



## **FDA Menu Labeling Requirement Update** *By Mark Eurich, ASBC Technical Committee Chair*

Beginning on May 7, 2018, the FDA will enact new rules requiring restaurants to label the caloric content of beer on their menus. This first year, as conveyed from the FDA, will be a year of “education and outreach.” The regulation places the responsibility on the restaurants. However, breweries will most likely be asked by the restaurants to provide this information. Specific requirements for restaurants and alcoholic beverage providers can be found on the FDA’s website: <https://www.fda.gov/Food/LabelingNutrition/ucm436722.htm>

For those breweries wanting to provide calorie content for their products, the specific ASBC methods for measuring and calculating calories are listed below. A more in-depth article written to address all 11 nutrients the FDA would require in the future can be found published in *The New Brewer*, The Journal of the Brewers Association, Vol. 34, No. 4, Jul /August 2017.

**Total Calories**—Use ASBC method [Beer-33](#). The calorie content of beer is calculated using the results from the primary constituents that affect calories which are the alcohol, carbohydrate, and protein.

To determine the contribution of each of the primary constituents that go into the calorie calculation, the following parameters are measured: Specific Gravity ([Beer-2](#)), Alcohol ([Beer-4](#)), Real Extract ([Beer-5](#)) and Ash ([Beer-14](#)).