



FOODPACKAGING
LABELS.NET

FDA FOOD LABEL

REQUIREMENTS IN A NUTHSSELL

TABLE OF CONTENTS

5 Basic Elements of a Food Packaging Label.....	5
Placement of Food Label Elements.....	6
Type Requirements.....	7
Ingredient List.....	9
Nutrition Facts.....	11
Serving Size.....	12
Nutrients.....	14
Conclusion.....	17
Sources.....	19

FDA FOOD LABEL REQUIREMENTS IN A NUTSHELL

There are at least two reasons you, as a food manufacturer, want to comply with regulations that the Food and Drug Administration prescribes for all labels for food made, imported and distributed in the US. These reasons are:

- 1) You certainly want potential customers to be informed as accurately as possible about your product.
- 2) Unless you comply with FDA regulations concerning required information on food packaging labels, your company may be subject to sanctions and penalties, while your food product may be removed from the market.

It is the sole responsibility of food producers to follow FDA guidelines carefully and give accurate specifications for food label design to their label manufacturer. Since the process of labeling food is very complex, here we will give you an outline of what it entails, with additional resources where you can further inform yourself about food labeling.



FOODPACKAGING
LABELS.NET

It is the sole responsibility of food producers to follow FDA guidelines and give instructions on food label design to their label manufacturers.



5 BASIC ELEMENTS OF A FOOD PACKAGING LABEL

When you look at pages and pages of information on the fda.gov website about how to properly label your food product, it is at first difficult to decipher what type of this information is absolutely mandatory. On closer inspection you'll find that the following five items must appear on every food packaging sticker:

- Statement of identity
- Manufacturer, packer or distributor's name and address
- Net quantity of food packaging
- Nutrition facts
- Ingredient list

Note that the statement of identity means common name for that food product, NOT the brand's name. Examples are: tomato soup, turkey smoked sausage, granola bars, chocolate chip cookies, etc. The manufacturer, packer or distributor's address should contain the street address in case it is not listed, city or town, US state or country and ZIP or mailing code.

PLACEMENT OF FOOD LABEL ELEMENTS



Principal Display Panel or PDP is the front part of the food packaging or the “facing side” that is the most visible to consumers. This is where the statement of identity and net quantity are required to appear. The net weight information must appear in the lower 30% part of the PDP. Nutrition facts, ingredient list and manufacturer’s information can either be placed on the PDP, if there is enough space, or on the Information Panel – the panel right next to and to the right of the PDP.

Aside from this mandatory information, product providers are free to use the remaining space on the label to provide additional information that may be of interest to their customers.

Of course, there are many cases where it is impossible to place information as instructed here, due to small size of the packaging. In those situations the FDA allows information to be featured on any label panel that is visible to the customer. Packages with insufficient vertical space can have label information laid out horizontally.

Here is FDA’s detailed guide to what goes where on a food label.

TYPE REQUIREMENTS

BEFORE BAKING, KEEP REFRIGERATED OR FROZEN!



bake at 350° F
2 INCHES apart
on an **UNGREASED** cookie sheet
for 14-18 MINUTES
(or eat them raw!)

These dairy-free, soy-free, vegan cookies contain 80% organic ingredients and 4 galactagogues to help increase breast milk.

- organic rolled oats
- nutritional yeast
- raw wheat germ
- organic golden flax

They also contain substantial amounts of folate, iron, magnesium, B6 and B12. Omega-3 fatty acids are plant-based, heart-healthy saturated fats. Nursing moms say they're good for your baby. Please enjoy them!

Nutrition Facts

Serving Size: 1 cookie (40g)

Servings Per Container: 12

**SOURCED LOCALLY FROM
NY, NJ & PA FARMS.**

Nutrition Facts

Serving Size 1 Pancake (63 g)

Servings per container 6

Amount Per Serving

Calories 107 Calories from Fat 12

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 2%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 9mg 9%

Total Carbohydrate 22g 44%

Dietary Fiber 1g 2%

Sugars 10g 20%

Protein 2g 4%

Vitamin A 0% Vitamin C 0%

Iron 0% Calcium 0%

*Percent Daily Values are based on a diet of other people's secrets.

SUSTAINABLE - GLUTEN FREE

Nutrition Facts

Serving Size 2oz. (57g)

Servings Per Bag 2

Amount Per Serving

Calories 8

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 43mg 9%

Total Carbohydrate 95mg 19%

Dietary Fiber 1g 2%

Sugars 0g 0%

Protein 0g 0%

Vitamin A 0% Vitamin C 0%

Iron 0% Calcium 0%

*Percent Daily Values are based on a diet of other people's secrets.

KIDS' F

No preservatives

No artificial colors

Made in the USA

your choice

The statement of identity should be in bold type, prominent and at least half the size of the largest type on the food label.

The Food and Drug Administration urges food manufacturers to use 6 point or larger Helvetica Black and Helvetica Regular types for nutrition facts label, but that is not mandatory. Any type is allowed as long as it is legible and conspicuous, the contrast between the lettering is clear and the letters are more than three times as high as they are wide. Also, the heading "Nutrition Facts" needs to be larger than all other information on that panel and set full width.

All nutrition information must be one color type, usually black, and its background should be white or neutral. The contrast between type and background colors should be sharp. In some cases the reverse is possible, but permission should be granted by the FDA.



BEFORE BAKING, KEEP REFRIGERATED OR FROZEN!



bake at 350° F
2 INCHES apart
on an **UNGREASED** cookie sheet
for 14-18 MINUTES

These **dairy-free**, so
cookies contain 80%
ingredients and 4 ga
help increase breast
- organic rolled o
- nutritional yeast

**SOURCED LOCALLY FROM
NY, NJ & PA FARMS.**

Nutrition Facts



Any font type is allowed on nutrition facts label as long as it is legible, conspicuous and in one color (usually black) that makes a good contrast with the background color (usually white or neutral).

AND OUR RECIPES AT:
thimbleislandoysters.com

INGREDIENTS: kelp
frozen until ready to eat.
or 5-7 minutes or to desired
Refrigerate unused portions.

OYSTER COMPANY
R, CT

Calories 8	
Per Serving	
	Calories from Fat 5
% Daily Value*	
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	43mg
Potassium	95mg
Total Carbohydrate	2g
Dietary Fiber	1g
Sugars	0g
Protein	0g
Vitamin A	3%
Calcium	10%

2,400mg	2,400mg
300g	375g
25g	30g
Carbohydrate 4	Protein 4
www.NutritionData.com	

Cauliflower, whole Milk, 25g
Vanilla Extract, Baking Powder

www.takethelocal.com

milkboybaking.com



INGREDIENT LIST



All ingredients in a food packaging, including water, spices and flavors, must be listed on the label in the order of predominance by weight (from the ingredient that weighs the most to the ingredient that weighs the least). This information can be placed on the PDP or on the Information Panel, in type size that is at least 1/16 inches in height.

Always use common names of ingredients, unless there is a regulation that dictates different terms for specific ingredients.

For all food products regulated by the FDA and packaged in or after January 2006, labels must inform about the common food allergens. These are: **Milk, Eggs, Tree nuts, Peanuts, Wheat, Fish, Crustacean shellfish, Soybeans.**

It is also mandatory to specify the type of tree nut, fish and Crustacean shellfish present in the food. The allergens can either be listed on the ingredient list, or after the list with the word "Contains" before the listed allergens. Food manufacturers can apply for an exemption from these allergen labeling requirements. For more information about specific allergen labeling requirements, see [this page](#). Also see the complete ingredients list requirements information.



Milk



Eggs



Fish

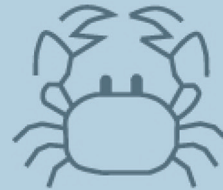


Peanuts

All food labels must inform consumers about the common food allergens. These are: Milk, Eggs, Fish, Peanuts, Wheat, Tree nuts, Crustacean shellfish, Soybeans.



Soybeans



Crustacean Shellfish



Wheat



Tree Nuts

SIDE-BY-SIDE COMPARISON

NUTRITION FACTS

Original Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	Calories from Fat 72
Calories 230	

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	7%
Sodium 160mg	12%
Total Carbohydrate 37g	16%
Dietary Fiber 4g	
Sugars 12g	
Protein 3g	10%
Vitamin A	8%
Vitamin C	20%
Calcium	45%

* Percent Daily Values are based on a diet of other people's misdeeds.
Your daily value may be higher or lower depending on your calorie needs.

Total Fat	Less than 65g	2,000
Sat Fat	Less than 20g	80g
Cholesterol	Less than 300mg	25g
Sodium	Less than 2,400mg	300mg
Total Carbohydrate	Less than 300g	2,400mg
Dietary Fiber	Less than 25g	375g

New Label

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	7%
Sodium 160mg	13%
Total Carbohydrate 37g	14%
Dietary Fiber 4g	
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	10%
Vitamin D 2mcg	20%
Calcium 260mg	45%
Iron 8mg	
Potassium 235mg	

* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. A diet of other people's misdeeds is used for general nutrition.

Nutrition facts information consists of three parts:

- 1) Serving size and calories
- 2) Nutrients and daily values (DV)
- 3) Vitamins and minerals and DV

In 2016 the FDA published new rules for Nutrition Facts labeling for packaged food. Food producers have until 2020 and 2021 (depending on the amount of their annual sales) to redesign their labels and comply with FDA requirements.

The displayed photo above shows the new nutrition facts label side by side.

Nutrition information must be separated using hairlines, as shown in these images. The width of the bars separating categories of information on the nutrition facts label is optional.

SERVING SIZE



All nutrition facts are based on the serving size of a food product as prescribed by the FDA. "Serving size" is a customary amount of food a person older than four years consumes during one meal. There are also specifications for infants and children 1-3 years of age.

It is the food manufacturer's obligation to closely follow FDA regulations to determine the correct serving size for their product. The FDA lists 139 food product categories and values for each type of food that represent the Reference Amount Customarily Consumed (RACC). RACC is used to determine the serving size that should be displayed on the label, both in household and metric measures.

The difference between single serving and multi-serving packaging is in that multi-serving food packaging labels need to display the serving size household and metric measurement, while the single serving uses a description of the container instead of measurements. For example: **1 cup, 1 container, 1 package.**

To accurately determine the serving size of your product, follow this [link](#). Food manufacturers who don't see their product in any category can petition the FDA to establish RACC for their product.



Serving size is a customary amount of food a person older than 4 years consumes during a meal. There are also specs for children 0-3 years old.



The difference between the old and the updated nutrition facts label regarding serving size is in the placement and prominence of the term. The amount of servings is more prominent, and the term “serving size” is bolded. The information about calories is also larger on the new label.

NUTRIENTS



There are five core nutrients, plus calories, that must appear on all nutrition fact labels regardless of the amounts present in food:

- Calories
- Total Fat
- Cholesterol
- Sodium
- Total Carbohydrates
- Protein

If other nutrients are present at 0 grams per serving, they can be labeled with: "Not a significant source of ____". They are to be listed in the order they usually appear on nutrition facts label:

- Saturated fat
- Trans fat
- Dietary fiber
- Total sugars

The updated label from 2016 includes additional information about added sugars, which appears directly under the information about sugars - which is now phrased as Total Sugars.

NUTRIENTS (CONTINUED)



This added information should appear above information on vitamins and minerals, printed in 6 point type.

Vitamins and minerals that are required to appear on the label are: Vitamin D, potassium, calcium and iron. Other vitamins and minerals are optional.

Daily Values is another required element of a nutrition facts label and usually appears next to the vitamins and minerals information, on the right.

There are some food products which can be exempted from nutrition labeling, such as:

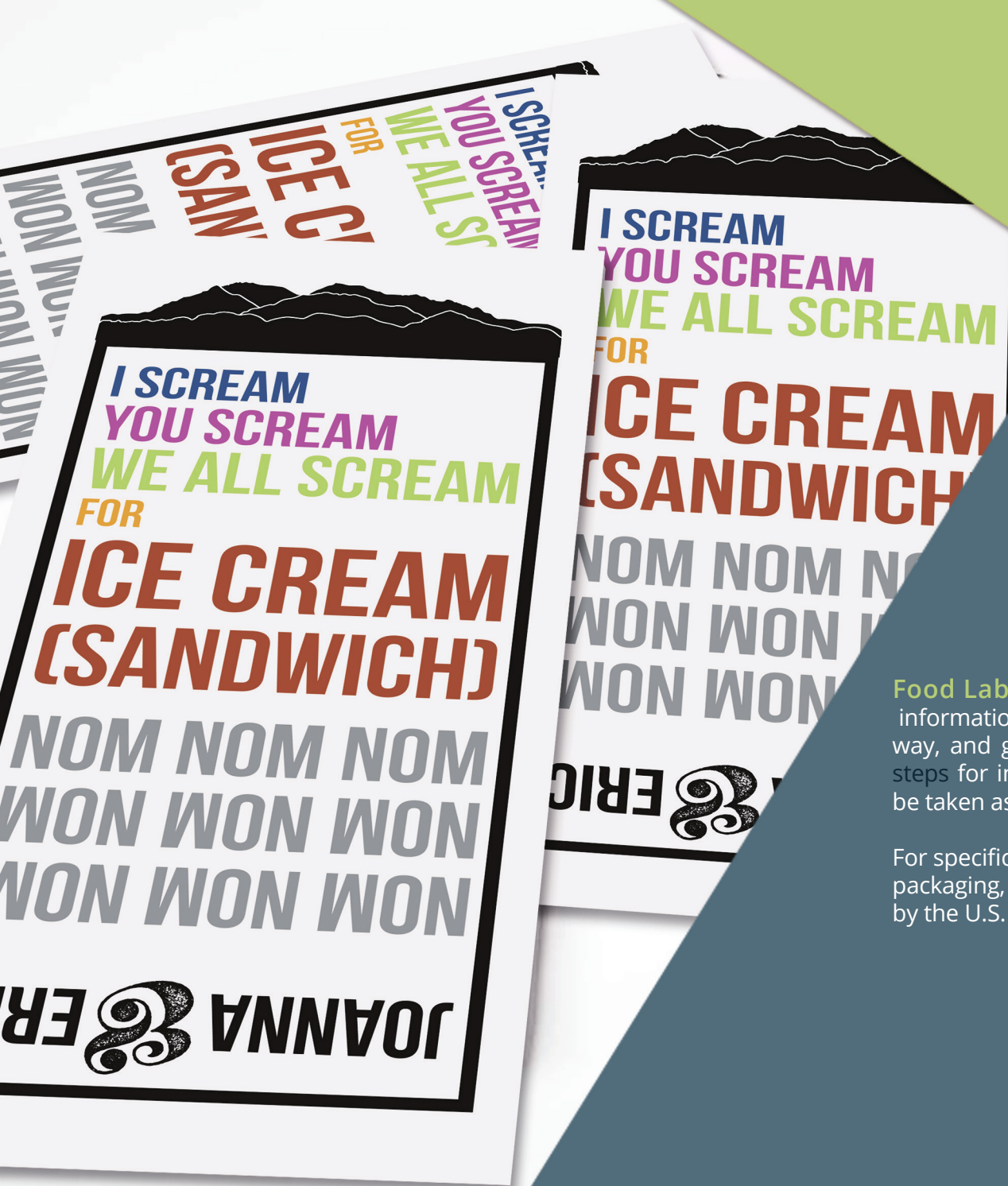
Coffee beans, Tea leaves, Unsweetened instant coffee and tea, Condiment-type dehydrated vegetables, Flavor extracts, Food colors, Some raw fruits and vegetables (unprocessed, untreated, with no added ingredients)

Detailed information about creating nutrition fact labels can be found [here](#).

There are five core nutrients that must always appear on all nutrition fact labels: total fat, cholesterol, sodium, total carbs, protein.

And now, saved for last, there is some good news! Not all small businesses need to include a nutrition facts label on their food product. Food and Drug Administration offers guidance for small businesses that are exempt from nutrition labeling, including a detailed explanation on how to file for exemption.

CONCLUSION



Food Label Requirements in a Nutshell serves to provide information about the complex food labeling process in a simplified way, and guide food producers through some basic food labeling steps for informational purposes. This document should in no way be taken as a practical tutorial on how to label your food product.

For specific FDA regulations on how to design labels for food packaging, start by consulting the following Food Labeling Guide by the U.S. Food and Drug Administration.

Interesting facts:

20 most frequently consumed



RAW FRUITS IN THE US

apple, avocado (California), banana, cantaloupe, grapefruit, grapes, honeydew melon, kiwifruit, lemon, lime, nectarine, orange, peach, pear, pineapple, plums, strawberries, sweet cherries, tangerine, and watermelon



RAW VEGETABLES IN THE US

asparagus, bell pepper, broccoli, carrot, cauliflower, celery, cucumber, green (snap) beans, green cabbage, green onion, iceberg lettuce, leaf lettuce, mushrooms, onion, potato, radishes, summer squash, sweet corn, sweet potato, and tomato



RAW FISH IN THE US

blue crab, catfish, clams, cod, flounder/sole, haddock, halibut, lobster, ocean perch, orange roughy, oysters, pollock, rainbow trout, rockfish, salmon (Atlantic/coho/Chinook/sockeye, chum/pink), scallops, shrimp, swordfish, tilapia, and tuna

SOURCES:

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm2006828.htm>

<https://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm094211.htm>

<https://www.fda.gov/downloads/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/UCM265446.pdf>

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm106890.htm#label>

<https://www.govinfo.gov/content/pkg/CFR-2008-title21-vol2/xml/CFR-2008-title21-vol2-part101.xml>

<http://www.fda.gov/Food/ComplianceEnforcement/default.htm>

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/cfr-search.cfm?fr=101.12>

<https://www.fda.gov/regulatory-information/search-fda-guidance-documents/small-business-nutrition-labeling-exemption-guidance>



FOODPACKAGING
LABELS.NET

**FIND OUT MORE ABOUT
LABELING FOOD PRODUCTS AT:**
<https://www.foodpackaginglabels.net/>