GENERAL FOOD LABELING REQUIREMENTS – USA

Contents

USA

INTRODUCTION

The Food and Drug Administration (FDA) is responsible for assuring that foods sold in the United States are safe, wholesome and properly labeled. This applies to foods produced domestically, as well as foods from foreign countries. The Federal Food, Drug, and Cosmetic Act (FD&C Act) and the Fair Packaging and Labeling Act are the Federal laws governing food products under FDA's jurisdiction.

The Nutrition Labeling and Education Act (NLEA), which amended the FD&C Act requires most foods to bear nutrition labeling and requires food labels that bear nutrient content claims and certain health messages to comply with specific requirements.

Labeling rules and standards

Subpart A-GENERAL PROVISIONS

§ 101.1 Principal display panel of packageform food.
§ 101.2 Information panel of packageform food.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-2.pdf
§ 101.3 Identity labeling of food inpackaged form.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-3.pdf
§ 101.4 Food; designation of ingredients.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-4.pdf
§ 101.5 Food; name and place of business of manufacturer, packer, or distributor
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-5.pdf
§ 101.9 Nutrition labeling of food.
§ 101.10 Nutrition labeling of restaurant foods.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-9.pdf
§ 101.12 Reference amounts customarily consumed per eating occasion.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-12.pdf
§ 101.13 Nutrient content claims—general principles.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-13.pdf
§ 101.14 Health claims: general requirements
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-14.pdf
§ 101.15 Food; prominence of requiredstatements.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-15.pdf
§ 101.17 Food labeling warning, notice, and safe handling statements.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-17.pdf
§ 101.18 misbranding of food.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-18.pdf
§ 101.30 Percentage juice declaration for foods purporting to be beverages that contain fruit or vegetable juice.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-30.pdf

Subpart B—Specific Food Labeling Requirements
§ 101.22 Foods; labeling of spices, flavorings, colorings and chemical preservatives.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-22.pdf

Subpart C—Specific Nutrition Labeling Requirements and Guidelines
§ 101.36 Nutrition labeling of dietary supplements
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-36.pdf

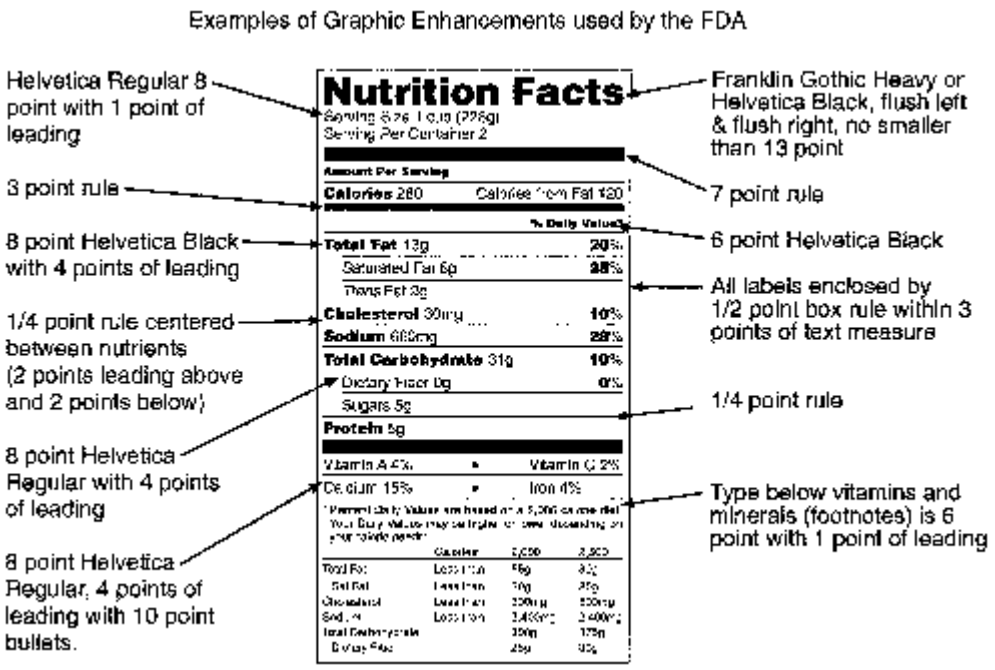
Subpart D—Specific Requirementsfor Nutrient Content Claims
§ 101.54 Nutrient content claims for ‘‘good source,’’ ‘‘high,’’ ‘‘more,’’ and ‘‘high potency.’
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-54.pdf
§ 101.56 Nutrient content claims for ‘‘light’’ or ‘‘lite.’’
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-56.pdf
§ 101.71 Health claims: claims not authorized.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-71.pdf
§ 101.60 Nutrient content claims for the calorie content of foods
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-60.pdf
§ 101.61 Nutrient content claims for the sodium content of foods.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-61.pdf
§ 101.65 Implied nutrient content claims and related label statements.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-65.pdf

Subpart E—Specific Requirements for Health Claims
§ 101.72 Health claims: calcium, vitamin D, and osteoporosis.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-72.pdf
§ 101.73 Health claims: dietary lipids and cancer.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-73.pdf
§ 101.74 Health claims: sodium and hypertension.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-74.pdf
101.75 Health claims: dietary saturated fat and cholesterol and risk of coronary heart disease.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-75.pdf
§ 101.76 Health claims: fiber-containing grain products, fruits, and vegetables and cancer.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-76.pdf
§ 101.77 Health claims: fruits, vegetables, and grain products that contain fiber, particularly soluble fiber, and risk of coronary heart disease.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-77.pdf
§ 101.78 Health claims: fruits and vegetables and cancer.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-78.pdf
§ 101.79 Health claims: Folate and neural tube defects.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-79.pdf
§ 101.80 Health claims: dietary noncariogenic carbohydrate sweeteners and dental caries.
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-80.pdf
§ 101.81 Health claims: Soluble fiber from certain foods and risk of coronary heart disease (CHD).
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-81.pdf
§ 101.83 Health claims: plant sterol/stanol esters and risk of coronary heart disease (CHD).
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-83.pdf

Subpart F—Specific Requirements for Descriptive Claims That Are Neither Nutrient Content Claims nor Health Claims
§ 101.95 ‘‘Fresh,’’ ‘‘freshly frozen,’’‘‘fresh frozen,’’ ‘‘frozen fresh.’’
http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-95.pdf

Subpart G—Exemptions FromFood Labeling Requirements
§ 101.105 Declaration of net quantity of contents when exempt

http://www.gpo.gov/fdsys/pkg/CFR-2011-title21-vol2/pdf/CFR-2011-title21-vol2-sec101-105.pdf
FDA graphic example of a nutritional facts table



Food Allergen Labeling and Consumer Protection Act of 2004 (Public Law 108-282, Title II)
http://www.fda.gov/Food/LabelingNutrition/FoodAllergensLabeling/GuidanceComplianceRegulatoryInformation/ucm106187.htm