

King County Nutritional Labeling During the Transition Period as Chain Restaurants Move to New Federal Standards

Compliance during the transition period can be achieved by using a “mix and match” of either the Federal/local requirements or Acceptable during the transition period. Use this checklist to ensure all menus, menu boards, and drive-through menu boards meet one criterion from each column below:

Calories	Dietary Statement	Required Nutrient Information
<p><u>MENU</u></p> <p>Federal/local requirement</p> <ul style="list-style-type: none"> <input type="checkbox"/> Calories contained in each standard menu item must be listed on the menu adjacent to the name of that standard menu item. <p>Acceptable during transition period <i>Approved menu alternative:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Insert: A menu insert may be placed inside the menu or presented by the server. The menu insert must present the menu items in the same order as the regular menu, and must be easily readable and in a font no less than nine point. <input type="checkbox"/> Appendix: A menu appendix must be attached to the back of the menu and list the food items and nutrition information in the same order as the regular menu. The appendix must be easily readable and in a font no less than nine point. The menu insert is not required to include photos or menu item descriptions. <input type="checkbox"/> Supplemental menu: A second menu permanently at the table or presented with the menu by the server must be similar to the menu in appearance and shall be available at the point of ordering. The nutrition information must be easily readable in a typeface similar to the menu and in a font no less than nine point. <input type="checkbox"/> Electronic kiosk: Restaurants may choose to present the information at an electronic kiosk at the point of ordering, which must present the required nutrition information in an easily readable manner. Consumers must be able to easily view and compare nutrition information among standard menu items. Kiosks must present food categories and food items in the same order as they appear on the menu. <p><u>MENU BOARD including DRIVE-THROUGH MENU BOARD</u></p> <p>Federal/local requirement</p> <ul style="list-style-type: none"> <input type="checkbox"/> Menu board and drive-through menu board provides calories available on the menu next to each standard menu item. <p>Acceptable during transition period <i>Approved menu board alternative:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Sign adjacent to menu board: Such a sign must appear on the same wall as the menu board viewed by consumers when ordering. The sign adjacent to the menu board shall provide the calorie labeling required by the rule next to each standard menu item. The calorie labeling shall be in a font size and typeface that is at least as prominent as that used to post prices of menu items on the menu board. The calorie information must be easily readable and present the menu choices in the same order as they appear on the menu board. <input type="checkbox"/> Sign in queue: For inside or at the drive-through the sign should be at least two by three feet, placed no higher than eight feet and no lower than four feet from the ground, and using an easily readable font no smaller than 40 point font size. 	<p><u>MENU, MENU BOARD, including DRIVE-THROUGH MENU BOARD</u></p> <p>Federal/local requirement</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dietary statement concerning suggested daily caloric intake posted prominently on the menu or menu board, designed to enable the public to understand, in the context of a daily diet, the significance of the caloric information that is provided on the menu or menu board. <p><i>Chain restaurants may use the following statement:</i> “The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.”</p> <p><u>MENU BOARD including DRIVE THOUGH</u></p> <p>Acceptable during transition period <i>Approved alternative method:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Menu board and drive-through menu board does not violate this rule if the restaurant makes the dietary statement available in a pamphlet, brochure or poster plainly visible to consumer at or before the point of ordering. 	<p><u>MENU</u></p> <p>Federal/local requirement</p> <ul style="list-style-type: none"> <input type="checkbox"/> Additional required nutrition information made available by consumer request in a written form, the following: Total number of calories derived from any source, and derived from the total fat, in each serving size or other unit of measure of the food; and the following nutrients: total fat, saturated fat, cholesterol, sodium, total carbohydrates, complex carbohydrates, sugars, dietary fiber, and total protein contained in each serving size or other unit of measure. Including: <i>A prominent, clear, and conspicuous statement regarding the availability of this additional nutritional information must be on the menu or menu board.</i> <p>Acceptable during transition period</p> <ul style="list-style-type: none"> <input type="checkbox"/> Saturated fat, carbohydrates and sodium posted on the menu next to each standard menu item. <i>or provide saturated fat, carbohydrate and sodium through approved menu alternative:</i> <ul style="list-style-type: none"> <input type="checkbox"/> Menu Insert <input type="checkbox"/> Menu Appendix <input type="checkbox"/> Supplemental Menu <input type="checkbox"/> Electronic Kiosk <p><u>MENU BOARD including DRIVE-THROUGH MENU BOARD</u></p> <p>Acceptable during transition period</p> <ul style="list-style-type: none"> <input type="checkbox"/> Menu board and drive-through menu board does not violate this rule if the restaurant makes nutrition labeling of saturated fat, carbohydrate and sodium available in a pamphlet, brochure or poster plainly visible to consumer at or before the point of ordering. The pamphlet must be available at the first window or another location in queue.