Inside the Package
Understanding the Nutrition Facts Label
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History of Nutrition Label

- **1880** - Peter Collier recommends passage of a national food and drug law
- **1883** - Dr. Harvey W. Wiley, Father of the Pure Food and Drugs Act
- **1906** – Original Food and Drugs Act
  - The Meat Inspection Act is passed the same day.
History of Nutrition Label

- **1913 - Gould Amendment** requires that food package contents be marked
- **1930** – The name of the **Food and Drug Administration (FDA)** is shortened
- **1939** - First Food Standards issued
- **1966** - Fair Packaging and Labeling Act requires that all products be labeled
History of Nutrition Label

- **1988 - Food and Drug Administration Act** Officially establishes FDA

- **1990 - Nutrition Labeling and Education Act** requires all packaged food to bear nutrition labeling

- **1992 - Nutrition facts** basic per-serving nutritional information required
History of Nutrition Label

- **2003** - Requires **food labels to include trans fat content**

- **2004** - Food Allergy Labeling and Consumer Protection Act requires the labeling of any food that contains peanuts, soybeans, cow’s milk, eggs, fish, crustacean shellfish, tree nuts, and wheat
USE THE NUTRITION FACTS LABEL TO EAT HEALTHIER

Source: U.S. Food and Drug Administration

- Check the serving size and number of servings.
- Calories count, so pay attention to the amount.
- Look for foods that are rich in these nutrients.
USE THE NUTRITION FACTS LABEL TO EAT HEALTHIER

- Know your fats and reduce sodium for your health.
- Reach for healthy, wholesome carbohydrates.
- For protein, choose foods that are lower in fat.
- The % Daily Value is a key to a balanced diet.

Source: U.S. Food and Drug Administration
Nutrition Facts Label

The Food Label and You
(click on link)
The FDA presents an entertaining and educational tool to help consumers understand and use the Nutrition Facts Label to make informed food choices
References and Resources

Textbook:

Websites:
• About FDA
  Significant Dates in U.S. Food and Drug Law History
  http://www.fda.gov/aboutfda/whatwedo/history/milestones/ucm128305.htm

• Make Your Calories Count
  Use the Nutrition Facts Label for Healthy Weight Management
  Make Your Calories Count is an interactive learning program that provides consumers with information to help plan a healthful diet while managing calorie intake. The exercises will help consumers use the food label to make decisions about which food choice is right for them. For simplicity, the program presents two nutrients that should be limited (saturated fat and sodium) and two nutrients that should be consumed in adequate amounts (fiber and calcium).
  http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm275438.htm

• The Food Label and You — Video
  FDA presents an entertaining and educational tool to help consumers understand and use the Nutrition Facts Label to make informed food choices.
  http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm275409.htm