READING FOOD LABELS

Reading Food Labels - The Nutrition Facts label is a boxed panel required by the Food and Drug Administration on packaged food and beverage products. It provides information about the nutrient content of the product. The label is intended to help people make healthier choices. The required information is standard, but the specific nutrients vary depending on the food product.

Health Claim Requirements

Low fat - 3 grams or less of fat per serving

Fat-Free - Less than 0.5 grams of fat per serving, with no added fat or oil

Saturated Fat Free - Less than 0.5 grams of saturated fat / 0.5 grams of trans-fatty acids per serving

Cholesterol-Free - Less than 2 mg cholesterol and 2 grams or less saturated fat per serving

Low Cholesterol - 20 mg or less cholesterol per serving and 2 grams or less saturated fat per serving

Reduced Calorie - At least 25% fewer calories per serving than the comparison food

Low Calorie - 40 calories or less per serving

Extra Lean - Less than 5 grams of fat, 2 grams of saturated fat, and 95 mg of cholesterol per (100 gram) serving of meat, poultry or seafood

Light (fat) - 50% or less of the fat than in the comparison food

Light (calories) - 1/3 fewer calories than the comparison food

High-Fiber - 5 grams or more fiber per serving

Sugar-Free - Less than 0.5 grams of sugar per serving

Sodium-Free or Salt-Free - Less than 5 mg of sodium per serving

Gluten Free - 20 ppm or less of a prohibited grain remain in the food

Organic - must contain 95% organic ingredients

FDA & USDA

In the USA, the **Food and Drug Administration** (FDA) and the **Department of Agriculture** (USDA) regulates what information goes on a food label. They require all food labels show the same nutritional information.

Nutrition Facts Labels Are Usually On The Back, Side Or Bottom Of Packages

All Food Labels Must Contain:

Common Name Of The Product

Name & Address Of the Manufacturer

Net Content's In Terms Of: Weight, Measure Or Count

Serving Sizes

Ingredient List in Descending Order Of Predominance And Weight

Nutrition Facts about quantities of specific nutrients and food constituents for 1 serving

Food Allergy Labeling

Manufacturers of any food product that contains milk, eggs, tree nuts, peanuts, fish, shellfish, soy and wheat are instructed to clearly disclose, in plain English, the presence of these allergens on the ingredients label. Congress limited the labeling requirements to these 8 allergens because they account for more than 90% of all food allergies in the United States. Manufacturers must clearly name the allergen(s) in the list of ingredients.

For Example:

Ingredients: Flour (wheat), sugar, partially hydrogenated soybean oil, and/or cottonseed oil, high fructose corn syrup, whey (milk), eggs, vanilla, lecithin (soy). After the list of ingredients, they must place the word "Contains" followed by a list any of the 8 common allergens that may be in the food, for example: **Contains: Wheat, Milk, Eggs**

Read That Label

Rosina Ehmann

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