Prior to these dates, several acts and bills were created but the following are milestones to take note of.

1880 - Peter Collier, chief chemist, U.S. Department of Agriculture, recommends passage of a national food and drug law, following his own food adulteration investigations. The bill was defeated, but during the next 25 years more than 100 food and drug bills were introduced in Congress.

1883 - Dr. Harvey W. Wiley becomes chief chemist, expanding the Bureau of Chemistry's food adulteration studies. Campaigning for a federal law, Dr. Wiley is called the "Crusading Chemist" and "Father of the Pure Food and Drugs Act." He retired from government service in 1912 and died in 1930.

1906 - The original Food and Drugs Act is passed by Congress on June 30 and signed by President Theodore Roosevelt. It prohibits interstate commerce in misbranded and adulterated foods, drinks and drugs.

Shocking disclosures of insanitary conditions in meat-packing plants, the use of poisonous preservatives and dyes in foods, and cure-all claims for worthless and dangerous patent medicines were the major problems leading to the enactment of these laws.
History of Nutrition Label

- **1913 - Gould Amendment** requires that food package contents be "plainly and conspicuously marked on the outside of the package in terms of weight, measure, or numerical count."

- **1930** - The name of the Food, Drug, and Insecticide Administration is shortened to **Food and Drug Administration (FDA)** under an agricultural appropriations act.

- **1939 - First Food Standards** issued (canned tomatoes, tomato purée, and tomato paste).

- **1966 - Fair Packaging and Labeling Act** requires all consumer products in interstate commerce to be honestly and informatively labeled, with FDA enforcing provisions on foods, drugs, cosmetics, and medical devices.
1988 - Food and Drug Administration Act of 1988 officially establishes the FDA as an agency of the Department of Health and Human Services with a Commissioner of Food and Drugs appointed by the President with the advice and consent of the Senate, and broadly spells out the responsibilities of the Secretary and the Commissioner for research, enforcement, education, and information.

1990 - Nutrition Labeling and Education Act requires all packaged foods to bear nutrition labeling and all health claims for foods to be consistent with terms defined by the Secretary of Health and Human Services. The law preempts state requirements about food standards, nutrition labeling, and health claims and, for the first time, authorizes some health claims for foods. The food ingredient panel, serving sizes, and terms such as "low fat" and "light" are standardized.

1992 - Nutrition facts, basic per-serving nutritional information, are required on foods under the Nutrition Labeling and Education Act of 1990. Based on the latest public health recommendations, FDA and the Food Safety and Inspection Service of the Department of Agriculture recreate the food label to list the most important nutrients in an easy-to-follow format.
2003 - To help consumers choose heart-healthy foods, the Department of Health and Human Services announces that FDA will require **food labels to include trans fat content**, the first substantive change to the nutrition facts panel on foods since the label was changed in 1993.

2004 - Passage of the **Food Allergy Labeling and Consumer Protection Act** requires the labeling of any food that contains a protein derived from any one of the following foods that, as a group, account for the vast majority of food allergies: peanuts, soybeans, cow’s milk, eggs, fish, crustacean shellfish, tree nuts, and wheat.
Check the serving size and number of servings.
The Nutrition Facts Label information is based on ONE serving, but many packages contain more. Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % Daily Values (DVs). When you compare calories and nutrients between brands, check to see if the serving size is the same.

Calories count, so pay attention to the amount.
This is where you'll find the number of calories per serving and the calories from fat in each serving.
Fat-free doesn't mean calorie-free. Lower fat items may have as many calories as full-fat versions.
If the label lists that 1 serving equals 3 cookies and 100 calories, and you eat 6 cookies, you've eaten 2 servings, or twice the number of calories and fat.

Look for foods that are rich in these nutrients.
Use the label not only to limit fat and sodium, but also to increase nutrients that promote good health and may protect you from disease.
Some Americans don't get enough vitamins A and C, potassium, calcium, and iron, so choose the brand with the higher % Daily Value (DV) for these nutrients.
Get the most nutrition for your calories—compare the calories to the nutrients you would be getting to make a healthier food choice.
USE THE NUTRITION FACTS LABEL TO EAT HEALTHIER

Know your fats and reduce sodium for your health.
To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fat, trans fat and cholesterol.
Trans fat doesn't have a % Daily Value (DV), but consume as little as possible because it increases your risk of heart disease.
The % Daily Value (DV) for total fat includes all different kinds of fats.
To help lower blood cholesterol, replace saturated and trans fats with monounsaturated and polyunsaturated fats found in fish, nuts, and liquid vegetable oils.
Limit sodium to help reduce your risk of high blood pressure.

Reach for healthy, wholesome carbohydrates.
Fiber and sugars are types of carbohydrates. Healthy sources, like fruits, vegetables, beans, and whole grains, can reduce the risk of heart disease and improve digestive functioning.
Whole grain foods can't always be identified by color or name, such as multi-grain or wheat. Look for the "whole" grain listed first in the ingredient list, such as whole wheat, brown rice, or whole oats.
There isn't a % Daily Value (DV) for sugar, but you can compare the sugar content in grams among products.
Limit foods with added sugars (sucrose, glucose, fructose, corn or maple syrup), which add calories but not other nutrients, such as vitamins and minerals. Make sure that added sugars are not one of the first few items in the ingredients list.

For protein, choose foods that are lower in fat.
Most Americans get plenty of protein, but not always from the healthiest sources.
When choosing a food for its protein content, such as meat, poultry, dry beans, milk and milk products, make choices that are lean, low-fat, or fat free.

The % Daily Value is a key to a balanced diet.
The % Daily Value (DV) is a general guide to help you link nutrients in a serving of food to their contribution to your total daily diet. It can help you determine if a food is high or low in a nutrient—5% or less is low, 20% or more is high. You can use the % Daily Value (DV) to make dietary trade-offs with other foods throughout the day. The * is a reminder that the % Daily Value (DV) is based on a 2,000-calorie diet. You may need more or less, but the % Daily Value (DV) is still a helpful gauge.
Scroll to the bottom and display the video for students to view. Recommend showing a segment at a time to discuss points.

- 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

You can view the new video in its entirety or select on any of the individual segments.

- Introduction
- CSI (Calorie Scene Investigators)
- Servings
- The 5-20 Rule Part 1
- The 5-20 Rule Part 2
- Party Food (Gametime/Play By Play)
- Road Food (Finding Nutrition Information on the Road)
- Game Show Review (Are You Smarter Than A Food Label?)
References and Resources

Textbook:

Websites:
- About FDA
  Significant Dates in U.S. Food and Drug Law History
  http://www.fda.gov/aboutfda/whatsnew/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/ucm275469.htm

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