

FRONT OF PACKAGE LABELING



What is a front of package label?

Icons or labels found on the front of a food package to help you make quick and informed choices.

Does a front of package label replace the Nutrition Facts panel?

While front of package labels can help you, the Nutrition Facts panel is still your best source of detailed nutrition information. Use the Nutrition Facts panel to check other nutrients of interest (for example, fiber) or to compare products that both have a front of package icon.

Which foods carry a front of package label or icon?

A variety of foods may carry a front of package label or icon. Fresh, frozen, and canned foods, frozen meals, snacks, and whole grains are a few examples.

What types of front of package labels might I see?

Below are a few types of front of package labels. Check out our tips for how to use each.

Grocery Store Specific Label



Walmart

- ✓ Identifies foods that meet certain levels for total, trans and saturated fat, sugar and sodium per serving.
- ✓ Ask the manager if they have a front of package label program for store brand products.

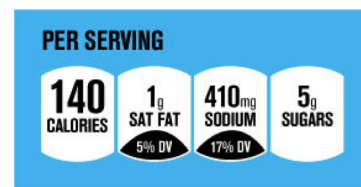
Association Certified Program Label



Heart-Healthy Check

- ✓ Meets specific nutrient requirements of the program and is approved to carry the label.
- ✓ Visit the website for more information about the label program rules.

Nutrition Facts Panel "Highlights" Label



Facts Up Front

- ✓ Shows key nutrition facts such as calories, saturated fat, sodium and sugar per serving.
- ✓ For more nutrition information review the full Nutrition Facts Panel on the back.

DID YOU KNOW? THE FOOD AND DRUG ADMINISTRATION (FDA) CREATES AND MONITORS THE NUTRITION FACTS PANEL. RECENTLY THE FDA PROPOSED UPDATES TO THE CURRENT NUTRITION FACTS PANEL TO MAKE IT EASIER FOR CONSUMERS TO UNDERSTAND. KEEP YOUR EYE OUT FOR FUTURE CHANGES! VISIT FDA.GOV FOR MORE INFORMATION.

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