

Resources

- Food and Drug Administration
<http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/FoodLabelingNutrition/ucm059088.htm>
- Food Marketing Institute
<http://www.fda.gov/ohrms/dockets/dockets/06p0094/06p-0094-cp00001-05-Tab-04-Food-Marketing-Institute-vol1.pdf>
- United States Department of Agriculture
<http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELDEV3004446>
- United States Department of Agriculture
http://www.fsis.usda.gov/pdf/Labeling_Requirements_Guide.pdf



Courtesy of United States Dept of Agriculture

Center for Hygiene & Health in the Home and Community

Overview

Food labels were developed to help the consumer make informed decisions on food. Aside from nutrition information, labels include ingredient lists, where the food was packaged and other health claims such as “organic” or “fat free”. The government provides strict regulations for food label claims. It is important to be aware of the definition of common food label claims to determine if a food works for your diet.



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Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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	

Navigating Food Labels

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100% Organic

- According to the United States Department of Agriculture (USDA), organic meat, poultry, eggs, fruit, vegetables and dairy products come from animals that are given no antibiotics or growth hormones and are produced without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; or ionizing radiation.
- The USDA organic seal assures consumers of proper handling and production methods.
- Foods labeled 100% organic must contain only organic ingredients. This does not include water or salt.
- Foods labeled organic must contain at least 95% organic ingredients. This does not include water or salt.

Made with Organic Ingredients

- The food item must be made with at least 70% organic ingredients.
- The item may also list up to three organic ingredients used to produce the product.

Natural

- The term “natural” is regulated by the Food Safety and Inspection Service (FSIS) of the USDA solely for meat and poultry products.
- Natural meat and poultry may not contain artificial colors, flavors, sweeteners, preservatives or other ingredients that are not naturally present in the food.
- The food must also be minimally processed so not to change the raw item.
- A label denoting “natural” meat or poultry should explain why it is natural.
- The USDA does not regulate the use of the term “natural” for any other food products.

Nutrition Facts	
Serving Size 1 can (163 mL)	
Servings per Container 3.5	
Amount per serving	
Calories 30	Calories from Fat 0
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 520mg	22%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 1g	

Natural (cont'd)

- Generally the term means a food is free from preservatives and artificial additives. However, items may be labeled natural and not abide by the definition due to a lack in government regulations.

100% Whole Grain

- The Food and Drug Administration (FDA) allows claims such as “100% whole grain” or “X g of whole grains” as long as the claims are not misleading or use words such as “high” to denote a level of the ingredient.
- Foods touted as “made with whole grains”, “multigrain”, “whole grain” or “100% wheat” are not regulated.
- Read nutrition labels when looking for whole grain products.
- Products labeled as “100% whole grain” should list the whole grain ingredients first on the label.



Sodium

Label Name	Sodium Content (per serving)	Also Known As
Sodium Free	Less than 5 mg	No sodium, free from sodium, zero sodium
Very Low Sodium	Less than 35 mg	Very low in sodium
Low Sodium	Less than 140 mg	Low in sodium, little sodium
Reduced Sodium	25% less than original product	Less sodium, sodium reduced

Fat Content

Label Name	Fat Content (per serving)	Also Known As
Lean	Less than 10 g of fat, < 4.5 g of saturated fat and Less than 95 mg of cholesterol	n/a
Extra Lean	Less than 5 g of fat, Less than 2 g of saturated fat and Less than 95 mg of cholesterol	n/a
Fat Free	Less than 0.5 g of fat	“no fat”, “nonfat”, “zero fat”
Low Fat	Less than 3 g of fat	“low fat”, “low in fat”
Reduced Fat	25% less than original product	“lower fat”, “fat reduced”
Percent Fat Free	If less than or equal to 99%, less than 3 g of fat If 100%, less than 0.5 g of fat	“percent lean”

