

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

KEV CAI LO NTAWV NPLAU

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 hnab 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 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 \(PDF\)](#).

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 tagrho 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, ntsees, 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 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 yamzaub mov ntawd, nrog rau lub npe ntawm yam khoom txhaum fab ntawd. Piv txwv: flour (wheat), whey (milk).

LOS SIS

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 ntsees los sis cws nruab deg, sau tsi ntsees seb yog hom ntsees 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 zaub 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 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 ntiv 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.

Tej yam yuav tsum ua ntiv

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

Yog xav paub ntau ntiv 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

Ntaub Ntawv Pab Ntiv

Small Business Nutrition Labeling Exemption Guidance (www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm053857.htm)

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

[Guidance for Industry: Food Labeling Guide | FDA](#)
(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)

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

[Country of Origin Labeling](#)
(www.ams.usda.gov/AMSv1.0/cool)

[Food Allergy Safety, Treatment, Education, and Research \(FASTER\) Act Overview: FDA's Perspective Minnesota](#)

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Food labeling for retail establishments_Hmong_HC_6-25

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