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In our health-conscious society, consumers are becoming increasingly concerned about the nutritional value of the foods they eat. In response to these concerns, and as a result of consumer confusion about the fat and nutrient content of foods, the federal government now requires many food product labels to contain detailed nutritional information. While this booklet does not cover all of the specifics of the food labeling rules, it will provide some basic explanations about the law's requirements and some sources of information for food processors and producers who may be required to use the labels on their products.

Retail food labels must be truthful and follow federal regulations. The regulations regarding food labels are governed by the provisions of several federal laws, including

- the Federal Food, Drug, and Cosmetic Act
- the Fair Packaging and Labeling Act
- the Tariff Act of 1930
- the Nutrition Labeling and Education Act of 1990
- the Meat and Poultry Product Inspection Act
- the Federal Meat Inspection Act.

This publication is generally intended to assist in labeling those foods regulated by the U.S. Food

and Drug Administration ([FDA](#)). Meat and poultry products are regulated by the United States Department of Agriculture ([USDA](#)) Food Safety and Inspection Service ([FSIS](#)). The nutrition information required on the labels of FSIS-regulated products is nearly the same as that for FDA-regulated products. The two agencies have worked together to standardize nutrition labels.

The labeling regulations for foods regulated by the Food and Drug Administration are contained in Title 21 of the [Code of Federal Regulations \(21CFR\)](#),* parts 100-102. The food processor is responsible for the accuracy of product labels and for full compliance with the federal regulations, even if the labels have been furnished to the processor by a distributor. It is a good idea to have all product labels reviewed by the regulatory agency or other knowledgeable person.

*Note: Reference to specific sections of the regulations will be placed in brackets—for example, [101]—and refer to parts of 21 CFR.

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Required Information

Required information must be placed on the principal display panel, an alternate display panel, or on an information panel.

The **Principal Display Panel (PDP)** is the part of the label most likely to be displayed or examined by the consumer. It must be large enough to accommodate all the mandatory material clearly and without crowding. On a rectangular package this panel is considered to be the size of the largest panel of the box. For a cylindrical package, the height of this panel is the same as the height of the container, excluding the neck, and the width of this panel is 40 percent of the circumference [[101.1](#)]. Information required on the principal display panel includes:

- The identity of the food [[101.3](#) and [102](#)]
- The form of the food (such as whole, sliced, or diced [[101.3](#)])
- The word "imitation," if this term applies [[101.3](#)]

- The net contents, which must be listed within the bottom 30 percent of the label, in both the avoirdupois system (fluid ounces or pounds) and the metric system (liters, milliliters, kilograms, or grams) [[101.105](#)]

The **Information Panel (IP)** is the part of the label touching the right edge of the principal display panel. Any of the following information not included on the principal display panel must be included on the information panel:

- Ingredients, listed in descending order of predominance by weight [[101.4](#)]
- The name and address of the place of business of the manufacturer, packer, or distributor [[101.5](#)]
- Nutrition information [[101.9](#)] (Figure 1 below).

Mandatory Nutrition Labeling

Foods Regulated by the Food and Drug Administration

Mandatory labeling is required for processed foods regulated by the FDA. Meat and poultry products are regulated by the FSIS. However, game meats and seafood packaged at processing plants are included with FDA regulated foods. Nutrition information is to be provided for the product as *packaged*, but the label may also list nutrition information for products after cooking.

Nutrition information for fresh produce and seafood packaged at the retail level may be voluntarily provided by point-of-purchase materials. Information about raw fruits and vegetables is provided based on the raw product. For seafood, it is based on the cooked product.

Foods Regulated by the Food Safety and Inspection Service

Nutritional labeling is mandatory for processed meat and poultry products except those processed at the retail level or custom slaughtered. Also, meat and poultry products for which nutrient claims are made must be produced under FSIS-approved, in-plant quality control programs to assure compliance with the nutrient values listed on the label. In contrast to FDA-regulated foods, labels for FSIS-regulated products are reviewed and approved before the foods are marketed. The FSIS has designated 45 fresh meat and poultry cuts for retail labeling similar to that allowed on fresh products. These are single-ingredient products, such as fresh or frozen ground beef, chops, and chicken breast.

Both of these agencies will survey for significant participation (FSIS) or substantial compliance (FDA) at the retail level on a two-year cycle. If compliance and participation are found to be inadequate using point-of-purchase information, new regulations will be introduced.

FDA Exemptions for Small Businesses

Certain small businesses are exempt from the requirements for nutrition labeling if they make no nutrition claims for their product or do not put nutrition information on the product's label or in advertising. Nutrition information is not required on the label if the most recent two-year average of business activity shows that the firm has less than \$500,000 annual gross sales to consumers or less than \$50,000 in food sales to consumers [[101.9\(j\)](#)]. After May 8, 1995, this exemption applies only to persons selling foods directly to consumers. In addition, the FDA provided a phase-in period for foods entering the market before May 8, 1994, based on number of employees and number of units

of the food produced. The schedule for exemption is as follows.

- For the year ending May 8, 1995, those firms with fewer than 300 full-time employees and selling less than 600,000 units of a particular food will be exempt.
- For the year ending May 8, 1996, those firms with fewer than 300 full-time employees and selling less than 400,000 units of a particular food will be exempt.
- For the year ending May 8, 1997, those firms with fewer than 300 full-time employees and selling less than 200,000 units of a particular food will be exempt.
- After May 8, 1997, those firms with fewer than 100 full-time employees and selling fewer than 100,000 units of a particular food will be exempt.

To claim the exemption, a firm need only to notify the FDA of the facts supporting the exemption for each product. In the case of firms with fewer than 10 employees and selling fewer than 10,000 units per year, no notification is required. For further information on small business exemptions, refer to publication FSE 94-3, *FDA Exemptions for Small Business*.

Other exemptions are provided for foods in small packages, foods of no nutritional significance, and foods for immediate consumption. Bulk foods intended for further processing may also be exempt. These exemptions do not apply to foods that are advertised or packaged with nutritional claims or other nutritional information [[101.9\(j\)](#)].

Nutrition Information

Nutrition information must be presented in a standard format. The FDA urges that the information be presented using the graphic specifications in 21CFR Appendix B to part 101 [[101.9\(d\)](#)]. A sample label is illustrated in Figure 1 below. Alternate formats are to be used for special situations. The nutrition label has several parts:

- "Nutrition Facts" title
- Amount per serving in terms of serving size and servings per container
- Calories and calories from fat
- Mandatory disclosure of major nutrients and permitted voluntary nutrients
- Mandatory disclosure of vitamins A and C, calcium, and iron, as well as voluntary disclosure of vitamins and minerals
- A standardized footnote explaining that the daily values are based on a 2,000-calorie diet and providing information on the daily values for 2,000- and 2,500-calorie diets
- The values for converting nutrient values to calories.

Figure 1. Sample nutrition facts.

Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container 2		
Amount Per Serving		
Calories 260	Calories from Fat 120	
%Daily Value		
Total Fat 13g	20%	
Saturated Fat 5g	25%	
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 85g	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		

Servings

The *serving or serving size* is an amount of food that a person four years of age or older would customarily eat at a meal. It is expressed as a common household measure and its metric equivalent. Reference serving sizes have been established for specific food categories through national surveys. Reference amounts of foods for determination of serving sizes are found in [101.2](#) for FDA products and 9CFR 317.312 for FSIS products.

The number of servings per container is determined by the serving size. The serving size can be in discrete units such as individual cookies or slices of bread. A package of up to about 200 percent of the reference amount is considered a single serving. The number of servings is usually rounded off to whole numbers, for example, "about 8 servings," or rounded to the half serving when the package contains between 2 and 5 servings [[101.9](#)].

Nutrient Content

Provisions are made for mandatory disclosure of the amount of the major nutrients contained: fat, cholesterol, sodium, total carbohydrates, and proteins. Some subcomponents of these categories, for

instance, saturated fat, dietary fiber, and sugars, must also be listed. The amounts of vitamins A and C, iron, and calcium must be shown. In addition, the amount of certain other nutrients may be voluntarily disclosed (Table 1). Any claims made regarding a nutrient or one of its subcomponents makes disclosure of the amount of that nutrient mandatory. No other nutrients or food subcomponents may be included in the nutrition label [101.9(c)].

Table 1. Rounding Table for Nutrients

<i>Nutrient</i>	<i>Increments rounding</i>	<i>Insignificant amount*</i>
Calories	Nearest 5 cal below 50 cal Nearest 10 cal above 50 cal	< 5 cal
Calories from fat	Nearest 5 cal below 50 cal Nearest 10 cal above 50 cal	< 5 cal
Calories from saturated fat	Nearest 5 cal below 50 cal Nearest 10 cal above 50 cal	< 5 cal
Total fat	Nearest 0.5 g below 3 g Nearest g above 3 g	< 0.5 g
Saturated fat	Nearest 0.5 g below 5 g Nearest g above 5 g	< 0.5 g
Polyunsaturated fat and monosaturated fat	Nearest 0.5 g below 5 g Nearest g above 5 g	< 0.5 g
Cholesterol	Nearest 5 mg	< 2 mg
Sodium	Nearest 5 mg below 140 mg Nearest 10 mg above 140 mg	< 5 mg
Potassium	Nearest 5 mg below 140 mg Nearest 10 mg above 140 mg	5 mg
Total carbohydrate	Nearest gram	< 1 g
Dietary fiber	Nearest gram	< 1 g
Soluble fiber	Nearest gram	< 0.5 g
Insoluble fiber	Nearest gram	< 0.5 g
Sugars	Nearest gram	< 0.5 g
Sugar alcohols	Nearest gram	< 0.5 g
Other carbohydrates	Nearest gram	< 0.5 g
Protein	Nearest gram	< 1 g
Vitamin A	Nearest 2% below 10% Nearest 5% above 10% & below 50% Nearest 10% above 50%	< 2% RDI
Vitamin C	Nearest 2% below 10% Nearest 5% above 10% & below 50% Nearest 10% above 50%	< 2% RDI
Calcium	Nearest 2% below 10% Nearest 5% above 10% & below 50% Nearest 10% above 50%	< 2% RDI
Iron	Nearest 2% below 10% Nearest 5% above 10% & below 50% Nearest 10% above 50%	< 2% RDI

*May be expressed as zero (0).

Determining Nutrient Content

The nutrient content of foods for nutrition labeling can be determined either by direct analysis or by determination from a nutrient database. The FSIS approves the use of nutrient data from the USDA Handbook 8 series, which is available from the [Superintendent of Documents](#). The FDA-accepted databases may be used for products regulated by FDA [[101.9\(g\)](#)]. Because manufacturing practices can greatly affect nutrient loss, the manufacturer must assure that the nutrition content data used on the label are accurate.

Food manufacturers should perform analysis of nutrients on a composite of 12 subsamples representative of a particular product or lot. Methods of analysis are contained in the *Official Methods of Analysis of the AOAC* ([Association of Official Agricultural Chemists](#)), or if no AOAC method is available, other appropriate and reliable methods can be used. Usually, those analyses are performed by consulting laboratories. The analysis of a single sample may cost several hundred dollars.

Many manufacturers have taken advantage of commercial databases developed for nutrient data. These databases vary in quality and completeness. Many calculate nutritional data from ingredient formulas. Some allow analysis data from ingredient suppliers to be entered. If these databases are used, manufacturers should be aware of their dependence on the accuracy and completeness of the database and the likelihood of processing-induced changes.

Nutrient Declaration

The label declaration of nutrients should be accurate within 20 percent of the analysis plus a factor for the accepted analytical variability of the method. Nutrient values are to be rounded off in accordance with Table 1. An insignificant amount of the nutrient can be expressed as zero (0). Added nutrients must be present in at least the amounts declared on the label. Compliance is based on the metric measure specified in the serving size. Major nutrients are to be declared by their metric weight and by their percent Daily Value (DV) as established for a 2,000-calorie diet. Vitamins and minerals are declared as a percentage of Reference Daily Intake (RDI) (Table 2).

Table 2. RDI of Vitamins and Minerals

Nutrient	RDI
Vitamin A	5000 IU
Vitamin C	60 mg
Calcium	1.0 g
Iron	18 mg
Vitamin D	400 IU
Vitamin E	30 IU
Thiamin	1.5 mg
Riboflavin	1.7 mg
Niacin	20 mg
Vitamin B6	2.0 mg
Folate	0.4 mg
Vitamin B12	6.0 micrograms
Biotin	0.3 mg
Pantothenic Acid	10 mg
Phosphorus	1.0 g
Iodine	150 micrograms
Magnesium	400 mg
Zinc	15 mg
Copper	2.0 mg

Note: 21CFR [101.9(c)]

Format

The vertical format shown in Figure 1 is the preferred presentation of the "Nutrition Facts" on the label. For packages with less than 40 square inches available for labeling, the footnote can be abbreviated. For smaller packages or packages with insufficient vertical space and under certain other circumstances other formats are specified [101.9(d)]. The regulation should be consulted for the specific uses of the different formats ([101.9] and 21CFR Appendices A through E of 58 FR 44085-44090, August 18, 1993).

Nutrient Content Claims

Nutrient content claims are statements that describe the amount or range of any nutrient contained in the food or that imply that the food contains a certain amount or range of any nutrient [101.13]. The rules define descriptive terms that can be used to refer to the amount of nutrients present or the absence of nutrients [101 subpart D]. Table 3 below lists defined nutrient descriptors for specific nutrients and the requirements for their use. Other terms are listed in Table 4. If a nutrient content claim is made, the label must contain a referral statement that directs attention to the panel that displays the Nutrition Facts.

In some instances disclosure of negative nutritional information is required on the principal display panel by a statement directing attention to the nutrition information. This statement is required in the following instances

[101.13(h)]:

- The food contains more than 13 grams of fat, 4 grams of saturated fat, 60 milligrams of cholesterol, or 480 milligrams of sodium
- A meal contains more than 26 grams of fat, 8 grams of saturated fat, 120 milligrams of cholesterol, or 960 milligrams of sodium

- A main dish contains more than 19.5 grams of fat, 6 grams of saturated fat, 90 milligrams of cholesterol, or 720 milligrams of sodium.

Table 3. Use of Descriptors for Specific Nutrients

Descriptor	Free	Low	Reduced/Less
Nutrient	<p>Synonyms for free: zero, no, without, trivial source of, negligible source of, dietary insignificant source of.</p> <p>Definitions of free for meals and main dishes are the stated values per labeled serving.</p>	<p>Synonyms for low: little, few (for calories), contains a small amount of, low source of.</p>	<p>Synonyms for reduced or less: lower, fewer (for calories).</p> <p>Modified may be used in statement of identity.</p> <p>Definitions for meals and main dishes are same as for individual foods on a per-100-gram basis.</p>
<p><i>Comments:</i> For free, very low, or low, the label must indicate if the food meets a definition without benefit of special processing, alteration, formation, or reformulation, for example, "broccoli, a fat-free food" or "celery, a low-calorie food."</p>			
Calories	<p>Less than 5 calories per reference amount.</p> <p>Not defined for meals or main dishes.</p>	<p>40 calories or less per reference amount (and per 50 grams if reference amount is small).</p> <p>Meals and main dishes: 120 calories or less per 100 grams.</p>	<p>At least 25 percent fewer calories per reference amount than an appropriate reference food.</p> <p>Reference food may not be "low calorie."</p> <p>Uses term "fewer" rather than less.</p>
<p><i>Comments:</i> "Light" or "lite": if 50 percent or more of the calories are from fat, fat must be reduced by at least 50 percent per reference amount. If less than 50 percent of calories from fat, fat must be reduced 50 percent or calories reduced at least one-third per reference amount.</p> <p>Meal or main dish meets definition for "low calorie" or "low fat" meal and is labeled to indicate which definition is met.</p>			
Total Fat	<p>Less than 0.5 gram per reference amount.</p> <p>No ingredient that is fat or understood to contain fat except as noted below.</p>	<p>3 grams or less per reference amount (and per 50 grams if reference amount is small).</p> <p>Meals and main dishes: 3 grams or less per 100 grams and not more than 30 percent of calories from fat.</p>	<p>At least 25 percent less fat per reference amount than an appropriate reference food.</p> <p>Reference food may not be "low fat."</p>
<p><i>Comments:</i> "% fat free": OK if meets the requirements for "low fat." "Light": see above.</p>			
Saturated Fat	<p>Less than 0.5 gram per reference amount.</p> <p>Trans fatty acids are less than 0.5 gram per reference amount.</p> <p>No ingredient that is understood to contain saturated fat except as noted below.</p>	<p>1 gram or less per reference amount and 15 percent or less of calories from saturated fat.</p> <p>Meals and main dishes: 1 gram or less per 100 grams and less than 10 percent of calories from saturated fat.</p>	<p>At least 25 percent less saturated fat per reference amount than an appropriate reference food.</p> <p>Reference food may not be "low saturated fat."</p>
<p><i>Comments:</i> Next to all saturated fat claims, must declare the amount of cholesterol if 2 milligrams or more per reference amount; and the amount of total fat if more than 3 grams per reference amount (or 0.5 gram or more of total fat for "Saturated Fat Free.")</p>			

Table 3. (continued)

Descriptor	Free	Low	Reduced/Less
Cholesterol	<p>Less than 2 milligrams per reference amount.</p> <p>No ingredient that contains cholesterol except as noted below.</p> <p>If less than 2 milligrams per reference amount by special processing and total fat exceeds 13 grams per reference and labeled serving, the amount of cholesterol must be "substantially less" (25 percent) than in a reference food with significant market share (5 percent of market).</p>	<p>20 milligrams or less per reference amount (and per 50 grams of food if reference amount is small).</p> <p>If qualified by special processing and total fat exceeds 13 grams per reference and labeled serving, the amount of cholesterol must be "substantially less" (25 percent) than in a reference food with significant market share (5 percent of market).</p> <p>Meals and main dishes: 20 milligrams or less per 100 grams.</p>	<p>At least 25 percent less fat per reference amount than an appropriate reference food.</p> <p>Reference food may not be "low cholesterol."</p>
<p><i>Comments:</i> Cholesterol claims allowed only when food contains 2 grams or less saturated fat per reference amount, or for meals and main dish products, per labelled serving size.</p> <p>Must declare the amount of total fat next to cholesterol claim when fat exceeds 13 grams per reference amount and labeled serving (or per 50 grams of food if reference amount is small).</p>			
Sodium	<p>Less than 5 milligrams per reference amount.</p> <p>No ingredient that is sodium chloride or generally understood to contain sodium except as noted below.</p>	<p>140 milligrams or less per reference amount (and per 50 gram if reference amount is small).</p> <p>Meals and main dishes: 140 milligrams or less per 100 grams.</p>	<p>At least 25 percent less sodium per reference amount than an appropriate reference food.</p> <p>Reference food may not be "low sodium."</p>
<p><i>Comments:</i> "Light" (for sodium-reduced products): if food is "low calorie" and "low fat" and sodium is reduced by at least 50 percent.</p> <p>"Light in sodium" if food is reduced by at least 50 percent per reference amount. Entire term "light in sodium" must be used in same type, size, color, and prominence. Light in sodium meals is same as "low in sodium."</p> <p>"Very low sodium" 35 milligrams or less per reference amount (and per 50 grams if reference amount is small). For meals and main dishes, 35 milligrams or less per 100 grams.</p> <p>"Salt free" must be criterion for "sodium free."</p> <p>"No salt added" and "unsalted" must meet conditions of use and must declare "This is not a sodium-free food" on information panel if food is not "sodium free."</p> <p>"Lightly salted" 50 percent less sodium than normally added to reference food and if not "low sodium," so labeled on information panel.</p>			
Sugars	<p>Sugar-free less than 0.5 gram sugars per reference amount.</p> <p>No ingredient that is a sugar or generally understood to contain sugars except as noted below.</p> <p>Disclose calorie profile (for example, "low calorie").</p>	<p>Not defined. No basis for a recommended intake.</p>	<p>At least 25 percent less sugars per reference amount than an appropriate reference food.</p>
<p><i>Comments:</i> "No added sugars" and "without added sugars" are allowed if no sugar or sugar-containing ingredient is added during processing, but if food is not "low" or "reduced calorie," this must be stated on label.</p> <p>The term "unsweetened" and "no added sweeteners" remain as factual statements.</p> <p>Claims about reducing dental caries are implied health claims.</p> <p>Does not include sugar alcohols.</p>			

Health Claims

Claims made on the label that express or imply the relationship of any substance to a disease- or health-related condition are considered health claims [\[101.14\]](#). Only those health claims provided for in 101 subpart E of the regulation may be used. These include the following relationships between nutrients and health conditions:

- Calcium and osteoporosis
- Dietary lipids and cancer
- Sodium and hypertension
- Dietary saturated fats and cholesterol and risk of coronary heart disease
- Fiber-containing grain products, fruits, and vegetables and cancer
- Fruits and vegetables and cancer.

If levels of certain nutrients are above those listed as follows, the food is disqualified from making a health claim. Those levels are:

- The food contains more than 13 grams of fat, 4 grams of saturated fat, 60 milligrams of cholesterol, or 480 milligrams of sodium
- A meal contains more than 26 grams of fat, 8 grams of saturated fat, 120 milligrams of cholesterol, or 960 milligrams of sodium
- A main dish contains 19.5 grams of fat, 6 grams of saturated fat, 90 milligrams of cholesterol, or 720 milligrams of sodium.

Type Size

The sizes and styles of type that can be used for label information are described in the regulation. Generally, the size of the total label area determines the minimum type height that can be used. Required information must be presented in easily readable type. The height of any letter must be no more than three times the width, with the lowercase letter "o" determining the size. Required information must be presented clearly and without crowding.

Other Label Considerations

Label size and required information are dictated by the total area available for labeling on the container. The container choice should be made with the equipment of the packer in mind. Certain containers require specialized equipment to fill and label. Use a label that can be properly applied to the container with the automatic equipment on hand because labeling by hand is tedious and costly. Check the size, style, and quality specifications furnished by the packer. Often, packers use a particular label supplier that is familiar with their requirements. Using these suppliers may prevent future technical difficulties.

Contact the label company representative before designing a label. The supplier's in-house designers may be able to do the design work. It is important to know whether your packer runs cut labels or pressure-sensitive labels. Label orientation and winding must be specified for pressure-sensitive labels. The adhesive must be chosen with product labeling conditions in mind. For both types of labels, product resistance and coating are considerations.

A Word to the Wise

Labeling regulations have undergone considerable change in recent years. Interpretation of the rules is constantly being updated. Consult regulatory personnel, your packer, and your label suppliers before ordering labels. Label plate charges are costly, as is the destruction of inventories of unusable labels, but a marketplace recall can be devastating.

Do everything you can to ensure that your label is correct before printing.

Table 4. Relative Terms for Nutrient Content Claims

“Lean”	Meat, game meat, poultry, or seafood that contains less than 10 g total fat, less than 4 g saturated fat, and less than 95 mg cholesterol per 100 g (for meals and main dishes, meets criteria per amount customarily consumed and per 100 g).	“Good source of,” “contains,” “provides”	10 to 19 percent of the RDI or DRV per reference serving. (Terms used for meals and main dishes to indicate that product contains a food that meets definition).
“Extra Lean”	Meat, game meat, poultry, or seafood that contains less than 5 g total fat, less than 2 g saturated fat, and less than 95 mg cholesterol per amount customarily consumed and per 100 g (for meals and main dishes, meets criteria per 100 g).	“More”	10 percent or more of the RDI or DRV per reference serving.
“High,” “Rich in,” “Excellent source of”	Contains 20 percent or more of the RDI or DRV. Terms used to describe protein, vitamins, minerals, dietary fiber, or potassium per reference serving. (for meals and main dishes to indicate that product contains food that meets definition).	“Reduced”	May be used in statement to identify that bears a relative claim, for example: “Modified Fat Cheesecake, contains 35 percent less fat than our regular cheesecake”; at least a 25 percent reduction required.
		Any fiber claim	If food is not “low” in total fat, must state total fat in conjunction with claim such as “more fiber.”
		“Fresh”	A raw food that has not been frozen, heat processed, or otherwise preserved.
		“Fresh Frozen”	Food was quickly frozen while still fresh.

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Universal Product Code (UPC)

Although the UPC symbol is not regulated label information, it is a standard for modern food labels. Proper printing and correct placement of the symbol are important to accurate scanning on automatic inventory and checkout systems.

The symbol is generally placed on the bottom of boxes and on the panel opposite the principal display panel on the food containers. For a single label that does not extend to the rear of the container, the symbol is placed to the left of the principal display panel. To obtain a UPC symbol for your product or for further information on its placement or use contact:

[The Uniform Code Council](#)
8163 Old Yankee Road
Dayton, OH 45458
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