

Nutrition Facts Label Information

FDA and USDA Resources:

Food and Beverage Products Marketed in the USA

The United States Food and Drug Administration (FDA) and the United States Department of Agriculture Food Safety Inspection Services (USDA FSIS) share responsibility for assuring the foods sold in the USA, whether produced domestically or imported from foreign countries, are properly labeled with nutritional value and ingredients.

USDA Food Safety Inspection Services has responsibility for meat, poultry and egg products, while the FDA has responsibility for all other foods. Examples of FDA responsibility include baked goods, candy, beverages, pastas, dietary supplements and processed foods.

To carry out this responsibility the two government agencies have issued regulations which require foods offered for sale and intended for human consumption to be labeled with certain mandatory elements in the USA.

FSIS requires agency approval of most labels before the products may be offered for sale.

The FDA does not in most cases approve labels prior to marketing but does have jurisdiction once the food product is sold at retail or placed in the distribution chain. A major exception to this policy are any foods making a product claim based on Nutrient Content, Health, Structure and Function.

FDA also requires some foods, because of their content or method of packaging, to display appropriate warning and notice statements. These requirements came as a results of Nutritional labeling and Education Act (NLEA). *Food products making a medical claim are considered drugs and treated as such by the FDA, and require a pre-approval process before marketing.*

Both agencies have regulatory authority to take appropriate measures for enforcement of food safety and labeling laws, including letters of warning, product recalls and product seizures of domestic and imported foods sold in the USA.

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Nutritional labeling for most foods require the following:

- A distinctive easy to read format (Primary Display Panel, Nutritional food panel)
- Information on the amount per serving of nutrients, vitamins and minerals
- Nutrient % daily values to show how a food fits into an overall daily diet

The label is required to display:

- Statement of identity
- Ingredients statement
- Name and place of business statement
- Net quantity statement
- Nutritional labeling

FDA, USDA FSIS US Government and Industry Food Label Guidance and Resources on the web:

- [Food & Drug Administration FDA](#)
- [Food Label & Nutrition Overview](#)
- [Food Labeling Information For Industry](#)
- [The Food Label](#)
- [Food Labeling Guide](#)
- [Label Claims](#)
- [Title 21 CFR 101 Resources:](#)
 - *Part 101 Food Labeling. Includes any food benefit Product Claims based upon Nutrient Content, Health, Structure and Function*
 - [Small Business Exemptions](#)
 - [USDA FSIS](#)
 - [USDA FSIS Labeling](#)
 - [Food Labeling Guide](#)
 - [Food Ingredients and Packaging: Approval and Notification Programs](#)
 - [CFR References: Barcode Information](#)
 - [Food Risk Assesment: Intertek RAM Consulting](#)
Intertek RAM guides clients to create and implement essential safety solutions and processes that protect the brand, and contribute to brand equity. RAM Consulting believes that when safety becomes essential to your business, then safety becomes a distinct and essential competitive advantage.
 - [Burdock Group:](#)
Client guidance in business planning & critical decision making for FDA and USDA regulated products.

Contact or email for more information.
Business enquiries only.

Amount Per Serving		% Daily Value*	
Calories 280		Calories from Fat 120	
Total Fat 13g			20%
Saturated Fat 5g			25%
Trans Fat 2g			
Cholesterol 30mg			10%
Sodium 660mg			28%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
Vitamin A 4%	•	Vitamin C 2%	
Calcium 15%	•	Iron 4%	

* 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
Sat 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

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