The FDA Proposes to Place Nutrition Info on the Front of Most Food Packages

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In the final weeks of the Biden administration, the U.S. Food and Drug Administration (FDA) announced several new regulations, guidance documents and proposed rules, including a much-anticipated proposed rule to require a front-of-package (FOP) nutrition label on most packaged foods. If the FDA finalizes the rule in its proposed form, virtually all packaged foods with a Nutrition Facts Panel (NFP) would be required to echo sodium, saturated fat and added sugar on the front label in a simplified Nutrition Info box, along with whether the amounts are “low”, “medium” or “high.” The FDA’s goal is to help consumers make healthier food choices. However, the proposal comes with practical challenges for the industry while not addressing recent concerns about Americans’ reliance on ultraprocessed foods. The FDA will accept comments on its proposal until May 16, 2025.

Why is the FDA proposing to put a Nutrition Info box on the front of food packages?

The FDA has gathered data demonstrating that nutrition labeling, such as the Nutrition Facts Panel (NFP), provides better context for consumers to gauge the significance of certain nutrients. The FDA has determined through various studies that more information is needed to make it easier for consumers to see and understand nutrient declarations. The FDA’s goal for the proposed FOP nutrition labeling, referred to as the Nutrition Info box, is to help reduce the burden of diet-related chronic diseases by giving consumers the additional information they need in a standardized format that is more noticeable and user-friendly.

Read the full article here.

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