



Seafood Product Labeling

SEAFOOD LABELING IS REGULATED BY Louisiana Department of Health (LDH), Food and Drug Administration (FDA), or U.S. Department of Agriculture (USDA). Seafood processors other than catfish processors need to comply with LDH and FDA requirements. Catfish processors also need to comply with USDA labeling requirements.



Safe Handling Instructions

This product was prepared from inspected and passed fish. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.



Keep refrigerated or frozen. Thaw in refrigerator or microwave.



Keep raw fish separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw fish.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftover immediately or discard.

Regardless of regulatory agency food labels MUST provide the following information:

- Product name or statement of identity
- LDH permit number
- Net weight
- Ingredient content
- Company name & address
- Nutritional facts label

PRODUCT NAME OR STATEMENT OF IDENTITY:

Is a declaration of what your product is.

LDH PERMIT NUMBER: Sample labels should be submitted to Louisiana Department of Health for review prior to operation of facility. Their Commercial Seafood Program will issue permit number.

NET WEIGHT: Is the declaration of the amount of product in the container. Might be in units of weight measure or fluid measure. MUST be in English and metric units. MUST appear on Principal Display Panel.

INGREDIENT CONTENT: All foods with more than one ingredient MUST have an ingredient label.

1. Ingredients MUST be listed in order of their contribution to the weight of the food, from highest to lowest.
2. Sub ingredients MUST be listed
3. Fish and shellfish are allergens and MUST be listed on the label.



Louisiana Department of Health registration page:
<http://bit.ly/2HCPVUS>

FDA food product labeling guide:
<http://bit.ly/2IUI516>

USDA labeling regulation:
<http://bit.ly/2EIPaaW>

COMPANY NAME & ADDRESS:

Name and address of the person or legal entity responsible for the product. For copacked items, a qualifying statement might be required. Address MUST include street name and number unless the firm is listed in a local or internet telephone directory. ZIP codes are always required.

Only approved nutritional claims may be placed on the label.

Nutrition Facts	
Serving Size:	
Servings Per Container:	
Amount Per Serving	
Calories 130	Calories from Fat 15
%Daily Value*	
Total Fat 2 g	3%
Saturated Fat 1 g	5%
Cholesterol 50 mg	17%
Sodium 130 mg	5%
Potassium 400 mg	11%
Total Carbohydrate 4 g	1%
Dietary Fiber 2 g	8%
Sugars 1 g	
Protein 25 g	50%
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

NUTRITIONAL FACTS LABEL:

This is a standardized declaration of nutrient and constituent proportions, including calories, serving size, servings per container, total fat, trans fat, cholesterol, sodium, total carbohydrates, fiber, and protein. When required, MUST be present in one of the approved formats. MUST appear on PDP or IP. Nutritional facts are not always required.

Nutritional facts label exemptions:

- Firm must have fewer than 10 Full Time Equivalent (FTEs) and sell less than 10,000 units of product per year – automatic
- Firm may have fewer than 100 FTEs and sell less than 100,000 units per year – requires application/approval

For FDA frozen vacuum-packed seafood, label MUST state 'held frozen and thaw under refrigeration immediately before use.'

USDA REQUIREMENTS:

Catfish products labels MUST also comply with USDA requirements, and carry the USDA inspection seal and safe handling instructions.



This publication is a cooperative effort of the Louisiana Department of Wildlife and Fisheries and Louisiana Sea Grant College at LSU through the Louisiana Fisheries Forward program, which aims to advance Louisiana's seafood industry. This is one of many fact sheets available free of charge at our website www.lafisheriesforward.org.

