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Public Health
Seattle & King County

NUTRITION LABELING CHECKLIST
MENUS, MENU BOARDS AND DRIVE THROUGHS
King County Chain Restaurants

You may use the following checklist to assist with preparation for the King County nutrition labeling regulation which went into effect on January 1, 2009. This checklist is designed to assist King County chain restaurants in implementing the nutrition labeling regulation but does not replace carefully reading the regulation.

- **King County Board of Health Regulation #08-02**
- **King County Board of Health, Title 5, Section 5.10**

Nutrition Labeling Requirements: Menu Boards and Menus

Required dietary statement printed once:
"*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.*"

☐ On <u>menu</u> or an approved alternative method

☐ On <u>menu board,</u> an approved alternative method or other available format with required nutritional information

Alcoholic Beverage:

☐ Uses the approved average nutritional values for wine, regular beer, light beer, distilled spirits printed once on menu or on approved alternative methods
(Example: red/white wine – 5 ounces: 122 cal; 4 grams carb; 7 milligrams sodium)

☐ <u>Optional disclaimer statement</u>:
"*Signature drinks or liquors with added ingredients may increase caloric content.*"

Family Style Menu Items:

☐ Posting the total calories for each standard menu item. <u>*Exception*</u>: pizza may be labeled by the slice for each size of each standard pizza.

☐ Other nutrition information (total carbohydrate, saturated fat, and sodium) is posted with the calories on the menu, and in another format (brochure, poster etc.) for menu boards.

Standard menu items comprised of standard components:

☐ Posting nutrition information according to options set out in the nutrition labeling policies and procedures at www.kingcounty.gov/health/healthyeating

<u>**Disclaimer Statement – Optional:**</u>
"There may be variations in the nutrition content based upon serving size, quantity of ingredients, or based upon customizing an order."

<u>**To apply for a substantially equivalent method:**</u>

Chains requesting approval for testing a proposed variance from the nutrition labeling regulation R&R 08-02 must complete the following form.

☐ Forms and directions including guidelines for evaluation are available online: www.kingcounty.gov/health/healthyeating or call 206-263-9566.

<u>Menus</u>:

☐ Posted next to each standard menu item (nutrition labeling is beneath, on right or left of menu item)

☐ lists total calories, saturated fat, carbohydrate, sodium   (approved abbreviations: cal, sat fat, and carb)

☐ is printed in 9 point font or larger

☐ is easily readable

☐ is printed in a typeface similar to price, title or description

Approved Alternative Methods for Nutrition Labeling

☐ includes clear and prominent statement on each page of menu stating the location and which approved alternative method is being used for nutrition labeling.
(Example: Nutrition information is in the menu appendix at the back of this menu.)

1.   Menu Insert – nutrition labeling
(Menu inserts do not require photos or menu item descriptions as used on the menu.)

   ☐ insert is placed in each menu or presented with menu to consumers

   ☐ lists calories, carbohydrate, saturated fat and sodium information printed next to each standard menu item

   ☐ is printed in 9 point font or larger

   ☐ is easily readable

   ☐ lists food categories and menu items in the same order as menu

2. Menu appendix
(A menu appendix does not require photos or menu item descriptions as used on the menu.)

   ☐ is attached in the back of the menu

   ☐ lists calories, carbohydrate, saturated fat and sodium information printed next to each standard menu item

   ☐ is printed in 9 point font or larger

- [ ] is easily readable
- [ ] lists food categories and menu items in the same order as menu

3. Supplemental Menu

(Supplemental menus do not require photos or menu item descriptions as used on the menu.)

- [ ] is similar in general appearance to the regular menu
- [ ] is available at each point of ordering or presented with the menu
- [ ] lists food categories and menu items in the same order as menu
- [ ] lists calories, carbohydrate, saturated fat and sodium information next to each standard menu item
- [ ] is printed in 9 point font or larger with a typeface similar to menu
- [ ] is easily readable

4. Electronic Kiosks

- [ ] are available at each point of ordering
- [ ] lists calories, carbohydrate, saturated fat and sodium information next to each standard menu item
- [ ] is easily readable
- [ ] can easily compare nutrition labeling for similar menu items
- [ ] lists food categories and menu items are in the same order as menu

Menu Boards and Drive Throughs:

- [ ] posts total calories next to each standard menu item

- [ ] lists saturated fat, carbohydrate and sodium for standard menu items on the menu board using another format that is visible, easily readable and available before ordering without requesting it (Note: there is no minimum font size)

- [ ] lists calorie ranges for combo meals (lowest to highest from all possible variations)

- [ ] calorie font size is as prominent as the prices on menu board

Drive-through windows:

- [ ] may use approved alternative methods for menu boards (below)
- [ ] provides easily readable nutrition information
- [ ] pamphlet, brochure, poster or other format providing nutrition information is plainly visible at the first window or another location that customers may access easily

Approved Alternative Methods for Menu Boards

1.   Sign Adjacent to Menu Board

- ☐ is located on the same wall and in the same field of vision as the menu board
- ☐ posts calories next to each standard menu item
- ☐ is easily readable, and in a font size that is at least as prominent as the menu items or prices
- ☐ lists food categories and standard menu items in the same order as they appear on the menu board
- ☐ other nutrition information for each standard menu item is provided in a pamphlet, brochure, poster or other format, and is:
    - ☐ easily readable
    - ☐ plainly visible at the point of ordering

2. Sign in the queue (line):

- ☐ minimum size is 2 ft by 3 ft
- ☐ is located at eye level with bottom of sign no lower than 4 ft and top no higher than 8 ft from the ground
- ☐ is in clear view before consumers order whether inside or in the drive-through (drive through nutrition labeling effective date is 8/1/09)
- ☐ lists calorie labeling next to each standard menu item
- ☐ uses 40 point font or larger
- ☐ is easily readable and appears similar to menu board
- ☐ is printed in a typeface similar to the menu board
- ☐ other nutrition information for each standard menu item is provided in a pamphlet, brochure, poster or other format, and is:
    - ☐ easily readable
    - ☐ plainly visible at the point of ordering