



**Eric J. Holcomb**  
Governor

**Kristina Box, MD, FACOG**  
State Health Commissioner

## Indiana WIC Vendor Notice 18-2

Date: November 17, 2017

To: Indiana WIC Vendors

From: Mark Wolfe, State Vendor Manager

### **Re: New Juice and Yogurt Labels for WIC Items**

---

On May 20, 2016, the FDA published a final rule regarding changes to the federally-required Nutrition Facts Label on several grocery items. Manufacturers have until July 2018 to comply with the revised labels, but Indiana WIC is already seeing Nutrition Facts Labels with the new guidelines available on store shelves.

The Nutrition Facts Label changes specifically affect two types of WIC food categories – juice and yogurt. Please see below for detailed information.



2 North Meridian Street • Indianapolis, IN 46204  
317.233.1325 tdd 317.233.5577  
[www.statehealth.in.gov](http://www.statehealth.in.gov)

To promote and provide  
essential public health services.

Juice and Juice Concentrate

Indiana WIC's previous minimum juice nutritional requirement was 100% juice and 120% daily value Vitamin C, equaling 30 milligrams (mg) of Vitamin C per 100 milliliters (mL). Under the new guidelines, 30 mg Vitamin C per 100 mL is equivalent to 80% daily value Vitamin C. Therefore, juices with the new labels can be WIC-authorized with a minimum 72 mg Vitamin C per 8 oz. cup to provide the 80% daily value Vitamin C.

Current Juice Label

<b>Nutrition Facts</b>	
Serving Size 8 fl oz (240mL) Servings per container 8	
<b>Amount Per Serving</b>	
<b>Calories</b> 114	Calories from Fat 3
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 28g	9%
Dietary Fiber 0g	0%
Sugars 24g	
<b>Protein</b> 0g	
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 120%
<b>Calcium</b> 0%	<b>Iron</b> 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	

New Juice Label

<b>Nutrition Facts</b>	
8 servings per container <b>Serving size</b> 8 fl oz (240mL)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value</b>	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 30mg	1%
<b>Total Carbohydrate</b>	10%
Dietary Fiber 1g	
Total Sugars 28g	
Includes 0g Added Sugars	
<b>Protein</b> 0g	<b>0%</b>
<b>Potassium</b> 260mg	6%
<b>Vitamin C</b> 72mg	<b>80%</b>
<small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium and iron. *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>	

## Yogurt

Indiana WIC's previous maximum yogurt sugar limit was 40 grams (g) of sugar per serving. Since the yogurt serving size is being reduced from 1 cup to ¾ cup, the maximum yogurt sugar limit using the new labels is 30 g of sugar per serving.

### CURRENT

<b>Nutrition Facts</b>	
Serving Size 1 Cup (227g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 210	Calories from Fat 25
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Potassium</b> 530mg	<b>15%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Sugars</b> 33g	
<b>Protein</b> 11g	<b>21%</b>
Vitamin A 2%	• Vitamin C 0%
Calcium 40%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

### NEW

<b>Nutrition Facts</b>	
5 1/3 Servings Per Container	
Serving size	3/4 cup (170g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars</b> 25g	
Includes 11g Added Sugars	<b>22%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 254mg	<b>20%</b>
Iron 0mg	<b>0%</b>
<b>Potassium</b> 340mg	<b>8%</b>
*The % Daily Value 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.	

Thank you for your continued support of Indiana WIC. If you have any questions regarding these Nutrition Facts Label changes, please contact Indiana WIC at 800-522-0874 and ask for the Vendor Consultant in your area.