

Massachusetts Calorie Posting Regulations

Effective **November 1, 2010**, all affected chain restaurants in the State of Massachusetts will be required to post calorie information on their menus, menu bards, and food tags as outlined in this document.

Who is Affected?

All food establishments that do business under the same name or common ownership and operate 20 or more locations in the state of Massachusetts.

Where to post calorie information?

Calorie information must be provided on all:

- **Menus**
- **Menu Boards**
- **Food tags (tags that label foods on display)**

Exemptions:

- Grocery Stores/Markets/Convenience Stores
- Packaged foods with preexisting nutrition labels.
- Self-service items
- Schools
- Health Care Facilities/Assisted Living and Group Homes
- Caterers
- Vending Machines
- Private Clubs
- Temporary Food Establishments

Enforcement

Local Health Departments will be responsible for the enforcement of this act.

Franchised outlets of parent companies may request a time compliance extension for financial hardship with the appropriate documentation.

What information needs to be posted?

The total number of **calories** as usually prepared and offered for sale for each menu item.

How should it read?

Calorie information must be:

- Clear and conspicuous
- Adjacent to or nearby the stated menu item

Alcoholic Beverages:

Average values for alcoholic beverages sold at covered food establishments may be displayed.

Verification

All posted calorie information must be verified by a licensed nutritionist/dietitian.

Written or electronic documentation must be made available upon request of a health inspector.

Adapted from information found at www.mass.gov
by FoodCalc® for its restaurant analysis product MenuCalc® www.menucalc.com