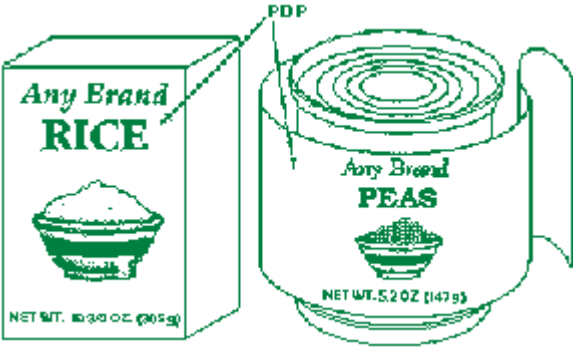
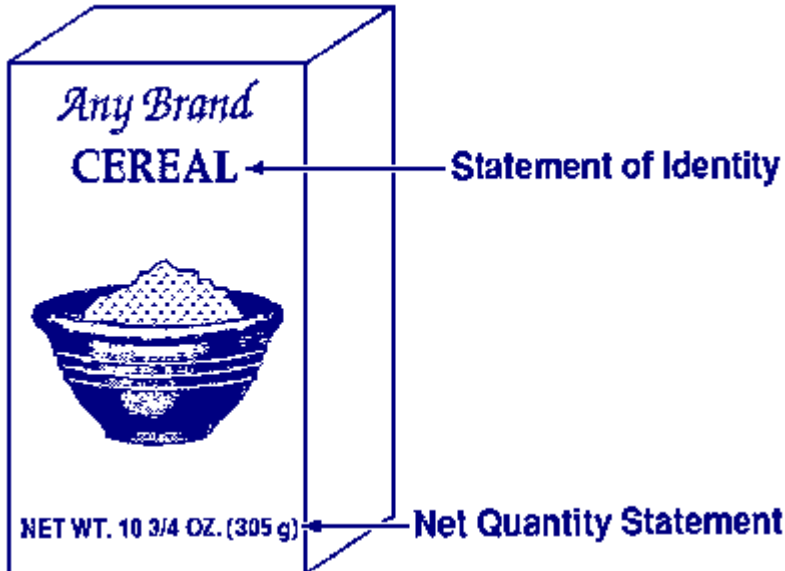
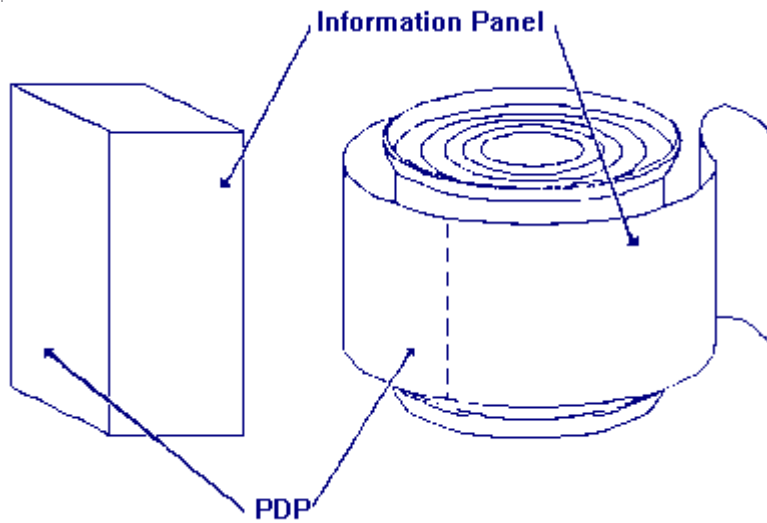


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[Food Labeling CFR References](#)

Chapter I--General Food Labeling Requirements

Questions	Answers
1. Where should label statements be placed on containers and packages?	<p>There are two ways to label packages and containers:</p> <p>a. Place all required label statements on the front label panel (the principal display panel or PDP), or,</p> <p>b. Place certain <i>specified</i> label statements on the principal display panel and other labeling on the information panel (the label panel immediately to the right of the principal display panel, as seen by the consumer facing the product).</p>
2. What are the principal display panel and the alternate principal display panel ?	<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>The principal display panel, or PDP, is that portion of the package label that is most likely to be seen by the consumer at the time of purchase. Many containers are designed with two or more different surfaces that are suitable for display as the PDP. These are alternate principal display panels.</p> <p style="text-align: right;">21 CFR 101.1</p> </div> </div>
3. What label statements must appear on the principal display panel ?	<div style="display: flex; align-items: center;"> <div style="flex: 1;"> <p>Place the statement of identity, or name of the food, and the net quantity statement, or amount of product, on the PDP and on the alternate PDP. The required type size and prominence are discussed in Chapters 2 and 3.</p> <p>21 CFR 101.3(a) and 101.105(a)</p> </div> <div style="flex: 1;">  </div> </div>

4. Which label panel is the **information panel** ?

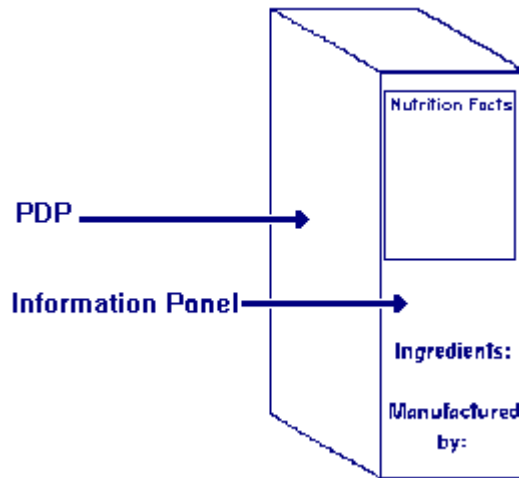


The information panel is the label panel immediately to the right of the PDP, as displayed to the consumer. If this panel is not usable, due to package design and construction, (e.g., folded flaps), then the information panel is the next label panel immediately to

the right.

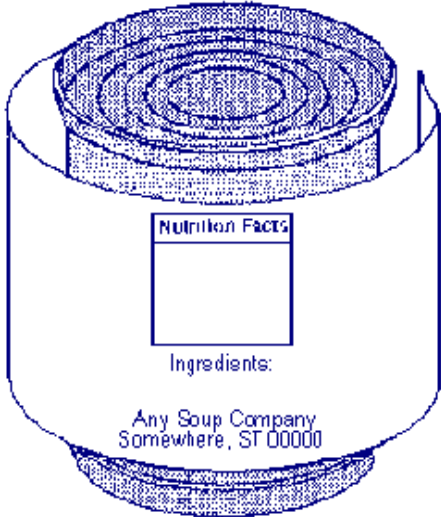
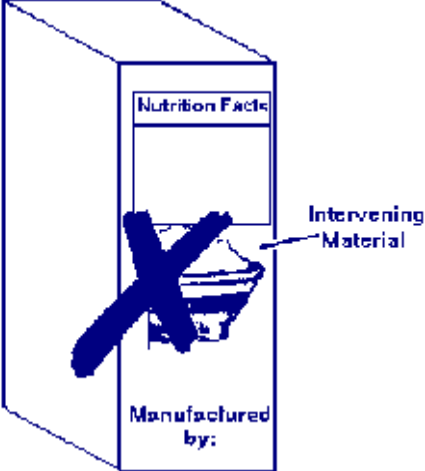
21 CFR 101.2(a)

5. What is **information panel labeling**?



The phrase "information panel labeling" refers to the label statements that are generally required to be placed together, without any intervening material, on the information panel, if such labeling does not appear on the PDP. These label statements include the name and address of the manufacturer, packer or distributor, the ingredient list, and nutrition labeling.

21 CFR 101.2(b) and (d)

<p>6. What type size, prominence and conspicuousness is required?</p>	<p>For information panel labeling, use a print or type size that is prominent, conspicuous and easy to read. Use letters that are at least one-sixteenth (1/16) inch in height based on the lower case letter "o". The letters must not be more than three times as high as they are wide, and the lettering must contrast sufficiently with the background so as to be easy to read. Do not crowd required labeling with artwork or non-required labeling.</p> <p>Smaller type sizes may be used for information panel labeling on very small food packages as discussed in 21 CFR 101.2(c).</p> <p>Different type sizes are specified for the nutrition facts label.</p> <p>The type size requirements for the statement of identity and the net quantity statement are discussed in Chapters 2 and 3 of this booklet.</p> <p>21 CFR 101.2(c) and 101.9(d)(1)(iii)</p>	 <p>The diagram shows a cylindrical soup can with a label. The label is divided into sections: a top section for 'Nutrition Facts', a middle section for 'Ingredients:', and a bottom section for the manufacturer's name and address, 'Any Soup Company Somewhere, ST 00000'.</p>
<p>7. What is the prohibition against intervening material?</p>	<p>Nonessential, intervening material is not permitted to be placed between the required labeling on the information panel (e.g., the UPC bar code is not required labeling).</p> <p>21 CFR 101.2(e)</p>	 <p>The diagram shows a rectangular product box. On the front panel, there is a 'Nutrition Facts' label at the top and a 'Manufactured by:' label at the bottom. A large, dark 'X' is drawn across the space between these two labels. A line points from the text 'Intervening Material' to the 'X', indicating that such material is prohibited.</p>
<p>8. What name and address must be listed on the label?</p>	<p>Food labels must list:</p> <ol style="list-style-type: none"> a. Name and address of the manufacturer, packer or distributor. Unless the name given is the actual manufacturer, it must be accompanied by a qualifying phrase which states the firm's relation to the product, e.g., "manufactured for" or "distributed by." 	




**Usually
Information
Panel**

- b. Street address if the firm name and address are not listed in a current city directory or telephone book;
- c. City or town;
- d. State (or country, if outside the United States); and
- e. ZIP code (or mailing code used in countries other than the United States).

21 CFR 101.5

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Chapter IV--Ingredient List

Questions	Answers
1. What is the ingredient list ?	<p>The ingredient list on a food label is the listing of each ingredient in descending order of predominance.</p> <p>"Ingredients: Pinto Beans, Water, and Salt"</p> <p>21 CFR 101.4(a)</p>
2. What is meant by the requirement to list ingredients in descending order of predominance ?	<p>Descending order of predominance means that the ingredients are listed in order of predominance by weight, that is, the ingredient that weighs the most is listed first, and the ingredient that weighs the least is listed last (see illustration for question #3).</p> <p>21 CFR 101.4(a)</p>
3. Where is the ingredient list placed on the label?	<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>The ingredient list is placed on the same label panel as the name and address of the manufacturer, packer or distributor. This may be either the information panel or the principal display panel. It may be before or after the nutrition label and the name and address of the manufacturer, packer or distributor.</p> <p>21 CFR 101.4(a)</p> </div> </div>
4. What type size is required for ingredient lists ?	<p>Use a type size that is at least 1/16 inch in height (lower case "o") and that is prominent, conspicuous, and easy to read. See the type size, prominence, and clarity requirements for information panel labeling discussed in the first chapter of this booklet.</p> <p>21 CFR 101.2(c)</p>
5. Should water be listed as an ingredient ?	<p>Water added in making a food is considered to be an ingredient. The added water must be identified in the list of ingredients and listed in its descending order of predominance by weight.</p>

	<p>"INGREDIENTS: Water, Navy Beans, and Salt"</p> <p>21 CFR 101.4(a)</p>
<p>6. Should the common or usual name always be used for ingredients?</p>	<p>Always list the common or usual name for ingredients unless there is a regulation that provides for a different term. For instance, use the term "sugar" instead of the scientific name "sucrose".</p> <p>"INGREDIENTS: Apples, Sugar, Water, and Spices"</p> <p>21 CFR 101.4(a)</p>
<p>7. Is it necessary to declare trace ingredients?</p>	<p>It depends on whether the trace ingredient is present in a significant amount and has a function in the finished food. If a substance is an incidental additive and has no function or technical effect in the finished product, then it need not be declared on the label. An incidental additive is usually present because it is an ingredient of another ingredient. Sulfites are considered to be incidental only if present at less than 10 ppm.</p> <p>21 CFR 101.100(a)(3)</p>
<p>8. What foods may list alternative fat and oil ingredients?</p>	<p>Listing alternative fat and oil ingredients ("and/or" labeling) is permitted only in the case of foods that contain relatively small quantities of added fat or oil ingredients (foods in which added fats or oils are not the predominant ingredient) and only if the manufacturer is unable to predict which fat or oil ingredient will be used.</p> <p>"INGREDIENTS: . . . Vegetable Oil (contains one or more of the following: Corn Oil, Soybean Oil, or Safflower Oil)"</p> <p>21 CFR 101.4(b)(14)</p>
<p>9. What ingredient listing is necessary for chemical preservatives?</p>	<p>When an approved chemical preservative is added to a food, the ingredient list must include both the common or usual name of the preservative and the function of the preservative by including terms, such as "preservative," "to retard spoilage," "a mold inhibitor," "to help protect flavor," or "to promote color retention."</p> <p>"INGREDIENTS: Dried Bananas, Sugar, Salt, and Ascorbic Acid to Promote Color Retention"</p> <p>21 CFR 101.22(j)</p>
<p>10. How are spices, natural flavors or artificial flavors declared in ingredient lists?</p>	<p>These may be declared in ingredient lists by using either specific common or usual names or by using the declarations "spices," "flavor" or "natural flavor," or "artificial flavor."</p> <p>"INGREDIENTS: Apple Slices, Water, Cane Syrup, Corn Syrup, Modified</p>

	<p>Corn Starch, Spices, Salt, Natural Flavor and Artificial Flavor"</p> <p>21 CFR 101.22(h)(1)</p>
<p>11. What listing is used for a spice that is also a coloring?</p>	<p>Spices, such as paprika, turmeric, saffron and others that are also colorings must be declared either by the term "spice and coloring" or by the actual (common or usual) names, such as "paprika."</p> <p>21 CFR 101.22(a)(2)</p>
<p>12. What ingredient listing is used for vegetable powder?</p>	<p>Vegetable powders must be declared by common or usual name, such as "celery powder."</p> <p>21 CFR 101.22(h)(3)</p>
<p>13. What ingredient listing is used for artificial colors?</p>	<p>It depends on whether the artificial color is a certified color:</p> <p><u>Certified colors:</u> List by specific or abbreviated name such as "FD&C Red No. 40" or "Red 40."</p> <p><u>Non-certified colors:</u> List as "artificial color," "artificial coloring," or by their specific common or usual names such as "caramel coloring" and "beet juice."</p> <p>21 CFR 101.22(k)(1) and (2), 21 CFR 74.705(d)(2)</p>

Approved Health Claims

- **Calcium and Osteoporosis**
 - 21 CFR 101.72 [Health claims: calcium and osteoporosis.](#)
- **Dietary Lipids (Fat) and Cancer**
 - 21 CFR 101.73 [Health claims: dietary lipids and cancer.](#)
- **Dietary Saturated Fat and Cholesterol and Risk of Coronary Heart Disease**
 - 21 CFR 101.75 [Health claims: dietary saturated fat and cholesterol and risk of coronary heart disease.](#)
- **Dietary Non-carcinogenic Carbohydrate Sweeteners and Dental Caries**
 - 21 CFR 101.80 [Health claims: dietary sugar alcohols and dental caries.](#)
 - Final Rule: [Health Claims; D-tagatose and Dental Caries](#) July 3, 2003
 - Interim Final Rule: [Health Claims; D-tagatose and Dental Caries](#) December 2, 2002
 - Final Rule: [Food Labeling: Health Claims; Dietary Sugar Alcohols and Dental Caries.](#) December 2, 1997
 - Final Rule: [Food Labeling: Health Claims; Sugar Alcohol and Dental Caries.](#) August 23, 1996
- **Fiber-containing Grain Products, Fruits and Vegetables and Cancer**
 - 21 CFR 101.76 [Health claims: fiber-containing grain products, fruits, and vegetables and cancer.](#)
- **Folic Acid and Neural Tube Defects**
 - 21 CFR 101.79 [Health claims: Folate and neural tube defects.](#)
 - Final Rule: [Food Labeling: Health Claims; Folate and Neural Tube Defects.](#) March 5, 1996
 - Final Rule: [Revoking January 4, 1994 Regulation That Became Final By Operation of Law.](#) September 24, 1996
- **Fruits and Vegetables and Cancer**
 - 21 CFR 101.78 [Health claims: fruits and vegetables and cancer.](#)
- **Fruits, Vegetables and Grain Products that contain Fiber, particularly Soluble fiber, and Risk of Coronary Heart Disease**
 - 21 CFR 101.77 [Health claims: fruits, vegetables, and grain products that contain fiber, particularly soluble fiber, and risk of coronary heart disease.](#)
- **Sodium and Hypertension**
 - 21 CFR 101.74 [Health claims: sodium and hypertension.](#)
- **Soluble Fiber from Certain Foods and Risk of Coronary Heart Disease**
 - 21 CFR 101.81 [Health claims: Soluble fiber from certain foods and risk of coronary heart disease \(CHD\).](#)
 - Final Rule: [Health Claims; Soluble Dietary Fiber From Certain Foods and Coronary Heart Disease](#) July 28, 2003
 - Interim Final Rule: [Health Claims; Soluble Dietary Fiber From Certain Foods and Coronary Heart Disease](#) October 2, 2002

- Final rule; correction: [Food Labeling: Health Claims; Soluble Fiber From Certain Foods and Coronary Heart Disease; Correction](#). April 9, 1998.
 - Final Rule: [Food Labeling: Health Claims; Soluble Fiber from Certain Foods and Risk of Coronary Heart Disease](#). February 18, 1998.
 - Final Rule: [Food Labeling: Health Claims; Soluble Fiber From Whole Oats and Risk of Coronary Heart Disease](#). Amended. March 31, 1997.
 - Final Rule: [Food Labeling: Health Claims; Oats and Coronary Heart Disease](#). January 23, 1997.
 - [FDA Allows Whole Oat Foods to Make Health Claim on Reducing the Risk of Heart Disease](#). January 21, 1997
- **Soy Protein and Risk of Coronary Heart Disease**
 - 21 CFR 101.82 [Health claims: Soy protein and risk of coronary heart disease \(CHD\)](#).
 - [FDA Approves New Health Claim for Soy Protein and Coronary Heart Disease](#). October 20, 1999
 - Final Rule: [Food Labeling: Health Claims; Soy Protein and Coronary Heart Disease](#). October 26, 1999
 - [Soy: Health Claims for Soy Protein, Questions About Other Components](#) May-June 2000
 - [Other Information on Soy](#)
- **Stanols/Sterols and Risk of Coronary Heart Disease**
 - [FDA Letter Regarding Enforcement Discretion With Respect to Expanded Use of an Interim Health Claim Rule About Plant Sterol/Stanol Esters and Reduced Risk of Coronary Heart Disease](#) February 14, 2003
 - 21 CFR 101.83 [Health claims: plant sterol/stanol esters and risk of coronary heart disease \(CHD\)](#).
 - [FDA Authorizes New Coronary Heart Disease Claim for Plant Sterol and Plant Stanol Esters](#). September 5, 2000
 - [Interim Final Rule - Food Labeling: Health Claims; Plant Sterol/Stanol Esters and Coronary Heart Disease](#). September 8, 2000
 - [Interim Final Rule; Reopening of Comment Period - Food Labeling: Health Claims; Plant Sterol/Stanol Esters and Coronary Heart Disease](#) October 5, 2001

Qualified Health Claims: Letters of Enforcement Discretion

- [Summary of Qualified Health Claims Permitted](#), September 2003
- **Cancer**
 - [Calcium and Colon/Rectal Cancer and Calcium and Colon/Rectal Polyps](#) October 12, 2005
 - [Green Tea and Risk of Breast Cancer and Prostate Cancer](#) June 30, 2005
 - [Selenium and Certain Cancers](#), April 28, 2003
 - [Letter Regarding Dietary Supplement Health Claim for Selenium and Certain Cancers](#) February 21, 2003
 - [Letter Regarding Dietary Supplement Health Claim for Antioxidant Vitamins and Risk of Certain Cancers](#) April 1, 2003
 - Revocation: [Food Labeling: Health Claims and Labeling Statements; Dietary Fiber and Cancer; Antioxidant Vitamins and Cancer; Omega-3 Fatty Acids and Coronary Heart Disease; Folate and Neural Tube Defects](#) Federal Register, October 3, 2000
- **Cardiovascular Disease**
 - Monounsaturated Fatty Acids
 - [FDA Allows Qualified Health Claim to Decrease Risk of Coronary Heart Disease](#) November 1, 2004
 - [Letter Responding to Health Claim Petition dated August 28, 2003: Monounsaturated Fatty Acids from Olive Oil and Coronary Heart Disease](#) November 1, 2004
 - Omega-3 Fatty Acids
 - [Letter Responding to Health Claim Petition dated November 3, 2003 \(Martek Petition\): Omega-3 Fatty Acids and Reduced Risk of Coronary Heart Disease](#) September 8, 2004
 - [Letter Responding to Health Claim Petition dated June 23, 2003 \(Wellness Petition\): Omega-3 Fatty Acids and Reduced Risk of Coronary Heart Disease](#) September 8, 2004
 - [Questions and Answers: Qualified Health Claim for Omega-3 Fatty Acids, Eicosapentaenoic Acid \(EPA\) and Docosahexaenoic Acid \(DHA\)](#) September 8, 2004
 - [Letter Responding to a Request to Reconsider the Qualified Claim for a Dietary Supplement Health Claim for Omega-3 Fatty Acids and Coronary Heart Disease](#) February 8, 2002
 - [Letter Regarding Dietary Supplement Health Claim for Omega-3 Fatty Acids and Coronary Heart Disease \(Docket No. 91N-0103\)](#) October 31, 2000
 - [Walnuts and Coronary Heart Disease](#) March 9, 2004
 - [Nuts and Coronary Heart Disease](#) July 14, 2003
 - [Settlement Reached for Health Claim Relating B Vitamins and Vascular Disease](#) May 15, 2001
 - [Letter Regarding Dietary Supplement Health Claim for Folic Acid, Vitamin B₆, and Vitamin B₁₂ and Vascular Disease](#) November 28, 2000
- **Cognitive Function**
 - [Letter Updating the Phosphatidylserine and Cognitive Function and Dementia Qualified Health Claim](#) November 24, 2004
 - [Phosphatidylserine and Cognitive Dysfunction and Dementia](#), May 13, 2003
 - [Letter Regarding Dietary Supplement Health Claim for Phosphatidylserine and Cognitive Dysfunction and Dementia](#) February 24, 2003
- **Diabetes**

- [Chromium Picolinate and a Reduced Risk of Insulin Resistance, Type 2 Diabetes](#) August 25, 2005
- **Hypertension**
 - [Calcium and Hypertension, Pregnancy-Induced Hypertension, and Preeclampsia](#) October 12, 2005 **NEW**
- **Neural Tube Defects**
 - [Letter Regarding a Health Claim for Folic Acid And Neural Tube Defects](#) April 3, 2001
 - [Letter Regarding Dietary Supplement Health Claim for Folic Acid with Respect to Neural Tube Defects](#) October 10, 2000

Qualified Health Claims: Letters of Denial

- **Cancer**
 - [Calcium and Risk of Breast and Prostate Cancers](#) October 12, 2005 **NEW**
 - [Green Tea and Risk of: Gastric Cancer; Lung Cancer; Colon/Rectal Cancer; Esophageal Cancer; Pancreatic Cancer; Ovarian Cancer; Liver Cancer; Bladder Cancer; and Skin Cancer, as well as Total Cancers Combined](#) June 30, 2005
- **Cardiovascular Disease**
 - [Letter Regarding Eggs with Enhanced Omega-3 Fatty Acid Content and a Balanced 1:1 Ratio of Omega-3/Omega-6 Fatty Acids and Reduced Risk of Heart Disease and Sudden Fatal Heart Attack](#) April 5, 2005
 - [Letter Regarding Dietary Supplement Health Claim for Vitamin E and Heart Disease](#) February 9, 2001
- **Diabetes**
 - [Chromium picolinate and a reduced risk of: cardiovascular disease when caused by insulin resistance; abnormally elevated blood sugar cardiovascular disease when caused by abnormally elevated blood sugar levels; cardiovascular disease when caused by type 2 diabetes; retinopathy when caused by abnormally high blood sugar levels; and kidney disease when caused by abnormally high blood sugar levels](#) August 25, 2005 **NEW**
- **Kidney Stones/Urinary Stones**
 - [Calcium and Kidney/Urinary Stones](#) October 12, 2005 **NEW**
- **Menstrual Disorders**
 - [Calcium and a Reduced Risk of Menstrual Disorders](#) September 12, 2005
- **Osteoarthritis**
 - [Letter Regarding the Relationship Between the Consumption of Glucosamine and/or Chondroitin Sulfate and a Reduced Risk of: Osteoarthritis; Osteoarthritis-related Joint Pain, Joint Tenderness, and Joint Swelling; Joint Degeneration; and Cartilage Deterioration](#) October 7, 2004
 - [Letter Regarding the Relationship Between the Consumption of Crystalline Glucosamine Sulfate and a Reduced Risk of Osteoarthritis](#) October 7, 2004

Qualified Health Claims: Withdrawn

- [Soy Protein and Cancer](#) October 7, 2005 **NEW**

Qualified Health Claims: Consumer Research

- [Questions and Answers: Qualified Health Claims in Food Labeling - Report on Effects of Strength of Science Disclaimers on the Communication Impacts of Health Claims](#) September 28, 2005

A Food Labeling Guide--Appendix A
[Food Labeling CFR References](#)

Definitions of Nutrient Content Claims

Nutrient	Free	Low	Reduced/Less	Comments
	<p>Synonyms for "Free": "Zero", "No", "Without", "Trivial Source of", "Negligible Source of", "Dietarily Insignificant Source of"</p> <p>Definitions for "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/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 g basis</p>	<p>For "Free", "Very Low", or "Low", must indicate if food meets a definition without benefit of special processing, alteration, formulation or reformulation; e.g., "broccoli, a fat-free food" or "celery, a low calorie food"</p>
Nutrient	Free	Low	Reduced/Less	Comments
<p>Calories 21 CFR 101.60(b)</p>	<p>Less than 5 cal per reference amount and per labeled serving</p> <p>Not defined for meals or main dishes</p>	<p>40 cal or less per reference amount (and per 50 g if reference amount is small)</p> <p>Meals and main dishes: 120 cal or less per 100 g</p>	<p>At least 25% 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>"Light" or "Lite": if 50% or more of the calories are from fat, fat must be reduced by at least 50% per reference amount. If less than 50% of calories are from fat, fat must be reduced at least 50% or calories reduced at least 1/3 per reference amount</p> <p>"Light" or "Lite" meal or main dish product meets definition for "Low Calorie" or "Low Fat" meal and is labeled to indicate which definition is met</p> <p>For dietary supplements: Calorie claims can only be made when the reference product is greater than 40 calories per serving</p>

Nutrient	Free	Low	Reduced/Less	Comments
Total Fat 21 CFR 101.62(b)	Less than 0.5 g per reference amount and per labeled serving (or for meals and main dishes, less than 0.5 g per labeled serving) No ingredient that is fat or understood to contain fat, except noted below. (*)	3 g or less per reference amount (and per 50 g if reference amount is small) Meals and main dishes: 3 g or less per 100 g and not more than 30% of calories from fat	At least 25% less fat per reference amount than an appropriate reference food Reference food may not be "Low Fat"	"__% Fat Free": OK if meets the requirements for "Low Fat" 100% Fat Free: food must be "Fat Free" "Light"--see above For dietary supplements: calorie claims cannot be made for products that are 40 calories or less per serving

Nutrient	Free	Low	Reduced/Less	Comments
Saturated Fat 21 CFR 101.62(c)	Less than 0.5 g saturated fat and less than 0.5 g trans fatty acids per reference amount and per labeled serving (or for meals and main dishes, less than 0.5 g saturated fat and less than 0.5 g trans fatty acids per labeled serving) No ingredient that is understood to contain saturated fat except as noted below ^(*)	1 g or less per reference amount and 15% or less of calories from saturated fat Meals and main dishes: 1 g or less per 100 g and less than 10% of calories from saturated fat	At least 25% less saturated fat per reference amount than an appropriate reference food Reference food may not be "Low Saturated Fat"	Next to all saturated fat claims, must declare the amount of cholesterol if 2 mg or more per reference amount; and the amount of total fat if more than 3 g per reference amount (or 0.5 g or more of total fat for "Saturated Fat Free") For dietary supplements: saturated fat claims cannot be made for products that are 40 calories or less per serving

Nutrient	Free	Low	Reduced/Less	Comments
Cholesterol 21 CFR	Less than 2 mg per reference amount and per labeled serving	20 mg or less per reference amount (and per 50 g of food)	At least 25% less cholesterol per reference	Cholesterol claims only allowed when food contains 2 g or less saturated fat

101.62(d)	<p>(or for meals and main dishes, less than 2 mg per labeled serving)</p> <p>No ingredient that contains cholesterol except as noted below^(*)</p> <p>If less than 2 mg per reference amount by special processing and total fat exceeds 13 g per reference amount and labeled serving, the amount of cholesterol must be "Substantially Less" (25%) than in a reference food with significant market share (5% of market)</p>	<p>if reference amount is small)</p> <p>If qualifies by special processing and total fat exceeds 13 g per reference and labeled serving, the amount of cholesterol must be "Substantially Less" (25%) than in a reference food with significant market share (5% of market)</p> <p>Meals and main dishes: 20 mg or less per 100 g</p>	<p>amount than an appropriate reference food</p> <p>Reference food may not be "Low Cholesterol"</p>	<p>per reference amount; or for meals and main dish products--per labeled serving size for "Free" claims or per 100 g for "Low" and "Reduced/Less" claims</p> <p>Must declare the amount of total fat next to cholesterol claim when fat exceeds 13 g per reference amount and labeled serving (or per 50 g of food if reference amount is small), or when the fat exceeds 19.5 g per labeled serving for main dishes or 26 g for meal products</p> <p>For dietary supplements: cholesterol claims cannot be made for products that are 40 calories or less per serving</p>
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Nutrient	Free	Low	Reduced/Less	Comments
<p>Sodium 21 CFR 101.61</p>	<p>Less than 5 mg per reference amount and per labeled serving (or for meals and main dishes, less than 5 mg per labeled serving)</p> <p>No ingredient that is sodium chloride or generally understood to contain sodium except as noted below^(*)</p>	<p>140 mg or less per reference amount (and per 50 g if reference amount is small)</p> <p>Meals and main dishes: 140 mg or less per 100g</p>	<p>At least 25% less sodium per reference amount than an appropriate reference food</p> <p>Reference food may not be "Low Sodium"</p>	<p>"Light" (for sodium reduced products): if food is "Low Calorie" and "Low Fat" and sodium is reduced by at least 50%</p> <p>"Light in Sodium": if sodium is reduced by at least 50% per reference amount. Entire term "Light in Sodium" must be used in same type, size, color & prominence. Light in Sodium for meals = "Low in Sodium"</p> <p>"Very Low Sodium": 35 mg or less per reference amount (and per 50 g if reference amount is small). For meals</p>

				<p>and main dishes: 35 mg or less per 100 g</p> <p>"Salt Free" must meet criterion for "Sodium Free"</p> <p>"No Salt Added" and "Unsalted" must 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% less sodium than normally added to reference food and if not "Low Sodium", so labeled on information panel</p>
Nutrient	Free	Low	Reduced/Less	Comments
<p>Sugars 21 CFR 101.60(c)</p>	<p>"Sugar Free": Less than 0.5 g sugars per reference amount and per labeled serving (or for meals and main dishes, less than 0.5 g per labeled serving)</p> <p>No ingredient that is a sugar or generally understood to contain sugars except as noted below^(*)</p> <p>Disclose calorie profile (e.g., "Low Calorie")</p>	<p>Not Defined. No basis for recommended intake</p>	<p>At least 25% less sugars per reference amount than an appropriate reference food</p> <p>May not use this claim on dietary supplements of vitamins and minerals</p>	<p>"No Added Sugars" and "Without Added Sugars" are allowed if no sugar or sugar containing ingredient is added during processing. State if food is not "Low" or "Reduced Calorie"</p> <p>The terms "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>

Notes: * Except if the ingredient listed in the ingredient statement has an asterisk that refers to footnote (e.g., "* adds a trivial amount of fat").

- "Reference Amount" = reference amount customarily consumed.
- "Small Reference Amount" = reference amount of 30 g or less or 2 tablespoons or less (for dehydrated foods that are typically consumed when rehydrated with water or a diluent containing an insignificant amount, as defined in 21 CFR 101.9(f)(1), of all nutrients per reference amount, the per 50 g criterion refers to the prepared form of the food).
- When levels exceed: 13 g Fat, 4 g Saturated Fat, 60 mg Cholesterol, and 480 mg Sodium per reference amount, per labeled serving or, for foods with small reference amounts, per 50 g, a disclosure statement is required as part of claim (e.g., "See nutrition information for ___ content" with the blank filled in with nutrient(s) that exceed the prescribed levels).

A Food Labeling Guide--Appendix C

[Food Labeling CFR References](#)

[\(See updates at end of article\)](#)

Health Claims

Approved Claims	Food Requirements	Claim Requirements	Model Claim, Statements
<p>Calcium and Osteoporosis-- 21 CFR 101.72</p>	<ul style="list-style-type: none"> - High in calcium, - Assimilable (Bioavailable), - Supplements must disintegrate and dissolve, and - Phosphorus content cannot exceed calcium content 	<p>Indicates disease depends on many factors by listing risk factors or the disease: Gender--Female. Race--Caucasian and Asian. Age--Growing older.</p> <p>Primary target population: Females, Caucasian and Asian races, and teens and young adults in their bone-forming years.</p> <p>Additional factors necessary to reduce risk: Eating healthful meals, regular exercise.</p> <p>Mechanism relating calcium to osteoporosis: Optimizes peak bone mass.</p> <p>Foods or supplements containing more than 400 mg calcium must state that total intakes of greater than 2,000 mg calcium provide no added benefit to bone health.</p>	<p>Regular exercise and a healthy diet with enough calcium helps teens and young adult white and Asian women maintain good bone health and may reduce their high risk of osteoporosis later in life.</p>
Approved Claims	Food Requirements	Claim Requirements	Model Claim, Statements
<p>Sodium and Hypertension-- 21 CFR 101.74</p>	<ul style="list-style-type: none"> - Low sodium 	<p><i>Required terms:</i></p> <ul style="list-style-type: none"> - "Sodium", "High blood pressure" 	<p>Diets low in sodium may reduce the risk of high blood pressure, a disease associated with many factors.</p>

		Includes physician statement (Individuals with high blood pressure should consult their physicians) if claim defines high or normal blood pressure	
Approved Claims	Food Requirements	Claim Requirements	Model Claim, Statements
Dietary Fat and Cancer-- 21 CFR 101.73	- Low fat (Fish & game meats: "Extra lean")	<i>Required terms:</i> - "Total fat" or "Fat" - "Some types of cancers" or "Some cancers" Does not specify types of fats or fatty acids that may be related to risk of cancer.	Development of cancer depends on many factors. A diet low in total fat may reduce the risk of some cancers.
Approved Claims	Food Requirements	Claim Requirements	Model Claim, Statements
Dietary Saturated Fat and Cholesterol and Risk of Coronary Heart Disease-- 21 CFR 101.75	- Low saturated fat, - Low cholesterol, and - Low fat (Fish & game meats: "Extra lean")	<i>Required terms:</i> - "Saturated fat and cholesterol", - "Coronary heart disease" or "Heart disease" Includes physician statement (individuals with elevated blood total--or LDL--cholesterol should consult their physicians) if claim defines high or normal blood total--and LDL--cholesterol.	While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.
Approved Claims	Food Requirements	Claim Requirements	Model Claim, Statements

<p>Fiber-Containing Grain Products, Fruits, and Vegetables and Cancer-- 21 CFR 101.76</p>	<ul style="list-style-type: none"> - A grain product, fruit, or vegetable that contains dietary fiber; - Low fat, and - Good source of dietary fiber (without fortification) 	<p><i>Required terms:</i></p> <ul style="list-style-type: none"> - "Fiber", "Dietary fiber", or "Total dietary fiber" - "Some types of cancer" or "Some cancers" <p>Does not specify types of dietary fiber that may be related to risk of cancer.</p>	<p>Low fat diets rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer, a disease associated with many factors.</p>
<p>Approved Claims</p>	<p>Food Requirements</p>	<p>Claim Requirements</p>	<p>Model Claim, Statements</p>
<p>Fruits, Vegetables and Grain Products that contain Fiber, particularly Soluble Fiber, and Risk of Coronary Heart Disease- - 21 CFR 101.77</p>	<ul style="list-style-type: none"> - A fruit, vegetable, or grain product that contains fiber; - Low saturated fat, - Low cholesterol, - Low fat, - At least 0.6 grams of soluble fiber per RA (without fortification), and, - Soluble fiber content provided on label 	<p><i>Required terms:</i></p> <ul style="list-style-type: none"> - "Fiber", "Dietary fiber", "Some types of dietary fiber", "Some dietary fibers", or "Some fibers" - "Saturated fat" and "Cholesterol" - "Heart disease" or "Coronary heart disease" <p>Includes physician statement ("Individuals with elevated blood total-- or LDL--cholesterol should consult their physicians") if claim defines high or normal blood total--and LDL--cholesterol.</p>	<p>Diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products that contain some types of dietary fiber, particularly soluble fiber, may reduce the risk of heart disease, a disease associated with many factors.</p>
<p>Approved Claims</p>	<p>Food Requirements</p>	<p>Claim Requirements</p>	<p>Model Claim, Statements</p>

<p>Fruits and Vegetables and Cancer-- 21 CFR 101.78</p>	<p>- A fruit or vegetable, - Low fat, and - Good source (without fortification) of at least one of the following:</p> <ul style="list-style-type: none"> • Vitamin A, • Vitamin C, or • Dietary fiber 	<p><i>Required terms:</i> - "Fiber", "Dietary fiber", or "Total dietary fiber"; - "Total fat" or "Fat", - "Some types of cancer" or "Some cancers"</p> <p>Characterizes fruits and vegetables as "Foods that are low in fat and may contain Vitamin A, Vitamin C, and dietary fiber."</p> <p>Characterizes specific food as a "Good source" of one or more of the following: Dietary fiber, Vitamin A, or Vitamin C.</p> <p>Does not specify types of fats or fatty acids or types of dietary fiber that may be related to risk of cancer.</p>	<p>Low fat diets rich in fruits and vegetables (foods that are low in fat and may contain dietary fiber, Vitamin A, or Vitamin C) may reduce the risk of some types of cancer, a disease associated with many factors. Broccoli is high in vitamin A and C, and it is a good source of dietary fiber.</p>
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<p>Approved Claims</p>	<p>Food Requirements</p>	<p>Claim Requirements</p>	<p>Model Claim, Statements</p>
<p>Folate and Neural Tube Defects-- 21 CFR 101.79</p>	<p>"Good source" of folate (at least 40 mcg folate per serving) - Dietary supplements, or foods in conventional food form that are naturally good sources of folate (i.e., only non-fortified food in conventional food form)</p>	<p><i>Required terms:</i> - Terms that specify the relationship (e.g., women who are capable of becoming pregnant and who consume adequate amounts of folate) "Folate", "folic acid", "folacin", "folate a B vitamin", "folic acid, a B vitamin," "folacin, a B vitamin," "neural tube defects", "birth defects, spinal bifida, or anencephaly", "birth defects of the brain or spinal cord -- anencephaly or spinal bifida", "spinal bifida or anencephaly, birth defects of the brain or spinal cord".</p>	<p>Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.</p>

	<p>- The claim shall not be made on products that contain more than 100% of the RDI for vitamin A as retinol or preformed vitamin A or vitamin D</p> <p>- Dietary supplements shall meet USP standards for disintegration and dissolution or otherwise bioavailable</p> <p>-Amount of folate required in N.L.</p>	<p>Must also include information on the multifactorial nature of neural tube defects, and the safe upper limit of daily intake.</p>	
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Approved Claims	Food Requirements	Claim Requirements	Model Claim, Statements
<p>Dietary Sugar Alcohol and Dental Caries-- 21 CFR 101.80</p>	<p>-Sugar free</p> <p>-The sugar alcohol must be xylitol, sorbitol, mannitol, maltitol, isomalt, lactitol, hydrogenated starch hydrolysates, hydrogenated glucose syrups, erythritol, or a combination.</p> <p>-When a fermentable carbohydrate is present, the food must not lower plaque pH below 5.7.</p>	<p><i>Required terms:</i></p> <p>- "does not promote," "may reduce the risk of," "useful [or is useful] in not promoting" or "expressly [or is expressly] for not promoting" dental caries;</p> <p>- "sugar alcohol" or "sugar alcohols" or the name or names of the sugar alcohols, e.g., sorbitol;</p> <p>- "dental caries" or "tooth decay."</p> <ul style="list-style-type: none"> • Includes statement that frequent between meal consumption of foods high in sugars and starches can promote tooth decay. • Packages with less than 15 	<p>Full claim: Frequent between-meal consumption of foods high in sugars and starches promotes tooth decay. The sugar alcohols in [name of food] do not promote tooth decay.</p> <p>Shortened claim(on small packages only): Does not promote tooth decay.</p>

		square inches of surface area available for labeling may use a shortened claim.	
Approved Claims	Food Requirements	Claim Requirements	Model Claim, Statements
<p>Soluble Fiber from Certain Foods and Risk of Coronary Heart Disease -</p> <p>21 CFR 101.81</p>	<p>-Low saturated fat</p> <p>-Low cholesterol</p> <p>-Low fat</p> <p>-Include either (1) one or more eligible sources of whole oats, containing at least 0.75 g whole oat soluble fiber per RA; or (2) psyllium seed husk containing at least 1.7 g of psyllium husk soluble fiber per RA</p> <p>-Amount of soluble fiber per RA declared in nutrition label.</p> <p>Eligible Source of Soluble Fiber (See updated information)</p> <p>Beta (β) glucan soluble fiber from oat bran, rolled oats (or oatmeal), and whole oat flour. Oat bran must provide at least 5.5% β-glucan soluble fiber, rolled oats must provide at least 4% β-glucan soluble fiber, and whole oat flour must provide at least 4% β-glucan soluble fiber or Psyllium husk wih</p>	<p><i>Required terms:</i></p> <p>- "Heart disease" or "coronary heart disease."</p> <p>- "Soluble fiber" qualified by either "psyllium seed husk" or the name of the eligible source of whole oat soluble fiber.</p> <p>- "Saturated fat" and "cholesterol."</p> <p>- "Daily dietary intake of the soluble fiber source necessary to reduce the risk of CHD and the contribution one serving of the product makes to this level of intake."</p> <p>Additional Required Label Statement</p> <p>Foods bearing a psyllium seed husk health claim must also bear a label statement concerning the need to consume them with adequate amounts of fluids; e.g., "NOTICE: This food should be eaten with at least a full glass of liquid. Eating this product without enough liquid may cause choking. Do not eat this product if your have difficulty in swallowing." (21 CFR 101.17(f))</p>	<p>Soluble fiber from foods such as [<i>name of soluble fiber source</i>, and, if desired, <i>name of food product</i>], as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of [<i>name of food product</i>] supplies __ grams of the [necessary daily dietary intake for the benefit] soluble fiber from [<i>name of soluble fiber source</i>] necessary per day to have this effect.</p>

	purity of no less than 95%		
Approved Claims	Food Requirements	Claim Requirements	Model Claim, Statements
Soy Protein and Risk of Coronary Heart Disease 21 CFR 101.82	<ul style="list-style-type: none"> - At least 6.25 g soy protein per RA - Low saturated fat, - Low cholesterol, and - Low fat (except that foods made from whole soybeans that contain no fat in addition to that inherent in the whole soybean are exempt from the "low fat" requirement) 	<p><i>Required terms:</i></p> <ul style="list-style-type: none"> - "Heart disease" or "coronary heart disease" - "Soy protein" - "Saturated fat" and "cholesterol" <p>Claim specifies daily dietary intake levels of soy protein associated with reduced risk</p> <p>Claim specifies amount of soy protein in a serving of food</p>	<p>(1) 25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of [name of food] supplies __ grams of soy protein.</p> <p>(2) Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of [name of food] provides __ grams of soy protein.</p>
Approved Claims	Food Requirements	Claim Requirements	Model Claim, Statements
Plant Sterol/stanol esters and Risk of Coronary Heart Disease 21 CFR 101.83	<ul style="list-style-type: none"> - At least 0.65 g plant sterol esters per RA of spreads and salad dressings, or - At least 1.7 g plant stanol esters per RA of spreads, salad dressings, snack bars, and dietary supplements. - Low saturated fat, 	<p><i>Required terms:</i></p> <ul style="list-style-type: none"> - " May" or " might" reduce the risk of CHD - " Heart disease" or " coronary heart disease" - " Plant sterol esters" or " plant stanol esters" ; except " vegetable oil" may replace the term " plant" if vegetable oil is the sole source 	<p>(1) Foods containing at least 0.65 gram per serving of vegetable oil sterol esters, eaten twice a day with meals for a daily total intake of at least 1.3 grams, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of [name of food] supplies __ grams of vegetable oil sterol esters.</p> <p>(2) Diets low in saturated fat and cholesterol that include two servings of foods that provide</p>

	<p>- Low cholesterol, and</p> <p>- Spreads and salad dressings that exceed 13 g fat per 50 g must bear the statement "<i>see nutrition information for fat content</i>"</p> <p>Salad dressings are exempted from the [minimum 10% DV nutrient requirement (see General Criteria below)</p>	<p>of the sterol/stanol ester</p> <p>Claim specifies plant stero/stanol esters are part of a diet low in saturated fat and cholesterol.</p> <p>Claim does not attribute any degree of CHD risk reduction.</p> <p>Claim specifies the daily dietary intake of plant sterol or stanol esters necessary to reduce CHD risk, and the amount provided per serving.</p> <p>Claim specifies that plant sterol or stanol esters should be consumed with two different meals each a day.</p>	<p>a daily total of at least 3.4 grams of plant stanol esters in two meals may reduce the risk of heart disease. A serving of [<i>name of food</i>] supplies __ grams of plant stanol esters.</p>
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CLAIMS AUTHORIZED BASED ON AUTHORITATIVE STATEMENTS BY FEDERAL SCIENTIFIC BODIES

APPROVED CLAIMS	FOOD REQUIREMENTS	CLAIM REQUIREMENTS	MODEL CLAIM STATEMENTS
<p>Whole Grain Foods and Risk of Heart Disease and Certain Cancers Docket No. 99P-2209</p>	<p>- Contains 51 percent or more whole grain ingredients by weight per RA, and</p> <p>- Dietary fiber content at least:</p> <ul style="list-style-type: none"> • 3.0 g per RA of 55 g • 2.8 g per RA of 50 g • 2.5 g per RA of 45 g • 1.7 g per RA of 35 g <p>- Low fat</p>	<p><i>Required wording of the claim:</i></p> <p>" Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."</p>	<p>NA</p>

Potassium and the Risk of High Blood Pressure and Stroke Docket No. 00Q-1582	- Good source of potassium - Low sodium - Low total fat - Low saturated fat - Low cholesterol	<i>Required wording for the claim:</i> "Diets containing foods that are a good source of potassium and that are low in sodium may reduce the risk of high blood pressure and stroke."	NA
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General Criteria All Claims Must Meet

- All information in one place without intervening material (Reference statement permitted).
- Only information on the value that intake or reduced intake, as part of a total dietary pattern, may have on a disease or health-related condition.
- Enables public to understand information provided and significance of information in the context of a total daily diet.
- Complete, truthful, and not misleading.
- Food Contains, without fortification, 10% or more of the Daily Value for one of six nutrients (dietary supplements excepted):

Vitamin A	500 IU	Calcium	100 mg
Vitamin C	6 mg	Protein	5 g
Iron	1.8 mg	Fiber	2.5 g

- Not represented for infants or toddlers less than 2 years of age.
- Uses "may" or "might" to express relationship between substance and disease.
- Does not quantify any degree of risk reduction.
- Indicates disease depends on many factors.
- Food contains less than the specified levels of four disqualifying nutrients:

<u>Disqualifying Nutrients</u>	<u>Foods</u>	<u>Main Dishes</u>	<u>Meal Products</u>
Fat	13 g	19.5 g	26 g
Saturated Fat	4 g	6 g	8 g
Cholesterol	60 mg	90 mg	120 mg

Sodium 480 mg 720 mg 960 mg

Abbreviations: RA = reference amount, IU = International Units

Relative (or Comparative) Claims

Accompanying Information

For all relative claims, percent (or fraction) of change and identity of reference food must be declared in immediate proximity to the most prominent claim. Quantitative comparison of the amount of the nutrient in the product per labeled serving with that in reference food must be declared on information panel.

For "Light" claims: Generally, percentage reduction for both fat and calories must be stated. An exception is that percentage reduction need not be specified for "low-fat" products. Quantitative comparisons must be stated for both fat and calories.

For claims characterizing the level of antioxidant nutrients in a food:

- an RDI must be established for each of the nutrients that are the subject of the claim;
- each nutrient must have existing scientific evidence of antioxidant activity and
- the level of each nutrient must be sufficient to meet the definition for "high," "good source," or "high potency" in 21 CFR 101.54(b),(c), or (e).

Beta-carotene may be the subject of an antioxidant claim when the level of vitamin A present as beta-carotene in the food is sufficient to qualify for the claim.

Reference Food	
"Light" or "Lite"	(1) A food representative of the type of food bearing the claim (e.g., average value of top three brands or representative value from valid data base), (2) Similar food (e.g., potato chips for potato chips), and (3) Not low-calorie <u>and</u> low-fat (except light-sodium foods which <u>must</u> be low-calorie & low-fat).
"Reduced" and "Added"(or Fortified" and "Enriched")	(1) An established regular product or average representative product, and (2) Similar food.
"More" and "Less" (or "Fewer")	(1) An established regular product or average representative product, and (2) A dissimilar food in the same product category which may be generally substituted for the labeled food (e.g., potato chips for pretzels) or a similar food.

Other Nutrient Content Claims	
"Lean"	On seafood or game meat that contains less than 10g total fat, 4.5g or less saturated fat, and less than 95mg cholesterol per reference amount and per 100g (for meals & main dishes, meets criteria per 100g and per labeled serving).
"Extra Lean"	On seafood or game meat that contains less than 5g total fat, less than 2g saturated fat and less than 95mg cholesterol per reference amount and per 100g (for meals and main dishes, meets criteria per 100g and per labeled serving).
High Potency	May be used on foods to describe individual vitamins or minerals that are present at 100% or more of the RDI per reference amount or on a multi-ingredient food product that contains 100% or more of the RDI for at least 2/3 of the vitamins and minerals with DV's and that are present in the product at 2% or more of the RDI (e.g., "High potency multivitamin, multimineral dietary supplement tablets")..
"High", "Rich In", or "Excellent Source Of"	Contains 20% or more of the Daily Value (DV) to describe protein, vitamins, minerals, dietary fiber, or potassium per reference amount. May be used on meals or main dishes to indicate that product contains a food that meets definition. May not be used for total carbohydrate.
"Good Source of", "Contains" or "Provides"	10%-19% of the DV per reference amount. These terms may be used on meals or main dishes to indicate that product contains a food that meets definition. May not be used for total carbohydrate.
"More", "Added", "Extra", or "Plus"	10% or more of the DV per reference amount. May only be used for vitamins, minerals, protein, dietary fiber, and potassium.
"Modified"	May be used in statement of identity that bears a relative claim (e.g., "Modified Fat Cheese Cake, contains 35% Less Fat than our Regular Cheese Cake.")
Any Fiber Claim	If food is not low in total fat, must state total fat in conjunction with claim such as "More Fiber".

Implied Claims

- Claims about a food or ingredient that suggests that the nutrient or ingredient are absent or present in a certain amount or claims about a food that suggests a food may be useful in maintaining healthy dietary practices and which are made with an explicit claim (e.g. "healthy, contains 3 grams of fat") are implied claims and are prohibited unless provided for in a regulation by FDA. In addition, the Agency has devised a petition system whereby specific additional claims may be considered.

- Claims that a food contains or is made with an ingredient that is known to contain a particular nutrient may be made if product is "Low" in or a "Good Source" of the nutrient associated with the claim (e.g. "good source of oat bran").
- Equivalence claims: "contains as much [nutrient] as a [food]" may be made if both reference food and labeled food are a "Good Source" of a nutrient on a per serving basis. (e.g. "Contains as much vitamin C as an 8 ounce glass of orange juice").
- The following label statements are generally not considered implied claims unless they are made in a nutrition context: 1) avoidance claims for religious, food intolerance, or other non-nutrition related reasons (e.g. "100% milk free"); 2) statements about non-nutritive substances (e.g. "no artificial colors"); 3) added value statements (e.g. "made with real butter"); 4) statements of identity (e.g. "corn oil" or "corn oil margarine"); and 5) special dietary statements made in compliance with a specific Part 105 provision.

Claims on Foods for Infants and Children Less than 2 Years of Age

Nutrient content claims are not permitted on foods intended specifically for infants and children less than 2 years of age except:

1. Claims describing the percentage of vitamins and minerals in a food in relation to a daily value.
2. Claims on infant formulas provided for in Part 107.
3. The terms "Unsweetened" and "Unsalted" as taste claims.
4. "Sugar Free" and "No Added Sugar" claims on dietary supplements only.

Terms Covered That Are Not Nutrient Content Claims

"Fresh"	A raw food that has not been frozen, heat processed, or otherwise preserved.
"Fresh Frozen"	Food was quickly frozen while still fresh.

[Chapter VI: Questions 1 - 25](#)

[Chapter VI: Questions 26 - 45](#)

[Appendix A](#) Definitions of Nutrient Claims

[Appendix C](#) Health Claims