

Nutrition, Food Labeling, and Critical Foods



The FDA promotes healthful eating patterns by providing nutrition information that helps consumers make informed food choices and by encouraging industry to focus on healthier food formulations. These FDA web pages address the labeling requirements for foods under the Federal Food, Drug, and Cosmetic Act and its amendments. Food labeling is required for most prepared foods, such as breads, cereals, canned and frozen foods, snacks, desserts, drinks, etc. Nutrition labeling for raw produce (fruits and vegetables) and fish is voluntary. For detailed information on dietary supplements, a special category of products that comes under the general umbrella of foods, but which has separate labeling requirements, see "[Dietary Supplements \(/food/dietary-supplements\)](/food/dietary-supplements)."

In addition, the FDA oversees and enforces regulatory requirements of "critical foods" which includes infant formula and medical foods. The Office of Critical Foods ensures the regulatory requirements regarding the safety, nutritional adequacy, packaging, and labeling of infant formula.

Overarching

- [Nutrition Center of Excellence \(/about-fda/human-foods-program/nutrition-center-excellence\)](/about-fda/human-foods-program/nutrition-center-excellence)
- [FDA's Nutrition Initiatives \(/food/nutrition-food-labeling-and-critical-foods/fdas-nutrition-initiatives\)](/food/nutrition-food-labeling-and-critical-foods/fdas-nutrition-initiatives)

Nutrition and Food Labeling

- [The Nutrition Facts Label \(/food/nutrition-education-resources-materials/nutrition-facts-label\)](/food/nutrition-education-resources-materials/nutrition-facts-label)
- [Menu and Vending Machines Labeling \(/food/nutrition-food-labeling-and-critical-foods/menu-and-vending-machine-labeling\)](/food/nutrition-food-labeling-and-critical-foods/menu-and-vending-machine-labeling)
- [Front-of-Package Nutrition Labeling \(/food/nutrition-food-labeling-and-critical-foods/front-package-nutrition-labeling\)](/food/nutrition-food-labeling-and-critical-foods/front-package-nutrition-labeling)

- [Use of the "Healthy" Claim on Food Labeling \(/food/nutrition-food-labeling-and-critical-foods/use-healthy-claim-food-labeling\)](/food/nutrition-food-labeling-and-critical-foods/use-healthy-claim-food-labeling)
- [Plant-Based Milk and Animal Food Alternatives \(/food/nutrition-food-labeling-and-critical-foods/plant-based-milk-and-animal-food-alternatives\)](/food/nutrition-food-labeling-and-critical-foods/plant-based-milk-and-animal-food-alternatives)
- [Label Claims for Food & Dietary Supplements \(/food/nutrition-food-labeling-and-critical-foods/label-claims-food-dietary-supplements\)](/food/nutrition-food-labeling-and-critical-foods/label-claims-food-dietary-supplements)
- [Gluten-Free Labeling \(/food/nutrition-food-labeling-and-critical-foods/gluten-free-labeling-foods\)](/food/nutrition-food-labeling-and-critical-foods/gluten-free-labeling-foods)
- [Nutrition Labeling Information for Restaurants & Retail Establishments \(/food/nutrition-food-labeling-and-critical-foods/nutrition-labeling-information-restaurants-retail-establishments\)](/food/nutrition-food-labeling-and-critical-foods/nutrition-labeling-information-restaurants-retail-establishments)
- [Standards of Identity for Food \(/food/nutrition-food-labeling-and-critical-foods/standards-identity-food\)](/food/nutrition-food-labeling-and-critical-foods/standards-identity-food)
- [Dietary Fiber \(/food/nutrition-food-labeling-and-critical-foods/questions-and-answers-dietary-fiber\)](/food/nutrition-food-labeling-and-critical-foods/questions-and-answers-dietary-fiber)
- [Sodium Reduction \(/food/nutrition-food-labeling-and-critical-foods/sodium-reduction-food-supply\)](/food/nutrition-food-labeling-and-critical-foods/sodium-reduction-food-supply)
- [Added Sugars \(/food/hfp-constituent-updates/fda-hold-virtual-public-meeting-and-listening-sessions-strategies-reduce-added-sugars-consumption\)](/food/hfp-constituent-updates/fda-hold-virtual-public-meeting-and-listening-sessions-strategies-reduce-added-sugars-consumption)
- [Food Allergies \(/allergens\)](/allergens)
- [Trans Fat \(/food/food-additives-petitions/trans-fat\)](/food/food-additives-petitions/trans-fat)
- [Allergen Labeling \(/food/nutrition-food-labeling-and-critical-foods/food-allergies\)](/food/nutrition-food-labeling-and-critical-foods/food-allergies)

Critical Foods

- [Infant Formula \(/food/resources-you-food/infant-formula\)](/food/resources-you-food/infant-formula)
- [Medical Foods \(/food/guidance-documents-regulatory-information-topic-food-and-dietary-supplements/medical-foods-guidance-documents-regulatory-information\)](/food/guidance-documents-regulatory-information-topic-food-and-dietary-supplements/medical-foods-guidance-documents-regulatory-information)

Guidance/Regulations

- [All Labeling & Nutrition Guidance and Regulations \(/food/guidance-documents-regulatory-information-topic-food-and-dietary-supplements/labeling-nutrition-guidance-documents-regulatory-information\)](/food/guidance-documents-regulatory-information-topic-food-and-dietary-supplements/labeling-nutrition-guidance-documents-regulatory-information)
- [Guidance for Industry: A Food Labeling Guide \(/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide\)](/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide)
- [Small Business Nutrition Labeling Exemption \(/food/labeling-nutrition-guidance-documents-regulatory-information/small-business-nutrition-labeling-exemption\)](/food/labeling-nutrition-guidance-documents-regulatory-information/small-business-nutrition-labeling-exemption)
- [CFR Title 21 Food and Drugs Part 101 Food Labeling \(https://www.ecfr.gov/current/title-21/chapter-I/subchapter-B/part-101\)](https://www.ecfr.gov/current/title-21/chapter-I/subchapter-B/part-101)

Consumer Resources

- [FDA Nutrition Education and Resources \(/food/nutrition-food-labeling-and-critical-foods/nutrition-education-resources-materials\)](#).
- [Advice about Eating Fish \(/food/consumers/advice-about-eating-fish\)](#).
- [Healthy People Initiative \(/food/nutrition-food-labeling-and-critical-foods/healthy-people-national-initiative\)](#).