	NA	149	NA	NA	NA	141	NA	NA	NA	NA	NA
VITAMIN B12 (MCG)	9.8	408%	8.8	367%	8.9	371%	NA	NA	1.8	75%	NA	NA	NA	NA	NA	NA	NA	NA
VITAMIN A (MCG)	10	1%	40	4%	30	3%	NA	NA	2	*	NA	NA	145	16%	NA	260	29%	
VITAMIN D (MCG)	NA	NA	NA	NA	NA	NA	NA	NA	2	10%	NA	NA	NA	NA	NA	NA	NA	NA
SELENIUM (MCG)	34	62%	38	69%	41	75%	NA	NA	18	33%	NA	NA	54	98%	NA	NA	NA	NA
POTASSIUM (MG)	220	5%	170	4%	350	7%	220	5%	270	6%	NA	NA	530	11%	NA	NA	NA	NA
IRON (MG)	0.7	4%	2.5	14%	0.4	2%	0.4	2%	0.5	3%	NA	NA	2.4	13%	NA	0.5	3%	
CALCIUM (MG)	50	4%	30	2%	50	4%	60	5%	8	*	70	5%	80	6%	NA	30	2%	

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cooked, 3 oz./ 85 g

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